

It is the mission of CAMS to improve the health status of Chinese Americans and to promote excellence in health care for all through the mobilization of health care professionals.



CHINESE AMERICAN MEDICAL SOCIETY

美洲中华医学会

CAMS NEWSLETTER

CAMS FCMS Conference Nov 7th and 8th

Forty years ago, the first Conference on the Health Care of the Chinese in North America was held at the Chinese Hospital in San Francisco. These biennial conferences led to the formation of the Federation. This year will mark the 20th FCMS Conference, and it will be the first virtual conference in the history of our organization. The theme of these conferences will continue to focus on the Health Care of the Chinese in North America.

This year’s conference will assess the COVID 19 pandemic with special attention to its effects on the North American Chinese community: the crisis, the opportunities, and lessons learned for the future. The conference is being developed by Drs. Cynthia Pan and Benjamin Lee from CAMS, with the cooperation of Association of Chinese American Physicians, Coalition of Asian American IPA, and Philippine Chinese American Medical Association. Since this is a virtual conference, everyone can register and participate from the comfort of their own laptop.

The 20th FCMS Conference will be dynamic and exciting, held over the Saturday-Sunday weekend of November 7-8, 2020. There will be a wide breadth of topics covering the COVID-19 pandemic including sessions on Public Health and Preventive Medicine, Current Management Updates, a Global Pandemic Panel Discussion, Palliative Care Lessons, Well-being, and much more. Please save the dates and register (see page 3) !

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From the Executive Board

CAMS has been busy working to beat COVID 19. We have been providing health information to the Chinese public via radio station programs. With donations, we provided PPE to front line providers in hospitals, and created “Covid Survival Kits” for our members, that include face masks, N95 respirators, hand sanitizer etc. Our Wellness committee is developing programs to help members cope with new stress and anxiety. We

will continue to dispel the xenophobia and work with other medical societies.

Our Executive Board and committees are working tirelessly on programs to further the development of the Chinese American Medical community. We need you to join or renew your membership to help us help you.

Check out the new web site! - Winson Chen, MD

CAMS has recently updated its website to improve its ease of use and flow on both desktop and mobile devices, with dedicated section focused for practicing and student members. We hope it becomes a helpful resource for all our current and future members, and we welcome any feedback on how to improve in the future!

Mentorship and Career Day—Yushia Lin, MD, and Steven Cai, MD

CAMS in collaboration with APAMSA and Mount Sinai Beth Israel hosted the first Virtual Career Day for Medical students on 9/20/2020. We had over 250 registrants for this event and 20+ panelists from a diverse range of community and academic centers in New York City. The topics discussed ranged from “Cultural Barriers to Providing Medical Care” with expert panelists from APICHA and Mount Sinai Beth Israel, Maimonides Medical Center, Memorial Sloan Kettering. We also had insights from Dr. Richard Ng, CMO of CAIPA, Dr. Vivian Lee, President of Health Platforms at Verily Life Sciences, Dr. Thomas Tsang, CEO of Valera Health, and Dr. Gary Deng from Memorial Sloan Kettering as they answered “What else can I do with a medical degree?”. Our panel of invited program directors provided useful information and advices on how to get into a residency of one’s choice. This year we had a panel of CAMS medical students who discussed how, as student members, they were able to participate in CAMS, and how the mentorship program, as well as the different CAMS scholarships, helped them achieve excellence in research and academics. We are extremely grateful to all participants and believe that the investment we make towards CAMS medical students will foster the development of future leaders of our society.

Publications Committee - Victor Chang, MD

The Newsletter was compiled and edited by Dr Hsueh-Hwa Wang for many years. Volunteers are welcome to join and contribute to features such as news, opinions, articles, letters, and with design and layout as we prepare future issues.

