



MESSAGE FROM THE PRESIDENT



Welcome everyone to Endoscopy 2019! As usual the Organising Committee has come up with a superb scientific programme, with famous names in GI endoscopy as invited faculty. It is my sincere wish that everyone will benefit from the lectures and live demonstrations that will be presented over the next few days.

On behalf of the Malaysian Society of Gastroenterology and Hepatology, I would like to take this opportunity to congratulate several of our committee members on their achievements: Professor Dr Raja Affendi Raja Ali on his recent promotion as full professor as well as the Dean of the Universiti Kebangsaan Malaysia Medical Faculty; Professor Dr Lee Yeong Yeh on being selected as one of the recipients for the Top Research Scientists of Malaysia 2018 and Professor Dr Chan Wah Kheong also on his recent promotion as full professor. I would also like to congratulate Dr Jeevinesh Naidu, our recommended and successful recipient of the APAGE-JGH Foundation Clinician Scientist Fellowship Grant for 2018.

Please do mark your calendar for GUT 2019 which will be held on 16th to 18th August 2019 in Kuala Lumpur. The speakers for our named lectures at GUT 2019 this year are Professor Dr Jaw-Town Lin from Taiwan and Professor Dr Anna Lok from the United States. It will be MSGH's Silver Jubilee so don't miss this opportunity!

Dr Tan Soek Siam

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I would like to extend a warm welcome to the invited faculty as well as participants of Endoscopy 2019. As per our President's welcome message, congratulations are in order for several of our committee members as well as ordinary members - you have made MSGH proud. To a certain degree this has meant that I have had to step up and assume the position of Editor for the MSGH Bulletin, taking over from our President-Elect, Professor Dr Raja Affendi Raja Ali.

In line with this year's theme of "Endoscopy in Evolution", there is an excerpt from Emeritus Professor Dato' Dr Goh Khean Lee's superb article on the history of GI endoscopy.

This is followed by several MSGH members' reports, as well as highlights of the Society's activities as reported by the World Gastroenterology Organization. As you may know, Malaysia will be hosting APDW 2020; in the lead up to this, Emeritus Professor Dato' Dr Goh Khean Lee in his capacity as the APDWF President for 2014 to 2018 has kindly shared his thoughts on the history and significance of this key annual event.

Please do remember to join us for the Silver Jubilee of MSGH, to be celebrated at GUT 2019 later this year. In the meantime, do enjoy yourselves.

Dr Nazri Mustaffa

MSGH Research Guidelines

Guidelines for research proposals

1. Proposals should be on areas of research pertaining to gastroenterology or hepatology.
2. The projects should be designed to achieve completion of data collection within a year.
3. Projects should be viable and have realistic objectives.
4. The objective should be well defined and clearly stated.
5. The proposal should include the justification for the project and evidence that the relevant literature has been adequately reviewed.
6. The research instruments used to measure the outcome variable(s) in the study should be adequately validated.
7. The intended sample size and the statistical analysis used should be stated.
8. Clear and accurate costing of the project should be included in the proposal.
9. Ethical approval should be obtained from the institution in which the investigator is based.

The general format of the submitted proposals would be as follows:

1. General introduction and justification for the study.
2. Objective(s) of the study
3. Materials and methods
4. Statistical methods
5. Costing

6. Anticipated time schedule for the project
7. Literature references

A brief CV of the investigator(s) including previous research presentations and publications should be submitted with the proposal. If a project includes multiple investigators, the chief investigator will be held accountable for the grant. Accurate and detailed accounts should be maintained and is the responsibility of the chief investigator.

An interim report should be submitted six months after the grant has been awarded and a full report within two months of the proposed date of completion of the project. The final report should include the scientific findings and a detailed account of the expenditures incurred during the project. Any excess monies available after completion of the project should be returned to the MSGH.

Time Lines

1st February 2019
30th June 2019
31st July 2019

Call for applications
Closing of applications
Decision on award

The successful applicants would be asked to present their findings at GUT - Annual Congress of the Malaysian Society of Gastroenterology & Hepatology.

