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**TUNG FENG**

香港東區扶輪社週報 THE ROTARY CLUB OF HONG KONG ISLAND EAST

## **Last week's Proceedings -**

**6th January, 2010**



President Norman kicked off the meeting at 1:05 pm and warmly greeted all attending members and guests a Very Happy, Healthy and Prosperous New Year. He then warmly welcomed our visiting guests, including his friend Mr. William Leung, Rotarianne Christine of Hon. Sec. Eric and his friend Mr. Stanley Chak, Rotarianne Jennie of PP Laurence; he also welcomed back Rtn. Alex Ling.

IPP Andy Wong was invited as song leader in celebration of our birthday boys PP Henry Chan, and Rtn. Peter Yeung; birthday gifts were presented accordingly.

Acting SAA PDG Uncle Peter reported red box collection as HK\$1,500; he thanked all donors for their support and with special thanks to PP Henry Chan for his special contribution.

President Norman announced the upcoming events as follows:

1. On 22nd January, we will have our Uncle John Cup to be held in Fanling Golf Club, followed by a fellowship dinner, details to be announced later. He urged all members and family to register with Hon. Sec. Eric.
2. The wedding ceremony of the son of Rtn. Kishu, Pravesh & Kajal, will be held in Bangkok between Jan 17 until 20, 2009. President Norman and PP Henry Chan will attend the ceremony, while Rtn. Jason Chiu and Rtn. Kenny Chan will confirm when their schedules are finalized. Members who cannot attend the ceremony are welcomed to contribute to a wedding gift pool organized by Hon. Sec. Eric. Details will be circulated through email.
3. Rotary Centenary Challenge Cup will be held on 3rd February at Happy Valley. Cost per person would be HK\$600. As the venue this year would be more convenient than the past, P Norman urged members to participate this District event.
4. We have invited Rotary Foundation Chair, PP Kenneth Chow of Rotary Club of Tsuen Wan to speak to us at our next Luncheon Meeting on 13th January on the latest information on Rotary Foundation and he urged members to attend.

CDS PP Eddy Wong was invited to announce that 2 VIP tickets for the Hong Kong Tennis Open, donated by E-Club Charter President PP Tenny Leung, were received; he invited interested members to contact him and claim these 2

tickets with a special donation to red box.

Our speaker Dr. Tony Loy was then introduced by PP John Kwok who said that Dr. Loy has been a splendid Rotarian of the Club and needed no further introduction.

Dr. Loy began by showing the audience a model of enlarged normal bone and that of a bone suffering Osteoporosis. The normal bone model has lots of bony bridges and not many pores while the one with osteoporosis- some bridges gone, pores become bigger, density of bone decreased, structure weakened and breaks easily. The prefix Osteo means bone and suffix porosis means porous, hence Osteoporosis is referred commonly as porous bone and is an epidemic disease in the cities today. It is a silent disease especially with the elderly (and nowadays, the not so old), silent because there is no symptom until bone fracture. Nowadays, it is more so with the menopausal ladies.

Osteoporosis leads to deformity physically. Most dangerous populations are - Elders, Asians, Menopausal Ladies, Thin, Smokers, Alcohol Drinkers, those with Imbalanced Diet, Low Calcium Intake, Avoidance of Exercise & Sunlight and people with Organ Diseases, etc.

Dr. Loy, being a scholar, quoted Huangdi Neijing Suwen to further elaborate:

*Females .... Two sevens and periods come, seven sevens and periods gone*

*Also .... Bone, house for the marrow.*

Dr. Loy stated that bone, is not permanent, but changes every day. In seven years, the whole skeleton is changed. Osteoporosis would usually result in compact bone and/or cancellous bone. It is a disease which reduced the strength of the bone thus increased the risk of bone fracture.

Most common misconceptions of osteoporosis are:

- Is back or knee pain equivalent to osteoporosis? NO
- Is it easily detected or felt? NO
- It is an old people's sickness and cannot be treated? NO, it can be treated
- It can be treated by taking high calcium medicine? NO

Osteoporosis is very common in Asia because of urbanization reduces calcium intake; medical profession is not well versed in treating osteoporosis, only 76% of them have experience in treating osteoporosis (Kung et al 2005); and poor general knowledge of the public on this subject.

