



Presidents Report

AJMF (VIC)

This has been a quiet start to the year for AJMF. On a personal level it has been a difficult start to the year as my beautiful mum, Jutta Kuttner z"l died suddenly in January. Nothing prepares you for this deep loss, but it has been comforting sharing lots of wonderful memories of her with family and friends. My brother, David and I have been caring for our father who has Alzheimer's disease.

At our November AGM we heard Professor Ashley Bush speak eloquently about Alzheimer's Disease and the search for a cure. In particular he outlined his research on whether Alzheimer's is a proteinopathy and whether there is a disorder in the regulation of iron, zinc and copper metabolism in the brain. The AGM was well attended and we thank Ashley for his interesting presentation and Emmy Monash Aged Care for hosting the event.

Our next function will be on 17 May at Kimberley Gardens. Dr Hendrik Zimmet will be speaking about Entresto in systolic heart failure. This dinner and talk is being sponsored by Novartis.

We continue to sponsor Israeli physicians who have come to Australia to further develop their skills. Scholarships have been awarded to Dr Alon Krispin, who is doing a fellowship in forensic radiology at the Victorian Institute of Forensic Medicine and to Dr Lorin Schwartz who is pursuing an electrophysiology fellowship at Royal Melbourne Hospital. We have also received and approved an application from Dr Ariel Roitman who will be commencing Otolaryngology training at Auckland City Hospital later this year. A medical student scholarship was given to Jordan Bade-Boon who undertook his final year elective rotation in pediatric cardiothoracic surgery at Wolfson Medical Centre, through the Save a Child's Heart organisation. Reports from Alon Krispin, Jordan Bade-Boon and student elective scholarship recipients, Daniel Diamond (QLD) and Jesse Ende (NSW) are included in this newsletter.



Dr Miriam Kuttner

We are encouraging all our members to consider joining the UIA medical and dental mission to Israel from October 9-18 2018. There are several Sydney colleagues attending and we would hope that some Melbourne doctors might be interested in joining this medical mission.

Dr Miriam Kuttner

Australia Day Honour | Dr Karen Wayne OAM

Thank you for your warm wishes on my recent Australia Day honour. It was a lovely surprise. I've been in a fortunate position that, together with my husband Victor, I can



Dr Karen Wayne

contribute to our wonderful country in various ways. I've always felt it was important that many society problems can be helped by supporting young children's education, so to that end, together with my daughters, we tutored new immigrant children at Friday Night School in Richmond, a project initially started by St Vincent de Paul.

Aged Care is also a longstanding interest, fueled by working in the field for more than three decades. This led, many years ago, to my being involved on the Board of a not-for-profit Aged Care Facility, understanding and supporting Quality matters, publicity and development, and pharmacy and therapeutic management, all ultimately assisting care staff to achieve best resident care.

I'm involved with volunteering with the AMA in its role in supporting current and retired doctors, as I can use my experience and skills as a GP to help colleagues.

I enjoy being involved in the Jewish Community, and have been on school and synagogue Boards, currently continuing to speak at TBI to non Jewish school groups who come to learn about Jewish life and Judaism. Of course, Victor and I are staunch supporters of Israel, but that certainly does not count toward an Australia Day honour!

Finally, Victor and I have supported the Arts in Victoria over many years, and via a number of organisations. We believe in the benefit to society of involving children, and adults in music, theatre, the arts in general, and also making them accessible to rural populations. I know we will continue with our contributions to our society, and have definitely inspired our daughters, who already have been philanthropic in their own right, and done voluntary community service.

Dr Karen Wayne

Australia Day Honour | Professor Agnes Bankier OAM

Professor Agnes Bankier OAM was President of our organisation, which was then called AFIMA (Australian Friends of the Israeli Medical Association) some 30 years ago. Trained as a paediatrician and then clinical geneticist, Agnes developed a keen interest in the cause and prevention of birth defects. Together with David Danks, David Pitt, John Rogers and international collaborators, they established the first computer assisted syndrome diagnosis, using images on a laservideodisc linked to the computer in 1985. The program underwent many technological platform changes and is now an internationally recognized and well used, known as POSSUM web.