Excerpts of the 24th Seah Cheng Siang Memorial Lecture

Seeing Better, Doing Better: Evolution and Application of Gastrointestinal (GI) Endoscopy

Delivered by Emeritus Professor Dato' Dr Goh Khean Lee
on 30th August 2014

Man's innate curiosity to study the internal organs of the human body dates back to the time of Hippocrates where basic speculums were invented to peer into the buccal cavity and vagina. The first instruments used to intubate the oesophagus and stomach in the 16th and 17th centuries were designed for the purpose of extracting foreign bodies stuck in the oesophagus (or pushing them down into the stomach).

The first scopes used candlelight for illumination, and subsequently gasogen (alcohol and turpentine). These scopes were, however, mainly designed as urethro-cystoscopes. Desormeux was the first to call such instruments, "endoscopes". Adolf Kussmaul is credited with inventing the first gastroscope in 1868. Taking the cue from sword swallows who were popular entertainers at that time, Kussmaul attempted to insert a long rigid hollow tube into a professional sword swallower at a meeting of the Society of Naturalists in Freiburg, Germany.

But the rigid scope had serious drawbacks. Instrumental perforations were not uncommon and as a result, the initial enthusiasm for the procedure waned. Rudolf Schindler set about to invent a semiflexible gastroscope with the collaboration of a Berlin instrument maker, Georg Wolf. This instrument was a major advance at that time, as not only was it much safer, it also provided significantly more information about the stomach.

In 1941, Schindler started, at a meeting in his own house, the American Gastroscopic Club, the forerunner of the American Society of Gastrointestinal Endoscopy (ASGE). The ASGE chose to recognise his exceptional contributions in 1962 by creating the Schindler Award, the society's highest tribute for contributions to the field of gastrointestinal endoscopy. The Schindler-Wolf

semiflexible gastroscope was the standard bearer for gastroscopes until 1957 when a further dramatic innovation, that of fiberoptics, was introduced into endoscopes.

Basil Hirschowitz who was then a GI fellow at Ann Arbor, University of Michigan with Professor Marvin Pollard, enlisted the help of Wilbur Peters, a physicist, and Larry Curtis, a sophomore student at the University of Michigan. Working feverishly with his coworkers, Hirschowitz was able to develop the first fiberoptic gastroscope, which he presented to the American Gastroscopic Society in Colorado Springs in May 1957.

While developments were taking place in the United States, Dr Tatsuno Uji and engineers from the Olympus Optical Company, Japan, had developed a gastrocamera in 1952. In essence, it consisted of a miniaturised intragastric camera which could take high quality pictures.

Endoscopic ultrasonography, a more recently developed innovation in the late 1980s combines the diagnostic capability of an ultrasound probe and that of a fiberoptic scope. Videoendoscopy provided perhaps the latest innovation in GI endoscopy. It is certainly not a new technique of performing endoscopy but a new way of viewing, acquiring and storing images in the digital form. The mechanical control and internal lumen subsystems remained essentially unchanged. Videoendoscopy is made possible following the discovery of the charged couple device (CCD) or electronic chip as it is commonly called. Videoendoscopy has also meant that endoscopists have now moved away from viewing through an "eyepiece" and to viewing images on a "television" screen. This has made it ergonomically better for endoscopists as well as improving visualisation, and has also made teaching of endoscopy trainees more efficient.

Videoendoscope instruments with even better imaging reaching a million pixels have been produced. Magnifying endoscopes and chromoendoscopy have enhanced the details of the GI mucosa. Recent innovations by the instrument companies included enhanced optical and digital modalities including narrow band imaging (Olympus, Optical company, Tokyo, Japan), Flexible spectral imaging colour enhancement (Fuji Film, Japan) and i-scan technology (Pentax, Hoya Corporation, Japan).

