



章曼慧醫生  
Dr. Angela Man-Wei Cheung

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## 博極醫源 精勤不倦的藝術醫者

八十年前，旅居美國的林語堂寫了一本暢銷書《生活的藝術》（*The Importance of Living*），以流暢幽默的英文向美國讀者介紹了中國式曠懷達觀又不失浪漫的生活哲學。在林語堂筆下，中國人的生活細節處處體現著傳統哲學的智慧，這種智慧不同於西方近代以來盛行的理性主義（*rationalism*），更像是一種尊崇自然和內心召喚的“藝術”。而在二十一世紀的今天，章曼慧醫生——一位畢業於美國名校又在加拿大頂尖研究機構和醫院進行醫學研究和臨床行醫多年的女士，則把中國傳統哲學融入了現代醫學實踐，身體力行向病人和醫界同仁展示著“醫學的藝術”。

### 家學淵源，早早步入行醫路

章曼慧出生於香港一個醫生世家，從小耳濡目染，年少時就已懂得很多醫學知識，常幫身為兒科醫生的父親接電話，在電話中指導求助的父母照料病童。中學畢業後，她前往美國深造。獲得約翰·霍普金斯大學醫學院（*Johns Hopkins University School of Medicine*）的醫學博士學位（*MD*）後，章曼慧來到加拿大，和已經移民到此的家人團聚，在多倫多大學接受住院醫師培訓。

培訓第三年，章曼慧選擇綜合內科（*General Internal Medicine*）作為自己所修內科專科的亞專科。當時全多倫多除

章曼慧之外僅有兩名選擇綜合內科的住院醫師。為什麼不繼承父親衣鉢選擇兒科呢？章曼慧是這樣解釋的：“我喜歡綜合內科的廣度和深度。我也考慮過選擇兒科，但是如果當兒科醫生，通常是和病童的父母而不是他們本人交流，而我非常喜歡和病人直接交流，因為我能從病人身上學到很多東西。”

綜合內科意味著有更多可能遇到格外複雜和難以預料甚至前所未見的病情，對章曼慧而言，這種挑戰正是樂趣所在。從香港到美國，一路都是學霸的她並不懼怕難題，“怕”的是沒有難題。在約翰·霍普金斯大學醫學院就讀時，全班百二人中僅有兩人來自美國以外的國家，章曼慧就是其中之一，而她還是她的班級在美國醫科學生協會（American Medical Student Association）的代表。

住院醫師培訓結束後，章曼慧對於未來的規劃有過一番糾結。臨床行醫和從事醫學研究與教學，對她而言好似魚和熊掌，二者都想兼得。最終她決定再度深造，為將來在兩條路上同時前行打下堅實基礎。1996年，章曼慧獲得哈佛大學（Harvard University）的衛生研究與衛生政策博士學位（PhD）後返回多倫多大學，正式開始執醫。

### 專注事業，建樹豐厚

職業生涯初期，章曼慧承受的壓力非常大：她要努力取得研究項目進展、指導學生和住院醫師，每年還有一半時間要隨時待命救治急診病人。那時她也初為人母，有自己的孩子和家

庭需要照料，時間彷彿永遠都不夠用。回憶那段時光，章曼慧坦言自己並非擁有三頭六臂的超人，她說多虧有家人的支持，特別是母親常常主動幫忙。同時，章曼慧聽取他人建議把自己當時並不豐厚的薪水幾乎全數花到了聘請幫傭上面，以便將精力投入工作中。這看似非常不經濟的做法，其實有一番道理。章曼慧說自己不喜歡亦不擅長收拾整理家務之類，不如把時間騰出來去做自己喜歡和專長的事，同時也能有充裕的時間陪伴孩子。這也算是對未來的投資。