"The development of this program was the highlight of my career. I travelled to conferences all over the world to promote and sell the program and met international colleagues along the way. It was wonderful to see their excitement in seeing POSSUM work in helping diagnose children with birth defects, being able to help families in the care of their child and planning for their future".

In her long and distinguished career, Agnes was Director of the Victorian Clinical Genetic Services (VCGS), President of the Human Genetic Society of Australasia (HGSA) and currently the Chair of the



Professor Agnes Bankier

Royal Children's Hospital Human Research Ethics Committee.

She lectured in genetics at Monash University and was the driving force in developing recommendations for medical schools for core competencies in genetics for their curriculum. Before retiring from clinical genetics, she worked at Austin Health in Cancer genetics, retiring to have

more time with her grandchildren and her mother (now deceased).

"My mother would have enjoyed this award!" she said "Whilst recognition of work done is very nice, what I have enjoyed most is the enthusiastic acclamation of present and past colleagues, as well as our Jewish community, friends and family". Retirement provides for her the second chance to catchup with activities not available to full time working women, including quality time with friends, travel, deeper learning in tanach, areas beyond medicine, and volunteer work, giving back to the community. She is deputy chair of the Australian Friends of Shaare Zedek Medical Centre, Jerusalem and Archivist to the HGSA.

"Being still in the Research Ethics office, I have the chance to observe at the coalface the amazing new developments in genomics", she says.

Last year Dr Lesley Andrews wrote in our newsletter about the joint research project, with Prof Martin Delatycki from VCGS and with Ovarian Cancer Australia, screening for BRCA mutations for the prevention of breast and ovarian cancer. Agnes will be helping the team recruit participants to this soon-to-be-launched project.

Professor Agnes Bankier

Paediatric cardiothoracic medical elective | Wolfson & SACH

Jordan Bade-Boon received a Student Scholarship through the VIC branch of AJMF

With the generous support of AJMF I was fortunate enough to undertake my final year elective rotation in the department of paediatric cardiothoracics at the Wolfson Medical Centre (Holon, Israel) through the 'Save A Child's Heart' organisation. Save A Child's Heart (SACH) is a humanitarian charity organisation which aims to provide surgical care for children with congenital and rheumatic heart disease from areas of the world where high level paediatric cardiothoracic expertise isn't necessarily available – most often children from parts of Africa and the Palestinian Authority. I first visited SACH as a volunteer whilst undertaking an Israel gap year program post-high school, so was extremely excited to return in a medical capacity.

For the first two weeks of my stay I also had the bonus of staying in the SACH home,

where I was immediately welcomed by smiling faces and bubbling personalities upon my arrival. Sharing the home with me were more than 20 children from the African continent (some with their mothers, some without) and a host of African nurses and doctors in training with SACH. Given a tour of the home, I quickly had my hunger pains cured thanks to the lovely nurses from Tanzania who offered me some of their local cuisine. Whilst such hospitality was never expected, I was often offered samples of Africa's different tastes to supplement my own poor cooking efforts. Whilst primarily a surgical rotation, my rotation at SACH also involved time spent in the paediatric intensive care unit (PICU) and with the paediatric cardiology medical team. I was involved in pre-operative cardiology / echocardiography clinics



Jordan Bade-Boon

during which children who had been identified as requiring surgery (and therefore flown to Israel through the SACH program) are worked up prior to undergoing their operation. Under the guidance of experienced cardiologists I learnt to evaluate the important clinical signs of heart disease in children, and to understand the concepts and anatomy that underlie echocardiography interpretation. Interaction with patients and their families was made more challenging by the language barriers, with often three or more languages being spoken at once in the same room between patients and clinical staff/students.

One of these clinics occurring on a weekly basis is a free clinic open to Palestinians from Gaza and the West Bank, who are usually referred by primary care physicians in their home towns. Sadly, some of these children could not be offered surgery, as their condition had gone untreated for so long that the body's own adaptive mechanisms had made their disease irreparable – for example, an 18 year old girl suffering from Eisenmenger's syndrome after being born with a large ventricular septal defect which was never repaired.

