



NEWSLETTER

THE ASSOCIATION OF MEDICAL DOCTORS FOR ASIA

AMDA INTERNATIONAL

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TOP TEN NEWS IN 1988 :

1. Natural disasters :

	Estimated Number of Deaths
- June. 4, Heat wave in India	450
- Aug. 4, Flood in Sudan	> 1,000
- Aug. 16, Typhoon in center of China	1,400
- Aug. 20, Earthquake in Nepal and India	N.A.
- Nov. 19, Flood in Thailand, Christina Onasis	N.A.
- Dec. 7, Earthquake in Armenia	40,000

2. Fourth US. - Soviet Summit in Moscow.

3. Mikhail Gorbachev's call for more openness and economic enterprise.

4. Peace talk leading to USSR's troop withdrawal in Afghanistan.

5. Benazir Bhutto became the first female elected President in a Muslim State.

6. Yasser Arafat declared a Palestinian State and followed by US.-PLO peace talk to settle Middle East conflict.

7. Success of the Summer Olympic Game in Souel.

8. Massive anti-government demonstrations led by students in Burma.

9. Hopes for peace settlement in Kampuchea.

10. Illness of Emperor Hirohito of Japan.

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IN THIS ISSUE

EDITORIAL	P. 2	DISASTERS DEAL BLOWS TO	P. 6
IMAGES OF 1988	P. 3	ASIAN-PACIFIC REGION	
LOOKING BACK AT 1988	P. 4	AMDA IN FOCUS	P. 6
THE YEAR IN BRIEF	P. 5	ANNOUNCEMENT	P. 8

PURPOSES

1. To publish information about AMDA activities.
2. To provide a venue of communication among AMDA members.
3. To be a forum for AMDA members to express ideas and comments.
4. To publish articles about health care and community development

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EDITORIAL

We are again at the final month of the year !

Though it has become a tradition to make a review of the important events that happened in the whole year in this issue of the newsletter, looking back at this exciting year of 1988 is by no means simple or a routine task.

Starting with AMDA events, 1988 can be considered as the year of consolidation for the association. The fifth AMDA annual meeting in Pattaya this August has established a firm basis for AMDA future activities. We have eventually settled down with the constitution, the organization and the administration of the association. We have accepted primary health care as the main strategy to achieve community health development. Actually, we have decided to use this as the main theme for the 1989 AMDA conference in Japan. We have also emphasized the importance of information flow and communication among AMDA members. In this connection, we have agreed to boost our effort in the publication of the newsletter so that it will become an even more effective medium for communication among the members.

Around the world, many major events have taken place in the political arena to make 1988 justified to be memorable as the year for better understanding. The United Nations has returned to play a central role in the conciliation of many

major conflicts. Instances were the end of Iran-Iraq war, the withdrawal of Soviet troop from Afghanistan, the first steps to end the war in Angola and secure the independent of Namibia, and the new efforts to resolve the old conflicts in Western Sahara, Cyprus and Kampuchea.

Other good news were the signature and implementation of the Intermediate Range Nuclear Forces (INF) Treaty, the reapproachment between the Soviet Union and China, China and India, India and Pakistan, the ceasefire between Libya and Chad, the initiation of talks between the North and South Korea. All these have created a lot of hope for the coming 1989.

However, there were also had news, 1988 is the year man suffered greatly from major accidents and natural disasters. On the records were the major earthquake. In Armenia, China, India and Nepal, the flooding and landsliding catastrophe in Bangladesh and Southern Thailand, the recurrent drought in Africa, Pakistan and America, the hurricane in South America and the typhoon in the Philippines and Vietnam. Basically, it can be understood that many of these disasters are not a result of nature's violence against man but rather man's violence against environment. The rapid deforestation in many part of the

continue on page 3

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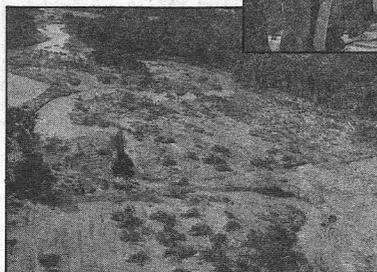
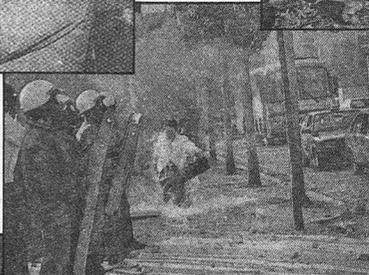
world, the green-house effect resulted from industrial and other pollutions are just some of the main causes. It is sad to say environmental abuse will continue to occur and create a lot of consequences. We hope that in 1989 man will make use of the lessons

he learned in 1988 and joins hands to find solutions to these real threats of life instead of killing each other for all the unnecessary conflicts.

