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PP Eddy Wong

Public Image

IPP Bonnie Yeung

Vocation

PP Leo Yu

PP Council

PP George Leung

Club Advisors

PDG Y.K. Cheng

PDG Norman Lee

Today (15 October 2025): District Governor Cassy Cheng
Official Visit

Last Meeting (17 September 2025): PP Dr. John Wong
How to Access and Prevent
Coronary Heart Disease



Members Present at Last Meeting:

President Lawrence Lui

PDG Norman Lee

PP Henry Chen

PP Rudy Law

PP Eddy Wong

IPP Bonnie Yeung

PP Leo Yu

Rtn Zoe Hui

Rtn Raymond Chu

Rtn Christian Li

Visiting Rotarians

AG Wilson Shum, Hong Kong Northeast

President Edwige Radlo, Hong Kong Northeast

PP Dr. John Wong, Hong Kong Northeast

Guests

Mr. Rithy Chandara of Cambodia Children Advocacy Foundation

Ms. Sibyl Hui of Cambodia Children Advocacy Foundation

It was the second **dinner gathering** of this Rotary year.

PP Leo Yu introduced our guest speaker, **PP Dr. John Wong**.



Dr. Wong began by presenting several **case studies**. The first involved a 47-year-old heavy smoker who experienced sudden, severe chest pain. Diagnostics revealed dangerously low blood pressure, and contrast agents were administered to highlight a blocked blood vessel. Angioplasty procedure was then explained using visual illustrations. The second case featured a 53-year-old non-smoker who exercised regularly but developed gradually worsening chest pain. A significant arterial blockage was detected. Both the damage and the surgical procedure were illustrated. The third case concerned a 51-year-old individual with no symptoms, yet found to have an 80% blockage - an undiagnosed and untreated condition that could have been fatal.

Heart disease claims nearly 7,000 lives annually in Hong Kong, making it the **third leading cause of death**. On average, six people die suddenly from heart-related conditions each day—many without prior symptoms. Some cases went unreported—highlighting the silent and deadly nature of cardiovascular disease in the region.

Dr. Wong highlighted several past news cases involving young, seemingly healthy individuals who died suddenly from heart-related conditions without prior symptoms. These tragic incidents underscore how **silent cardiac risks can lurk beneath the surface**, often traceable through pathology and linked to genetic or chronic conditions. As both clinicians and scientists, doctors rely on medical imaging - such as echocardiography, MRI, CT, and nuclear scans - to detect structural and functional heart abnormalities early, often before symptoms arise. Recognizing warning signs and acting proactively is essential to saving lives before it's too late.

Physical fitness and regular exercise, while beneficial, can sometimes mask underlying cardiovascular risks, giving a **false sense of security**. High blood pressure and elevated cholesterol—both often symptomless—are major contributors to heart disease, damaging arteries and accelerating plaque buildup that can lead to heart attacks or strokes. In Hong Kong, an estimated 42% of the population has high cholesterol, many without knowing it. Individual risk varies based on genetics, lifestyle, and chronic conditions, making early detection and consistent management essential. Combating high cholesterol is a lifelong commitment, and despite popular belief, there is no proven herbal or “magic pill” substitute for evidence-based treatment and prevention.

Diabetes and heart disease are deeply interconnected, with diabetes markedly elevating the risk of cardiovascular complications and premature death due to damage to blood vessels and increased plaque formation. Smoking further compounds this risk by accelerating arterial damage, raising blood pressure, and reducing oxygen supply to the heart - making it one of the leading contributors to heart disease globally. Together, these factors create a dangerous synergy that underscores the importance of **lifestyle management and early intervention**.



Mr. Rithy Chandara, representing the Cambodian Children’s Advocacy Foundation Organization (CCAFO), gave an inspiring presentation to our members. He introduced the **English Language Project**, which empowers children in Cambodia by strengthening their language skills and opening doors to improved educational prospects. Mr. Chandara also highlighted CCAFO’s ongoing fundraising initiatives aimed at supporting **student transportation** - an essential service that ensures children can attend school safely and regularly, helping to break barriers to consistent learning.

Many students in Cambodia face the daily challenge of walking over an hour to and from school under intense heat, exposing them to **serious health risks such as heat stroke**. To address this, a donation goal of US\$3,000 has been set to fund the purchase of two tuktuks, which will provide safe and **reliable transportation for 150 students** each day. Mr. Chandara expressed heartfelt gratitude for our thoughtful consideration and welcomed contributions of any amount to help make this vital initiative a reality.

Rtn Zoe Hui reported the red box amount of HK\$500.

Happy Birthday to our Splendid October Birthday Members



2nd - PP Jonathan Lamport
30th - Rtn John Poon

7th - Rtn Charles Bien

Club Activities



Joint Rotaract Installation + Vocational Talk was held on 29 September, 2025.

President Max Gong of CPCE and President Anson Chiu of HKIE championed the event throughout with support from CPCE advisors **Kate Law & Hester Chow**. The Rotaract Clubs of **Education Culture** and **THEi** joined in and shared their plans for the Rotary year.

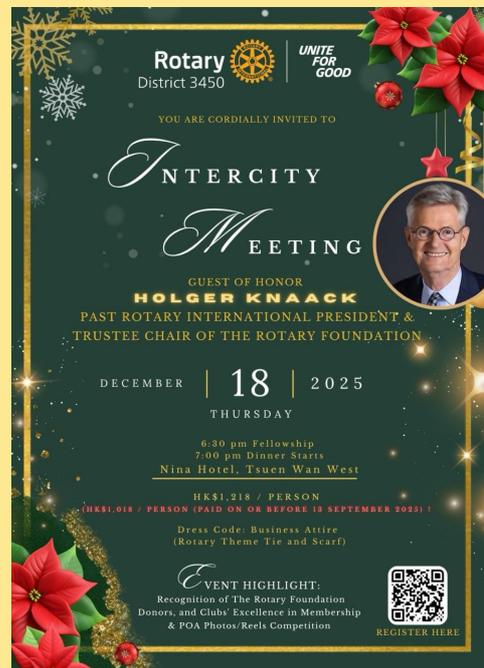
PP Henry Chan was speaker on stress management, and **Sheldon Lee**, son of PP Bernard Lee, shared coffee in the Hospitality and Service Excellence session.



Tennis Experience Day will be held on 25 October, 2025 with students from **CCC Kei Wan Primary School** from 6pm to 9pm at the Hong Kong Country Club. Please contact President Lawrence to join and support.



The **Intercity Meeting** is scheduled for 18 December 2025 at Nina Hotel in Tsuen Wan. The event will feature Holger Knaack, Past Rotary International President and Trustee Chair of the Rotary Foundation, as Guest of Honor.



Honor. Highlights of the evening include recognition of Foundation donors, celebration of Clubs' Excellence in Membership, and acknowledgment of the People of Action award winners.

- Club postal address** : Room 36, 2/F, Jumbo Industrial Building, Kwun Tong, Hong Kong
- Meeting Venue** : Regal HK Hotel, Causeway Bay, Hong Kong
- Meeting Schedules** : Every 1st Wednesday 12:30pm at Regal HK Hotel
: Every 3rd Wednesday dinner time at other venues