After being worked up by the cardiology team, patients are discussed in a weekly multi-disciplinary team meeting involving medical, surgical and critical care teams. This would usually involve discussion of the case history, review of laboratory data, and analysis of echocardiography and / or CT images for the purpose of surgical planning. Patients are identified as either being most suitable for open surgical or minimally invasive catheterisation-based care, and then scheduled for their operation to take place. This was a great opportunity to learn, with several cases stimulating animated discussion between members of different teams, who argued the merits of different approaches to providing care. These meetings also involved 'morbidity-and-mortality'-type discussions of outcomes from previous patients, with areas for improvements in clinical practice often highlighted, and opportunities taken to educate trainee medical staff and students about common clinical issues faced in the care of paediatric cardiac patients.

In the operating theatre I observed a wide variety of surgical procedures. Tetralogy of Fallot, a form of cyanotic congenital heart disease, was the most common condition that I saw repaired.



Usually this type of operation involved closure of the ventricular septal defect and resection of hypertrophied cardiac muscle from the right ventricular outflow tract. I observed several mitral valve repairs for rheumatic heart disease, with valve repair being the operation of choice (as opposed to valve replacement) in most cases, given the difficulty of providing necessary ongoing care and medical follow-up for artificial or bioprosthetic valves after the children return to their home countries. Whilst these types of operations are complex, they are performed relatively frequently so were largely dealt with without much fanfare. However, I was also involved in some extremely complex, often multi-stage procedures. One of these was the multi-stage surgical repair of an 8-year-old boy's severe congenital heart disease – a condition known as Tetralogy of Fallot – Pulmonary Atresia with Major Aorto-Pulmonary Collateral Arteries (TOF-PA MAPCA). Care for these types of patients is enormously involved, but was fascinating to observe and be involved in as a student. Whilst open surgery was the most common means of treatment for SACH patients, several cases could be managed less invasively in the catheterisation laboratory. This was also something I was able to be involved in, and was an interesting contrast to the operating theatre environment. Patients with less complex disease, such as small atrial or ventricular septal defects, could often be cared for in this way, with the advantage of faster recovery and avoidance of the need for cardio-pulmonary bypass. However, this didn't mean catheterisation-based procedures were without risk. I observed two patients who became unstable during their procedures, requiring CPR to be performed immediately, one of which had to be emergently transferred to the

operating theatre for repair of an aortic root rupture that had occurred during an attempted stenting procedure.

Working within the environment of a charity organisation that

uses public healthcare facilities was an interesting experience. SACH operates through an agreement with the Wolfson Medical Centre, whereby SACH patients are treated by public hospital staff and using hospital facilities, and the hospital receives compensatory remuneration that can be re-invested in the local healthcare system. This arrangement means that SACH patients need to be 'scheduled in' around the care of non-SACH patients, who are also being cared for and managed by members of the SACH medical team. Depending on the case-load of non-SACH patients requiring intensive care, for example, this can sometimes mean limitations are placed on the number of operations that can be performed due to lack of availability of PICU beds.

Save A Child's Heart is an astounding organisation. Both treating children from international locations and training nursing and medical staff from African countries (who will eventually return to provide the same care in their home nation), SACH aims to make an impact on the global health stage with every action that it takes. The care given to each child is the same, as is the support provided to visiting family and friends who often harbour nervousness and fear of what might be in store for their loved ones. As a team of clinicians who pay no attention to race or religion when it comes to the delivery of high quality care, SACH truly is an all-welcoming and unique organization that is paving a pathway for peace and acceptance in an area of the world still marred by conflict. I thank AJMF enormously for supporting me to have this incredible experience.

*Jordan Bade-Boon MBBS (Hons)
Monash University*

Student Elective in Emergency | Beilinson Hospital Petah Tikvah

Daniel Diamond received a Student Scholarship through the VIC Branch of AJMF and is now working as an intern at Cairns Hospital

With immense gratitude I would like to acknowledge the AJMF. With their support, I was able to fulfil my long held ambition to undertake my Final Year Medical Elective, as a student at the Emergency Department at the Beilinson Hospital, Petah Tikvah, Israel.

It is humbling and somewhat sadly obvious that Israel is at the world's forefront of emergency medical care. As a junior medical student, I was, (naively) half expecting Beilinson's ED to be chaotic. Nothing could have been further from the truth. I was in awe, as I witnessed daily; a team of inspiring doctors and nurses manage a dynamic and extremely hectic department with order and tempered professionalism.