Covid-19: Insights from Far and Near November 7, DAY 1, Eastern Time

2:00 PM | GREETINGS; COVID-19: MANAGEMENT UPDATES

Infectious Disease, Yu Shia Lin MD
Edward K. Chapnick, MD, FACP, FIDSA
Diabetes, George King MD
Critical Care, David Berlin, MD

2:55 PM | CAMS KEYNOTE ADDRESS -

COVID-19:PUBLIC HEALTH AND PREVENTATIVE MEDICINE
Howard A. Zucker, MD, JD

3:55 PM | SCIENTIFIC & PATHOPHYSIOLOGICAL ASPECTS OF COVID-18

SARS-CoV2: Virology —Robert Kozak, PhD, FCCM
Pathology – Haodong Xu, MD PhD
Neurological Complications of COVID-19– Paul Magda, DO

4:55 PM | PALLIATIVE CARE & COVID-19

Palliative Care – Cynthia Pan, MD, FACP, AGSF
Tips for Telehealth Communication—Calvin Chou, MD, PhD
COVID-19 Goals of Care Conversations – Shunichi Nakagawa, MD

6:00 PM | REMEMBRANCE AND THANKSGIVING

Jampa L. Wang, PBCC

Conference **REGISTRATION:** <https://camsfcms2020.eventbrite.com>
Event Passcode: Sci2020

Schedule subject to change

November 8, DAY 2, Eastern Time

2:00 PM | GREETINGS, COVID-19: A GLOBAL EPIDEMIC PANEL DISCUSSION

Chi-ming Chow MD MSc, FACC, FCRPC, FASE

Christina Tan, MD, MPH

Xinghuan Wang, MD, PhD

2:55 PM | KEYNOTE ADDRESS 2

LESSONS FROM THE LONG FIX: COVID-19 AND BEYOND

Vivian Lee, MD, PhD, MPH

3:55 PM | WELLBEING

Cultivating resilience – Kenneth Fung, MD, MSc, FRCPC

Telehealth – David Mou, MD, MBA

Discrimination – Flora Ferng, Eunice Lee

4:55 PM | THE FUTURE OF COVID-19

Modeling the future trajectory of COVID-19 – Eric Lam

Pediatrics COVID-19 and Vaccines – Yick Moon Lee. MD

6:05 PM | RESEARCH PRESENTATIONS

- Pan-cancer transcriptomic determinants of perineural and lymphovascular invasion – Jimmy Guo, UCSF School of Medicine, Broad Institute MIT et al
- Asian-American Medicare Beneficiaries disproportionately receive invasive mechanical ventilation at the end-of-life— Zhimeng Jia MD, Dana Farber Cancer Institute et al
- Relationship between the gut microbiota and tacrolimus drug metabolism in kidney transplantation – Ethan Zhao, Cornell Weill School of Medicine
- The effectiveness of diabetes self-management education and medical nutrition therapy on Hb A1c control in elderly Chinese-Americans.— Esther Situ, RD, CCHCA, San Francisco

6:35 PM | CONCLUDING REMARKS & VIRTUAL HAPPY HOUR

- The CAMS Business meeting will be held on Saturday Nov 7th at 3:45 pm
- There will also be a Virtual Poster Session starting at 1:30 pm each day, and a Virtual Exhibit Hall.
- The Remembrance and Thanksgiving session is a special session to commemorate those members of the Chinese Canadian and Chinese American medical communities who died from COVID-19. Please send the name and a one sentence summary of the person to jlove@camsociety.org; write “FCMS Remembrance” in the subject box.

