



周志明醫生
Dr. Chi-Ming Chow

宣導健康生活的使者 無私奉獻的醫學專家周志明博士

心臟醫學專家周志明博士，在公眾面前更像一個義務健康資訊宣導員、醫學傳媒人，「超越自我，幫助他人」是他始終如一的追求。從學生年代開始，周志明已經展開實踐理想之途，他自豪於施比受更有所得，快樂於健康生活普及大眾。

八歲開始的醫學助人之夢

現在的周志明博士，已是建樹豐碩的醫學專家，加拿大皇家醫學會會員，聖米高醫院心臟專科醫生，多倫多大學醫學院副教授，安省心臟及中風基金會華人分會副會長等等，而且全球更有無數的醫院、醫生使用著他開發的醫學教育及應用軟件，但可曾想到在他事業選擇的背後卻是心中永遠的隱痛。

周志明的父母原本在香港從事金融業，然而，周志明從小就看著父母受盡病痛的折磨，最後父母雙雙英年早逝，這對周志明幼小的心靈打擊是非常沉重的。「我從小看著母親生病，從八歲起我就立志做醫生，去幫助天下痛苦的病人。父母都曾在金融界，我看到很多錢來得快，去得也快，我覺得「施」的回報比金錢的回報更重要。」

就這樣，周志明16歲時就以優異成績獲得獎學金，前往英

國的世界聯合大西洋書院(United World College of the Atlantic)就讀高中，去逐漸達成他的醫學之夢。在這所全球最具風格的學校中，周志明不僅學到了豐富的知識，更重要的是修得了服務社會，融入社群的基本「學分」。他融合於不同文化背景的各國同學中，學習團隊精神以及克服困難的能力，包括學會了爬山、潛水、划獨木舟等技能，為他未來服務大眾打下了堅實基礎。

隨後，周志明先畢業於美國布朗大學(Brown University)電腦科學系，其後分別獲得麥基爾大學醫學博士及流行病科學碩士學位，走上醫學道路。

從唐人街牌坊的創意到媒體的演講

周志明有一個不太為人知的「秘密」，那就是如今滿地可華埠標誌的「唐人街」牌坊，原來最早的創意就是周志明構思出來的。那時候，他還是麥基爾大學(McGill University)的實習醫生，熱心於華人社區的義務服務活動，而且還在當地多元文化中文電台擔任DJ工作，這為他以後每年約50場中英文電台、電視台的醫學演講或專訪打下了基礎。此際，為了繁榮華埠，發揚中華文化，周志明與一群年輕人積極與老僑合作，獻計獻策，包括興建牌坊、建設中山公園、開設華埠街頭食品展等等，終使滿地可華埠展現出全新風貌，更具中華文化特色。

由此開始，周志明無私的社會服務一發不可收，並由2001年轉入多倫多聖米高醫院(St. Michael's Hospital)心臟專科後奉獻精神更為發光發亮。

施比受所得更多

作為安省心臟及中風基金會董事及華人分會副會長，周志明醫生長年投身於醫學宣導教育的義務工作，成為多倫多中英文媒體上曝光量較高的心臟醫學專家，大部份談論的都是心臟病及中風預防、心臟病急救等大眾普及教育，使公眾獲益良多。

在華人社區公眾健康資訊宣傳方面，周志明醫生更是貢獻顯耀，他是安省心臟及中風基金會舉辦的每年一度公眾諮詢講座共同主席，每年吸引近千華人參加，同時是該會全球發行的「Taking Control」中文DVD的製作人及醫學顧問，並首次將英文資訊小冊子翻譯成中文，也是該會出版的提供心臟健康及預防資訊的中文季刊「心聲」的編輯。

大量社會義工服務，終使他得到社會的高度讚揚，2010年他獲得了加拿大傑出華裔創業家最佳社區服務獎，並連續獲得過心臟及中風基金會義工獎，Rick Gallop Award領袖獎等榮譽。

