

VIETNAMESE AMERICAN PHARMACISTS  
ASSOCIATION IN SOUTHERN CALIFORNIA

**HỘI DƯỢC SĨ**  
**VIỆT MỸ NAM CALIFORNIA**



**HÂN CHÀO MỪNG QUÍ VỊ**  
**WELCOME**

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**VIETNAMESE AMERICAN PHARMACISTS  
ASSOCIATION IN SOUTHERN CALIFORNIA, USA**  
**HỘI DƯỢC SĨ VIỆT MỸ NAM CALIFORNIA**

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## **PURPOSE**

**THE VIETNAMESE AMERICAN PHARMACISTS ASSOCIATION IN SOUTHERN CALIFORNIA (VAPAISC)** was established on March 14, 2005 with the purpose of gathering health professionals on a regular basis to learn, share and discuss current and emerging medical and pharmaceutical practices. These discussions in turn serve as springboard to implement activities that aim to provide service and improve quality of life for the Vietnamese community. This is primarily accomplished through education, in clear and simple language, on those health issues that are relevant to their daily lives.

VAPAISC may engage in the following activities to achieve its goals:

- Social and cultural gatherings of Vietnamese pharmacists educated in the US and practicing in Southern California. The goal is to promote unity and facilitate mutual cooperation.
- Health seminars. These can be held exclusively by VAPAISC or in coordination with other professional health organizations such as the Vietnamese American Medical Association, Vietnamese American Dental Association, etc. A seminar's focus may be geared towards the health professional only, the public only, or both. The lectures and presentations given during these seminars will be appropriate for their intended audience.
- Publication of essays and articles in health related magazines such as the monthly *Asian American Journal of Medicine – Y TE Nguyet San*. Print media is an effective means of disseminating and communicating information to a wide audience.
- Video and audio recording of select lectures and presentations given during health seminars. Video recordings may be produced and distributed via DVD or other visual media. Audio recordings may be broadcast through radio stations such as Little Saigon Radio, Viet Satellite, VHN and SBTN (Direct TF) or distributed via CD discs.

## **RELEVANT HEALTH TOPICS INCLUDE:**

- Chronic Diseases – cardiovascular, respiratory, endocrine, cancer, skin, etc.
- Medications – intended use, proper use, interactions, side effects, etc.
- Smoking Cessation – psychological aspects, behavioral and pharmacological solutions, etc.
- Sexually Transmitted Diseases – causes, symptoms, prevention and treatment.
- Neurological Disorders – depression, anxiety, dementia, Parkinson's, etc.

## RECORD AND SUMMARY OF ACTIVITIES

### 1. Medicare Part D

VAPAISC sought to educate the Vietnamese elderly on Medicare Part D and how its implementation would affect them. A seminar was held in collaboration with the Vietnamese American Independent Pharmacies Group (VAIPG). Articles were also published and distributed. Topics discussed include:

- Features and benefits of Medicare Part D and its official implementation on January 1, 2006.
- Choosing the right Health Maintenance Organization (HMO) or Medicare Part D provider.
- Identifying and solving potential complications and difficulties with regards to enrollment and plan usage.
- How to work with physicians with regards to plan formulary.
- Reimbursement difficulties the retail pharmacist may encounter.

### 2. Social Events

- VAPAISC organized a visit to the Vietnamese Traditional Cultural Club. This club was founded with the goal to maintain, develop and promulgate the traditional Vietnamese culture in the US. Mr. Song Thuan, who is president of the club, thanked VAPAISC for its role and contribution in helping promote traditional Vietnamese culture.
- VAPAISC organized a Memorial Day for the former Dean of the College of Pharmacy of Saigon, Dr. Truong Van Chom, Phd. He had passed away in 1983. The first memorial day ceremony was held at Pagoda Duoc Su (in the city of Garden Grove) on November 27, 2005. Former fellow faculty members to Dr Chom and about 200 other pharmacists who had graduated from the College of Pharmacy of Saigon prior to 1975 attended the ceremony. This Memorial Day ceremony was planned to be conducted on a regular basis.
- VAPAISC held a party at Sea Food Palace restaurant on March 25, 2006 to celebrate the one year anniversary of its founding. This meeting was co-sponsored by Forrest Pharmaceuticals, whose representative Dr. Gustavo Alva gave various talks on pharmaceutical and health related matters. The event was attended by over 200 pharmacists. Other topics discussed included synopsis of VPAISC accomplishments and activities during the first year, Medicare Part D education and report of fund raising status for Hurricane Katrina and Rita victims.

### 3. Chinese New Year 2006

This meeting was sponsored by VAPAISC for the celebration of the 2006 Chinese New Year, the Year of the Dog. The meeting did have a number of notable highlights and also concluded with a few important resolutions:

- The Vietnamese Pharmacist Singers Band was established by VAPAISC to participate in the activities of the Vietnamese American community. The band was to later present its first performance on February 19, 2006 during the CHU VAN AN School party at the PEN International Southern California Center.
- VAPAISC pledged to give financial support to former and retired Vietnamese professors living in Vietnam. This is a way for former students to demonstrate gratitude to their former teachers.

VAPAISC was able to elicit contributions from a number of Vietnamese American Pharmacists and commitments to provide ongoing support for the future.

