CUHK Medical Alumni Newsletter

Connoisseurs of Good Food

Dr. Dylan CHAN  
(MBChB 1991)

Dr. Dominic LEE  
(MBChB 1991)

Dr. Josephine MAK  
(MBChB 2002)
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  Convenor, CU Medical Alumni Buddy Programme

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It has already been 35 years since I joined our medical school as a student.

I had witnessed our development from a young medical school to a renowned one, ranking amongst the top 40 in the world today. Our hardworking graduates have achieved key positions in the profession; they are Deans and Associate Deans of medical schools, professors, major administrative personnel both in private and public healthcare, and prestigious private specialists, just to name a few.

My husband, the late Dr. SIU Wing Tai, and I have been privileged to participate in alumni activities in the past decades, witnessing the growth and maturity of our community.

Our Medical Alumni Association has been serving CU Medicine alumni since 1992, organising various sports and recreational activities.

In 2016, with the aim of forging a closer connection between our alumni, students and graduates, we initiated the CU Alumni Buddy Programme. I would say this “experimental” project could never come into force without the support of our Dean Professor Francis CHAN, who is himself our alumnus.

We planned to build relationships between new students and our alumni at different stages of their careers and personal development. We envision this as a two-way relationship: students can learn from the sharing and guidance from our alumni, while alumni also gain inspiration from the younger generation, or simply enjoy an opportunity to unite with fellow alumni. The response to this programme has been overwhelming, and we have been delighted to reconnect with alumni that we have not seen for a long time at our various activities. We have also received encouraging feedback from our students.

The essence of our Buddy Programme is that both students and alumni enjoy an equal status during programme interactions. This is unique and very different from traditional mentorship programmes in which mentors are viewed as superior for their seniority. In our programme, we strive to enable the heartiest communications, offering students and alumni an experience that they can both value.

The last two years have presented many challenges for arranging Buddy activities. The passing of our Founding Convenor Dr. SIU Wing Tai has also casted a great loss. Nevertheless, we are devoted to working even harder to perpetuate this beautiful mission.
Lessons From the Kitchen: Physician-Chefs Share Love for Cooking and Medicine

People love food, but not everyone enjoys preparing it. Three of our CU Medicine graduates, however, find incomparable joy in dishing up a meal. We recently caught up with these doctors to learn how their time in university had nurtured their culinary passions, and how their tasty adventures have influenced their medical careers ever since.

The kitchen may not be the typical place for medical students to hang out. After all, medical schools are notorious for their hardworking students and long study hours. But for CU Medicine alumni Dr. Dominic LEE (MBChB’91), Dr. Dylan CHAN (MBChB’91), and Dr. Josephine MAK (MBChB’02), cooking had been a significant part of their university life, giving them their first taste of independence—a way to cope and connect with their new home away from home.

At CU Medicine, these “doctor-chefs” would come to realise that finding success in the kitchen and in the medical profession is rather similar: both require ingredients that they must constantly seek and season to perfection.

An Acquired Taste

Discovering the joys of cooking is a process different for everyone. At 12 years old, helping his mother through postpartum confinement, Dr. LEE learned to prepare simple comfort dishes like Chinese steamed egg and steamed pork patties. Years later, this essential life skill would come in very handy in medical school.

“I enjoyed different types of foods at CU Medicine, from casual meals at nearby Tai Po food stalls to fancier fare at the Yuca de Lao Restaurant. But the most unforgettable flavour would have to be my curry chicken wings—they were tasty, easy to make, and brought people together whenever I made them in our dormitory,” he said.

Dr. MAK, a plastic surgeon, also received cooking lessons from her mother at a young age, mastering the rice cooker by primary one and experimenting with other dishes the year after. Like Dr. LEE, she was seen cooking chicken wings at the CU Medicine dorms as a student, and today continues to delight friends and families with her flavoursome Thai dishes and authentic feel-good Chinese cooking.
The plastic surgeon compares this journey of experimentation and discovery to her work: “There is always more than one way to cover a surgical wound or repair a scar. We cannot be attached to one standard recipe – we have to evaluate individual needs and create tailored treatment plans based on those needs.”

Echoing these thoughts, Dr. LEE said that while following a “recipe” – like prescribing medicine – is a fundamental skill, both chefs and doctors must exercise flexibility and good judgment to get the best outcome.