每月周志明醫生約二成工作時間是用在義務社會服務中，他稱，「施，不是沒有所得，而是得到比受更多的東西，這不是金錢所能衡量的。」

醫學專業的奉獻者及帶路人

誠如周志明的「明志」，他如果追求金錢，以他在電腦及醫學高超雙技，輕而易舉就能成為巨富。殊不知，現在全球有多少醫院、醫生及學生在免費或極低收費的使用周志明醫生設計開發的醫學教育及應用軟件，包括如CardioMath、ECG Made Simple、加拿大心血管協會的 Clinical Guideline App Series、美國超聲波心臟檢查協會的iASE Guidelines App等，這些軟件大大縮減精確診斷的時間。不僅如此，周志明醫生作為一個開拓者帶領著多倫多大學醫學院學生繼續開發這類醫學軟件，貢獻全球的醫學事業發展。目前，他基本完成了醫院管理電子出院總結系統(eDischarge)研發工作，希望未來在全安省醫院中推廣，建立整體的病患診治資料系統。

在醫學領域，周志明醫生就是一個勇於超越自我、精益求精的奮鬥者，他不僅具有醫學博士學位，而且還是加拿大皇家內科醫學院院士、美國心臟科學院院士，在全加及國際醫學界發表過大量醫學論文，同時兼為加拿大CME刊物的心臟科專家撰稿人。由於周志明醫生長年在醫學教育方面的傑出成就，他曾獲加拿大醫學會及Dalhousie大學醫學院頒發的Ruedy醫學教

育創新獎，以及多倫多大學醫學院的William Goldie Prize。

愛好運動挑戰的周志明醫生，將自己的人生融入了大眾之中，用愛心去換來人間的健康，始終如一的社會奉獻，沒有任何的造作矯情，因為這是他的經歷、學識所養成的人格特質，他熱愛傾聽病人、教育大眾，去完成其兒時的夢想，讓健康的陽光普照人間。



新婚潛水儀式
Exchanging Vow underwater 2004



在2004 Ride For Heart騎車活動中
Ride For Heart 2004



參與2008 Carefirst健康宣傳活動
2008 Carefirst Health fair



2009年與參議員利德惠及陸郎毅等
參加公益活動
Heart Truth Red Dress 2009



2006年帶著幼子遠足
Hiking with son 2006



參與2004年心臟及中風基金會保齡球慈善活動
Bowl For Heart 2004



2009年在Heart Truth Red Dress活動中演講
Heart Truth Red Dress 2009



聖米高醫院科研教學
Harvey Simulator Teaching
Tool - St. Michael Hospital



關愛病患
Caring the patient



2008年心臟及中風基金會華人分會頒獎典禮
2008 Heart And Stroke Award for Chinese
Canadian Council



2011年接受Omni電視台訪問
Omni TV Interview 2011



2012年ASE Mobile Apps 展示
ASE Mobile Apps Demo 2012

Dr. Chi-Ming Chow

Dedicated Medical Specialist and Healthy Lifestyle Promoter

‘To give is better than to receive...’

Cardiologist Dr. Chi-Ming Chow is more like a spokesperson for health promotion than a doctor, pursuing a lifetime goal of going beyond himself in helping others. Since student days, Chow has already begun fulfilling his dreams. He is proud to give rather than to receive, and he is happy to promote a healthy lifestyle to the public.

Dr. Chow is a renowned medical specialist, a member of the Royal College of Physicians and Surgeons, an attending staff cardiologist at St. Michael’s Hospital, an Associate Professor at the University of Toronto. He is an advisory board member and the Vice-President of the Chinese Canadian Council of Heart and Stroke Foundation of Ontario. Moreover, countless hospitals all over the world are using his software and medical educational tools. Who could have imagined that behind his decision to choose the medical profession as his career belied a sad story?

Both of Chow’s parents were working in the finance industry in

Hong Kong. At a very young age, he witnessed his parents suffering from illness, and both passed away early in his life as a result. This had an indelible impact on Chow as a boy. ‘When I was small, I saw my mother being very sick. I resolved to be a doctor when I grew up so that I can help other patients. I was only eight years old then. My parents were in the investment sector, and I could see money come in quickly and disappear fast. I am convinced that the return from giving would outweigh focusing on monetary compensation alone’, says Dr. Chow.