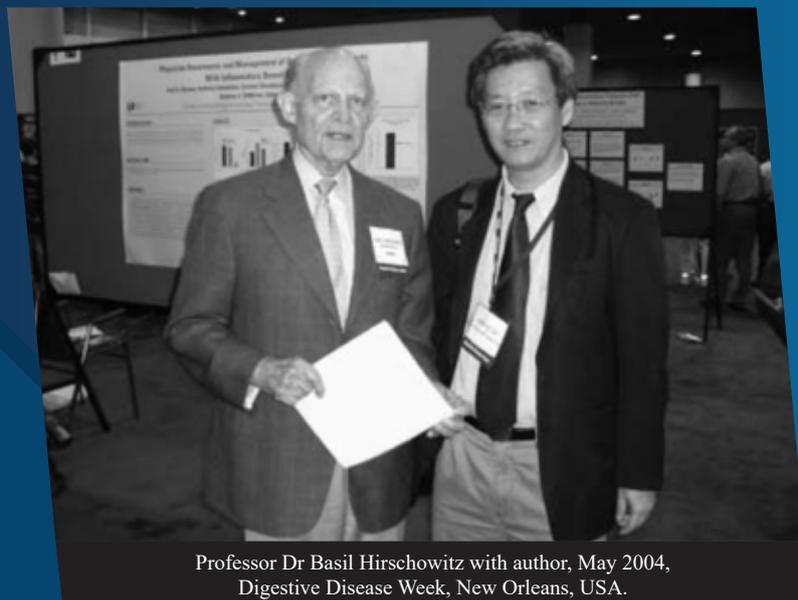
Several technologies have now emerged that allow high resolution examination of the GI mucosa. These innovations have enabled an "optical biopsy" of the GI mucosa at the cellular and even the subcellular level. These technologies include confocal endoscopy, endocytoscopy and optical coherence tomography endoscopy.

Miniaturisation of electronic components may allow the construction of new types of endoscopes that no longer require external wires, cables, or optical fibres. A "video pill" would allow the operator to perform a "drive through" endoscopy. The invention of capsule endoscopy in 2000 by Iddan et al opened up the examination of a whole new frontier of the GIT - all 6 metres of the small intestine. Again, various technological advances over time have gradually allowed better capsule endoscopy imaging and more complete capture of images.

Seeing better has inevitably allowed us to do better. New generation and braver endoscopists have ventured into procedures such as resection of mucosal and submucosal tumours, and the field of therapeutic endoscopy sees no end in sight.

The development and the subsequent widespread use and application of GI endoscopy ranks as one of the landmarks in the annals of medicine. GI endoscopy is indispensable to the field of gastroenterology and GI surgery. The "endoscope" has evolved from a candlelit instrument in the early 19th century to its current state of sophistication. Procedures are now performed in well planned dedicated endoscopy units. Training, credentialing, audit, retraining and maintenance of standards of practice are important issues.

With continuing advances and technical sophistication, GI endoscopy will remain an exciting field stimulating further research and spearheading advances in the diagnosis and treatment of GI diseases. Man's ingenuity in the development of endoscopy has brought gastroenterology into the forefront of diagnosis and treatment of human diseases.



Professor Dr Basil Hirschowitz with author, May 2004, Digestive Disease Week, New Orleans, USA.

APASL 2019, Manila, Philippines

Reported by Dr Chuah Kee Huat

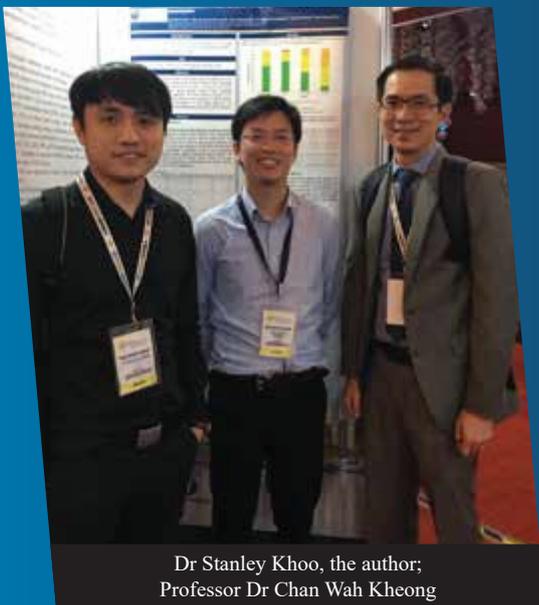


The author presenting

Mabuhay! I just came back from one of the biggest regional hepatology conferences - APASL 2019 in Manila from 20th to 24th February 2019. It was really an exciting and fulfilling experience.