Dr. Loy mentioned that there are in general 3 types of fractures resulted by osteoporosis, they are:

- Wrist - radius fracture usually happens at the age of 50-55 when the body is protected from falling.
- Fracture of spine vertebral body, with acute pain in the back (1-4 weeks) and resulting in physically shrinking and humpback.
- Fracture of hip-femur, usually happens with elderly at age around 75. The elderly would fall when upstanding, and 10-20% of them would die in a year and majority would result in immobility.

It is astonishing to find that 300,000 females and 70,000 men in Hong Kong suffers osteoporosis, unfortunately the ones affected do not have any symptoms until an accident occurs and he/she has a fracture.

In 1998, HK has 4000 elders suffering hip fractures because of osteoporosis and 1/3 patients die in two years time and half will have difficulty to walk and need care from the family. It is the immobility and the sudden reduced quality of life that results in early death.

Dr. Loy pointed out that the reason for majority of females suffering osteoporosis is because female usually has menopause at age 50, then bone loss accelerates. Maximal loss is in a few years after menopause, esp. females age 50-59. Yearly loss of bone at 2% rate, for 10 years hence, 20% of bone loss after 10 years.

Osteoporosis is very serious in Hong Kong, 1 in 3 women will have osteoporosis; 1 in 5 men will have osteoporosis; and 10 elderly will have fracture hip everyday. 30% hip fracture sufferers will result in permanent disability and 20% will result in death. From now to year 2030, osteoporosis sufferers will increase 3 times!!

Dr. Loy further quoted verses from bible (Ecclesiastes 3:1-3) that resembled our bones:

*To every thing there is a season, and a time to every purpose under the heaven.*

*A time to be born, and a time to die*

*A time to break down and a time to build up*

Dr. Loy then pointed out that old bones will be renewed or replaced by new bone and that bone renewal is through special bone cells - osteoclasts to break down, and osteoblasts to build up. After the process, bone is rebuilt to health. Osteoporosis causes bone absorption faster than formation.

DEXA scan is common used to detect osteoporosis. With a DEXA T-score of -1 or higher, the bone is normal; -1 to -2.5, score low means 10-30% bone loss; -2.5 or lower, score very low, a case of established osteoporosis.

Dr. Loy again stated that prevention is better than cure and quoted famous doctrine from Sun Si-Miao of Tang Dynasty as follows:

*For excellent doctoring,*

*the superior doctor treats the illness before it occurs*

*the middle grade treats the impending ones,*

*and the inferior doctor treats the manifested illnesses*

*Settle the illness before it started,*

*treat it before it is manifested,*

*doctor it when all seemed well.*

To prevent Osteoporosis and fractures, Dr. Loy recommended

- Exercise
- High Calcium Foods
- Quit smoking and reduce alcohol
- Treat other medical causes resulted in osteoporosis

Dr. Loy also gave 4 great tips, on treating osteoporosis

- Suitable Weight bearing Exercises
- Balanced Diet
- Medication
- No Fall.

And further recommended to quit smoking and appropriate amount of sunlight.

On Exercises, Dr. Loy stated that golfing is not a suitable weight bearing exercise if golf cart is used and no walking. He recommended, walking is a good exercise, and it is better to walk and swing the club once in a while.

On "No Falls", Dr. Loy recommended to watch out especially during winter times, rainy and slipper roads, stairs and crossings, avoid climbing and wear suitable shoes and use walking aids wherever appropriate.

On medical treatment Dr. Loy mentioned about:

- Calcium, Magnesium
- Vitamin D
- Oral Med such as Bisphosphonates - daily, weekly, monthly, SERM, Strontium, and oestrogen
- Nasal sprays such as salmon calcitonin
- Injections IM, IV such as salmon calcitonin, parathyroid, bisphosphonates

In conclusion, Dr. Loy reiterated that 1 in 3 women above age 50 have osteoporosis, it is a Silent Epidemic and has

serious consequences such as fractures, deformity, etc. It can be prevent and detect early, and can be treated through continuation in medications. He quoted that "Growing Old Gracefully is a Dream, Osteoporosis can turn it into a Nightmare".