Faculty

David Berlin, MD

Vice Chair of Medicine

Medical Director Critical Care Services

Associate Professor of Clinical Medicine

Division of Pulmonary and Critical Care

Weill Cornell Medical Center

Edward K. Chapnick, MD, FACP, FIDSA

Professor of Clinical Medicine

SUNY Downstate College of Medicine

Maimonides Hospital

Calvin Chou, MD, PhD

Professor of Clinical Medicine

UCSF School of Medicine

Attending, Medical Service

San Francisco VA Medical Center

Chi-ming Chow, MD, MSc, FACC, FRCPC, FASE

Associate Professor, Department of Medicine

University of Toronto

Attending Staff Cardiologist

Saint Michael's Hospital

Flora Ferng

East Asian Communities Liaison

NYC Commission on Human Rights

Kenneth Fung, MD, MSc, FRCPC

Associate Professor of Psychiatry, PHPI

University of Toronto

Founding & Clinical Director, Asian Initiative in

Mental Health, Toronto Western Hospital,

University Health Network

George King, MD

Professor of Medicine and Ophthalmology

Harvard Medical School

Director of Research

Joslin Diabetes Center

Robert Kozak, PhD, FCCM

Assistant Professor, University of Toronto

Clinical Microbiologist

Sunnybrook Health Sciences Center

Eric Lam

Senior Director, Sg2

Eunice Lee

New York City Mayor's Office for the Prevention of Hate Crimes

Vivian Lee, MD, PhD, MBA

President, Health Platforms at Verily Life Sciences

Lecturer, Harvard Medical School

Yick Moon Lee, MD

Clinical Assistant Professor in Pediatrics,

NYU Grossman School of Medicine

Maimonides Hospital

Yu Shia Lin, MD

Assistant Professor of Clinical Medicine

SUNY Downstate College of Medicine

Paul Magda, DO

Assistant Professor of Clinical Neurology

Weill Cornell School of Medicine

David Mou, MD, MBA

Instructor, Harvard Medical School

Co-founder and CMO, Valera Health

Shunichi Nakagawa, MD

Assistant Professor of Medicine

Columbia University Medical Center

Cynthia Pan, MD, FACP, AGSF

Associate Professor of Clinical Medicine,

Weill Cornell Medical College

Chief, Division of Geriatrics and Palliative Medicine

New York Hospital – Queens

Faculty (continued)

Christina Tan, MD, MPH

State Epidemiologist/ Assistant Commissioner

Division of Epidemiology, Environmental and Occupational Health, New Jersey

Haodong Xu, MD, PhD

Professor, Department of Pathology

University of Washington School of Medicine

Jampa L. Wang, PBCC

Coordinator of Pastoral Care, New York Presbyterian—Queens

Xinghuan Wang, MD PhD

Professor of Urology, Wuhan University School of Medicine

President, Zhongnan Hospital of Wuhan University

Howard A Zucker, MD JD

Commissioner of Health for New York State

Conference Joint Medical Society Program Committee

Cynthia X Pan MD, Benjamin Lee MD, Ning Lin MD (Chinese American Medical Society);

Ruliang Xu, MD PhD (Association of Chinese American Physicians),

Rodney Coe, MD (Philippine Chinese American Medical Association),

Sun Hoo Foo, MD, Rex Wu MD (Coalition of Asian American Independent Practice Association),

Victor Chang, MD (Federation of Chinese American and Chinese Canadian Medical Societies)

David Chiu MD, Cora Fung, Hanson Hsu MD, Yick Moon Lee MD, Mary Lee Wong MD, Joana Li, Wenhui Li PhD, Calvin Lo MD, Jamie Love, RJ Schneck, James Tsai MD, Wallace Wang

MD, Frances Wong MSW, Stanley Yang MD (Chinese American Medical Society)

Scholarship Committee - Benjamin Lee, MD and James Tsai, MD

These students were awarded scholarships for 2020-2021

- Pamela Guo, Wake Forest School of Medicine (The Tan Family Educational Foundation Scholar)
- Daniel S. Hong, University of Illinois College of Medicine (The Tan Family Educational Foundation Scholar)
- Joyce Mei, NYU Long Island School of Medicine (Ruth Liu Memorial Scholar)
- Shirley Mo, CUNY School of Medicine (Jeng Family Fund Scholar)
- Rex A. Tai, University of Illinois College of Medicine, (The Tan Family Educational Foundation Scholar)
- Bright P. Zhou, Stanford School of Medicine (CAMS Scholar)

Research Committee

By Yushia Lin, MD and Wenhui Li, PhD

Our Research Committee has been busy. This spring, we approved summer research scholarships for the following students:

- Designing a teletherapy platform to connect elderly with family caregivers – William Ge, Harvard Medical School, Harvard MIT Health Sciences Technology Program
- The role of calcitonin gene-related peptide in discogenic back pain – Michael Chang, Thomas Jefferson School of Medicine
- Pan-cancer transcriptomic determinants of perineural and lymphovascular invasion – Jimmy Guo, UCSF School of Medicine, Broad Institute MIT
- Elucidating a silent illness: hepatitis B knowledge in Northeast Ohio. Heidi Huang, Case Western University School of Medicine
- Relationship between the gut microbiota and tacrolimus drug metabolism in kidney transplantation – Ethan Zhao, Weill Cornell School of Medicine

This summer and fall, we have had an active lecture series combined with journal club.

On Thursday, July 23, Dr. Gary Olson discussed the background and findings for “Preliminary estimate of excess mortality during the COVID-19 outbreak New York City, March 11- May 2, 2020” *MMWR Morb Mortal Wkly Rep.* 2020 May 15;69(19):603-605.

On September 15, Dr. Jennifer Leng discussed “Strategies to address lung cancer risk and improve screening uptake among Chinese taxi drivers.” Leng JC, Lei L, Lei SF, et al. *Smoking Among Chinese Livery Drivers. J Immigr Minor Health.* 2019;21:356-363.

For the upcoming Scientific Conference, we received 28 abstracts, of which 4 will be oral presentations.

Our next research lecture will be on December 8th, with a presentation by Dr. Lara Dhingra on “Attitudes and Beliefs towards Advance Care Planning among underserved Chinese-American immigrants” *J Pain Symptom Manage.* 2020;60:588-594, research made possible by the participation of physicians from CAMS.

On February 2, Dr. Elaine Shum will discuss the New York Female Asian Nonsmoker Screening Study (FANSS).

We welcome new members to our Research Committee, especially those who work in basic science and translational research.

Physician Wellness

Cynthia Pan, MD and James Tsai, MD

CAMS formed a new Committee on Wellness in 2019, in recognition of the high burnout rates in health care and the importance of promoting wellness and resilience among physicians and healthcare professionals. Physician Well-Being is critical to our future, because we cannot care for others unless we care for ourselves. We must learn about wellness resources and role model them for our patients and our trainees. We have created several partnerships and activities.

- Over the last 2 years, CAMS has been sponsoring Wellness lectures in cooperation with Health First, Coalition for Asian American IPA, Charles B Wang Community Health Center, and Maimonides Medical Center as the “Rx for Long Life CME Series”.
- A partnership with Valera Health will sponsor virtual webinars to teach us behavioral health techniques to reduce stress and anxiety, and reframe our perceptions.
- A partnership with Art of Living will give us opportunities to join wellness retreats (virtual) to focus on our breathing, meditation, happiness, and transcendence.
- CAMS Wellness Committee members will take turns to host Wellness Happy Hours for members to check in and talk to each other. Wellness Committee members commit to sharing wellness resources with CAMS membership.
- This summer and fall, we have had lectures and seminars on aspects of wellness.
- Our next wellness lectures will be on

- Wednesday October 14, 2020 7:00 PM

Rx for Long Life CME Series: Medical Informatics and Analytics in the Era of Population Health and Value-Based Payment

Presented by: Alex Tang MBA PA-C, and Jing Shui, MPH; CAIPA

- Tuesday, November 17th, 7 pm

Rx for Long Life CME Series: Six Pillars of Good Health: The Art and Science of Optimal Wellness, Presented by Gary Deng, MD PhD, Bendheim Center for Integrative Medicine, MSKCC

Check for our events : <https://camsociety.org/>

In Memoriam Dr. John K.H. Li CAMS President Emeritus

<https://fcmsmd.org/local-heroes/new-york/dr-john-k-h-li/>

Dr. Li was born in Nanking, China and came to the US in 1949 to obtain higher education, following a childhood in Havana, Cuba, where his father was in the diplomatic service as Chinese Minister to Cuba (1939-1947). He attended Harvard College, then Harvard Medical School and came to New York City for post-graduate training in internal medicine and pathology at New York University-Bellevue Hospital.