“Sometimes all you need is ‘enough’,” he said. “I often prescribe one-eighth of a tranquilizer dose for daytime use; it’s just the right amount for the patient. It’s the same with seasoning a dish – use just the amount you need based on your best judgment”.

Connecting With People

The three doctors agree that in both cooking and the pursuit of medical knowledge, it is imperative to stay focused on what matters most: people.

“Our sushi chef loves talking to customers, finding out what they like, and serving up dishes that satisfy their cravings. Doctors should also treat patients as their most important customers,” shared Dr. CHAN, who has lived by these words from the late Dean CHOA since his first day as a CU Medicine student: “Being a doctor is not about treating a person’s sickness. It is about treating a person who is sick.”

“Experienced restaurant managers always greet repeat customers by name. Doctors would develop better relationships with their patients if they played by the same book. Simple gestures like recognising a patient’s face, even behind a mask, cultivates trust and respect with the very people who are entrusting their health to you,” added Dr. CHAN.

Indeed, gaining customer confidence requires work and, according to Dr. LEE, a flair for communication. “I admire the style of French chef Mr. Joël ROBUCHON, who knows how showmanship can elevate the dining experience. I once watched him slice white truffles for guests, while cheerfully saying, “here’s more! Let me offer you more!” Beyond impressing people with his culinary skills, Mr. ROBUCHON also makes everyone feel like an esteemed guest. Doctors can certainly do the same. Treat every patient as a VIP, and they will be much more agreeable to their prescribed treatment plan and have a better chance for recovery,” he said.

Cultivating Habits of Discipline

Habits used in cooking not only help doctors connect with others, they also enable them to work more efficiently.

“There is a lot of preparatory work involved in the kitchen, especially for Chinese cuisine. Everything must be planned so that all dishes are served hot. Stewed dishes take longer to cook, so they should be prepared first. Deep-fried dishes should not be served as consecutive courses. You need to plan ahead, and decide if any tasks can be executed simultaneously to save time,” shared Dr. MAK.

Five years ago, the plastic surgeon ventured into the private kitchen...
scene, serving curated meals every weekend at Wan Chai Art Centre. As there were often up to 30 people per dinner event, she would start shopping and preparations the day before.

“Plastic surgery also involves thoughtful planning. Before an operation, you need to get a thorough understanding about the disease, know what skills to apply, and get all the necessary tools ready. All these methodical arrangements spell the difference between a six-hour and a 12-hour operation,” she said.

A Tirelessly Quest for Improvement

Mastering operation pre-work may seem routine, but according to Dr. CHAN, doctors can always aim for some form of progress in even the simplest of tasks.

“Japan’s longtime Michelin-starred Mr. JIRO Ono is famed for his flawless sushi – the sashimi is just the right size, the rice is of the perfect firmness. Every cut is precise, not too deep, too shallow, too long, or too short. His method seems repetitive, but this accumulation of mastery is what makes each sushi better than the last,” the doctor said.

“In parallel, doctors cannot stay at the same level. We must evolve, continue to delve into new methods, or use new ideas,” he added.

Reiterating this quest for excellence, Dr. LEE shared that the hunger for improvement must always be fed, no matter how hard or time-consuming. “Before recommending any restaurant to my friends and readers of my food column, I always visit it at least six times and make sure the quality is consistent,” he said.

Best Enjoyed with Others

While our doctors can be serious about perfecting their skills, they also take the time to enjoy and reflect on the fruits of their labour.

“It gives me great joy to give people another chance at life, or to see families happy after a baby’s successful cleft lip surgery. It’s the same feeling I get when my dining guests suddenly go quiet—too busy eating to talk! I know that means they’re just blown away by my cooking,” enthused Dr. MAK.

While Dr. MAK had closed her private kitchen practice three years ago, she still cooks for family celebrations and boat trips at least four times a year. Friends love her special dish, “Snow White Emerging from Wintersweet Flower” [白薔薔梅], her version of steamed rice made with pickled vegetables, minced pork, white cod and dried shrimp, mixed with her homemade sauce.

Dr. CHAN added, “Good food, like the medical profession, is a source of energy, comfort, healing, and satisfaction for people. I’m glad that my passion for my job and for food enables me to bring people from a place of hunger to fullness, and from blindness to vision.”