PP Henry thanked Dr. Loy for bringing out such an important topic, osteoporosis, as it will happen to all of us one day. He promised to quit smoking, one day, and more exercises by carry his clubs one at a time. (laugh).

During Q & A session, a lot of members have raised their questions and answered by Dr. Loy as follows:

Q. how much sunlight is enough?

A. usually 15-20 minutes a day, people are concerned with skin cancer, but it would mostly happen with Caucasians.

Q. Would children need Calcium Supplement?

A Children normally don't need calcium supplement. In the old days, children used to run around, hence they have more exercises. Nowadays, although children don't run around anymore, they are more concerned with over-nutrient. However, only teenage girls are of concerns as they care about their beauty, slim figures too much that some of them become mal-nutritious. Too much calcium within limits would not result in kidney stones as it will be excreted, unless the amount is far too excessive.

Q. With the intake of calcium and other treatment, would the body absorb evenly as the body structure is uneven?

A. Most bone structures are evenly distributed, and exercises increase bones almost uniformly; it is only the extended use of certain part of body that results in increase of bone density of that part. Swimming does not increase bone density. Again, if we don't use certain part of body, we would suffer in losing it.

President Norman then made a toast to RI coupled with Rotary Club of Hong Kong Island East. There being no other businesses, the luncheon meeting was adjourned at 2:05 pm. All participants were invited for a group photo.

## **Rotary Potpourri**

### **Past HK Governors of the Colonial Period**

It sounds ridiculous to list the past Hong Kong Governors of the by-gone days since Rotary does not discuss politics worldwide. But it did link with Rotary as most of the past governors were invited as patrons to the Rotary Club of Hong Kong as a tradition. Just a bit of history, we listed out the 28 past Hong Kong governors since Hong Kong was cited to the British Empire in 1842 until the return of the territories to China from 1997. It had been the usual protocol to pay a courtesy call at the Hong Kong Government House arranged by the Rotary District Governor whenever a RI President visited Hong Kong. Also, the incumbent district governor would visit the Government House to sign the visitors book during the 1st day of the New Year as a courtesy.

<b><u>Years</u></b>	<b><u>Names</u></b>
1843 - 1844	Sir Henry Pottinger
1844 - 1848	Sir John Francis Davis
1848 - 1854	Sir Samuel George Bonham
1854 - 1859	Sir John Bowring
1859 - 1865	Lord Rosemead (formerly Sir Hercules Robinson)
1866 - 1872	Sir Richard Graves MacDonnell
1872 - 1877	Sir Arthur Edward Kennedy
1877 - 1882	Sir John Pope Hennessy
1883 - 1885	Sir George Ferguson Bowen
1887 - 1891	Sir George William Des Voeux
1891 - 1898	Sir William Robinson
1898 - 1903	Sir Henry Arthur Blake
1904 - 1907	Sir Matthew Nathan
1907 - 1912	Lord Lugard
1912 - 1918	Sir Francis Henry

1919 - 1925	Sir Reginald Edward Stubbs
1925 - 1930	Sir Cecil Clementi
1930 - 1935	Sir William Peel
1935 - 1937	Sir Andrew Caldecott
1937 - 1941	Sir Geoffrey Alexander S. Northcote
1941 - 1947	Sir Mark Aitchison Young
1947 - 1957	Sir Alexander William George Herder Grantham
1958 - 1964	Sir Robert Brown Black
1964 - 1971	Sir David Clive Crosbic Trench
1971 - 1982	Lord MacLehose (formerly Sir Crawford Murray MacLehose)
1982 - 1986	Sir Edward Youde
1987 - 1992	Lord Wilson (formerly Sir David Clive Wilson)
1992 - 1997	The Right Hon. Christopher Francis Patten.

### Rotary Information

The Evolution of District 3450 Just to refresh our memory of the changing territorial limits of our district 3450 of RI from its beginning of district reinstatement in 1960, we illustrate the changing period and geographical regions as follows.

