

連根拔起 重新紮根 郭詠觀醫生無怨無悔



郭詠觀醫生
Dr. Jason Kwok

移民海外不是容易的事，這可能是一生的豪賭，之前要有心理準備，贏輸要作風險評估；抵埗後面對新的環境，不論是想重返本行或改行，都要有克服困難的勇氣和毅力。加拿大對於專業人員資格審查相當嚴格，尤其是醫療人員想重返本行，必須要遵守這兒的遊戲規則，通過所有的資格考試才能取得行醫執照，重新紮根，這一折騰可能就是好幾年，扣除掉幼年求學和老年退休，人生有幾個「好幾年」？

放棄19年行醫經歷選擇移民

1995年，「九七」臨近，香港即將回歸中國，郭詠觀醫生像許多人一樣，一方面擔心香港的前景不明朗，另一方面亦不希望兩個兒子再承受香港填鴨式的教育方式，嚮往加拿大更完善的體制，毅然揮別了香江，告別了父母親戚師友，變賣家產，放棄了長達19年的行醫經歷，舉家移民來到多倫多。選擇移民對他而言，是一生中最大的轉變，但他沒有太多的猶豫，也不是像某些人那樣先來「探路」，看看是否能「適應新環境」；或者先來做「太空人」，感覺一下滋味如何，覺得穩妥了，才決定下一步該怎麼走。郭詠觀醫生是舉家四口一起移民，下定決心連根拔起，重新來過。

郭詠觀1952年出生於香港，屬於戰後嬰兒潮的一代，家境中等，父親是跑遠洋商船的海員，到處飄泊，常年不在家，所幸上一代明白求知的重要，對三個孩子的教育都相當重視。他從小是被送到聖類斯(St.Louis)學校讀書，一直讀到中學畢業，這是一所天主教辦的學校，在這兒，他學習的成績不錯，奠定他會考績優異進入港大醫學院的根基。1976年畢業於香港大學醫學院，經一

年的駐院實習，專修骨科和運動創傷專科，及後，獲派往英國蘇格蘭愛丁堡瑪嘉烈公主骨科醫院接受為期六個月的訓練，1981年考獲英國格拉斯哥和愛丁堡兩間皇家外科醫學院院士的學銜，又於1990年獲頒授香港外科醫學院院士，及於1991年獲頒授香港骨科醫學院院士和香港醫學專科學院骨科院士。醫學院院士頭銜是香港醫學界的最高榮譽，之後，郭詠觀在醫院執業19年，以為從此不需再步入試場。

但是移民卻打亂了原先的人生規劃，雖然香港是英國的殖民地，加拿大也屬於「大英國協」的成員，港大醫學院的水平一點也不輸給加拿大大學的醫學院，但是加拿大政府就是不承認香港的學歷，包括多間著名醫學院院士的頭銜。郭詠觀沒有選擇的餘地，只有從頭做起，重考執業資格，適應新的環境。

通過資格考試取得醫生執照

「所幸當年在港大醫學院受到嚴格的訓練，我勇於接受挑戰，曾有人謔稱我是『清兵』，前後都掛著個『勇』字。我贊同西洋諺語所說的：『肯嘗試而失敗勝於不敢嘗試』 - It is better try and fail than fail to try.」不過，上了年紀之後，畢竟不比年輕時期，經常有精神不集中和記憶力衰退的現象，捧起書時又昏沉欲睡，唯有以各種方法隨時提醒自己，抖擻精神。郭詠觀在1998年終於通過資格考試，獲准選入『海外醫科畢業生再培訓計劃』(International Medical Graduate Program)，翌年完成課程後，獲派駐附屬多倫多大學醫學院新寧醫院(Sunnybrook Hospital)接受家庭科醫生的專業訓練，於2001年考獲加拿大家庭醫學院證書。從當年的骨科和運動創傷專科轉為家庭醫生，主要是加拿大的專科醫生需要五年的駐院實習經驗，相較於家庭醫生只需兩年，後者所需時間短得多，郭詠觀選擇做家庭醫生。

「我雖擁有多個醫學院院士的頭銜，及曾到英國深造，但卻不能在加拿大直接取得行醫的資格，仍需通過多次考試，並再

接受駐院醫生的訓練才可擠身大夫的行列，但從另一角度看，亦慶幸自己可以從眾多來自海外畢業的醫生中脫穎而出，被挑選加入當時每年只有二十四個名額的海外醫科畢業生再培訓計劃，並完成艱辛的駐院醫生訓練和考試合格，還榮獲新寧醫院家庭醫學系頒授『傑出駐院醫生獎』。在頒授證書的儀式上，他回憶往事，心中五味雜陳，百感交集。