It all appeared to be 'just another day at the office' for the seemingly small team of doctors to; juggle the consulting rooms, an acute area of care, a resuscitation bay, and still somehow manage to set some time aside to teach an Australian medical student and to do so in English!

Only in Israel can a medical student, in one day's work, get the opportunity to participate in a critical patient resuscitation, suture a stab-wound and then eat more than their fill at the hospital-provided kosher buffet. Only in Israel will you perform your first chest drain and then be invited for a Shabbat dinner to both the

supervising doctor's house, as well as the patient's. And only in Israel will your consultant critique your examination skills, explain how to perform an ultrasound-guided cannulation technique and then ask you to take his daughter on a shidduch date!



Daniel Diamond

Israeli society is ethnically diverse. Despite the all too well - known ethnic tensions, it was so refreshing and validating, to experience firsthand, that all cultural or political differences stopped outside the doors of the hospital. From the intern with tzitzit hanging out from underneath his scrubs, to the resident wearing a Hijab to the American consultant and the medical student from Prague,

health was the universal language that united us. Mutual respect and professionalism was evident between every member of the hospital care team, irrespective of their backgrounds. This was just some of the privilege I experienced, when I ever so briefly, became a part of the Beilinson health care team.

Bridging the Hebrew language gap was always going to be a challenge for me. But, I was amazed at the extent to which my supervisors went out of their way to ensure that this would not curtail my experiences or inhibit my learning. Fellow doctors and nurses would frequently act as my interpreter when required. Even some patients gave me Hebrew lessons! I certainly did not expect the emergency consultants to run all their ED simulations and teaching lectures in English, solely to accommodate me. Their inclusivity and enthusiasm for student teaching made my time at Beilinson a pleasure.

For any medical student considering it, I highly recommend experiencing an elective in Israel.

I am extremely grateful to the AJMF for their generosity to help make it happen!

*Daniel Diamond
James Cook University, QLD*

ENT Student Elective | Rambam Hospital

Jesse Ende received a Student Scholarship through the NSW Branch of AJMF

Having travelled to Israel many times before, my medical elective not only gave me the opportunity to uniquely broaden my medical training, but also to see the country from a different perspective. Over December 2016 and January 2017 I attended Rambam Hospital in Haifa for 8 weeks. I was excited to be accepted by the ENT department, a specialty that I have been long passionate about since my honours year.

On my arrival the team welcomed me with open arms. I was busy right from the start with a radiology meeting, in which all 30 attendees switched to impeccable English just so I could understand what they were talking about. I also attended outpatient clinics, where the succession of soldiers, Arabs, orthodox Jews, and every other



Jesse Ende

demographic you could imagine not only highlighted the multiculturalism of Israel, but also the equity with which healthcare is delivered in the country. It truly embodied how medicine should be practiced without discrimination.

The opportunity to attend operations was also an excellent learning experience. Rambam Hospital has a dedicated ENT operating suite where they perform most of their operations. One of the ENT surgeons at the hospital previously trained in Australia, learning how to perform the cochlear implant operation. Seeing this was an amazing opportunity, as the use of Australian technology in an Israeli hospital really illustrated the connection these two countries have, and the advancements in medical innovation that allow us to restore

hearing to those who might otherwise never be able to hear.

During my elective I pursued another interest of mine, medical research. The ENT department at Rambam Hospital has a reputation for their academic output, with a dedicated laboratory space and also a concurrent PhD program for their ENT surgical trainees. During my time I was able to assist a PhD candidate with their research on the role of macrophages in certain types of cancers. This was quite a challenge in many ways, including needing to use ultrasound imaging on mice to obtain data! Another project I was able to work on with an ENT surgeon was studying how the often-inconsistent definition of a successful surgery affects the way we practice and treat patients, and

this was in fact recently presented at a conference in Israel. Rambam is at the centre of global medical technology innovation — I was also able to observe some experiments in the development of a new plasma treatment to target cancer cells in the body. These experiences were a highlight of my elective, and I am still in contact with several of the researchers at Rambam Hospital with the hope of being able to collaborate again in the future.