Dr. Li was one of the first three volunteer physicians when the New York Chinatown Health Fair started a Free Health Clinic at The Church of Our Savior at 48 Henry St. in 1972. He provided primary care during evening clinical sessions until the early 1980's, and continued to serve on the Board of the Charles B. Wang Community Health Center (as it is now known). Dr. Li served as President of Chinese American Medical Society (CAMS) from 1991-93. He held the rank of Associate Professor of Pathology at the Albert Einstein College of Medicine in the 1970s and 1980s and later a similar position at the State University of New York at Brooklyn. Dr. Li was the recipient of the CAMS Special Community Service Award in 1998, Department of the Year Award at Othmer Cancer Center at Long Island College Hospital in 2001, and was the Honoree of Charles B. Wang Community Health Center in 2005.

Dr. Li somehow found time to write the 40-year History of Chinese American Medical Society, entitled "CAMS at 40: 1963-2003" Dr. Li was an active member of the Committee that published a history book of the Health Center, entitled "From Street Fair to Medical Home: 1971-2011".

In Memoriam Artist Chitfu Yu 1943-2020

Mr. Chitfu Yu was born in Guangdong, China. He began his artistic destiny at age nine. He graduated from South China University in 1966, left China in 1975 and became a full time self employed artist , exhibited in local and international galleries and museums and won numerous awards and honors.

He designed pro bono the greatly admired FCMS and FCMS Foundation seals/logos, which are used on FCMS letterheads and lecture banners. He also donated his paintings for charity fundraising to FCMS and to Chinese American Medical Society

His work reflects his life long endeavor to develop a new form of Chinese painting. Unfortunately, he succumbed to Covid 19 in April 2020.

On the Firing Line with Traditional Chinese Music Classics

by Victor Chang, MD

As we care for patients in the coronavirus pandemic, I would like to mention some pieces of traditional Chinese Music that can help inspire and support listeners, as befits a society of Chinese medical doctors.

The first is a pipa solo from the military school of pipa music “Ambush from Many Sides” 《十面埋伏》. Military music here was not about patriotic songs played during national holidays, but a depiction of the mood and sounds before and during battle. This piece starts as the troops assemble in the camp with rolling of the drums, then sweeping forth, the dissonance of battle, and a brief coda. The context is the battle of Gaixia 垓下之戰, between Xiang Yu 項羽 and Liu Bang 劉邦 over who would rule China after the fall of the Ch’in dynasty. This was the final battle, with Xiang Yu vastly outnumbered. Here is a shorter version performed by Liu Dehai 劉德海, a leading pipa soloist.

<https://www.youtube.com/watch?v=1Rx5uqX4mBA>

In complete contrast is the second piece is “Geese landing on the shore” 《平沙落雁》 on the guqin, the ancient Chinese zither. Geese have a long history in Chinese poetry, with connotations of separation and solitude, relevant to this time of social distancing. This piece depicts the circling and honking of geese as they land. Notice the calm underlying the music in this performance by Gong Yi 龔一, reflecting the Taoist adage that calm is at the center of action.

<https://www.youtube.com/watch?v=RwniE7cQZAY>

Where there is weariness and fatigue, “Moon reflected on the Second Spring” 《二泉映月》 is a favorite er-hu melody. There are many arrangements of this well known piece on You Tube, ranging from solo to this lush orchestral version performed by Song Fei 宋飛 <https://www.youtube.com/watch?v=Fj13KU3SAvE>

As a conclusion, “Spring Morning by the Green Lake”, 《翠湖春曉》 a traditional Chinese orchestral piece by Nie Er 聶耳. It starts with a melody that evokes the predawn darkness, with a soothing and consoling effect. The second half is more animated and cheerful, as the sun rises and the lake comes to life, how we might feel once this pandemic is over.

<https://www.youtube.com/watch?v=XcjyymjXG8s>

if the link does not work, try pasting it into the browser .

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