The eye doctor also attributes his success to his restaurant partners, fellow colleagues and support staff who have trusted him over the years. He hopes to open his third restaurant in Kowloon soon.

Dr. LEE, on the other hand, always looks forward to his monthly gatherings at home with his friends and old classmates.

“I once served home-cooked lard with premium soy sauce over jasmine rice to a group of doctor friends. They knew about the cholesterol, but they just couldn’t help eating it. It was literally a ‘dish to die for,’” Dr. LEE mused. “Good restaurants are not hard to find in Hong Kong; it’s sometimes harder to find time out of everyone’s busy schedules to share a meal together. I am grateful to have my three-decade young friends from CU Medicine to share my love of food,” he added.

From amateur cooks to confident chefs, these doctors have worked hard to become better at their craft every day, inspiring others with their insatiable appetite for serving and delighting others.
灶房學問：大廚醫生的烹飪夢與濟世心

愛美食的人未必愛煮食，恰巧三位中大醫學院校友——李德試醫生（MBChB 1991）、陳頌鎏醫生（MBChB 1991）及麥忻華醫生（MBChB 2002）都熱愛烹調美食。他們今期與我們分享了許多校園時代的烹飪趣事，以及他們如何在廚藝與醫學方面都貫徹了盡善盡美的精神。

宿舍的廚藝高手

人們愛上烹飪總有原因，擔任精神科醫生的李醫生12歲那年為了在「坐月」時討好母親，年少時已學會煮菜。蒸水蛋、蒸肉餅等簡單菜式，直到他入讀醫學院時大派用場。他說：「讀中大時愛去大埔『波仔記』大排檔，偶爾也會到雍雅山房用餐，但難忘的是我在宿舍煮的咖喱燴雞，令同學們垂涎。」

任職整形外科的麥醫生自幼便跟隨媽咪學習烹飪，她小學一年級時已學煮飯，二年級時已學煮飯，入讀中大醫學院時也曾到宿舍煮臘腸，至今偶爾為親朋戚友炮製中菜和泰菜。

眼科醫生陳醫生和友人聯購一間壽司店，結伴一起開專門的壽司店。他憶述：「我在宿舍吃飯時在等一個女朋友，後來對面的圓洲角街市中海鮮煮茶，爆蒜頭時散發的香氣會引來其他同學不請自來。」

李醫生期望不久將來開設第二間餐廳，他說：「醫學和美食一樣會給人慰藉和滿足，我很自豪可以為失明的病人恢復視力，也為尋覓美食的人帶來喜悅。」

發揮創造力

麥醫生深信廚藝要經年琢磨，她說：「很少少用食譜，會靠直覺去每道菜式中加入喜好，以製作蝦餃和蝦乾魚為例，須根據季節和場合調整，漸漸或不同場合、不同菜式應付自如。」

她說烹飪需要發揮創造力這點跟銀行又很相似：「曾經數次黑班不同病人情況決定怎樣治療傷口或修補疤痕，做法不可一成不變，要靈活應用才會達至最佳效果。」

李醫生對「食譜」看法不謀而合，他說處方藥物善有既定份量，用於不同病人身上不可能一式一樣，要靈活變通，才能做到精益求精，例如...

處方日間用的鎮靜劑，他喜歡用八分之一粒的分量，就像蒸餾水調味一樣，剛剛好便夠，效果更好。」

重視與人聯繫

麥醫生在講述自己與顧客聊天時，掌握他們的口味，確保他們吃得滿足，他說：「作為醫生的另一項責任是，要以醫治病者的人。」

他懷念在中大醫學院家政系學長在實習的一天時，「做醫生不能醫治人，是要醫治病者的人。」

他說餐廳的經理會牢牢記住顧客的名稱，醫生也議論自己的病人：「單單記得一個病人忘記病人的姓名，就能跟他們建立互信和尊重，而病人也將自己的健康交托給你。」

李醫生則認為醫生一定要懂得溝通技巧：「我很喜歡法國名廚Joël ROUCHON，他才會冰激凌切走，會走一班客人切白露，會走一班客人切走。」

力求進步

下廚和行醫都講究細節，麥醫生說：「煮一鍋中藥要整句周全，確保每道菜拍攝後上桌，炆炆的湯要先煮好，炆炆的菜要先煮好，要心多用以爭取時間。」

她五年前在灣仔藝術中心廚藝私房菜，每星期烹煮最多三十人的飯局，總要在前一天準備妥當。她說：「整形外科的手術也要做足周全，六小時和十二小時的手術分別極大。」

李醫生說，为了申請進修的工作都要力求進步，他舉例：「日本師傅做過日本師傅的食品，小野二郎曾連奪多米芝獎三星，因為他製作食品追求完美無瑕，像醫生下手術刀時也要恰到好處，看似不斷重複，但每次製成品也要比上次更好，醫生也要力求進步，不斷研新方法或學習。」

