



東風



TUNG FENG

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

Last week's Proceedings -

23rd January, 2008

President Laurence chaired the luncheon meeting starting at 1.13 p.m. and welcomed everyone attending the meeting. He then took a special arrangement this time to ask IPP Paul Chan to formally introduce our speaker first and then invited our speaker, Dr. Chan, Cheung Wah *MBBS(HK) FRCS FACS FCSHK FHKAM(Surgery)*, to deliver his speech in view of more time is needed to deliver the topic of the day.

The topic of Dr. Chan's speech is "Diagnosis and Management of Colorectal cancer" and the summary of his speech is presented below:

Introduction

Colorectal cancer is a common cancer in Hong Kong. According to cancer statistics issued by Hospital Authority of Hong Kong, cancer of colon and rectum is the second commonest cancer occurrence in both men and women. It is also the second commonest causes of cancer death in year 2005 in Hong Kong. The number of new cases of this cancer is rising and may become the commonest cancer in year 2010.

Presentation of cancer of colon and rectum.

Patients with cancer of colon and rectum may have following symptoms

1. Bleeding after bowel motion. The blood may be in form of fresh blood or stale blood (brick red colour)
2. Recent onset of change in bowel habit (increasing constipation or alternating constipation and diarrhoea)
3. Decrease in caliber of feces
4. Tenesmus (persistent sense of incomplete bowel emptying)
5. Recent onset of anaemia after the age of 50
6. Recurrent abdominal pain and distension
7. Weight loss
8. Presence of abdominal mass

Investigation of colon and rectum

1. Colonoscopy (endoscopy of large bowel) is the gold standard. It can obtain clear image of the colon and rectum. During the procedure, tissue biopsy and removal of polyps can also be done at the same time.
2. Barium enema - x ray images of large bowel with insufflations of Barium sulphate to detect polyps or cancers
3. CAT scan virtual colonoscopy - a newer indirect image of colon using new CAT scan technique, clear images can be obtained

Treatment of cancer of colon and rectum

The primary treatment of the disease is radical removal of the cancer by surgery. If the cancer can be cured if the cancer can be removed before it spread. The use of radiotherapy or chemotherapy can be used as adjuvant treatment or further treatment after the operation.

Colon and rectal cancer can be removed by standard open operation under general anaesthesia. With the incorporation of minimally invasive technique into operation, cancer of colon and rectum can be removed through small tiny wounds. Patient using this technique can be recovered faster than traditional open technique, they can resume diet much earlier, lesser wound pain, earlier return of bowel function and shorter hospital stay when compared to traditional open surgery.

Prevention of colon and rectal cancer

Colonic polyps are precursors of cancer of colon and rectum. Colonic polyps will turn into cancer if they were left for 5 to 10 years. Most of these polyps do not produce symptoms such as abdominal pain or rectal bleeding. Therefore screening endoscopy of colon (colonoscopy) should be performed and polyps can be removed by colonoscopy to prevent colon cancers.

After the speech there were many rounds of questions from the floor and they were all answered thoroughly by Dr. Chan. President Laurence then asked Dir. Eric Chin to formally thank the speaker for us followed by a big round of applause to thank the speaker.

President Laurence then formally introduced the visiting guest of today who is Christine, the better half of our Dir. Eric Chin, and she was warmly welcome by our members.

SAA Heman Lam was asked to announce the Red Box collection of today which was amounted to HKD 1,000. President Laurence then announced that the meeting on 6th February 2008, the day of the Chinese New Year eve, would be cancelled as agreed amongst the board of directors in view of being too close to the Chinese New Year. Our Hon. Secretary would inform all members by e-mail in due course.

Meeting was then adjourned at 2:08 pm with Pres. Laurence proposed a toast to Rotary International, coupled with the Rotary Club of Hong Kong Island East. All participants were invited for a group photo afterwards.

Rotary Potpourri

The Rotary Foundation Trustee Chairman, Robert S. Scott shared his vision with us as he assumed the role of new chief of TRF as follows:

1. A polio-free world is realistic - let's answer the Bill and Melinda Gates Foundation's US\$100 million dollar challenge and eradicate polio;
2. Peace is possible - the Rotary Centers for International Studies in peace and conflict resolution is training people in mediation, conflict resolution, urban planning, land peace building. Let's do everything we can to ensure this work continues;
3. Our Rotary Foundation alumnae are our forgotten assets - invite them to speak at your club meetings, engage them in your Rotary projects; reconnect with them;
4. The Annual programs Fund fuels the food, water, education, and health initiatives that define us - make your annual commitment, and encourage those in your club to do so. When every Rotarian makes a commitment every year, we have more momentum to change the world. This is the essence of Every Rotarian Every Year.