這項“投資”回報頗豐。二十多年裏，章曼慧發表了兩百多篇論文，獲得無數安省和加拿大科研及衛生保健領域的獎項和榮譽。她創立了世界知名的多倫多大學骨骼健康評估卓越中心（CESHA）；在北美最大的健康和醫學研究機構“大學健康網絡”（University Health Network）創辦了骨質疏鬆項目並擔任創始項目主任；擔任美國國家航空航天局（NASA）的顧問，為宇航員失重狀態下的骨骼健康狀況提供評估意見。她還被授予了加拿大肌肉骨骼與更年期保健首席研究員（一級）職銜（Canada Research Chair Tier 1 in Musculoskeletal and Postmenopausal Health）。

因她在醫學領域的卓越建樹，章曼慧多次應邀參與制訂加拿大以及國際衛生健康標準和臨床執醫準則，她常常是這些標準和準則制訂委員會中的唯一亞裔。她一直大力提倡評估健康風險和護理病人時，將族裔、人種、性別和年齡等因素考慮進去，因為有科學證據表明不同種族的人群罹患各類疾病的風險高低不一致。然而在幾乎全是白人的委員會中，她深感自己聲

微力薄，所以熱切希望能有更多華人同行不要只埋頭於臨床診治和學術研究，也加入到規則制定的隊伍中來。章曼慧也熱心公益，積極參加各類醫療慈善組織的活動，並經常為華人社區義務開醫療保健的講座，以自己的專業知識為社區做貢獻。

### 醫者之精誠與醫學的藝術

盛名下的章曼慧，始終保持著中華傳統的君子風範：她溫和謙遜，待人體貼周到。中國唐朝名醫孫思邈曾在《大醫精誠》中說：“世有患者，讀方三年，便謂天下無病可治；及治病三年，乃知天下無方可用。故學者必須博極醫源，精勤不倦，不得道聽途說，而言醫道已了，深自誤哉。”章曼慧的虛懷若谷和精勤不倦，既出於她對醫學的熱愛，也源於剛開始走上執醫道路時的一次經歷。

那時她照料一位在深切治療部（ICU）的病人，每晚下班時會跟病人道別。有一天她對病人說“明天見”的時候，對方卻喃喃道“明天我就見不到妳了”。她心裏一驚，重新檢查一遍。所有監護儀器上的數據都顯示病人狀況穩定，並沒有進一步惡化的指征，比她資深的醫生教授們也都如此認為。於是她下班回家。然而第二天清晨六點回到醫院，卻發現醫護人員正在對那位病人進行緊急搶救，她也加入其中，但終於無力回天。

這件事對章曼慧觸動很深，她覺得病人此前一定感覺到了什麼，然而各類先進的儀器和檢測手段卻探查不到異常。哪怕

她已在世界頂級學府拿到最高學歷，哪怕科技再發達、檢測方式再先進，面對一個病症，卻仍可能面臨無限的未知世界。從此她以虔敬心態對待每個病人，將他們當作自己認知各種病症不同表現形式的老師。她說：“即使是同樣的病症，每個病人的體驗和經歷都可能非常不同，癥狀表現和治療效果也不盡相同。只有用心傾聽、仔細觀察，才能真正領會。”

章曼慧也注重將這種充滿人文關懷精神的“醫學藝術”傳授給學生和住院醫師。她說，如今這個信息化時代，各種技術手段確實非常有效亦便捷，但若過度依賴科技而忽略醫者和病人一對一的直接交流，會令技術成為橫亙在醫者與患者之間的障礙，使醫者困頓於技術本身的限制中。無論技術有多發達，醫者都必須以病人為中心，用“心”關懷病人。

深受中國傳統文化影響的章曼慧亦強調整合醫學（Intergrative Medicine）的意義：在幫助病人從疾病中恢復健康時，將病人視為一個整體的人對待，綜合考慮病人的生理、營養、精神、情感和心靈等各方面因素，而不是僅僅關注他們的病癥本身。就此而言，中國傳統文化中的膳食養生以及“治未病”等，也是有道理的。

章曼慧這些人性化和整體觀的行醫思想和方式，被作為一整個篇章，收錄在了一本名為《醫學的藝術》（The Art of Medicine: Healing and the Limits of Technology）的書裏，這本書已成為加拿大和其他國家醫學院的教科書。但願“醫學的藝術”能夠廣為傳播，促進更多醫者醫術精進、造福社會！