行醫之餘 參與多項社區活動

重新取得行醫執照後，郭醫生除了開設診所行醫，業餘花不少的時間參與社區活動。他強調參與社區活動絕非為結識更多的人以增加診所的生意，純粹是個人的所好，也是為回饋社會。舉凡童軍活動、推動環保、訓練救傷、醫學講座等，都盡量抽出時間參加。郭詠觀醫生對童軍活動情有獨鍾，從2002年開始，幾乎沒有間斷過，華人幾個童軍團舉辦的活動，經常都可以看到郭醫生的參與。他崇尚童軍「日行一善」的精神和格言，並身體力行。

回憶1996年移民多倫多的第二年，他參加了由多倫多華人健康教育委員會主辦的『華人環保大使』計劃，與一班志同道合的熱心環保大使向華人、尤其是新移民推廣環保，舉辦講座、展覽、活動包括植樹、撿拾垃圾、參觀環保屋等，並翻譯多篇有關環保的文章，2002年榮獲環保組織Pitch-In Canada和Clean World International頒發『世界清潔獎』(Clean World Award)。

2005年，郭醫生應邀加入「聖約翰救傷隊」伊陶碧谷第433隊成為隊醫，除了協助訓練急救員，亦經常作公開醫學常識講座，提供最新和可靠的醫學資訊，其中包括為加拿大癌症協會(Canadian Cancer Society)主辦的『華人癌病資訊論壇』(Chinese Information Forum)『癌病知多少』。從2004年的第一屆至最後一年2010年的第七屆，期間擔任多個癌病病人關懷組織講座的主講者，撰寫多篇有關癌病的文章，刊登在多份報章，亦在電視臺和

電臺分享有關癌病的資訊。2009年，郭醫生與多位熱心人士在天主教中華殉道聖人堂成立『伴您行』癌症病人關顧小組和擔任醫學顧問，2011年加拿大癌病協會頒發『特別嘉許獎狀』(Certificate of Special Recognition)表彰他的貢獻。

舉辦醫學講座 提升保健常識

除了講述癌症資訊以外，他亦於2009年應加拿大糖尿病協會(Canadian Diabetes Association) 華人分會之邀請，成為該會的醫學顧問，經常作有關糖尿病、肥胖症和新陳代謝綜合症的公開講座，撰寫有關糖尿病的文章和經常上中文電臺的醫學節目，與聽眾探討有關糖尿病的問題。此外，也為報章和天主教中華殉道聖人堂寫醫學專欄文章，提供市民健康之道，並澄清一些錯誤的觀念和見解。

郭詠觀除了醫病外，也教導病人和普羅大眾健康的生活方式，他強調經常運動尤其重要。他本人自少便喜歡運動，尤好足球，曾任伊利沙伯醫院醫生足球隊隊長，移民加拿大前，改練太極，於1992年考獲香港太極學院『太極拳師資訓練證書』，現仍勤力鍛煉，每星期五天，每次三十至四十五分鐘，此外也練太極刀、劍和扇。公餘還在耆暉會成人日託中心和天主教中華殉道聖人堂教授太極。郭醫生於2001年加入星輝體育會為委員，曾任副會長、會長。會長任內還創辦『亞裔運動會』，讓來自亞洲不同族裔的運動員參與比賽，除了競技外，更可促進種族和諧。由於他熱心服務華人社區，曾榮獲安大略省政府及多個社區團體頒發「義工服務獎」和「傑出華人義工服務獎」。

他雖為西醫，對於中醫立法也相當關心，但是他認為不論中西醫，應該都是「有醫無類」，就如同教師應該「有教無類」一樣，所以必須要有一定的英文水平，任何族裔的病人上門求診都不能拒絕，中醫講的是「望聞問切」，如不懂英文如何與非華裔病人溝通？不單是對中醫的監管，加拿大醫管局亦規定執業西

