

Hong Kong Chiropractic College Foundation Ltd

Chairman's Report Dec 2016

Dr. Shu Yan Ng

The year 2016 has been eventful. Thanks to the volunteers, we have held a number of very meaningful activities. We have held a number of Continuous Professional Development (CPD) courses and have organized a few public education talks. A full scholarship to Anglo European College of Chiropractic was granted to Ms. Joanne Cheng Lok Yan (鄭諾欣小姐). With the help of Ms. Lily Ng Lai Chu (吳麗珠小姐), we have also held a fund raising dinner. The dinner was held in April 2016. In the World Spine Day on the 16th October 2016, we organized activities with the objectives of raising the awareness of public towards spinal hygiene. Also, we have invested in a few common stocks in Hong Kong, on a long-term basis with the objectives of generating steady interest to cover the expenses incurred with the scholarship.

Public Education

For public education, the foundation has arranged three talks in 2016. They were targeted to the general public, with the purposes of educating the public relating to the importance of the spine in health. Specifically, they were:

| Date | Venue | Talk | Speaker | No of Attendees |
|---------|--|---|--|-----------------|
| March 5 | Leighton Hill Community Hall | Neck pain and exercises | Dr. Ho Pui Wing, Albert Dr. Chan Kar Yi, Karen Dr. Chu Ming Him, Edmond | 150 |
| May 22 | Leighton Hill Community Hall | Knee pain - 1. Osteoarthritis 2. How does the hip relate to knee pain 3. How do your foot types affect knee pain | 1. Dr. Lee Ka Yu & Dr. Alvin Hsu 2. Dr. Chan Kar Yi, Karen 3. Dr. Chu Ming Him, Edmond | 250 |
| Dec 11 | Wang Gungwu Theatre, Graduate House, HKU | Intermittent Fasting | Professor Hui Chi Chung | 250 |

Continuous Professional Development

In 2016, the foundation organized four courses for the professionals. They were:

| Date | Venue | CPD Course | Speaker | No. of Attendees |
|------------------|---|---|-------------------------|-------------------------|
| Feb 27- Mar 1 | Graduate House, HKU | SEAS: Scientific Exercise Approach to Scoliosis II | Mr. Michele Romano | 18 |
| July 1-2 | Duke of Windsor Social Service Building | Dry Needling (Lower Body) | Mr. Tzvika Greenbaum | 10 |
| Aug 20-21 | Duke of Windsor Social Service Building | Scoliologic Schroth Best Practice A Course | Dr. S.Y. Ng | 20 |
| Sept 23 | Duke of Windsor Social Service Building | Chelation Therapy and Autoimmune Arthritis | Dr. Mak Siu Keung | 18 |

Research

In 2016, no original research was performed. Only review papers were submitted. They were:

Chan WY, Ng SY, Ho TK, Ng YL. Bracing – Halting progression or improving curves in adolescent idiopathic scoliosis. *J Rheum Arthritic Dis* 2016; 1:1

Pang KY, Ng SY. The treatability of “growing pains” in children - a mini review. *Pediatr Dimensions*. 2016,1(3):74-77

Weiss HR, Moramarco MM, Borysov M, Ng SY, Lee SG, Nan SF, Moramarco KA. Postural Rehabilitation for Adolescent Idiopathic Scoliosis during Growth. *Asian Spine J*. 2016 Jun; 10(3):570-581

Ka Yu LEE - Application of MIRE in the treatment of post-herpetic neuralgia - Update *Curr Pediatr Rev*. 2016 March 14.

The papers can be accessed in the link of the Foundation’s website:

http://www.hkccfl.org.hk/research_2016.html

Wanchai Chiropractic Clinic

Dr. Colin Lai (黎其琳脊醫) joined us in November 2016 and practiced in the Clinic, together with Dr. Ka Yu Lee (李嘉瑜脊醫) and Ms. Jenny Li (李協紅復康顧問). In 2016, we provided 12,748 consultations and treatments. More than one thousand new patients visited the clinic. As at December 2016, HKD1 million was transferred from the Clinic account to the Foundation account.