The Editor

IMAGES OF 1988

EMERGING HOPE FOR PEACE V.S. NATURAL DIASTERS



LOOKING BACK AT 1988

The significance of 1988 was that as the last decade of the 20th Century loomed, the threat of terminal human conflict that has hung over the world since 1945 seemed to be retreating and begin to raise some kind of hopes for world peace.

The most devastating war of recent times - Iran-Iraq - ended abruptly, when Iran announced on July 18 the acceptance of the UN ceasefire resolution of a year earlier.

War also began to come to an end in Afghanistan after Pakistan and Afghanistan had signed a UN-sponsored agreement under which Soviet troops would begin withdrawing. A US-Soviet declaration guaranteed the agreement. Soviet troops began a nine-month withdrawal on May 15.

Another war began to end in the Western Sahara. Morocco and the Polisario Front accepted a UN peace plan under which a referendum would decide whether Western Saharans wanted independence or integration with Morocco.

Even the situation in one of Africa's oldest conflicting areas seemed on the way to a solution when Libya and Chad formally ended their war, pledged in October to solve the problem peacefully and resumed relations with each other. In Nicaragua a ceasefire between the government and the Contra rebels took root in March.

In May, US President Ronald Reagan met Soviet leader Mikhail Gorbachev in Moscow at the fourth summit to discuss on strategic arms control, human rights and regional issues.

The outbreak of peace all round was exciting. In Europe old enemies Turkey and Greece began to kiss and make up. Prime Ministers Turgut Ozal and Andreas Papandreu held a summit meeting in Switzerland and agreed to hold annual meetings. Hopes rose again for a settlement of the Cyprus issue when the new President Vassiliou began to meet the Turkish leader Rauf Denktaş under UN auspices.

The Palestine Liberation Organization (PLO), meeting in Algiers, finally accepted the existence of Israel by accepting UN Resolution 242, formulated in 1967, and declared an independent state in West Bank and Gaza. However, when Yassar Arafat tried to address the UN in New York the US refused him a visa. So the UN went to Geneva to hear

him. Israel reacted coolly to the recognition and remained suspicious of PLO motives. Nonetheless, recognition was a historic step.

Within days of the Geneva meeting the US made a historic volte face. Secretary of State George Shultz announced that it would open talks with the PLO, the first US-PLO peace talk ever.

Qian Qichen made a three-day trip to Moscow, the first by a Chinese foreign minister for 30 years - and paved way for a Sino-Soviet summit in 1989. This might mean an end to the 10-year conflict in Kampuchea.

The first round multilateral peace talk, dubbed the Jakarta Informal Meeting (JIM), was held in July at Jakarta to settle the Kampuchean issue. Meanwhile, the meeting between Prince Sihanouk and Prime Minister Hun Sen in France has raised the hopes for some kind of peace settlement in Kampuchea.

There also seemed a good chance of India coming together at least with China, with Gandhi going to Peking - the first visit by an Indian Prime Minister for 34 years. This could spell an end to the long-standing border disputes between the two nations.

Representatives of Angola, Cuba and South Africa met discreetly in May under the auspices of the US to discuss on the withdrawal of Cuban troops from Angola and independence for Namibia under the terms of UN Resolution 435. Progress was made and there followed months of talks in New York, Cape Verde, Brazzaville and Geneva. In August, South Africa troops withdrew across the Angolan border into northern Namibia as part of a joint plan for peace in South West Africa.

Likewise, in this context, Asia played a most significant role with the Olympic Games, in Seoul, the premier melting pot. This will be remembered as the most unified and successful in recent years with the athletic might of East and West again being pitted against each other on a grand scale.

Just before Christmas, Mikhail Gorbachev took proposals to the United Nations for far-reaching and unilateral reductions in Soviet forces from Eastern Europe to the Chinese border. By 1992, they would cut by 10,000 men, 10,000 tanks, 8,500 artillery systems and 800 aircraft.

continue on page 5

The year 1988, naturally enough, was not marked by complete harmony. However, if anyone

aspect could be considered above all others in the year, it was a thawing of relations and a drawing of peoples closer together.