醫必須接受『延續醫學教育』(Continuing Medical Education簡稱CME)的測試，以維持執業醫生的水平。郭醫生雖然英文流利，但是對中文十分重視，就讀中學時，受教授國文和中史的曾希穎和黃清華兩位老師的默化，及後在港大畢業後，曾在校外課程報讀短期中文班，追隨潘小磐老師學習寫作詩詞。如今郭醫生能流暢使用中文書寫說講，要感謝這幾位已不在人世的恩師。他建議本地醫學院培養出來的土生華裔醫生應該學識中文，掌握優勢，強化與病人溝通的能力，否則與其他非華裔醫生有何差別？

重視生命 反對墮胎

每位成功人士的背後總是有一位得力的配偶，郭醫生的賢內助是當年他在伊利沙伯醫院行醫時認識的護士長袁淑嫻，在郭醫生取得在加拿大行醫執照後，她即退居幕後相夫教子，經常鼓勵和支持郭醫生參與社區活動，兩個兒子都畢業於滑大電腦工程專業，已經獨立，無需操心。郭太自小是一位虔誠的天主教友，他說，很多人是在人生遭遇到困難或低潮時才信教。「我是醫生，醫學訓練注重論證和數據，現今醫學尤其著重科學證據(Evidence-based medicine)，不會輕易相信宗教的。」但是2007年2月去耶路撒冷朝聖回來後，他自認受到感召自願受洗。過去擔任家庭醫生時，只要有病人要求墮胎，醫生認為安全，不需要理由，家庭醫生有義務介紹病人到墮胎診所施行手術，無形中成了「殺害胎兒的幫凶」，成為天主教徒之後，他極力反對墮胎，現在墮胎已不再需要家庭醫生的轉介，但郭醫生仍會為他們祈禱。

為了控制醫療開支，安省政府曾經對家庭醫生的收入設有上限，現在這項限制已經取消，不過，作為負責的家庭醫生，他仍認為醫德最重要，醫生對每一位病人都要有愛心、耐心，和提供Quality of care。



全家福：父親郭漢榮、母親李錦萍、
妹妹郭玉霜、弟弟郭詠泰。

Dr Jason Kwok (back row, right) pictured with his parents, sister and younger brother.



熱愛童軍活動的郭醫生。

Dr Kwok is actively involved in Scout activities.



聖約翰救傷隊：頒發獎盃
給傑出急救員。

Presenting a trophy to an outstanding member of the St John's Ambulance.



加拿大華人童軍領袖協會 - 歷屆會長：
洪昭安、黃紹光、鍾慕儀和單志豪。

Dr Kwok with other leaders of the Chinese Scouters Association of Scouts Canada.



孟嘗義跑頌春暉：記者招待會。

Dr Kwok at the Mon Sheong Fun Run and Walk press conference.



孟嘗千叟宴 - 與太太郭袁淑嫻。

Dr Kwok and his wife at a fundraising function for the elderly.



加拿大癌病協會講座。
Speaking at the Chinese Cancer Information Forum.



哥倫布騎士：歡迎陳日君樞機造訪多倫多。
As a Knight of Columbus, Dr Jason Kwok receiving the visiting Cardinal Joseph Zen from Hong Kong.



星輝體育會：二十二週年慶祝晚宴。
At the 22nd Anniversary dinner of the Sing Fai Sports Club in Toronto.



太極扇表演。

Dr Kwok demonstrating his Tai Chi.



郭醫生在一慈善活動中演出。
Dr Kwok performing for charity.



幼子大學畢業典禮：太太郭袁淑嫻、
長子郭恆達。幼子郭恆進。

A picture with his wife and two sons.

Dr. Jason Kwok

It is not easy to uproot and move overseas. Taking possibly the biggest gamble in one's life, one must be mentally prepared to lose one's bet. Whether one stays in the same field or change one's career, one must have the courage to face difficulties and persevere. Especially medical professionals, could take years to be re-qualified according to the stringent regulations here and have to pass examinations to be licensed to practice again.

Dr. Jason Kwok, like many others at that time, decided to leave Hong Kong for Canada in 1995. Not only were they worried about Hong Kong's uncertain future after its imminent return to China, he and his wife also wanted their two boys to study in an education system that is not all spoon feeding. He gave up his medical practice, sold his home, and bid his parents and relatives good bye. Immigrating to Canada was probably the most critical decision Jason ever made in his life, and yet he did not do a trial run to see if he could adapt to the new environment like some others do. Without too much hesitation, Dr. Jason Kwok, along with his family, dug up their roots and made their move.