Scholarship

As an interim plan until the college is established, the Foundation offers scholarship to students interested to pursue chiropractic education in Anglo European College of Chiropractic (AECC) in England. In 2016, we received three qualified applications for the scholarship. The applicants included both fresh graduates at DSE level and people who graduated with bachelor degree a few years back. After the interview and assessment by the Scholarship Committee, which comprised of Dr. Wilkin Kwan, Professor Peter Cheung and Ms. Rosanna Chui, the scholarship for year 2016 was finally granted to Ms. Joanne Cheng Lok Yan. Joanne began her study in October 2016. In addition to Mr. Benedict Wan Ho Ting and Ms. Priscilla Choi Yuen Yue, the Foundation is currently sponsoring three students studying chiropractic in AECC.

Investment

As the donated money did not generate any income and laid idle in the bank and that the mission of the Foundation is to raise enough money to establish a Chiropractic College in Hong Kong, the Investment Committee decided to invest in three HK common stocks, with the approval of the Board of Directors. Details would be provided by the Investment Committee.

Fund Raising Events

Charity Dinner – Eat Healthy, Stay Happy 「吃出健康·幸福滿載」

The Foundation organized Charity Dinner again on 23rd April, 2016 at King's Cuisine in Windsor Plaza, Causeway Bay. The menu was planned to be in line with the theme “Eat Healthy, Stay Happy 吃出健康·幸福滿載”. We also invited Professor C. C. Hui (許志忠教授) in Toronto to share with us the healthy eating tips via Skype. Numerous artists led by Ms. Lily Ng (吳麗珠小姐) supported the function by performing and singing, bringing joy to the participants. More than 450 guests participated, and we raised around HK\$149,376.

World Spine Day - “Relax with a Stretch of your Waist and Back”

World Spine Day 2016 was successfully held at Maryknoll Secondary School, Ngau Tau Kok on 16th October, 2016. This year, the Foundation co-organized the event with Hong Kong Chiropractors Association. Activities included drama, seminars, stretching exercises and photography competition. Sixteen registered chiropractors offered voluntary check-ups for participants. More than 600 citizens participated. Major activities included:

1. Opening ceremony: the event was inaugurated by Mr. Jasper Tsang Yok Sing JP (曾鈺成太平紳士), former President of the Legislative Council, who spoke on his experience of low back pain and the need to keep good posture.
2. Stretching Zone: the drama was performed by Ms. Helen Tam Yuk Ying (譚玉英小姐), the famous TV star, as well as drama enthusiasts, Mr. Steve Kwok (郭熾華先生), Mr. Chan Wei Dick (陳煒迪先生) and Ms. Ruby Cheng Ho Lam (鄭可琳小姐). They helped demonstrate how to avoid backache in our daily life with a quiz at the end.
3. Seminars: Dr. Albert Ho Pui Wing (何楨榮脊醫) and Dr. Claudia Ng Kok Yu (吳珏儒脊醫) gave presentation on “The relationship between the diaphragm and backache” and “Diets and Low Back” respectively.
4. Preventive Stretching Exercise: The exercises were led by Ms. Dark Yuen (袁澗灃小姐) and her team to help participants learn ways to maintain spinal health in the long run.
5. Health Check: Assessments included foot biomechanics, the maximum inspiratory pressure, back muscle strength and spinal biomechanics.

We sold 1,775 tickets and made contribution of HK\$17,750 to the fund. In addition, there was a session of charity sales, during which a sum of HK\$20,474 was raised. The full amount was donated to the HKCCF for the purposes of educating the public about spinal health.

Other fund raising plans

HKCCF submitted proposal to apply for 2017-18 Regional Flag Day, and is currently in Group B waiting list. It is unlikely that we'll get a slot before March 2018. We will make application again in April 2017 for a day in 2018-19.