It was a privilege for me to be given the travel grant to participate in the

APASL-AASLD Joint Clinical Research Workshop, which was part of the pre-congress workshop. During this workshop, I had the opportunity to present our abstract entitled 'MACK-3 (combination of hoMa, AST, CK-18): novel biomarker for fibrotic NASH' (To add on to this elation, this work under the guidance and co-authored by Professor Dr Chan Wah Keong and Professor Dr Sanjiv Mahadeva was recently accepted for publication in *Liver International*). This workshop is unique in the sense that the top researchers from AASLD and APASL were there to provide insights and basic research guidance from conception to completion to young clinicians / researchers. It was really motivating and informative.



Dr Stanley Khoo, the author;
Professor Dr Chan Wah Kheong

The APASL post-graduate course was very useful. It was concise and provided us with up-to-date knowledge on the current approaches to common liver problems. The APASL liver transplant course was another interesting pre-congress workshop to learn about optimising outcomes in liver transplantation.



The author having local cuisine with colleagues from the Philippines

In the main congress, all angles of the field of hepatology, mainly liver cancer, NAFLD, hepatitis B and C, and metabolic liver diseases were covered. Pathology, surgical, endoscopy, nutrition as well as pediatric aspects of the hepatology diseases were also included. Many sessions were held concurrently, giving the participants total freedom to attend topics of interest to them. The topics covered were very comprehensive. The speakers were all internationally well-known in their areas of expertise, including Professor Dr Chan Wah Kheong, Professor Dr Rosmawati Mohamed, Dr Tan Soek Siam and Dr Haniza Omar from Malaysia.

Not forgetting to mention, we had some great catch-up moments with our good colleagues (Peter, John Paul and Anthony) from the Philippines, who previously came for the ERCP attachment at our centre, UMMC. We were so fortunate to have them taking us around for some good local cuisine and sight-seeing. We were really grateful for their hospitality. After all, international good friends are not easy to find.

Overall, attending the APASL Manila 2019 was an eye-opening and rewarding experience for me.

MSGH Update@UniSZA 2019, Kuala Terengganu Reported by Dr Nazri Mustaffa

In the spirit of pursuing and disseminating knowledge, MSGH has partnered with UniSZA in Kuala Terengganu to host this year's Update in Gastroenterology and Hepatology on 23rd February 2019. This year's meeting was held at their medical campus which is just a stone's throw away from the beautiful beaches that Terengganu is well-known for. The event was well attended with most participants being doctors from various backgrounds: public hospital based, from universities, private hospitals as well as those from government and private clinics. There were also allied health members, as well as undergraduate medical students who added to the crowd on the day. Overall there were 110 attendees for the event.



The event started off with opening remarks by Professor Dr Raja Affendi Raja Ali, President-elect for MSGH. The meeting was then officiated by Professor Dr Zawawi Nordin of UniSZA. Following this there were talks on various topics; the use of online voting and comments greatly assisted in making the meeting a big success. For example, during the debate session on "Colonoscopy vs Faecal Occult Blood Testing for Screening of Colorectal Cancer" there was a lot of excitement as the votes were tallied live on-screen.

A big thank you goes out to members of the invited faculty for spending part of their weekend at the event, kudos too to members of the UniSZA organising committee for their hospitality and their efforts towards making this event possible. At the same time, we would like to also thank Abbie for supporting the event.



Malaysian GUT 2018, World Digestive Health Day 2018 in Malaysia and Clinical Meetings

Reported by Dr Tan Soek Siam

GUT 2018 - Annual Scientific Meeting

The Malaysian Society of Gastroenterology and Hepatology held its Annual Scientific Meeting with the theme "Eliminate Hepatitis Fight Cancers," in line with the World Digestive Health Day 2018. It was held on 13th to 15th July 2018 at the G Hotel in Penang, Malaysia. A total of fifteen overseas faculty, assisted by local doctors, anchored the scientific programme. The programme included three symposia related to viral hepatitis which were "Treatment of Hepatitis B in 2018", "HCV treatment with EBR/GZR: From Evidence to Clinical Practice," "Eradicating Hepatitis C" and other related topics like "Liver Cancer" and a Meet-The-Expert Breakfast Session on "Enhancing Patient Care With Fibroscan."