Jason, a post-WWII baby boomer, was born in Hong Kong in 1952 to a middle class family. His father was a sailor on a mercantile ship, and seldom came home. Fortunately his parents understood the importance of education, and took the three children's education very seriously. From the beginning, he attended St. Louis School, a Catholic school, and stayed there until he finished high school. With his excellent grades, he was able to enter the Faculty of Medicine of The University of Hong Kong, where he graduated in 1976. After one year of internship, Jason specialized in orthopedics and sports injury. He was sent to Princess Margaret Rose Orthopaedic Hospital in Edinburgh, UK for six months of training. In 1981, he obtained specialist degrees from the Royal College of Physicians and Surgeons of Glasgow and Royal College of Surgeons of Edinburgh. In 1990, Jason was awarded

specialist degrees of the College of Surgeon of Hong Kong and the College of Orthopaedic Surgeons of Hong Kong, and in 1991 he was conferred the specialist degree of the Medical Academy of Hong Kong, the highest degree one could achieve in the medical field. Following his studies, Jason started his medical practice and continued for nineteen years.

Moving to Canada turned Jason's life upside down. Although Hong Kong was a British colony, and Canada is part of the British Commonwealth, and the University of Hong Kong medical school is comparable to Canadian medical schools, the Canadian Government does not directly recognize degrees conferred in Hong Kong, including the University of Hong Kong. Jason had no choice but to start all over again.

Jason says, "Fortunately, I was rigorously trained at the University of Hong Kong, and I also love challenges. I live by the saying: It is better to try and fail than fail to try." Jason adds, "Once you are older, your memory starts to deteriorate and your ability to focus is less than when you were young. I had to try different ways to force myself to concentrate and focus on my studies." Finally in 1998, Jason was able to pass the license test, and entered the International Medical Graduate Program. Upon finishing the program the next year, he became a resident in Family Medicine at Sunnybrook Hospital. In 2001 he completed the residency requirements and passed the certification examination and became a family doctor. The main reason to switch from orthopedics and sports injury to family practice is that residency for the latter requires only two years compared with other specialties requiring five years.

"Although I have degrees from many universities, and I had gone for specialist training in UK, I still could not get a license to practise right away in Canada. I needed to pass many examinations, and receive further training before I could become a doctor here. But looking at it from a different angle, I am glad that I was selected to fill one of

the twenty-four spots in the International Medical Graduate Program among the many doctors who came here from overseas. I was able to complete a very difficult residency program and pass the licensing exam, and I also received the 'Dr Stephen Kendal Family Medicine Prize' from the Department of Community and Family Medicine of Sunnybrook Hospital, affiliated with the Medical Faculty of University of Toronto." At his graduation ceremony, Dr. Jason Kwok was full of mixed emotions as he looked back on his difficult journey.

Since being licensed to practise again, Dr. Jason Kwok, aside from setting up his own clinic, spends a lot of time participating in community activities. He stresses that the intention of being active in the community is not to bring more business to his clinic. It is only because he enjoys the work and it is a way to pay back to society. Dr. Jason Kwok takes time for many after-work activities, including scouting, promoting conservation, providing first aid training, giving medical seminars etc. He is especially interested in scouting and since 1997, has participated actively in several scouts group within the Chinese community. He admires the 'One good deed a day' motto of the Scouts, and follows that motto faithfully.

Back in 1996, the year after he had immigrated to Canada, Dr. Jason Kwok participated in the Toronto Chinese Health Education Committee's 'Chinese environment ambassadors' program. Together with a group of environmentally minded Chinese-Canadians, they promoted conservation among new immigrants by holding seminars, exhibitions, activities such as tree planting, litter collection, environmental house tours, etc, and he translated many articles on conservation. In 2002, he was awarded the 'Clean World Award' from Pitch-in Canada and Clean World International.

In 2005, Dr. Jason Kwok was invited to join the St. John's Ambulance Brigade and became the team doctor. In addition to giving first aid training, he also gave seminars on general medical knowledge, providing a valuable source of reliable and latest medical information. From

the first Chinese Cancer Information Forum organized by Canadian Cancer Society in 2004 to the latest one in 2010, Dr. Jason Kwok had given multiple talks for cancer - related information seminars. He had written a number of articles on cancer for different newspapers, and also appeared on radio and television to talk about cancer prevention. In 2009, Jason and other volunteers established a cancer caring and support group in the Chinese Martyrs Catholic Church and serves as the medical consultant. In 2011, Canadian Cancer Society awarded him the 'Certificate of Special Recognition' for his contributions.