1960 to 1978 the district known as D.345 RI comprised of Hong Kong, Macao and Taiwan;

1978 to 1987 it was still called D.345 RI comprised of Hong Kong, Macao and Northern Taiwan;

1987 to 1991 still operated as D.345 comprised of Hong Kong & Macau;

1991 to 2000 due to the increase of districts in the Rotary world, RI requested to add a "O" after each district and hence, D.345 became 3450;

2000 to 2003 D.3450 comprised of the regions of Hong Kong, Macao and Mongolia; Feb.

2003 two more cities were added, thus, D.3450 consisted of Hong Kong, Macao, Shanghai, Beijing and Mongolia;

May 2006 D.3450 comprised of Hong Kong, Macao and Mongolia up to the present time

### Club News

At this week's luncheon meeting we have received from our Rotarian Peter Yeung a lot of nicely printed photos taken by him during our last Christmas celebration luncheon meeting on the 23rd of December 2009. Members can come to collect them when you come to our luncheon meetings the following weeks.

We like to take this opportunity to thank once again the fine works of Peter and for his professional and high quality photo-taking and printing services for our members.

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## **Electronic Make-up Questions**

**You can submit an electronic makeup for this missed meeting by answering the following questions:**

Name: \_\_\_\_\_

Email: \_\_\_\_\_

1. Who were our guests visiting us today ?

Ans)

2. Who was welcomed back ?

Ans)

3. Who were our birthday boys today and who led the birthday song ?

Ans)

4. What was the Red Box collection today ?

Ans)

5. When and where will the Uncle John Golf Cup tournament of this year be held ?

Ans)

6. When and where will the Rotary Centenary Cup of this year be held ?

Ans)

7. Who was invited to talk to us on the coming luncheon meeting on 13 January 2010 ?

Ans)

8. Who was our speaker today and what was the topic about ?

Ans)

Submit

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## Joke

### Perks of Ageing

Don't laugh.... It is all true! Perks of reaching 60 and heading towards infinity

1. Kidnappers are not very interested in you ... unless you are filthy rich
2. In a hostage situation, you are likely to be released first.
3. No one expects you to run -- anywhere.
4. People call at NOON and ask, 'Did I wake you?'
5. People no longer view you as dangerous.
6. There is nothing left to learn the hard way.
7. Things you buy now won't wear out.
8. People will always stand up and offer their seat.
9. You can live without sex but not your glasses.
10. You get into heated arguments about pension plans.
11. You no longer think of speed limits as a challenge.
12. You quit trying to hold your stomach in no matter who walks into the room.
13. You sing along with elevator music.
14. Your eyes won't get much worse.
15. Your investment in health insurance is finally beginning to pay off.
16. Your joints are more accurate meteorologists than the national weather service.
17. Your secrets are safe with your friends because they can't remember them either.

18. Your supply of brain cells is finally down to a manageable size.

19. You can't remember who sent you this list. And you notice these are all in big print for your convenience.

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## Photographs of our meeting

on

6th January, 2010



PDG Uncle Peter Hall, Speaker, our Rtn. Dr. Tony Loy & Pres. Norman Lee



Rtn. John Yao, Rtn. Kenny Chan & Rtn. Alex Ling



PE Heman Lam, visiting guest Stanley Chak & Rtn. John Yao



PP Henry Chan, Rtn. Peter Yeung & CDS PP Eddy Wong



PP Stephen Liu & IPP Andy Wong



Visiting guest William Leung, PP Laurence Chan, Rotarianne Jennie Ma & Christine Wu



Rotarianne Christine Wu, Hon. Sec. Dr. Eric Chin & visiting guest Stanley Chak



Birthday boys, PP Henry Chan & Rtn. Peter Yeung received the gift from Pres. Norman, IPP Andy led the birthday song



PP Uncle John Kwok introduced our guest speaker of the week - Rtn. Dr. Tony Loy



Rtn. Tony Loy gave us a talk about Osteoporosis



Group photos with members & visiting guests

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