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To : News Editors and Reporters (Local News / Health / Social Service /  
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## FOR IMMEDIATE RELEASE

### “Volunteer Awards Ceremony 2018”

#### To Learn AIDS from Traditional Chinese Medicine (TCM Concept)

To acknowledge the vigorous participation and contribution of our volunteers, the Hong Kong AIDS Foundation (hereafter “the Foundation”) held its annual “Volunteer Awards Ceremony 2018” at The Charterhouse Causeway Bay Hotel yesterday. A total of 18 awards, including the Most Devoted Service Awards and Long Service Awards, were presented to “recognised” volunteers. Volunteers are one of the most valuable assets of the Foundation, they devote their time and dedicate themselves to HIV/ AIDS prevention and treatment. Dr. Leong Che-hung, the Chairman of the Foundation, hopes all volunteers will continue their work with the Foundation to curb the spread of HIV infection in the community.

This year, the volunteers shared the theme “To Learn AIDS from Chinese Medicine”, aiming to reveal the secret between Chinese medicine and the treatment of HIV/ AIDS. Unfortunately, there is still no immediate cure for the disease, which means Western medical professionals rely on lifelong medicine to help limit the virus while restoring the immune system. Traditional Chinese medicine (TCM) is a traditional treatment method and philosophy based on physical balance. It has a history of more than 2,500 years TCM particularly focuses on quality of life and the importance of nursing an individual’s health. It utilises acupuncture, massaging and simple movements as well as a healthy diet to help sooth patients’ discomfort.

Mr. Lam Wai Ching, Peter, one of our volunteers from the younger generation and a registered Chinese Medicine Practitioner, joined a voluntary trip to Africa during his tertiary study. He applied Chinese medicine theory to treating local HIV positive persons. Thereafter, he decided to involve himself in AIDS service--related volunteer work. Peter applies the theory “*Take from what is in excess in order to make good what is deficient*” in the treatment of HIV/ AIDS. This means utilising what the body has to spare to boost what it lacks. Peter believes there is no contradiction between Western medicine and TCM; both approaches can complement each other to maintain a normal life for patients.

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The Foundation currently has more than 220 volunteers. Their duties include manning the AIDS helpline, performing HIV antibody rapid tests, and assisting with community education and promotion, peer group education and office support. To enhance our volunteers' skills for the provision of related services, the Foundation holds regular basic training courses and workshops.



Dr Leong Che-hung, Chairman of the Foundation, presents the 10 to 20 Years Long Service Awards to the winners



Mr. Lam Wai Ching (Second Left), Peter, the volunteer and a registered Chinese medicine practitioner, shared his views on Chinese medicine and HIV/ AIDS treatment

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Board members, guests and volunteer enjoy the gaiety of the event

- The End -

### **About Hong Kong AIDS Foundation**

Hong Kong AIDS Foundation was established in 1991 and is a non-governmental social service organisation. The Foundation's mission is to limit the spread of HIV infection in the community. Throughout the years, the Foundation has been actively engaged in the promotion of AIDS education, the provision of services, and the nurturing of a harmonious and caring environment for those infected with or affected by HIV/AIDS.

### **Media enquiry**

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