Chow entered the United World College of the Atlantic in Wales at the age of sixteen on a full scholarship from the Hong Kong Education Department. In this progressive high school, not only did he acquire a lot of knowledge and life skills, he also developed a social conscience for servicing the community. He integrated well with other students from different cultural backgrounds and countries. He learned to work as part of a team and accepted challenges, in addition to basic skills such as mountain climbing, diving, and canoeing. His education lay a strong foundation for community service down the road.

After high school, Chow graduated with a degree in computer science from Brown University in the United States. He completed

a Doctor of Medicine degree and a Masters of Science degree in Epidemiology at McGill University.

Dr. Chow has a secret that not many people know about. That is the 'Gates' in Montreal's Chinatown is a brainchild of Chow's idea. At that time he was a resident doctor at McGill, volunteering his time in the local Chinese community. He was also a DJ at the multicultural Chinese radio station (FM 102.3) – this experience helping him now to give over fifty medical interviews and talks each year for the various English and Chinese radio stations, television studios, and newspapers. At that time, in an effort to revive Chinatown, Chow and other young people worked closely together with the older generation of Chinese immigrants to revitalize Chinatown. Their initiatives included building a pair of 'Gates', developing Sun Yet Sun park, holding festival celebrations and Chinatown street food fairs. Finally, Montreal Chinatown reemerged with more appeal and more character. Henceforth, Dr. Chow began a lifetime of selfless devotion to community service. This continued even more after he joined the Division of Cardiology at St. Michael's Hospital in 2001.

As the Vice-President of the Chinese Canadian Council, Heart and Stroke Foundation of Ontario(HSFO), Dr. Chow has the most exposure in Toronto's Chinese and English media among

cardiologists. His topics cover cardiovascular diseases, stroke prevention, and healthy lifestyles.

Dr. Chow has contributed tremendously to public health education. He has been the co-chair of an annual public seminar held by the Ontario Heart and Stroke Foundation for many years, attracting over a thousand Cantonese and Mandarin speaking Chinese-Canadians to attend every year. He is also the producer and medical consultant for the HSFO-funded 'Taking Control' Chinese DVD, which has been distributed to Chinese-speaking audience across Canada. He has translated health information booklets published by HSFO into Chinese. He is also the editor of the quarterly Chinese Heart Beat News to ensure important topics on cardiovascular health and stroke prevention are accessible to Chinese-speaking Canadians.

All this volunteer work has garnered much praise from the community. He received the Heart and Stroke Award for Volunteer Excellence in 2007 and the Rick Gallop Award for Pioneering Leadership in 2008 by HSFO. In 2010 he was awarded the Chinese Canadian Entrepreneur Award for Best Community Service.

Dr. Chow estimates that he spends a fifth of his time in volunteer community service. He says, 'to give, does not mean that one does

not get anything in return; in fact one receives more than one gives, and which is not measurable by monetary value.’

Dr. Chow could have capitalized his expertise in medicine and medical informatics to be rich. But in fact, many hospitals, doctors, healthcare professionals and students worldwide use his software for free or for a very low fee. This includes CardioMath, ECG Made Simple, and Canadian Cardiovascular Society (CCC) Clinical Guideline App Series, iASE Guidelines Applications for the American Society of Echocardiography. They greatly reduce the time to reach a correct diagnosis and make essential medical information available at the fingertips. In addition, he leads a group of medical students at the University of Toronto to develop more medical informatics, a dedication contributing to advance in medicine for the whole world. Currently, he has completed a project to implement programs to handle discharged patients. He hopes that this eDischarge program will be adopted by all Ontario hospitals, to be integrated into a complete patient treatment system provincial wide.

In medicine, Dr. Chow always strives for his very best and goes beyond himself. Not only is he a Doctor of medicine in Cardiology, but he also completed training in Family Medicine and Internal Medicine at McGill University. He is a regular contributor to the

Canadian Journal CME. He is a winner of the Ruedy Award for Innovation in Medical Education presented by the Association of Faculties of Medicine of Canada and Dalhousie University Faculty of Medicine and the 2009 William Goldie Prize for Innovation by the Department of Medicine, University of Toronto.

Dr. Chow dedicates his life to serving the public and promoting public health with love. This unpretentious and unwavering devotion is a product of his lifetime experience, education and personal value. He loves to listen to his patients. His calling to community service fulfils his childhood dream of contributing to a better and healthier world.