



東風

Rotary 
Club of
Hong Kong Island East
TUNG FENG

Vol.65 No.37

Mar 21, 2018

LAST WEEK'S PROCEEDINGS - Mar 14, 2018

President Stacy called the meeting to order at 1:00pm and she welcomed everyone to attend the meeting today. We had 11 members plus the speaker attended. We celebrated a birthday with Rtn Jason. PP Hubert was invited as the song leader. President Stacy then invited PP Norman to introduce the speaker. The speaker today is Dr. Paco W.Y. Lee, MBChB (CUHK), DFM (HKCFP), Grad Dip (Derm) NUS, PGDipMSM (Otago), MScSMHS(CUHK), FHKCFP, FRACGP, FHKAM (Family Medicine)



The topic is 'Advances in Musculoskeletal Medicine'.



Dr. Lee is a specialist in Family Medicine with special training in Musculoskeletal Medicine and Sports Medicine. He is the Fellow of Hong Kong Institute of Musculoskeletal Medicine and a certified prolotherapist in regenerative injection therapy by the American College of Musculoskeletal Medicine. He is also accredited in Musculoskeletal Ultrasound by the American Registry of Diagnostic Medical Sonography and has obtained the Master in Sports Medicine and Health Science (CUHK). Dr Lee concurrently holds the post of chairman of the board of Information Technology of the Hong Kong Institute of Musculoskeletal Medicine since 2006.

Dr Lee started the talk by introducing a new medical discipline, namely Musculoskeletal Medicine or MSK medicine in short form. MSK medicine managed symptoms arising from muscles and their supporting soft tissues. He stressed MSK problem has its own characteristic of pain, restriction in range of movement and neurological symptoms. He defined the possible sources of MSK pain originated from skin, nerves, muscles, ligaments, tendons, joints and bones. He illustrated different management or intervention of MSK problems by several clinical scenarios. MSK diseases could be diagnosed more precisely through the use of ultrasound scan. He also amazed the audiences on the latest injection medicines including intra-articular injections, facet joint injections, prolotherapy/regeneration injection therapy, platelet rich plasma injections and nerve block injections. Dr Lee finally demonstrated some corrective exercises for postural changes. Members have interactively participated and we all learned a lot today.

After the talk, many questions raised and the meeting atmosphere was filled with fun and laugh. PP Eddy officially thanked the speaker. PP Eddy commented that this is one of most interactive talk in recent history of Hong Kong Island East. The luncheon was overrun and the meeting was adjourned at 2:05pm. There were still so many questions even after the group photo. The speaker had a late lunch after the meeting and he was still answering questions during his meal. PP Rudy reported the red box collection of HK\$800.



RED BOX: \$1,100

THE ROTARY CLUB OF HONG KONG ISLAND EAST

香港東區扶輪社週報

Club 16340 District 3450 Chartered on 06 April, 1954 by Charter President

PDG (Uncle) John Yuen

ANNOUNCEMENTS

1. March 20th 2018

Legco Visit led by PP William. 10 members will go to have a tour of Legco followed by Lunch.

2. March 26th 2018

Please note that the third Happy Lunch Event with the students of Choi Jun School will be on March 26th (Monday)

Time: 12:30-14:00 Number of Seats: 12 PAX

Venue: The Spaghetti House, 57 Peiking Road, Tsim Sha Tsui

To enroll please contact PIC Rtn. John Poon

3. April 18th 2018

4 Clans Luncheon Meeting – with speaker Jeffrey Lam GBS.

Date: April 18th 2018 Time: 12:30 – 2:00pm

Venue: Regal Hotel Cost: 330HKD

4. April 21st 2018

April Fellowship: Double Deck Bus Adventure

Let's enjoy a novelty of dining on a crystal decorated Double decker tour bus! It is a totally airconditioned bus and we will be driven to see tourist spots, and enjoy Karaoke too!

Date: April 21st 2018 Time: 7:00 pm – 10:00pm

Venue: Pick up TBC. Cost: 500HKD

THE LAST LAUGH - Back it up

Arnold Palmer is playing in a big tournament and comes to a 235 yard par-3. After some deliberation, he takes out his 3 iron and sails the ball 20 feet over the pin and backs it up to within 3 feet of the pin.

A fan in the crowd said "Mr. Palmer, how do you make a 3 iron back up like that?"

Mr. Palmer replied, "Do you own a 3 iron?"
The fan said, "Yes, sir I do."

"How far do you hit it?" said Palmer. About 160 yards was his reply.

Palmer calmly said, "What the hell do you want it to back up for?"



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Club postal address : P.O.Box 47064, Morrison Hill Post Office, Hong Kong
Meeting Venue : Regal HK Hotel, Causeway Bay, Hong Kong
Meeting Schedules : Every Wednesday at 12:30 pm
Website : <http://hkie.rotary3450.org/>
Facebook : <https://www.facebook.com/RotaryClubHKIslandEast>