Of course, there was also the opportunity to travel around Israel during this time with a fellow student from Australia. Haifa experienced one of its wettest Winters on record so we sought refuge in Tel Aviv, Jerusalem, Akko, Tzfat, and the desert (Dead Sea and Masada of course) on weekends. It also wasn't long before we

were invited to a colleague's home for Chanukah, where we made homemade jam donuts. Being in such a multicultural city as Haifa during the festive season was really amazing. The centre of the city was covered in lights, and a giant chanukiah stood side-by-side with a Christmas tree on the central roundabout. Everyone was in a festive mood, and we also attended several cultural events which were held during the month.

I am extremely grateful for the generosity of the AJMF for providing me with this opportunity of a lifetime, and it is something I will never forget as I move forwards in my medical career.

Jesse Ende (University of NSW)

Australia Day Honour | Dr Anthony (Tony) Weldon OAM

"The citation for the Australia Day Honour suggested that the award was given because of my contribution to paediatric medicine and the community. Personally, I have more pride in my ongoing work as Victorian Chair of B'nai B'rith Courage to Care than in my role as a paediatrician. Others in that field have contributed far more to the advance in knowledge, to teaching and in clinical care than I have done over the nearly 50 years that I have worked in that area of medicine."

My paediatric career began in 1968 with my appointment as an RMO to RCH Melbourne. I rose through the ranks there over subsequent years as a registrar and finally as the initial Casualty Supervisor.

In 1992, with my wife Vivian and two young children, as was de rigeur for budding young consultants of that era, we headed overseas for further post-graduate work. We spent a year in Oklahoma City in the USA to absorb some knowledge of Child Psychiatry since I realised that knowledge of behavioural and developmental aspects of children were an increasingly important part of the work that would confront an Australian paediatrician. There would have been more interesting parts of the world to spend a year of one's life acquiring that knowledge and experience, but it is always easy to be wise in retrospect!

We returned to Melbourne in 1994 and I established a practice in Frankston, an outer suburb of Melbourne and was the first paediatrician working full-time in that region. I was determined not to follow the example of the majority of paediatricians of that time who earned their living partly by an outpatient appointment to RCH and mainly by racing around Melbourne seeing newborns in multiple larger and smaller midwifery units scattered in and around

this city. I had decided that this was not the way to try to achieve any balance between life and work. At that time there were only a handful of consultant paediatricians working outside of metropolitan Melbourne. Dr Gary Zentner had just established his practice in Dandenong, another outer Melbourne suburb. I choose to believe that we each were only able to maintain some level of sanity by covering each other's work over alternate weekends. A few months later Gary announced that he was going to Israel for a number of weeks and, over that time I was covering virtually all of the south-eastern outer suburban area of Melbourne. So much for work-life balance!!

By the time of my retirement from my Frankston practice in 2007 there were 5 other paediatricians working there and I understand the number has increased further since then. Over the subsequent years I acted as a locum consultant for short periods of time at many regional hospitals around the country.

In 2004 I joined the committee of an important project of B'nai B'rith – Courage to Care (Victoria) and in 2005 became Chairman, a position I have held since that time. I understand that it is a recurring issue, particularly in Jewish organisations, that there can be a lack of succession planning and so it has been for this organisation!

Nevertheless, with the support of passionate and dedicated volunteers this organisation has grown exponentially and is serving an important function throughout this state, seen by more than 100,000 students. Courage to Care is a travelling exhibition, aiming to inform and educate Australians of the dangers of prejudice and discrimination, by encouraging visitors to



Dr Tony Weldon

consider their own attitudes to issues including prejudice, racism and bullying by using the actions of the Righteous Among the Nations as the model of moral, ethical behaviour. Through preserving the memory of the Holocaust, we aim to focus participants thoughts on their own responsibility when faced by injustice or are witness to actions that they know in their heart are wrong. The key messages being that each person can make a difference and, above all, to never be a bystander.