2011年與家人合攝  
With kids in 2011



2014年參加馬拉松  
Taking part in Marathon in 2014



2018年Jonathan的畢業禮  
Jonathan's graduation 2018



2017年Matthew的畢業禮  
Matthew's graduation 2017



母親七十六歲生日  
Mom's 76th birthday



2018年與家人合攝  
With family in 2018



1988年美國霍普金斯大學畢業  
Hopkins graduation 1988



霍普金斯大學畢業生重聚  
Hopkins 30th reunion



2014年 "Purple Proud Day" 日  
Purple Proud Day 2014



2017年參加多倫多湖濱馬拉松籌款  
Toronto Waterfront Marathon 2017



2017年與同事合攝  
With colleagues in 2017



2016年與骨質研究人員合攝  
With Osteogroup in 2016



## **Dr. Angela Man-Wei Cheung**

*Eighty years ago, the famous Chinese writer and philosopher Lin Yutang, who lived part of his life in the United States, wrote a best-selling book in English, *The Importance of Living*. Using a humorous and lively style, the text introduced American readers to Chinese life philosophies of romantic optimism. This traditional philosophical wisdom manifests itself in the fine details of Asian daily life, different from the rationalism that prevailed in the West. Today, in the 21st century, Dr. Angela Man Wei Cheung, who graduated from a prestigious school in the United States and has been conducting medical research and clinical practice for many years in Canada's top research institution and hospital, has integrated Chinese traditional philosophy into modern medicine, demonstrating the 'art of medicine' to her patients and medical colleagues.*

Angela was born into a family of doctors in Hong Kong. From an early age she was exposed to medical knowledge. Even as a child, she often helped her father, a pediatrician. She would answer the phone and give guidance to worried parents with sick children. After graduating from high school, Angela went to the United States for further study. After receiving a doctorate in medicine (MD) from Johns Hopkins University School of Medicine, she moved to Canada to reunite with her family which had immigrated in the meantime. Here she received residency training at the University of Toronto.

In her third year of training, Angela chose General Internal Medicine as her subspecialty. At that time, there were only two other residents in Toronto who chose General Internal Medicine. Why had she not chosen to follow in her father's footsteps and study pediatrics? Angela explained, "I liked the breadth and depth of General Internal Medicine. I did consider choosing pediatrics. But if I were a pediatrician, I would normally communicate with the parents of the sick children. I prefer communicating directly with the patients because I can learn more from them."

For Angela, General Internal Medicine meant more complicated, unpredictable, and even unprecedented situations. This kind of challenge was what attracted her to it. Whether in Hong Kong or the United States, Angela was not afraid of difficult problems. At the Johns Hopkins University School of Medicine, only two of the one hundred and twenty students in the class were from outside the United States, and Angela was one of the two. She was also her class representative for the American Medical Student Association.

After residency training, Angela had to plan her future carefully. Clinical practice, medical research, and teaching were all career paths she wanted to pursue. In the end, she decided to further her studies to lay a solid foundation for whatever road she might take. In 1996, Angela returned to the University of Toronto after receiving a PhD in Health Research and Health Policy from Harvard University (PhD) and began practising academic medicine.

At the start, Angela was under a lot of pressure: she had to make progress on her research projects, provide guidance to students and

residents, and be on standby for emergency patients half of the time. On top of that, she was a new mother, and her own children and family needed care. She never seemed to have enough time. When thinking back to this period of her life, Angela said she was not a superhero with extraordinary powers. She credits her family's support, especially her mother, who often took the initiative to help. At the same time, Angela listened to other people's suggestions and spent almost all her salary to hire domestic helpers. Even though it was not economical, Angela thought the idea was good since she did not enjoy housework. It was better for her to use her expertise and time to do something that she enjoyed, and as a result was able to spend quality time with her kids. It was also an investment in her future.