Donation

Donation Boxes

37 HKCCF donation boxes were being put in the following locations. Please refer to appendix 1 for the full list. In sum, the donation collected from the boxes amounted to HK\$53,606.60 in 2016.

Other Donations

Donations from other sources totaled HK\$249,263 in 2016.

Vote of Thanks

During the year, many people have helped. We would like to thank all who have given us a hand, including all those who agreed to let us put the donation boxes. We would also like to thank many chiropractic colleagues, in particular Drs. Lee Ka Yu, Colin Lai, Karen Chan, Albert Ho and Claudia Ng Kok Yu, which have lent their hands in the organization of CPD, public talks and presentation.

We also wish to extend our thanks to the increasing number of volunteers. Moreover, we are grateful for the help offered by the artists, including Ms. Ng Lai Chu, Ms. Tam Yuk Ying, Mr. Dick Chan and Ms. Ruby Cheng.

Lastly, we wish to thank the advisors for consultant for their guidance in the year past.
Thank you.

Appendix 1 – Location of donation box

| Box No. | Location |
|---------|---|
| 1 | Pedorthic Technology Ltd, TST Centre (尖沙咀足科矯形中心) |
| 3 | Dr. Wilkin W.K. Kwan (關維健脊醫) |
| 4 | Dr. Henry H. K. Chan (陳顯強脊醫) |
| 5 | Dr. Andy Hin Yim Lee (李憲嚴脊醫) |
| 6 | Chiropractic Wellness Centre Ltd. (綜合脊醫中心) |
| 7 | Pedorthic Technology Ltd, Wanchai Centre (灣仔足科矯形中心) |
| 8 | Fairy Recover Therapy Ctr (仁康：吳軍營醫師) |
| 9 | Pedorthic Technology Ltd, CWB Centre (銅鑼灣足科矯形中心) |
| 11 | MediMart (旺角樂康軒) |
| 12 | Wanchai Chiropractic Clinic (灣仔脊醫診所) |
| 13 | Leung Wah Medicine Co. (梁華骨傷科) |
| 14 | Dr. Chan Tak Sang (陳得生醫師) |
| 17 | Dr. Chan Chak Yee (澤心堂：陳澤誼醫師) |
| 18 | Wui Hong (滙康：盧棟權醫師) |
| 19 | Hong Kong Chiropractic Wellness Center (何栢榮脊醫) |
| 22 | 南記春卷粉麵有限公司 (黃埔花園) |
| 23 | 南記春卷粉麵有限公司 (筲箕灣) |
| 24 | 南記春卷粉麵有限公司 (北角) |
| 25 | 南記春卷粉麵有限公司 (銅鑼灣) |
| 26 | 南記春卷粉麵有限公司 (灣仔春園街) |
| 27 | 南記春卷粉麵有限公司 (灣仔摩利臣山道) |
| 28 | 南記春卷粉麵有限公司 (中環域多利皇后街) |
| 29 | MediMart (沙田沙角邨樂康軒) |
| 30 | Happy Walking (屯門安定商場步足履) |
| 31 | MediMart (佐敦道樂康軒) |
| 32 | MediMart (牛池灣清水灣道樂康軒) |
| 34 | 陳培華醫師 |
| 35 | 劉影棉醫館 |
| 36 | 鄭愛嫻骨傷科診所 |
| 38 | MediMart (灣仔莊士頓道樂康軒) |
| 39 | MediMart (荃灣海壩街樂康軒) |
| 40 | MediMart (馬鞍山頌安商樂康軒) |
| 41 | Happy Walking (馬鞍山頌安商場步足履) |
| 42 | MediMart (香港仔中心樂康軒) |
| 43 | MediMart (上水彩園邨樂康軒) |
| 44 | Health Care & Co. (保利安公司) |
| 45 | MediMart (土瓜灣道樂康軒) |