Further information about the program or becoming a volunteer is available in Victoria at www.couragetocare.org.au and in NSW at www.couragetocare.com.au

Dr Anthony Weldon

Israeli Fellowship | Forensic Radiology, Victorian Institute of Forensic Medicine

Alon Krispin received support from the VIC branch of AJMF

I have been working as a forensic pathologist in the Israeli National Center of Forensic Medicine as a consultant forensic pathologist, and during the last three years have been directing the service of forensic radiology there. As forensic pathologists, we serve the police investigation of cases of bodily violence that led to injury or death, and give our evidence in courts.

Forensic radiology deals with the application of radiology in the forensic medical field, and has been recently dramatically evolved thanks to the major advances in radiology and computation. From the mere x-ray films done to prove fractures in cases of child abuse or locate a bullet in the body, three dimensional imaging such as CT, MRI and post-mortem angiography now enables us to scan all the bodies arriving in the institute, be it a case of sudden unexpected natural death or a case of suspected murder victim. These scans enable us to visualize the anatomical and pathological findings for a preliminary examination of the body, and serve as a screening tool in our hands. They are so detailed, that they can help in decision making and triage of the bodies for autopsy or external examination followed by different tests, such as microbiology, toxicology, and biochemistry, depending on the case requirements.

In many cases imaging can direct us to the site of interest, such as harm done by a

lethal stab wound or by an invading parasite, and minimize the extent of autopsy, whereas in other cases, especially cases of sudden death with an apparent cause of death on CT – can deem the autopsy redundant and unnecessary altogether. Moreover, for some matters, such as foreign metal objects and gas in spaces, postmortem CT may even be superior to autopsy.

This is obviously of interest to the Jewish community, as traditional Jewish laws and specifically the Halacha generally object to desecrating the human body, delay of burial, disrespect the honor of the dead, and not being able to bury the body in full. Minimizing the extent of autopsy in a case, and the decline in rate of autopsies in general are therefore most welcome. Interestingly, Israel was one of the frontiers in this field, and a breakthrough article about the utility of postmortem computed tomography in trauma victims was published in the early 1990's. However, it was not until 2014 that any of these ideas come to realization in everyday work.

As the Israeli institute operates under the ministry of health, headed by Yaacov Litzman, it is now equipped with a CT and MRI (that is located in Shamir medical center), and over the last 3 years already the number of autopsies has been reduced dramatically. However, the skills of our pathologists in radiology have been limited, because these can only be



Dr Chris O'Donnell (left) with Dr Alon Krispin

upgraded by a radiologist experienced in the fields of forensics and necro-radiology, and dedicated to it. Such is Dr. Chris O'Donnell, a world leader radiologist in that field. Working in the VIFM, which is a center of excellence, Chris agreed to be my mentor, and so I arrived in Melbourne late November and am here since, learning from him on a daily basis and enjoying your beautiful country. Loaded with cutting edge knowledge and ideas on how to improve our service, I hope to go back to Israel and implement them in our everyday work.

I am very thankful for the AJMF for the support you have provided me with, and am very grateful to all those who have welcomed me here so warmly.

Dr Alon Krispin

MD Silberberg Study Grant | 2017 Recipient

Funds remaining from an endowment set up by the Australian Friends of the Israeli Medical Association, were converted to two study grants, administered by the RACP. The 2017 grant was awarded to Dr Claire Lawley.

I attended the course Echocardiography in Congenital Heart Disease at The Royal Brompton Hospital in London. The purpose of attendance at this course was to advance technical knowledge. The course is not available in Australia/New Zealand and represented a unique opportunity for me to develop skills in echocardiography in congenital heart disease in a structured way, with initial sessions focusing on imaging parameters and review of congenital heart lesions, followed by hands on scanning on patients with pathology. It also provided the

chance to network with other junior clinicians from around the world, as well as senior staff involved in facilitating the course. This was invaluable and has provided me with opportunities for future clinical and research collaborations.

I am incredibly grateful and honoured to receive the MD Silberberg Study Grant to support this training experience.