李醫生也會不時細想追求完美：「當初選介一天用餐之前，會選去試食一次，確保下次都滿意，才會介紹給朋友和讀者。」

當中的滿足感

努力的成果總是令人回味無窮，麥醫生說：「我為兒童作動手術，見到患者們微笑的笑容就很高興，好比食客見到佳餚上桌那安靜下來，細品味喝煮調的菜式，這樣給我極大的滿足感。」


資料來源：《中大新聞》
The Melodies of Our Time | CU Medicine Alumni and Students to Hold 40th Anniversary Fundraising Musical This December

For 40 years, CU Medicine has been training up some of Hong Kong and the world’s most sought-after doctors. This year, these professionals return to the university to celebrate their stories and reconnect with fellow students in grand theatrical fashion. Armed with musical instruments and artistic chops, they take centre stage, this time to refocus the spotlight on their alma mater and to sing of its enduring impact in their lives.

The stage is set, the musical scores are ready, and the doctors are in for an evening of reminiscing and theatrical storytelling in the Lee Hysan Concert Hall of CUHK this December. Themed “In Search of Time”, the musical special for the Gerald Choa Memorial Fund gathers CU Medicine alumni, faculty, and students to celebrate the different milestones in the life of every CU Medicine graduate over the last 40 years.

Behind the curtain are medical students, past and present, each bringing their unique orchestral talents onstage. We spoke to alumni Dr. Arthur MAK (MBChB 2000), Dr. Bonaventure IP (MBChB 2012), Professor Anthony TEOH (MBChB 2001), and Dr. Amy CHAN (MBChB 1999), who are leading this never-before-seen musical production, on what this exciting 40th-anniversary ensemble means to them, to the whole CU Medicine family, and to the wider community.

A Production for Everyone

“How can we celebrate CU Medicine’s 40 years in just one night?” began Dr. MAK, CU Medicine Associate Professor at the Department of Psychiatry.

More than physically bringing fellow alumni together, the pianist and his team envision the audience happily experiencing all the memories of CU Medicine and their years in the medical profession, all over again through music.

“We wanted the show to feature a mix of familiar songs thoughtfully chosen to represent the different stages in our medical careers, all while properly giving tribute to our Faculty’s four-decade history,” said Dr. MAK. “All the songs will be performed by the greatest singers from our faculty, and delivered with refreshing orchestral arrangements that will guarantee a memorable experience.”

As the charity event’s orchestra director, Dr. MAK had channeled his musical interests into arranging the whole programme’s theatrical score, which will follow every doctor’s major life events—from their early challenges to their first small wins, big achievements, family decisions, love, loss, and future dreams.

Event co-producer Professor TEOH, CU Medicine Professor in the Department of Surgery added, “By incorporating multi-era genres in the show—from classical to pop, rock, and contemporary songs—we also hoped to encourage those with different musical talents to join our ambitious yet meaningful production, and let their passion shine.”

Orchestrating Harmonies

Remarkably, an overwhelming number of students and alumni have expressed their interest to join the stage since the casting call was opened, with about
40 alumni and students now expected to perform in the December concert.

Reflecting on this enthusiastic response, the programme’s drama director, CU Medicine Clinical Associate Professor (honorary) at the Department of Anatomical and Cellular Pathology Dr. CHAN said, “In my time at CU Medicine, there were much fewer fellow performing arts enthusiasts. I am so glad for this precious opportunity to experience the stage again with these eager performers.”

The Prince of Wales Hospital pathologist also acknowledged how such relationships do evolve with the passage of time—a subject that largely makes up the concert’s theatrical plot.