THE YEAR IN BRIEF

FEB. 26 = SHULTZ PEACE SHUTTLE BEGINS

George Shultz, US Secretary of State for Foreign Affairs, arrived in Israel on the first leg of his four-nation US Middle East peace mission.

After talks with Prime Minister Shamir and Foreign Minister Peres, Mr. Shultz left for talks with the leaders of Jordan, Syria and Egypt before returning later to Israel in an effort to arrange an international peace conference.

MAR. 23 = PEACE SETTLEMENT IN NICARAGUA

Nicaragua government entered a peace accord with the CONTRA rebel.

APRIL. 14 = PEACE SETTLEMENT IN AFGHANISTAN

An agreement was signed in Geneva for peace settle in Afghanistan.

MAY. 8 = FRANCOIS MITTERRAND ELECTED PRESIDENT

Francois Mitterand comfortably won a second seven-year term.

MAY. 29 = FOURTH US-SOVIET SUMMIT

US President Ronald Reagan met Soviet leader Mikhail Gorbachev in Moscow at the fourth summit.

JULY. 18 = CEASE-FIRE IN MIDDLE EAST

Iran and Iraq adopted the UN's resolutionn to cease-fire in the Persian Gulf conflict.

JULY. = JIM ONE IN JAKARTA

The first round multilateral peace talk, dubbed the Jakarta Informal Meeting (JIM), was held in July at Jakarta to settle the Kampuchean issue.

SEP. 17 = OLYMPIC GAMES COMMENCE

The 24th Olympic Games got under way in Seoul, South Korea. Ten thousand athletes from 160 nations chasing 237 gold medals marched in the opening procession to make these 16-day games the best-attended ever.

SEP. 29 = US LAUNCHED "DISCOVERY" SPACE SHUTTLE

The US Space Shuttle programme resumed for the first time since the Challenger disaster two years ago.

SEP. 30 = MIKHAIL GORBACHEV BECAME USSR PRESIDENT

Under his presidency, Mikhail Gorbachev, the man of the year, has brought a new era to international relations as well as introducing revolutionary reforms at home.

NOV. 8 = GEORGE BUSH WON THE ELECTION

The American people chose George Bush to be their next president.

NOV. 15 = YASSER ARAFAT DECLARED A PALESTINIAN STATE

Yasser Arafat unilaterally declared a Palestinian state in the Israeli-occupied West Bank and Gaza Strip.

NOV. 17 = BENAZIR BHUTTO PAKISTAN ELECTION VICTORY

Benazir Bhutto formed a government after her Pakistan People's Party scored a solid victory over right-wing opponents in Pakistan's National Assembly elections.

With her party's total 97 seats in the 237-member National Assembly, Pakistan's constitution requires the President to delegate a prime misnister who will most likely command the confidence of the majority of the National Assembly. Benazir Bhutto made history in Pakistan by becoming the first female to be elected President in a Muslim State.

DEC. 7 = ANNOUNCEMENT OF USSR'S TROOP WITHDRAWAL IN EAST EUROPE

Mikhail Gorbachev took proposals to the United Nations for far-reaching and unilateral reductions in Soviet forces from Eastern Europe to the Chinese border. By 1992, they would cut by 10,000 men, 10,000 tanks, 8,500 artillery systems and 800 aircraft.

A major earthquake in Armenia took a rmassive toll of more than 4,000 lives.

DEC. 13 = TROOP WITHDRWAL IN ANGOLA AND INDEPENDENCE OF NAMIBIA

It was decided that the Cubans would pull out from Angola and that elections in Namibia in November 1989 would mark the end of South African occupation.

DISASTERS DEAL BLOWS TO ASIAN-PACIFIC REGION

In 1988, many Asian-Pacific developing countries sustained heavy blows from natural disasters and adverse weather amid prevailing environmental damage.

The vast areas had been devastated by cyclones and typhoons, tidal waves, floods and drought, sharply reducing agricultural production.

Among the onslaught of natural calamities, one of the worst floods in Bangladesh's history and a cyclone of severe intensity destroyed a large part of the agricultural crop in the second half of 1988.

In southern Thailand, floods and mudslides last October and November took a considerable toll of human lives and inflicted heavy damage on agricultural production, particularly that of rubber and shrimps.