*Dr Claire Lawley, Paediatric Registrar,
The Children's Hospital at Westmead*



Dr Claire Lawley

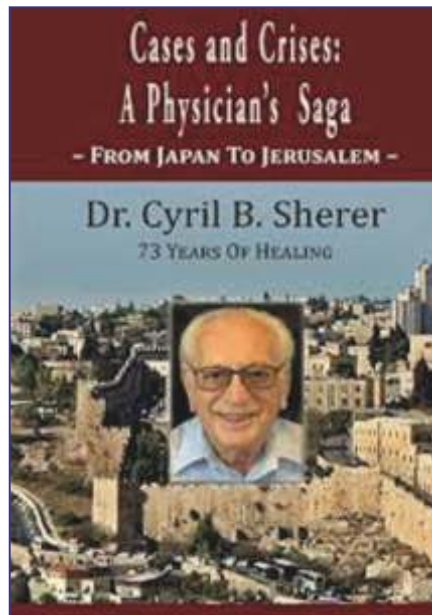
BOOK REVIEW

Thank you to Dr Cohen for providing this review.

I've just read a recently released and most fascinating book by a very spritely 96 year old Cyril Sherer who lives in Jerusalem. The book is called "Cases and Crises: A Physicians Saga – from Japan to Jerusalem" and is a series of case histories of some of his most interesting patients.

They vary from a housewife in New Zealand to Princesses from Tsarist Russia, Ethiopia and Thailand in Jerusalem. He has encountered the abnormal and the paranormal, two "Messiahs", and a life-threatening emergency in the Egyptian desert.

Dr Sherer is an experienced general practitioner, originally from London, who worked in Japan, New Zealand and Australia prior to successfully making Aliyah in 1961. My association with him goes back to that time, as he was a friend and colleague of my father, but our paths have also crossed by email as he also



works in travel medicine as I do. I had the opportunity to meet up with him recently at his rooms and home in Jerusalem and was extremely impressed with his intellectual and emotional intelligence. I asked him the secret of his longevity and active mind and he stated that the attitude to ageing is just a bit of rubbish!

His book is divided into sections according to the countries he practiced in and provides a fascinating insight into the general practice, dealing with Dr Sherer's interactions with a wide range of disparate patients from around the world. Each chapter is compelling, honest and insightful and provides the right mix of storytelling, pathos and humour regardless of the reader's background. Readers with a medical background in particular will find it hard to put the book down and are sure to identify with each encounter.

Dr Sherer's lifetime keen interest in both the science and art of medicine, as well as his love of the arts, are all very ably expressed in his book. He is justifiably proud to display his own achievements and the important role of general practice. I enjoyed the book immensely and highly recommend it.

*Dr Jonathan Cohen
Medical Director,
Travel Clinics Australia*



Dear Colleagues,

We are pleased to inform you of the UIA Australian Medical and Dental mission to Israel from 9th to 18th October, 2018.

The aim of the mission is to gain a first-hand look at the land of Israel, provide unique insights into its complex political situation, visit interesting medical and technological facilities where Israel is leading the world, as well as tour historical and cultural sites.

Highlights of the tour include:

- first-class accommodation, transport and most meals.

- discussions with prominent Israelis representing a range of opinions including parliamentarians, journalists, leading scientists, researchers, medical key opinion leaders and high-ranking military and security advisors

- visits to medical facilities, such as the Ziv Hospital in Tsfat, which has been treating wounded civilians from Syria, the trauma centre at Soroka Hospital in the Negev and Rambam Hospital in Haifa

- a visit to the Weizmann Institute of Science, a world leader in research, as well as a number of other centres involved in activities such as immunotherapy, medical cannabis and medical imaging.

- Visits to some UIA projects such as Net@ and Youth Futures

We have contacted the RACGP, who will not assign CPD points but have advised as follows:

"To assist your GPs who are travelling overseas for Travel Medicine/Cultural Awareness, GPs can make their own submission to their GP Dashboard, this

provides an opportunity to recognize any learning that they do and assist towards improvements or change within their practice for education points."

The cost for the mission is US\$4000 per person (single supplement an extra US\$1400). You will receive a certificate from the UIA indicating you attended the Medical and Dental Mission to Israel. We advise you to seek independent accounting advice as to the tax deductible nature of the mission.

If you would like to visit a specific centre of interest, the UIA is happy to organise visits either before or after the mission.

We look forward to you joining us on this once of a lifetime opportunity and celebrate Israel's 70th anniversary.