“While told in stages echoing a doctor’s life events, the entire production is designed to allow the audience to feel, imagine, and fully connect with the recollected memories presented onstage. This narrative experience is inspired by the French novel classic, ‘In Search of Lost Time’, by Marcel Proust,” added Dr. CHAN.

The director will also be using intermedia lighting elements to complement the production’s musical crossovers, bringing added vibrancy to the performance.

As preparations for the concert go on, Dr. IP, CU Medicine Clinical Lecturer at the Department of Medicine and Therapeutics and a skilled guitarist since before his CU Medicine days, finds himself in awe of the musicianship brimming among the CU Medicine community. “Every musician here is very accomplished and there is talent across a wide range of genres,” he said.

Giving Back

Bringing students from different years and backgrounds—and with distinctive musical abilities—together to sing and play in harmony, the event also seeks to unite everyone in the Gerald Choa Memorial Fund’s spirit of dedication to nurturing medical students and helping the community.

Dr. MAK said, “Other than giving an enjoyable performance, the concert also aims to raise funds to facilitate scholarships for students in need.”

Established in 2013, the Fund, which honours the legacy of CU Medicine founding dean the late Professor Gerald H. CHO, has been organising activities for the benefit of students, faculty and the whole community.

According to Dr. IP, proceeds from the concert will not only fund scholarships for those with financial needs, but also overseas exchange experiences and projects to serve the community. “Doctors these days must be able to do more than treat illnesses—they must bring a global mindset to the table. Medical students should take every opportunity to learn from foreign public health and medical systems, and equip themselves to contribute to Hong Kong’s continued improvement in these areas.”

While organising for a cause provides more than enough inspiration for the team, completing the musical arrangements had been a challenging process, requiring sound technical proficiency and judgment. From the choice of audio equipment to the placement of songs, the team had to carefully evaluate how to deliver an impactful performance worthy of the time and money involved.

“Because time is a relative concept, the concert should resonate with everyone in one way or another. We needed to assess which memories are best left unspoken, and which ones should be represented by our music. The concert has to include various elements, with songs from different times played nicely along the musical score,” said Dr. MAK.

Delivering an All-Out Performance, Always

With its own share of upbeats and downbeats, the experience of organising the event itself has been a meaningful journey for everyone involved in the production.

Recalling how they pulled off the seemingly impossible feat of forming a 40-person band, Professor TEOH hinted at the team’s “can-do” attitude.

“Sometimes, it takes a crazy amount of faith to achieve something great. All doctors know that,” Dr. MAK said.

Professor TEOH, who started playing indie music and making videos as a medical student, reflected on his own artistic journey while sharing the newfound joy he encountered from this experience.

“This project has shown me that art is best enjoyed with others. Everyone has something fresh to offer. Rearranging familiar songs with the aim of evoking new feelings among the audience has been an amazing ride,” remarked the Professor, who also brought his DJ and rapping expertise to the production.

“As we worked on bringing different memorable elements to the performance, we found ourselves aspiring to grow artistically as well,” said Dr. CHAN.

Dr. IP hopes that the concert will inspire the audience to reflect on their journeys over the last four decades. Indeed, like the memories the concert will showcase in December, every moment in the CU Medicine graduate’s life—then and now—is worth celebrating.

Dr. MAK expressed his appreciation for the university that molded them into the doctors they are today, calling the concert a “gift to CU Medicine and to our schoolmates.”

“This concert is a labour of love, a reflection of what our alma mater has meant to us in the last 40 years. I hope that this experience reminds everyone that professional excellence always matters, but it can be a melody easily forgotten if it does not touch the lives of those around us,” he said.
譌出醫學院40年時光 歷屆校友學生合奏籌款

中大醫學院作育英才至今40載，歷屆校友及學生將攜手以音樂和話劇向母校致敬，將於今年12月，在中大利希慎音樂廳演出「中大醫學院和我的40年」蔡永業紀念基金慈善音樂會，既回顧大家的人生里程碑，亦為基金籌款。

中大醫學院精神科學系副教授麥敦平醫生（MChB 1980）、中大醫學院內科及藥物治療學系臨床講師葉耀明醫生（MChB 1986）、中大醫學院外科學系教授張惠賢醫生（MChB 2001）和中大醫學院病理學及細胞學系校長林至和教授林至和醫生（MChB 1999）達四位籌劃是次音樂會的校友及我們分享策劃後點滴。