The meeting had more than 400 registrants and the Society sponsored the registration fees of 76 doctors from the government hospitals and the primary care clinics in Penang.

MSGH Clinical Meetings

The Society also held two Clinical Meetings in 2018. The focus at both these meetings was on Hepatitis C and the topics were "Viral Hepatitis - The Present and Future", "My Approach to Management of Chronic Hepatitis C", "Chronic Hepatitis C in Special Populations," "What Can Primary Care Offer in Managing Chronic Hepatitis C" and two sessions of case discussions.

1. 7th January 2018 at the Dermatology Auditorium, Hospital Kuala Lumpur.
2. 22nd September 2018 at Clinical Research Centre Auditorium, Hospital Umum Sarawak, Kuching, Sarawak attended by 97 healthcare workers.



The Asian Pacific Digestive Week - Historical Aspects and Personal Reflections



Goh Khean Lee
President (2014-2018)
Asian Pacific Digestive Week Federation &
Emeritus Professor
University of Malaya
Kuala Lumpur, Malaysia

The Asian Pacific Digestive Week (APDW) was the brainchild of Professor Dr SK Lam from Hong Kong. In 1999, at the Asian Pacific Association of Gastroenterology Meeting in Bangkok, he mooted the idea of a combined meeting with all "digestive disease" related specialties coming under one roof once a year. This model follows that of the American Digestive Disease Week (DDW). At that time the "United European Gastroenterology Week", which also aimed to follow the lead of the DDW, was still a fledgling meeting.

SK Lam together with several key Asian Pacific leaders in gastroenterology, gastrointestinal endoscopy, surgery and hepatology such as Professors Dr YF Liaw, Masao Omata, John Wong and William Chao came together to form a steering committee. Professor Dr KM Fock was a younger member of the committee then, but by 2004, he had taken over the chairmanship of the committee. Through his persistent and diligent efforts, the steering committee guided the APDW through the 2000s until he stepped down as president of the formalised APDW Federation (APDWF) in 2014.

The first APDW was held in 2001 in Sydney, Australia under the Presidency of Professor Dr Geoff Farrell as the Organising Chairman. It was a brilliantly organised meeting and held in a beautiful city. There was a distinct sense of euphoria of better things yet to come. Since its inauguration, the APDW has been rotated across a total of 14 cities, with Kobe, Taipei, Bangkok and Singapore having organised the meeting twice each. In 2002 and 2013, the APDW was organised in Bangkok and Shanghai, in conjunction with the World Congresses of Gastroenterology. Without exception, they had all been wonderful meetings.

The meeting was administered by a steering committee with membership from the four founder Asian Pacific Associations: APSDE (Asian Pacific Society of Digestive Endoscopy), APASL (Asian Pacific Association of Study of Liver), APAGE (Asian Pacific Association of Gastroenterology) and the ISDS-AP (International Society of Digestive Surgery - Asia Pacific). In 2010, the APDWF was incorporated as a company in Hong Kong with our registered office based in Hong Kong. The APDWF Board consisted of 12 members, three from each sister Asian Pacific organization. From within the Board, Executive Committee Members including the President, Secretary-General and Treasurer were elected. The Executive Committee is responsible for the day-to-day running of the APDWF. The Meeting Labs has provided loyal secretarial services from 2003. From 2014, all secretarial services have been formalized with contractual terms.

My involvement in Asian Pacific gastroenterology has been through the APAGE, where I had served for many years as Secretary-General, Vice President and then as President from 2010-2014. In 2010, Malaysia organised a highly successful APDW in Kuala Lumpur. I was President of that meeting and we were overwhelmed by a truly wonderful support and response from faculty and delegates. I assumed the position of President of the APDWF in 2014. 2018 marked my swansong and I stepped down as President of the APDWF at APDW Seoul 2018, having served the APDWF for eight years.

The APDWF weaves together the aims of four sister Asian Pacific Associations: APSDE, APASL, APAGE and ISDS-AP in coming together on an annual basis, to hold a combined scientific meeting on fields - Gastroenterology,

Hepatology, Gastrointestinal (GI) Endoscopy and GI and Liver Surgery, where there is intrinsically much shared and overlapping knowledge, clinical practices and research. In an age where there are many small speciality meetings, the APDW provides a unified platform in organising a common meeting in Asia Pacific.