For more information
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Flying like a swallow

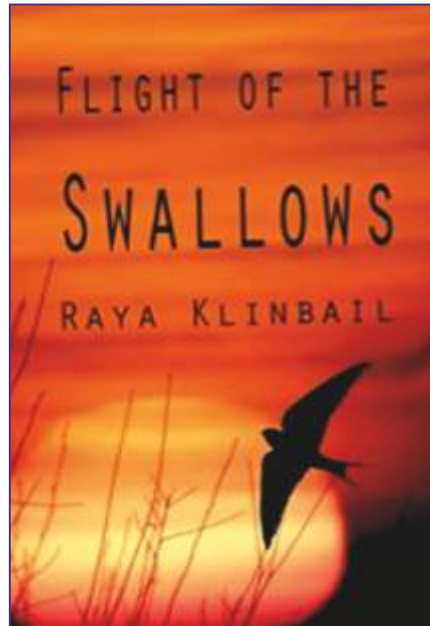
Have you ever wondered what had shaped your life or made you into the person you are? Is it the immediate world around you, the times you live in, or is it written in your DNA? Out of vagary of history, many children whose parents escaped the holocaust, were born in the far reaches of USSR —Siberia, Uzbekistan, Kazakhstan. How did that impact on their growing years?

I had an added question about my life; what if my parents took up the fabulous bride price of camels and cows that a Kazakh clan had offered for me on my first birthday. Would I have grown up in a yurt, along the shores of Lake Balkhash, or would I become a doctor and live in the gleaming capitol Astana?

To explore those possibilities, I decided to write a novel, 'Flight of the Swallows,' (you may recall the song 'Donna, Donna.' It's the swallows that are free to fly). Although sourced from my family's past, it is a work of fiction. I had travelled thousands of kilometres across Kazakhstan and made return journeys to Poland to recapture the past. Through the eyes of the characters in my novel, my readers will take a rollercoaster journey across Russia, enter the microcosm of family life on periphery of WWII, live behind the iron curtain of the fifties Poland and Russia. Finally, they will cross oceans to arrive in Australia of the sixties, face the problems of adapting to a new country and eventually to be confronted by events of the Six-Day war in Israel.

On my first trip to Poland I was confronted by a border guard. He fingered my passport suspiciously. Australian, speaking Polish, born in Kazakhstan, and Borat already forgotten. I felt uneasy, the last time my passport underwent such scrutiny I was 12, and we were leaving Poland for ever. I had a similar experience on leaving Kazakhstan and flying via Thailand to Melbourne. The functionary tried to stop me from boarding the plane saying, 'You can't go, you have no visa for Thailand.'

As Australian nationals, the freedom we enjoy are incomprehensible in some



countries. I only learned to appreciate that after living in Australia for some time. It is also here, that I realized I no longer must hide the fact that I am Jewish and can be proud of it.

For some years, there has been a refreshing interest in Poland of the Jewish past. Poland was reaching out to Jews across the world trying to attract them to various events and festivals. Sadly, the new defamation laws brought in by the present government will forbid mentioning any complicity by Poles with the occupying German forces. Thus, I wonder how many Jewish writers of family memoirs and novels, are now criminals in the gaze of the Polish law?

Writing *Flight of the Swallows* had clarified my past though another question remains; if I was born few years earlier would my ashes be now in Auschwitz, like those of my little cousins. Soon I will travel to Warsaw to visit POLIN Museum of the History of Polish Jews. Perhaps this time I will find the courage to visit Auschwitz.

Dr Raya Klinbail

Flight of the Swallows is available at Avenue Bookstore (VIC), Amazon or booktopia.com.au

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VIC: THU 17 MAY 2018

Scientific Meeting/Dinner, Kimberley Gardens

Sponsored By Novartis Pharmaceuticals
Speaker: Dr Hendrik Zimmet (Cardiologist)
 "Entresto in Systolic Heart Failure; Challenging the Paradigm"
 6.30pm Registration for 7pm start
 RSVP: amar.nath@novartis.com
 0439 154 554

ISRAEL: 9 – 18 OCT 2018

UIA medical/dental mission to Israel

Contact UIA for further info
 NSW missions@uiansw.org.au
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 WA adi@uiawa.org.au

ISRAEL: 3 - 8 NOV 2018

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