為了讓觀眾透過音樂會追憶校園時光與行醫歷練，活動音樂總監麥醫生決定邀請陳醫生擔任舞台總監及導演，以話劇貫穿音樂，他說：「我們挑選了大家耳熟能詳但類型不同的歌曲，以表達醫生經歷的同一階段，也祝賀中大醫學院劇社成員攜手演出。」

另一位舵手張教授說：「當晚可說是跨年代，亦有不同類型，包括古典樂、流行曲、搖滾樂等等，讓體於不同類型的音樂人盡展所長。」

共奏和諧

如此盛會自然換來踊躍反應，超過40位校友及現屆學生將攜手演出。

另一位舵手葉醫生在中大時已是絕佳他好手，因為今次表演對一眾校友的才藝更讚為寫照。他說：「大家的音樂造詣高超，對不同音樂類型各擅勝長。」

陳醫生在大學時即熱愛劇場，她回憶：「以前要找醫生參與表演藝術不容易，我很慶幸今次跟一班前輩和前中大醫學院劇社成員攜手演出。」

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Pop + Orchestral + Theatre
production by the musicians of CU Medicine

IN SEARCH OF TIME

CU Medicine Singers, Band, and Orchestra

Ticketing and Enquiries 門票及查詢
📞 (852) 3943 3336
✉️ medical_alum@med.cuhk.edu.hk

2021.12.17 (Fri) 7:00pm
Lee Hysan Concert Hall
Esther Lee Building
The Chinese University of Hong Kong

Make sure you stay in the loop!
We want to stay connected with you! If you have moved or changed your email address or phone number, or if you have not been receiving information from the Faculty, please reach out to the Medical Alumni Affairs Office immediately to update your profile with us.

Update Now
Event Highlights

Hybrid Career Workshop on Oncology, Radiology and Anaesthesia & Intensive Care

A career workshop was held on 17 June 2021 welcoming all medical students and interns. The workshop was particularly significant and useful for senior students and interns preparing to embark on their careers. The workshop drew approximately 100 participants.

Eight speakers share their valuable advice on different specialties, and shared stories from their own career paths, daily work and challenges in the workplace with the young future doctors.

<table>
<thead>
<tr>
<th>Name</th>
<th>Title and Organisation</th>
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<tbody>
<tr>
<td>Moderator</td>
<td>Convenor of CU Medical Alumni Buddy Programme</td>
</tr>
<tr>
<td>Dr. Bonita LAW (MBChB1992)</td>
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</tbody>
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**Guest Speakers**

<table>
<thead>
<tr>
<th>Name</th>
<th>Title and Organisation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Kenny CHAN (MBChB 1993)</td>
<td>COS (ICU), TMH</td>
</tr>
<tr>
<td>Dr. Zoe FU (MBChB 2002)</td>
<td>Specialist in Anaesthesia, Private Practice</td>
</tr>
<tr>
<td>Dr. Anselm HUI (MBChB 2017)</td>
<td>MO, Department of Radiology, PWH</td>
</tr>
<tr>
<td>Dr. Mimi LEE (MBChB 2000)</td>
<td>Specialist in Clinical Oncology, Private Practice</td>
</tr>
<tr>
<td>Dr. LUI Chun Ying (MBChB 1996)</td>
<td>Director, Hong Kong Women’s Imaging</td>
</tr>
<tr>
<td>Dr. Jenny TO (MBChB 2018)</td>
<td>Resident, Department of Oncology, PWH</td>
</tr>
<tr>
<td>Dr. Alan WONG (MBChB 2018)</td>
<td>Resident, Department of Anaesthesia, TMH</td>
</tr>
<tr>
<td>Dr. WONG Kam Hung (MBChB 1987)</td>
<td>Consultant, Department of Clinical Oncology, QEH</td>
</tr>
</tbody>
</table>

SFL Intern Survival Workshop 2021

The 5th SFL Intern Survival Workshop was held on 23 Jun 2021 as a Zoom Webinar, with more than 100 participants. The workshop has been well-received by medical interns since its launch in 2017. The workshop offered participants tips and advice on preparing for housemanship, communicating effectively with other healthcare practitioners, and practicing relaxation techniques like mindfulness.