#### 4. Hurricane Katrina Relief Efforts

VAPAISC in collaboration with VAIPAG was able to raise over \$14,025.00 in donations. These were forwarded to the Katrina Fund at the American Red Cross on 09-29-2005 and 11-05-2005. American Red Cross confirms to receive the amount \$5,225.00 on 02-25-2006. Please refer to the letter of confirmation attached herewith.

#### 5. Smoking Cessation Seminar

This is the first seminar sponsored by VAPAISC. It was held on December 10, 2006 at: Little Saigon Radio

12781 Brookhurst St, Ste 105  
Westminster, CA 92683

The seminar hosted a variety of speakers, Physicians and Pharmacists from various professional associations that included:

- Vietnamese American Physician Association in Southern California
- Dental Association in Southern California
- Vietnamese American Independent Pharmacies Group (VAIPG)
- PEN International, Southern California Center
- Asian American Journal of Medicine – YTE Nguyet San

The following six topics were discussed:

- History of smoking
- Danger of smoking in the community
- The problem of smoking cessation
- Medicines used for smoking cessation
- Smoking cessation centers in Southern California
- Smokers' feedback and opinion and life after smoking cessation

#### 6. Publication of Various Articles related to Smoking

VAPAISC has had several articles published dealing with the many aspects and problems of smoking. Topics included:

- The History of Smoking – from as far as Egypt and China, where dry leaves were smoked for their medicinal and disease healing properties to the Americas and the native Indians.
- Dangers of Smoking – short term and long term adverse effects of smoking and health consequences. The article also touched on the FDA's proposal in March 2006 for the study and development of a so called vaccine against smoking.
- Dr Vu Van Dzi's penned an article that discusses Tobacco, Nicotine and Smoking Cessation. Smoking and tobacco was described as the number one cause of mortality in the world. New approaches and strategies towards smoking cessation, and the difficulties encountered with regards to smoking cessation are also discussed.

- Smoking Morbidity and Mortality in the US – diseases associated with smoking are described along with the benefits of being a non-smoker. Despite various smoking cessation approaches, there are still about 46 million people who are still smokers, and that the health costs associated with this detrimental habit exceeds upwards of 75 billion dollars a year.

## 7. Mental Disease Seminar

This is the second seminar sponsored by VAPAISC and is planned for May 13, 2007. It will be held at Thien Vien Sung Nghiem, and will also be broadcast. Speakers will include specialist Physicians and Pharmacists.

**TUNG VAN VU**, Pharmacist

President

# THÔNG BÁO

## I. HỘI THẢO VỀ BỆNH TÂM THẦN

**HỘI DƯỢC SĨ VIỆT MỸ NAM CALIFORNIA, VIETNAMESE AMERICAN PHARMACISTS IN SOUTHERN CALIFORNIA (VAPAISC)** sẽ tổ chức “Hội Thảo Về Bệnh Tâm Thần”

Địa điểm: Thiên Viện SÙNG NGHIÊM  
11561 Magnolia St. Garden Grove, CA 92841.  
Thời Gian: Ngày 13/5/2007 Hối 11: 00 AM.

Thuyết Trình đoàn: **BS Nguyễn Xuân Vinh MD**  
**BS Phạm Nguyên Lương MD**  
**BS Phạm Gia Cồn MD**  
**BS Lê Khắc Tánh MD**  
**DS Bùi Lê Hạnh, R. Ph.**  
**DS Bùi Khiết R Ph.**

Đề Tài Thuyết Trình:

- 1- Lịch sử bệnh tâm thần.
- 2- Sức khỏe tâm thần trong cộng đồng Việt Nam.
- 3- Vấn đề bệnh tâm trí trong cộng đồng Việt Nam ở Hải ngoại và trong các Lao tù của Mỹ.
- 4- Các loại thuốc điều trị bệnh tâm thần.
- 5- Nhu cầu sức khỏe và Bệnh Tâm Thần
- 6- Trầm cảm: Một dạng bệnh tâm thần rất thông thường trong cộng đồng người việt tỵ nạn ở Quận Cam
- 7- Vấn Đáp của Tham dự viên và Thuyết Trình Đoàn.

Trân trọng kính mời quý đồng hương tới tham dự

TM Ban Tổ chức .  
DS Vũ Văn Tùng, R. Ph.

## II. Y TẾ Nguyệt San SỐ 5 THÁNG 5-2007

Mời đọc Y TẾ Nguyệt San tháng 5/2007

- Bài vở phong phú, cập nhật về các vấn đề y tế rất cần thiết cho mọi lứa tuổi.
- Nhiều tin tức sinh hoạt của các Hội đoàn Y Nha Dược khắp nơi.

- Đặc biệt BS Nguyễn Lưu Viên với đề tài “**TÌNH NĂNG CỦA NGƯỜI PHÁP** (La Sexualité de Francais). Bài căn cứ trên tài liệu rất đặc biệt “Dossier de Presse. Premier resultat de l’enquête CSF (Context de la Sexualité en France). Nội dung sôi nổi đề cập đến các vấn đề nhạy cảm sau đây trên hai Nhật Báo Le Monde và Figaro lớn nhất nước Pháp:

- 1- Tuổi nào đã có quan hệ tình dục.
- 2- Số bạn tình trong đời người
- 3- Tần số giao hoan
- 4- Vấn đề đồng tính luyến ái.
- 5- Lối làm tình....

BS Nguyễn Lưu Viên khúc triết trình bày những điều tế nhị qua lăng kính Y- Khoa.  
Kính mời bạn đọc thưởng ngoạn.

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