Aside from providing information on cancer prevention, Jason has also been invited to be a medical consultant for Canadian Diabetes Association, Chinese Chapter. He often holds public seminars on diabetes, obesity, and aging diseases. He writes articles on diabetes, and frequently appears on radio on medical programs, discussing with the audience the different aspects of diabetes. In addition, he writes articles for newspapers and the weekly newsletter of Chinese Martyrs Catholic Church, providing health tips to educate the public.

Aside from medical knowledge, Jason also teaches patients and the public about healthy lifestyles, especially about the benefits of sports. He himself is a sports enthusiast, especially in soccer. He once was the team captain of the doctors' soccer team of the Queen Elizabeth Hospital in Hong Kong. Before coming to Canada, he trained in Tai Chi. In 1992, he obtained an instructor certificate from the Hong Kong Tai Chi Institute. He still practices tai chi diligently five days a week, for about 30 to 45 minutes a day. In addition to the tai chi movements, he also practices tai chi sword, sabre and fan. After work, he teaches tai chi to seniors at the Carefirst Centre and the Chinese Martyrs Catholic Church. In 2001, Dr. Jason Kwok became a director of the Board of Sing Fai Sports Club. He was vice-president and then president. While he was president, Sing Fai Sports Club organized the Asian Community Games, allowing athletes from the different Asian communities to participate in competition. In addition to improving sports skills, the competition also encourages the different

cultural groups to get along with each other. As an active volunteer in the Chinese community, he has been awarded 'volunteer award' and 'Outstanding Chinese Volunteer Service' award from the Government of Ontario and various community groups.

Although he is a western-trained doctor, Jason is also interested in the traditional Chinese medicine discipline. He feels no matter whether you are a traditional Chinese or western doctor, one should treat all patients the same regardless of their origin, just like teachers need to teach all students regardless of their origin. All doctors must have a certain level of English skills, and should not turn any patient away. In traditional Chinese medicine practice, a doctor must examine a patient very carefully: visually and orally. If one does not understand English, one cannot communicate with any Non-Chinese speaking patients. Not only should there be formal supervision for the practice of Chinese herbal medicine, the Canadian medical authorities should also enforce the Continuing Medical Education (CME) program, required for western doctors, to maintain the level of skills of all licensed doctors.

Although Dr. Jason Kwok is fluent in English, he pays a lot of attention to the Chinese language. While in middle school, he was influenced by two teachers who taught Chinese literature and Chinese history: Mr. Tsang Hei Wing and Mr. Wong Ching Wah. After graduating from university, he had taken additional studies in the Chinese language, studying poem and prose writing under another teacher: Mr. Poon Siu Poon. Today Dr. Jason Kwok can converse fluently in Chinese in public, thanks to the teaching of those teachers, who are now unfortunately all gone. He suggested all Chinese-Canadian doctors born in Canada learn to speak Chinese, to strengthen their communication ability and differentiate themselves from the other non-Chinese doctors.

There is always a woman behind every successful man, and Dr. Jason Kwok met his wife Cindy at the Queen Elizabeth Hospital, where she was a nurse. After Dr. Jason Kwok was licensed to practise in Canada,

she became a full time homemaker, and often encouraged him to participate in community activities. Both of their sons, Hector and Derek, have graduated from the Computer Engineering program at the University of Waterloo and are independent today. Mrs. Kwok is a faithful Catholic. Jason says, "Most people will turn to religion when they come upon difficulties or their lives are at a low point, but it is not easy for me to believe, as I am a doctor, and my medical training stresses evidence and proofs, and this is why the practice of medicine is called evidence-based medicine." He adds, "I don't believe in religion easily." After coming back from Jerusalem in February 2007, Jason was so moved that he asked to be baptized. He admits that since he became a Catholic he has turned pro-life and objects to abortion. In the past, as long as it was safe to do the operation, a family doctor must refer a pregnant woman to an abortion clinic if she chose to do so. Now abortion does not require a family doctor's referral, but he would still pray for them.

The Government of Ontario had once put a ceiling on the income of family doctors, but now the ceiling has been removed. Regardless of pay, as a responsible family doctor, Jason feels that medical ethics are extremely important, and doctors should treat each patient with love, patience and provide good quality of care.