As published in the Rotary Foundation 2006-2007 Annual Report, district 3450 ranked the 20th place as per the chart listed hereunder for your information:

<u>Ranking 2007</u>	<u>Country / Geographical Area</u>	<u>Total Contributions 2006-07 (US\$ thousands)</u>
1st	U.S.A	US\$ 55,997
2nd	Japan	US\$ 13,235
3rd	Korea	US\$ 8,927
4th	India	US\$ 7,288
5th	Canada	US\$ 5,531
6th	Germany	US\$ 4,412
7th	Australia	US\$ 4,392
8th	Italy	US\$ 4,388
9th	United Kingdom	US\$ 4,290
10th	Brazil	US\$ 3,141
11th	France	US\$ 3,137
12th	Taiwan	US\$ 2,899
13th	Mexico	US\$ 1,314
14th	The Netherlands	US\$ 1,017
15th	Philippines	US\$ 947
16th	Belgium	US\$ 823
17th	Sweden	US\$ 798
18th	New Zealand	US\$ 651
19th	Switzerland	US\$ 620
20th	Hong Kong	US\$ 597

During the Rotary year of 2007-08, we have recruited 4 Paul Harris Fellows or multiple PHFs, viz., PP Hubert Chan, PP Rudy Law, President Laurence Chan and Rtn. Eric Chin. Please contact PP Hubert Chan, chairman of the Club Foundation Committee, if you wish to enroll yourself as Paul Harris Fellows, just put up your hands and we shall do the necessary application.

Electronic Make-up Questions

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

1. Who was our visiting guest today?

Answer:

2. How much we have collected for the Red Box?

Answer:

3. Who was asked to introduce our speaker today?

Answer:

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

Answer:

5. Who was asked to thank our speaker?

Answer:

6. What was announced by our President today?

Answer:

7. How much the Bill and Melinda Gates Foundation has committed to donate to match Rotary's equal contribution to challenge and eradicate polio?

Answer:

8. How much Hong Kong has contributed to the Rotary Foundation in the year 2006-2007?

Answer:

9. Who are the Paul Harris Paul contributors in 2007-2008 so far in our Club?

Answer:

Name:

Email:

LAUGH FOR THE WEEK

The Wal-Mart Interview

A manager at Wal-Mart had the task of hiring someone to fill a job opening. After sorting through a stack of resumes he found four people who were equally qualified. He decided to call the four in and ask them only one question. Their answer would determine which of them would get the job. As the four sat around the conference room table, the interviewer asked, "What is the fastest thing you know of?"

Acknowledging the first man on his right, the man replied, "A THOUGHT." It just pops into your head. There's no warning. "That's very good!" replied the interviewer.

"And, now you sir?" he asked the second man. "Hmmm...let me see. "A blink! It comes and goes and you don't know that it ever happened. A BLINK is the fastest thing I know of." "Excellent!" said the interviewer. The blink of an eye, that's a very popular cliché for speed.

"He then turned to the third man, who was contemplating his reply. "Well, out at my dad's ranch, you step out of the house and on the wall there's a light switch. When you flip that switch, way out across the pasture the light on the barn comes on in less than an instant. "Yep, TURNING ON A LIGHT is the fastest thing I can think of". The interviewer was very impressed with the third answer and thought he had found his man. "It's hard to beat the speed of light," he said.

Turning to Bubba, the fourth and final man, the interviewer posed the same question. Old Bubba replied, "Yes siree, after done hearing the them other feller's answers, I'm believing the fastest thing is DIARRHEA." "WHAT!?" said the interviewer, stunned by the response. "Oh sure enough", said Old Bubba. "You see it's like this, the other day my tummy wasn't feeling none too good, so I high-tailed out over to the privy, but before I could THINK, BLINK, or TURN ON THE LIGHT, I done already shit my pants."

Old Bubba is now the new greeter at a Wal-Mart near you! You probably will think of this every time you enter a Wal-Mart from now on!....

Photographs of our meeting

on

23rd January, 2008



PDG Uncle Peter Hall, Speaker - Dr. Chan Cheung Wah & Pres. Laurence Chan

Pres. Laurence Chan & Hon.Sec. Norman Lee



IPP Paul Chan introduced our speaker of the week - Dr. Chan Cheung Wah

Dr Chan Cheung Wah gave us an update of the diagnosis and management of large bowel cancer - Top leading cancers in HK



L to R: IPP Paul Chan, PP Hubert Chan, Rtn Nancy Yee, Rotarianne Christine & Rtn Eric Chin

L to R: AG Eddy Wong, PE Andy Wong, Rtn. Jason Chiu, SAA Heman Lam & PP Rudy Law



Group photo with speaker, guest & members

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