

2010 Lions Club of Sydney Chinese's Annual Health Talk - A Great Success

The Lions Club of Sydney Chinese has recently held a full-day public health talk on October 30th at University of Technology Sydney. "Chronic Diseases Management: East meets West" was chosen as the theme for this year. The focus of interest was on metabolic syndromes which includes diabetes mellitus, hypertension, and hyperlipidaemia. The event attracts more than 400 participants from the general public. Being the first time in Sydney, it served as an unprecedented platform for Western and Chinese Medicine professionals to exchange ideas. The organizing committee of this talk has Dr Danforn Lim as Chairman, President Ms. Mei Cheng JP, Honorary President Dr. Anthony Cheung JP, Ms. Emily Hung, Ms. Janet Hung JP, and Ms. Wendy Lin. And it is also a great honor to be strongly supported by the three major professional medical organizations (both Western and Chinese Medicines) in Australia including Australian Chinese Medicine Association (Western Medicine), Australian Traditional Chinese Medicine Association (Chinese Medicine), and Chinese Medicine and Acupuncture Society of Australia (Chinese Medicine). The talk has also received sponsorships from the Lions Club of Sydney Inner West, Beijing Tong Ren Tang Australia Pty Ltd, and Kanion Nutrilife Australia Pty Ltd. We had nearly seventy participants winning prizes in the raffle and CanRevive (NSW) Inc. also presented on site to distribute health related information pamphlets over its stall.

In the opening ceremony, Dr. Danforn Lim, Chairman of the organizing committee, pointed out in his speech that according to data found in medical references, almost 30% of the population in Australia and other western countries including US have metabolic syndromes, which we call diabetes, hypertension, and hyperlipidaemia. He extended his appreciation and thanks to the professional organisations that contributed and supported this event so that Chinese community can be equipped with health care senses and information from both Chinese and Western medicines. President Ms. Mei Cheng, on behalf of the Lions Club of Sydney Chinese, expressed appreciation to the public for their support towards the Sydney Chinese Lions. With the presence of Dr Danforn Lim and Dr Anthony Cheung, President Mei Cheung presented certificates of appreciations to all the participating communities. On behalf of the Zone 5 district chairman, Dr Cheung vividly introduced the history of the International Lions Club and its structures. Deputy President of ACMA, Dr. Stephen Li, President of ATCMA, Andrew Bin Guan, and President of CMASA Guoqing Wei also presented and delivered their speeches during the closing ceremony. Dr. Li mentioned that each and every doctor in ACMA has been quite active in communications among professional associations

and they also provide assistances to a lot of community-based health care promotion activities. Due to the fact that Chinese medicine and natural therapies are quite popular in Chinese communities, and that the national Chinese Medicine Registration will be launched in 2012, ACMA recently established an Integrative Medical Commission headed by Dr. Danforn Lim to serve for the public and uphold patients' rights. The Commission will use evidence-based medicine as its guideline to scientifically carry out evaluations on alternative therapies and treatment and integrative eastern and western medicines. Besides, the Integrative Medical Commission will hold regular inter-exchange visits to concerned government departments, professional organizations, and Chinese medicine universities. And it will also make its stands and voices regarding Chinese Medicine-related governmental policies heard. President Andrew Bin Guan during his speech expressed his thanks to the Lions Club of Sydney Chinese for providing this platform to promote Chinese medicine. He then said although it's only been 30years since Chinese Medicine first landed on Australia, it has gained rapid development. Now we can see Chinese Medicine clinics almost everywhere, and universities in Australia have one after another opened their Chinese Medicine bachelor, master, and doctorate courses. There are more and more people going to Chinese Medicine practitioners seeking for medical treatments, and the ratio of rare cases receiving treatments by Chinese Medicine keeps rising. However, it is still undeniable that the public knowledge and recognition to Chinese Medicine is far from enough, which hinders the general public from applying Chinese Medicine in a more approachable manner. The national Chinese Medicine registration will be launched in 2012, and as Chinese Medicine practitioners, we need to promote and make the news known. ATCMA is endeavoured to do a better job promoting Chinese Medicine in the future. President Guoqing Wei mainly emphasized the necessity and benefits for the public to learn about the pathogenic mechanism and treatment methods from both angles of Chinese and Western medicines. He believed that in the process of Chinese Medicine promotion, the Lions Club of Sydney Chinese, and many other social communities have played their important roles as bridges.

Speakers presented on the day include Dr. Stephen Li, Dr. Danforn Lim, Dr. Amelia Siu, Dr. Andrew Wong, and Chinese Medicine practitioners Rose Chen, Henry Luo PhD, Jingbiao Li and John Wu. During the lunch hour free medical consultations, active participation was shown and doctors presented had to work extra to answer questions, the whole site was extremely busy. Positive feedback were received afterwards, and people participated expressed their interests to see such events and activities to be held again by the Lions Club of Sydney Chinese in the future.