In Pakistan, some 10% of the cotton output had been lost due to drought and floods. Drought also caused extensive shortfall in Vietnam's agricultural sector. China, India, Nepal and the Philippines were also hit by natural calamities.

Uncontrolled deforestation in many countries has aggravated the impact of natural disasters by causing soil erosion, increased run-off and siltation in major rivers as well as the occurrence of mudslides.

An ESCAP study shows that increasing population, economic growth and rising demands for new farmlands

have led to forest degradation and deforestation at an estimated rate of 2.02 million hectares per annum.

By subregions of tropical Asia, the major causes of forest degradation and deforestation are identified as follows:

- In South Asia, the primary problem is the combination of fuel-gathering and grazing, followed by the expansion of farmland by pioneer settlers.

- In continental Southeast Asia, the expansion of agricultural activities from the rice-growing lowlands to the surrounding highlands has emerged as the principal cause of the deforestation during the last 20-30 years. This especially true for Thailand. In Laos, Burma and probably Vietnam, traditional shifting cultivation by hilltribes plays a crucial role in the process.

- In insular Southeast Asia, uncontrolled logging is the main cause of forest degradation and deforestation. Parts of the subregion, particularly the Philippines, Malaysia and Sumatra (Indonesia), are also facing massive encroachment of pioneer settlers from nearby over-populated areas.

The study also stresses the need for interdisciplinary approach to forestry problems as well as for undertaking programmes designed to minimize environmental and socio-economic damage from deforestation.

AMDA IN FOCUS

Naomasa Hirota

Looking Back at 1988 and Forward at 1989

Hello to every doctor.

Two years have passed since I graduated. During my school days, I attended the AMSA Conferences three times; 4th, 5th and 6th. At the 6th Conference I played the role of Japanese Chief Delegate and also attended the AMDA Conference.

I am a physician majoring in gastro-enterology. Everything is new to me and time flies very fast.

In the board examination there is no question such as how to inject, prescribe, or behave as a doctor, to say nothing of the commercial names of drugs. I have come to know them by observing how other doctors are doing.

I am now taking care of 20 patients with a senior doctor and learning how to examine the patients with gastro- or colono- fiberscopes.

The death of patients is still shocking to me.

I am worried about to patients now. They are suffering from malignant neoplasms. What I am doing is a kind of terminal care.

In 1988 I personally had three big events.

The first one was the attendance to BEI (Biological Exposure Indices) Committee of ACGIH (American Conference of Governmental Industrial Hygienists) held in Boston, U.S.A., with Professor Ogata of Okayama University School of Medicine.

The second one was the operation of my father in May.

The third one was the birth of my baby on July 7.

In Boston I did not find anything different from what I had seen as a student in 1986. The city was neat, clean and comfortable. The BEI Meeting was very practical and impressive to me. In Japan, policies are made by the government, but in the U.S.A., one made by professionals.

continue on page 7

In 1989 I will stop learning clinical medicine and be a postgraduate student of Public Health Department majoring in biological monitoring.

We will have the 10th Anniversary Conference of AMSA & AMDA in Japan in August. That is what I have been looking forward to since I first participated in the AMSA Conference in Malaysia in 1983.

How nice it be to see old friends in Japan ! The 10th Anniversary is a good milestone for the activity of AMSA and AMDA, and also for my future.

I expect the conference will be practical and fruitful.

Osamu Kunii

What Is Our Dream ?

○ Hello, my friends !

Do you remember me ? I am Sam. In this spring, I passed the National Exam. for Medical Practitioners of Japan and am now working as a resident in internal medicine of Jichi Medical School Hospital. Busy but satisfied with caring for patients. We can see life, nature and God through patients who are naked and straight to us. However, I don't forget the broad world. I will never forget the days in India, Thailand, Philippines, Taiwan, Malaysia, Singapore, Hong Kong, mainland China etc.. The smiles of the village children have been engraved in my heart.

AMSA (Asian Medical Student Association) was the means to realize my dream in the student days and the dreams of many other students. It is the product of young power. Do you know how beautiful the youth is ? It can hold ideal, dreams and pure love. It doesn't take care of those who says dream is the dream, cannot be real. They are ones who neither have held the firm dream nor have made an effort for it. Once we have decided to do something and make an endeavor to attain it, the dream will surely come true.

