



## Melodies and healing: an interview with Dr Victor Yeung

Dr Yeung (right) performing health consultations and outreach activities with the older adults

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Dr Victor Yeung is a highly respected urologist who currently practises in the private sector and serves as Vice President of the Hong Kong Medical Association (HKMA). Beyond his exemplary medical career, Dr Yeung is an active leader and participant in numerous community service initiatives. He received his medical degree from The University of Hong Kong in 2006, after earning a bachelor's degree in biophysics from Johns Hopkins University in 2001.

Dr Yeung's dedication to serving the community began in his high-school days when he spearheaded a team of students to visit Cheshire Home on Hong Kong Island. There, they provided essential health screenings for those in need. Since those formative years, he has emerged as a pivotal figure in various service-oriented organisations. Leveraging his exceptional organisational skills and boundless passion for singing, Dr Yeung continues to make an indelible mark on the lives of many individuals.

One of Dr Yeung's most notable community service initiatives is '寸草心', which he founded with his mother in 2008. This small-scale initiative, formed under the umbrella of the St James' Settlement, aims to serve single older adults. Dr Yeung performs singing during gatherings for the older adults, which are held during major festivals such as Chinese New Year and Christmas, as well as Mother's Day and Father's Day. This initiative mainly serves those living

in the Central and Western districts, with three or four events annually that each attract an audience of roughly 200 people. The running costs are entirely covered by various major donors, including Dr Yeung himself.

Serving as Vice President of the HKMA, Dr Yeung is also the chair of the HKMA Charity Foundation (HKMACF) and the HKMA Community Service Committee (CSC). The HKMACF organises fundraising activities for charitable organisations. For instance, a donation of HK\$100 000 was made to support the Red Cross for post-earthquake management in Turkey and Syria in early 2023. Since its inception in 2006, the HKMACF has raised an astounding total of over HK\$38 million. A cherished annual highlight of the foundation's work is the Charity Concert, which showcases the musical talents of HKMA's members through captivating choral and orchestral performances.

One of Dr Yeung's most memorable experiences was during the Annual Charity Concert in 2023. That year marked the resumption of the concert after a 3-year postponement due to the coronavirus disease 2019 pandemic, but it was on the brink of cancellation due to an approaching typhoon. Dr Yeung vividly recalls the daunting situation they confronted, as the typhoon signal number 8 was raised at midnight, just after the concert had concluded. Despite the formidable weather conditions, he remains deeply

grateful that the event was a resounding success.

While the HKMACF focuses on serving the community via fundraising, the HKMA CSC emphasises providing healthcare to the needy. The CSC's first project focused on the older adults in Chai Wan. Activities included visiting elderly residents, hosting health talks, and educating caregivers and volunteers on elderly care. The CSC's efforts later expanded to the Kwai Tsing and Siu Sai Wan districts, which have significant populations of single older adults. In a bid to achieve sustainable effects, the committee also prepares educational materials, such as leaflets and videos, and provided an emergency hotline, masks, and on-site vaccination during the coronavirus disease 2019 pandemic. In recognition of their efforts, the committee was presented the Outstanding Group Award in the Hong Kong Volunteer Awards 2023.

Being passionate about both singing and charity work, Dr Yeung wanted to integrate the two and thus, Medipella, a charity singing group, was born. As suggested by its name, Medipella is the combination of 'medicine' and 'a capella'. Medipella was founded by Dr Yeung and his colleagues around 10 years ago, and its first public performance at Charisound Concert 2015 was a particular challenge. Dr Yeung and the Medipella team members (together with members of the Junior Chamber International–Island) handled all logistical aspects of the charity concert, from promotion to ticket sales, despite having no prior event planning experience.

Yet, through their unity and determination to spread love, the crew succeeded and the concert took place without any major issues, with all revenue from ticket sales being donated to Médecins Sans Frontières and Junior Chamber International Island. The challenging experience of Medipella's inaugural performance did not deter the members, and they continued to participate in a diverse range of events to raise money for different charitable organisations.

Another highlight of Medipella was the production of a song for the promotion of smoking cessation. In 2019, in collaboration with the Hong Kong Council on Smoking and Health, they produced a song entitled 'Smoke-free Life', with lyrics illustrating the hazards of smoking and emphasising the importance of a smoke-free lifestyle. To spread smoke-free messages, Medipella also performed the song in the kick-off event for World No Tobacco Day on 31 May 2019.

Dr Yeung's passion for community service stems from his desire to help the needy in society, a value he has held since high school. He prioritises the older adults, given Hong Kong's rapidly ageing society and the increasing number of young people migrating to other countries, leaving many single older adults without companionship.

Dr Yeung has learned many valuable lessons



DrYeung (left) performing on stage to promote a smoke-free lifestyle



DrYeung's charity concert fundraising initiative



DrYeung with student reporters, Alan and Megan

in leadership and service through his experiences. He believes that it is crucial to have faith in your teammates and feel comfortable when they take up responsibility. He also tries his best to understand the strengths of his colleagues and put them in suitable positions to foster creativity. As a doctor, he believes in the importance of health advocacy and often gives talks on telltale signs of certain diseases, household safety, and medical follow-up appointments for the older adults.

In addition to his community service initiatives, Dr Yeung maintains a well-balanced life with diverse hobbies, including singing and coaching table tennis at Lady Ho Tung Hall at The University of Hong Kong. In his more than 21 years as a table tennis coach, he has led his team to a number of victories, including six interhall championships and nine first-runner-up finishes. He believes that the cultivation

of a clear mind and flexibility are crucial assets in both his professional and recreational pursuits.

Looking to the future, Dr Yeung intends to focus more of his work on mental health, particularly stress-relief strategies for younger generations. As an experienced mentor and leader, he has an important message for young doctors—to give their utmost while not expecting excessive personal gain or reward. He encourages them to play to their strengths and not judge the value of projects solely based on their size or scale.

Overall, Dr Victor Yeung is a respected doctor, community leader, and philanthropist who has dedicated his life to serving others. His passion for helping the needy and his belief in the importance of preventive healthcare have made him a valuable asset to both the medical community and society at large.