Guest speakers and medical alumni supporting the workshop are as follows: (By alphabetical order)

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Dr. Joseph CHANG (MBChB 2004)</td>
<td>Orthopaedics &amp; Traumatology, Hong Kong Baptist Hospital</td>
</tr>
<tr>
<td>Mr. Wilson CHIANG</td>
<td>Advanced Practice Nurse, Department of Medicine &amp; Therapeutics, Prince of Wales Hospital</td>
</tr>
<tr>
<td>Dr. Sze Ho MA (MBChB 2009)</td>
<td>Department of Medicine &amp; Therapeutics, Prince of Wales Hospital</td>
</tr>
<tr>
<td>Dr. Rutherford SIN (MBChB 2011)</td>
<td>Department of Medicine &amp; Geriatrics, Tuen Mun Hospital</td>
</tr>
<tr>
<td>Mr. TING Ka Tsun</td>
<td>Clinical Psychologist, Kowloon East Cluster, Hospital Authority</td>
</tr>
<tr>
<td>Dr. Alice TSE (MBChB 2020)</td>
<td>Current intern</td>
</tr>
<tr>
<td>Dr. Stephen WONG (MBChB 2009)</td>
<td>Department of Radiology, Princess Margaret Hospital</td>
</tr>
<tr>
<td>Dr. Zenon YEUNG (MBChB 2009)</td>
<td>Department of ENT, United Christian Hospital</td>
</tr>
</tbody>
</table>
Summer Clinical Attachment Programme (SCAP) - Medical Alumni Sharing Session

The medical alumni sharing session was held successfully on 15 July 2021, the final day of the annual SCAP with over 200 secondary school students participating. The sharing was moderated by Professor Enders NG (MBChB 1989), Associate Dean (Alumni Affairs), addressing the topic “Rising to the COVID-19 Challenge”. Speakers and presentations included:

Dr. CHOW Kai Ming (MBChB 1995), Consultant & Chief-of-Service, Department of Medicine & Therapeutics, Prince of Wales Hospital shared on how he led and empowered his team of medical professionals to fight against COVID in the front line while overcoming challenges.

Dr. Aaron HUNG (MBChB 2017), Port Health Officer, Department of Health elaborated his work in the Department. He served in different roles to safeguard the city’s health, including border control at the Hong Kong International Airport as well as overseeing the COVID testing and mandatory quarantine of overseas travellers.

Dr. LUK Che Chung (MBChB 1986), Cluster Chief Executive of Hong Kong East; Hospital Chief Executive of Pamela Youde Nethersole Eastern Hospital, Wong Chuk Hang Hospital & St. John Hospital, explained how to engage staff and the public with effective communications. As an experienced health care executive, Dr. LUK’s invaluable and inspiring advice was very useful to everyone in the audience.

Speakers also shared their views regarding public health and other healthcare topics with the students. The event received an overwhelming response.

O-Camp Gathering with Medic Buddies

With the COVID-19 pandemic ongoing, the 6th O-Camp Gathering with Medic Buddies was held in small groups across 18 venues. The Faculty’s latest incoming class of MBChB students joined the O-Camp as they embarked upon their journey as budding medical practitioners.

With the enthusiastic support from our medical alumni, the Gathering was held successfully with over 340 attendees in total. The participating medical students gained valuable insights from the alumni’s sharing, not only about academics and career development, but also the importance of striking a balance between their study and social lives.
The CUHK Faculty of Medicine is celebrating its 40th anniversary with a series of volunteer service programmes with the aim of serving the community through professional medical support. First among these initiatives is an eye-screening activity, organised in collaboration with The Lok Sin Tong (LST) Benevolent Society, Kowloon and the Hong Kong Baptist Hospital.

 Held on 29 August 2021 at the Lok Sin Tong Wan Lap Keung Neighbourhood Elderly Centre, the inaugural charity event served 40 LST beneficiaries aged 50 years old and above. Organising this first health-check activity was a working group consisting of Professor Philip CHIU, Chair of the Faculty’s Community Service Programme; Dr. Peter PANG, Chair of the Lok Sin Tong Benevolent Society, Kowloon; Dr. Ruby CHING, Consultant Ophthalmologist, Private Practice; and Dr. Thomas CHIU, Consultant Ophthalmologist, Hong Kong Baptist Hospital Eye Centre.

 Since the event, the group has sought to bring this eye-check activity to other local areas where more people can benefit from it.