What is the dream of AMSA ? I believe it is to bring the love to Asia and Pacific. Why the first AMSC started ? Even now in Asia plenty of people are still in agony and cannot see doctors. Some of the students who were anxious about Cambodian refugees came together at Bangkok in 1980 and discussed together what they could do for the needy people. They had seeked the answer of it through

nights and finally concluded that "We are students who have nothing: no money, no skill, no knowledge or no social status. But we have the youth. We have the power. And we have the friendship beyond borders. So, let's continue to hold the meeting, make new friendships and renew old friendships. Then we'll find the real conclusion of what we can do for those who need our help indeed." The tenth year is coming corner now. It's almost the time to seek the next step to realize our dream. And the time to face the reality and connect it with our dream. We who graduated from school and are going to hold the finance, skill, knowledge and social status have started to take the second step to realize the dream. It is Association of Medical Doctors for Asia (AMDA). Welcome all the young power and whoever still hold the ideal to devote yourself to Asian people and to bring pure love to our neighbours. We have humanitarian network in Asia and Pacific. Now is the time to make most of it and carry health, hope and love to all who don't have.

There is no border in love. Let's share the joy to give !

I sent the above message to members of AMSA. It is our duty to fulfill the pure dreams of students. There are many doctors to promote medical science. But few doctors know who need them in deed. We doctors have to show students not only how to cure patients but how to care people. As we have a lot of friends and fields in Asia and Pacific, we have to make most of them to show the models. I expect a lot the first International Symposium on the role of young doctors of primary health care in Asia and Pacific coming next year.

Please join it and fulfil your dream.

Kohei Tohda

My favorite moment in 1988

My favorite moment in 1988 was the summer meeting in Pattaya Beach in Thailand. These years I had always been thinking how we AMDA members in each country could gather and freely discuss about AMDA activity. And my dream was realized this summer. We missed our members in Hong Kong, Singapore and Indonesia, but my intimate friends in Thailand, Philippines, India and Malaysia

continue on page 8

could see together. This success owe much to my best friend Dr. Nipit. I would like to say my special thanks to the organizers, Dr. Nipit, his sister Praphai, Dr. Jintana and Mrs. Suwanna who willingly offered us to use her hotel in Pattaya.

In this meeting, we could know the real situation in each member country.

Thailand: main members are 6th year postgraduate doctors and they just finished their special training and started to organize their members in Thailand.

Philippines: main members are 2nd year postgraduate doctors. Member is not so many but they already practice their project in slam and rural area.

India: main members are Ayurvedic doctors (Traditional medicine). They already have the educational project in rural villages.

Malaysia: main members has just graduated, they just started their activity.

Japan: main members are 6th year postgraduate doctors. 60 members who paid the membership fee. We publish the Japanese AMDA news letter every other month and have annual meeting. But still we don't have the concrete project and there remain much space to be improved as a public founding organization.

Anyway all members are characteristic and powerful. We just started our activities as an international organization.

I know how difficult it is to have a real friend beyond the border, much more to have similar idea and to do something together. But we dare to do so. To make friends, we overcame the first difficulty in our student time. We shouldn't make it end as the only friends. We have to seek the way we can work together for the people who need our help, not on the governmental base, but on the public base. I know it takes long time, no short cut and have to do it step by step. I would like remind you of the AMDA purpose again. First of our purpose is to know our neighbors of Asia and to know their real situation. The second is, on the humanitarian point of view, to work for the suffered people who need our help in anywhere, any place. Medical care is perhap secondary or thirdly help. And socioeconomical or educational support is perhap much important in some area. But we are doctors. I believe we have our own roles which God gave us. My life is to seek the role.

To make these idea realize, we have to make each country organization strong, make some cooperative projects carry on and make governmental organization recognize our achievement. In this sense, next year AMDA international symposium in-Japan would be very important as our first cooperative project. I hope all members have their own personal ideas and make this symposium success together.

AMDA 1989 Pre-conference Field Study in Japan

TENTATIVE PROGRAM :

- Purposes :*
1. To understand the present situation of rural health clinics in Japan.
 2. To exchange views with Japanese young doctors and village people.
 3. To appreciate the real Japanese way of life.

Date : August 3-4, 1989.

Place : Shiga-ken, Japan.

Fees : The actual fee in US \$200, but the participants have to pay only US \$100 as the rest will be subsidized by AMDA Japan.

Application : Immediate application is recommended because the number of participants is limited to 10 only, on the first come first basis. All application should be sent to Dr. Shigeru Suganami or Dr. Kohei Tohda by the addresses printed in the Newsletter.

