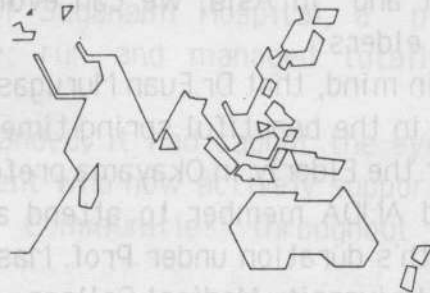


AMDA NEWSLETTER

Association of Medical Doctors for Asia

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**Dr. Euan visits Japan
in**

AMDA JAPAN'S ACADEMIC PROGRAMME



From left to write : Dr. Euan Murugasu, RC AMDA- Singapore ; Dr. Kanji Takaki, Chief of Division of Public Health, Okayama Prefecture Office and Dr. Shigeru Suganami, President of AMDA during a discussion on Geriatric Health Care at Prefecture Office, Okayama.

Dr. Euan Murugasu, Regional Co-ordinator AMDA Singapore completed a post-graduate certificate course in the dept. of Public Health, Okayama University Medical School. This is one of the academic programmes of AMDA Japan which is open to all members.

In accordance with present population trends throughout the developed world also in Japan and Singapore, the study of the Health-care system for the elderly, and its constant upgrading and improvement can not be overemphasized.

With better medical care and rising standards of living, the life expectancy of the elderly and their proportion in society is increasing dramatically, resulting in a major socio-medical problem which we urgently need to come to grasp with and solve.

By learning from the mistakes and sharing some of the answers found by the countries in the West and in Asia, we can evolve a better system of health care for these aged elders.

It was with this hope in mind, that Dr. Euan Murugasu of Singapore came to the land of the rising Sun in the beautiful spring time month of May to study the health care system for the Elderly in Okayama prefecture, Japan!!

Dr. Euan is the second AIDA member to attend a certificate course in Public Health of one month's duration under Prof. Masana Ogata, Head, Dept. of Public Health, Okayama University Medical College.

During this time he visited various hospitals, nursing homes and facilities for the aged in Okayama Prefecture and also had lengthy discussions with doctors and officers from Okayama prefecture office and city office, discovering and analyzing the highly developed health care system for the elderly in Japan.



Mr. Takashi Morioka, (sitting in right side) Vice Director of the Staff Training Centre, Asahigawaso, a big social welfare organization, with Dr. Euan. Standing are 1 Korean Nun and 2 Chinese Ladies from Shanghai, training in the field of Social Work at the Asahigawaso.

Okayama prefecture has a higher proportion of Ro-Jin (Japanese word for aged people) elderly persons of ≥ 65 years (13.0%) as compared to the national average (10.2%) in Japan. By the year 2000, the figure will have risen to 18.7% and 15.6% respectively.

Singapore is following closely in the footsteps of Japan, and presently needs to develop however some health care system for the elderly.

Both countries used similar Aims for their health care policies:

- 1) Education, prevention and early detection of disease
- 2) Promote individual responsibility for personal health

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- 3) Provide means for the elderly to remain active in society for as long as possible
 - 4) Provide adequate facilities for the bed-ridden and terminally ill.

There is a need to move away from hospital and institutional in-patient care to care in the community and at home; such an example is seen in the Silver Community of Suganami Hospital, a pioneer volunteer project in Okayama Prefecture; run and managed totally by volunteers from the community.

As the work expanded, it had caught the eyes of the Okayama city and prefectural government who now actively support the programme and hope to set up such "Silver Communities" throughout Okayama prefecture in the future.

In conclusion, it has been said:

The true and final judge of the level of development or progress of any nation or society is seen not in its economic strength, political prowess or trade surplus, but in the way it takes care of its aged, weak and handicapped.

Let us examine ourselves.

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AMDA CONFERENCE IN MALAYSIA

AMDA (Association of Medical Doctors for Asia) which has completed three years is going to hold the fourth general conference in Malaysia likely to begin on 2nd August this year.

AMDA grew bigger in the past three years. Now there are seven member countries. Until now three annual conferences were held. The first conference was held in India and continued in Thailand whereas the second was held in Manila and the third was organized in Hongkong. In the third conference in the August 1987 an official protocol and bylaw was adopted.

Asian Medical Students' Association (AMSA), with which AMDA holds a co-ordinating and co-operating relation, is going to hold its eighth annual conference in Malaysia which begins on 2nd August 1987. So, it is also being finalized to hold the AMDA annual meeting coinciding with the dates of AMSA, with a theme of discussing AMDA's role in Primary Health Care.

All the regional co-ordinators and interested members are advised to contact AMDA International Chairman Dr. Francisco P. Flores for further details and send their suggestions, if any, to make the meeting more successful and to achieve the general objectives of AMDA along with promoting better international understanding among each other.

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Dr. Euan Murugasu >>>
M.B., B.S. (Singapore)

Regional Co-Ordinator,
AMDA - SINGAPORE



Message

Greetings from sunny Singapore!

The tiny Island Republic of Singapore provides the most sophisticated health care service in South East Asia for its two and a half million population.

Hospital facilities, both government and private, and the standard of care provided reflect the governments' declared intention to make Singapore the centre of excellence in medical care for the region.

Singapore is a Cosmopolitan city with peoples of many varied races, languages, cultures and religions. Here, East meets West to evolve a national identity rich and full.

Similarly for medical and health care in Asia, we must learn to marry the best of East and West, Traditional and Modern, and produce a unique Health-Care System, unparalleled anywhere in the world.

In this aspect AMDA is in a unique position to fulfill this aim. Already, many projects are underway to make this dream a reality.

Amongst the member countries of AMDA International, let there be warm friendship and strong co-operation; and also stimulating medical and intellectual exchange of ideas, for, 'Two hands have always been better than one.'

To write about AMDA Singapore, our history is very short, and although response from the Singapore Medical Association (SMA) seems hopeful, we have as yet to receive concrete encouragement and support. But, we shall press on.

To quote our (AMDA International's) Chairman:

".....We have taken the first step. Yonder, still is a thousand mile....."

Are we willing to walk these long miles together? I trust and hope so, dear friends of AMDA.

Let us join together to strive for ;

“ Better medicine for a better future in Asia.”