"With preventive healthcare in mind, the activity will be placed as a recurrent programme under the Outreach Community Service Programme, the Faculty’s social engagement platform. This eye check project is envisioned to bring together different generations of staff, alumni and students, in celebration of the Faculty’s 40 years of continuing mission and commitment to the community,” said Professor CHIU.

 Dr. PANG, the incumbent LST Chairman, said, “Eye screening services can be costly, and without any symptoms, people may easily neglect to seek appropriate medical service. While the programme was held on a smaller scale due to COVID restrictions, we are glad to be able to offer high-quality and full ophthalmic check-up to the elderly in need.” Being a member of the Faculty’s Outreach Community Service Programme Task Force, Dr. PANG had helped identify the venue and the subjects from the elderly homes which LST currently operates. “We also extended more help to those needing further treatment, including one who needed to be referred to the hospital for urgent care.”

 Led by alumni Dr. CHIU and Dr. CHING, the onsite activity received generous support from medical students and the Hong Kong Baptist Hospital. A total of 13 volunteers, including students, optometrists and nurses, also signed up for the programme.

 Believing that community service is every doctor’s calling, Dr. CHING acknowledges how these programmes help cultivate a heart of passion, personal integrity, tenderness, love, care, honesty, and devotion among doctors.

 “My experience in serving the elderly community started 20 years ago as an ophthalmic trainee at Hong Kong East Cluster. I have since witnessed the value of these programmes for those with limited means to access eye checkups by themselves. While this is my first time participating in the Faculty’s outreach event, it was an honour to lead this activity and pass down CUHK’s core value of ‘Transforming Our Passion into Perfection’ to our next generation of doctors,” she shared.

 Knowing that eye screenings can detect and prevent “silent” eye diseases early, Dr. CHIU also found it rewarding to be part of the charity programme, especially since many of the participants have had no formal eye checks before.

 “Thanks to the enthusiastic collaboration of the CU Medicine, LST community, fellow former classmates and all the volunteers, this was one of the most successful eye check activities I have participated in.” The ophthalmologist attributes the smooth manpower planning and securing of essential eye-checking equipment to this teamwork as well as the generously of pharmaceutical companies. “By reaching out to those in need, despite the inclement weather, we were able to show the heart and spirit of CU Medicine. More than helping the elderly, I was also able to share some medical developments with the other students and volunteers during the event,” he said.

 The team looks forward to engaging more volunteers in the future, as well as to possibly organising similar health checks for diagnosing other medical conditions, offering preventive care for more people across a spectrum of health concerns.

 “This activity had certainly brought joy
to the LST beneficiaries and touched the lives of many. On behalf of the organising team and all volunteers, I thank the Faculty for contributing its medical knowledge and efforts towards whole-person care and the community,” said Dr. PANG.

CU Medicine officially kicked off its Ruby Jubilee celebrations and Community Service Programme activities with a Launch Ceremony held last 25 September at the Sir Run Run Shaw Hall. Themed “Succession, Innovation and Dedication”, the event was attended by around 100 members of the University management, the Faculty’s 40th Anniversary Organising Committee members, deanery, alumni, students and staff.

Over the past 40 years, CU Medicine has thrived to become one of the world’s top 40 medical schools. It has become an institution dedicated to the training of dedicated healthcare professionals and top scientists, making a positive impact on health services in the community, in the region and in the world.

Dr. Thomas CHIU was performing eye check up.

Launch Ceremony of CU Medicine 40th Anniversary and Community Service Programme.

Come join us in building our 40th Anniversary Memory Wall

Do you have photos of your cherished moments at the Faculty? Share them with us and reminisce about those glorious times together with your friends, family and fellow alumni.

Submit and view album:

Join us on LinkedIn

The official network for graduates of CU Medicine, follow us to connect with other MBChB alumni and keep abreast with the Faculty’s news and latest developments.

Article and Photo Contribution

For all those who love to write … here is your chance.

Send us stories about your memorable experiences, from a new move in your career or personal life, to any prizes, awards or any other interesting news you think is worth sharing with our alumni community.

Articles can be in English or Chinese (approx: 500 words). Photos are welcome.

Only stories selected by the Editorial Board will be published.

Send your articles to: medical_alum@med.cuhk.edu.hk

** Please provide 1 your name 2 graduation year 3 email 4 contact numbers