This "investment" paid off. Over the last twenty years, Angela has published more than two hundred papers and has received numerous awards and honors in the fields of research, education and health care in Ontario and Canada, including the Ontario Premier's Research Excellence Award, the Canadian Institutes of Health Research senior scientist awards, the University Health Network Department of Medicine Award for Excellence in Clinical teaching and the University of Toronto Eudenie Stuart Award for best mentorship, to name just a few. Angela established the world-renowned University of Toronto Center for Excellence in Skeletal Health Assessment (CESHA). At University Health Network, she founded the Osteoporosis Program and served as Founding Director. She is also an adviser for National Aeronautics and Space Administration (NASA), assessing the skeletal health of their

astronauts under weightlessness. Angela holds a Tier 1 Canadian Research Chair in Musculoskeletal and Postmenopausal Health.

Because of her excellence in the medical field, Angela has been invited to participate in the development of Canadian and international health and clinical practice standards, where she was often the only Asian expert on these committees. She has always advocated for the consideration of factors such as ethnicity, race, gender and age in patient care, since there is scientific evidence that the risks of various diseases are different for ethnic groups than Caucasians. She feels that her lone ethnic voice on a committee that is almost entirely Caucasian is not enough. She deeply hopes and encourages more Chinese colleagues not just to bury themselves in clinical care or academic research, but to also join the ranks of other ‘standard-setting’ committees. Angela is very supportive of community events and participates in the activities of various medical charitable organizations. She often volunteers to give public lectures on health care within the Chinese community.

Angela carries herself with grace: in the best Chinese tradition, she is modest and humble, dedicated and devoted to her work, sincere and caring to others. The famous Chinese doctor of the Tang Dynasty, Sun Simiao, once said in the “Virtues of Great Physicians”: “There are fools who study medicine for three years and think there is no incurable disease in the world. But after practising medicine for three years, they know there are no standard prescriptions for all the diseases in the world. Doctors must, therefore, study deeply and widely, depend not on what others say, but their own understanding

through diligence and hard work.” Angela developed her humility and respect not only because of her love of medicine, but also from an early experience as a new doctor.

At the time, she was caring for a patient in the intensive care unit (ICU). Saying goodbye one night, she said “See you tomorrow.” The patient muttered, “I won’t see you tomorrow.” Angela was shocked. She carefully re-examined the patient’s charts and information. The data on all of the monitoring equipment showed that the patient’s condition was stable and there was no indication of danger. She left work and went home. However, when she returned to the hospital at six the next morning, she found medical staff performing emergency resuscitation on the patient. Angela joined in the effort, but the team was unable to save the patient.

This incident touched Angela deeply. She thought that the patient had known death was imminent, despite the fact that all kinds of advanced instruments and testing methods could not detect the abnormality. Even if Angela had the best education in the world’s top universities, even if the technology was most advanced, there are mysteries in diseases that are infinite and unfathomable. Since then, Angela has always treated each patient with a respectful, awed attitude, as if they were teachers who could recognize different manifestations of various illnesses. Angela said: “Even with the same illness, each patient’s experience may be very different, and the symptoms and treatment effects are not the same. Only by listening and observing carefully can the doctor truly understand.”

Angela also pays attention to the teaching of medicine and

humanistic care – the Art of Medicine - to students and residents. She said that in this information age, various technological means are effective and convenient, but students who rely too much on technology may neglect one-on-one direct communication between doctors and patients. In such cases, technology becomes a barrier between doctors and patients. Doctors should be careful not to be trapped by the limitations of technology. Regardless of how useful technologies are, patients must be at the center of treatment, and doctors must care for them with ‘heart’.

Angela, who is deeply influenced by Chinese traditional culture, also emphasizes Integrative Medicine, which treats patients as a whole, taking into account the physical, nutritional, mental, emotional and spiritual aspects of the patient. From this perspective, it makes sense that one area of traditional Chinese medicine uses diet and preventive methods as therapeutic options.

Angela’s humanistic ideas and holistic views are discussed as a whole chapter in a book called *The Art of Medicine: Healing and the Limits of Technology*. This book has become a textbook for medical schools in Canada and other countries. Down the road, Angela hopes that medicine as an art will spread more widely among medical practitioners and benefit society.