But the success of the APDW also depends very much on the contribution of the component associations and societies. Over the almost two decades since its inception, the "earth has moved under our feet". While the four sister organisation are now well established within each broad field, many subspecialties have emerged. With expanding knowledge through research and clinical practices, many of these specialities have become established disciplines in their own right. We have groups that focus on inflammatory bowel disease, liver cancer, fatty liver, minimally invasive surgery and many subgroups on different aspects of therapeutic endoscopy. Younger members of our GI fraternity often helm these groups and they will prove to be an incredible resource, who will contribute greatly to the progress of all these disciplines. But they must be heard! To this end, all sister organisations of the APDWF must reflect and represent

fully their respective disciplines in a fair and democratic way. The structure and system of running organisations in our region must evolve and change and or else we will risk becoming irrelevant!

APDW 2018 Seoul marks the 18th year of the APDW. It has been a wonderful 18 years. The Asian Pacific region is a diverse continent and because of this very diversity, we have become enriched. Although the APDWF sets certain guidelines for organising meetings, we have enjoyed the many different styles of organisation (and different venues). Each local organising committee brings a distinct flavour to the meeting and that is the special characteristic of the our APDWs. And all have poured their "heart and soul" in organising the "best meeting ever" in their city. The APDWF will always be eternally grateful to the Presidents and members of all the local organising committees. It is through your sterling efforts that the APDW has progressed to its current high status.

The APDW will continue to grow but the APDWF must also continuously look into itself to make itself stronger, to better lead the Asian Pacific region and to serve the local organising committee of our beloved yearly APDW!

List of APDWs Since its Inauguration in 2001

Year	Venue	President of Congress
2001	Sydney	Geoffrey Farrell
2002	Bangkok*	Termchai Chainuvatti
2003	Singapore	Kwong-Ming Fock
2004	Beijing	Shu-Dong Xiao
2005	Seoul	YM Min, IS Song
2006	Cebu	JD Sollano
2007	Kobe	H Niwa, K Fujiwara
2008	Delhi	R Tandon
2009	Taipei	Cheng-Syong Wu
2010	Kuala Lumpur	Khean-Lee Goh
2011	Singapore	Eng-Kiong Teo
2012	Shanghai*	Dai-Ming Fan
2013	Bangkok	Udom Kachintorn
2014	Bali	Aziz Rani
2015	Taipei	Jaw-Town Lin
2016	Kobe	Kentaro Sugano, Michio Kaminishi
2017	Hong Kong	Justin Wu
2018	Seoul	Won-Ho Kim
2019	Kolkata	Mahesh Goenka
* held in conjunction with the World Congress of Gastroenterology		

2nd MSGH Clinical Meeting 2018

Reported by Dr Tan Soek Siam

The MSGH 2nd Clinical Meeting on Hepatitis C for 2018 was held in Kuching on 22nd September 2018, hosted by Dr Frederick Walter De Rozario, Senior Consultant in Internal Medicine of Hospital Umum Sarawak. The speakers were Dr Tan Soek Siam, Dr Tee Hoi Poh and Professor Dr Rosmawati Mohamed. It was very well attended with many interesting and educational cases for discussion. The immense interest of clinicians in the state of Sarawak was palpable with family medicine specialists travelling 200km to 800km from remote rural areas to learn about Hepatitis C. The exchange of information occurring in the more than 100 participants really gave

the true meaning of continuing medical education. I witnessed the concept of “all teach and all learn”. We thank Dr Frederick and Dr Wong See Yin (Head, Department of Medicine) for their superb hospitality; as well as MSD for supporting this event.



Masterclass on Hepatocellular Carcinoma

Reported by Dr Tan Soek Siam

On 24th November 2018, the MSGH co-organised a Masterclass on Hepatocellular Carcinoma in Aloft Hotel, Kuala Lumpur with Bayer. The participants were trainees from the conjoint gastroenterology / hepatology training programme. The speakers were Professor Dr Stephen Chan from the Department of Clinical Oncology, Chinese University of Hong Kong, Professor Dr Goh Khean Lee, Professor Dr Chan Wah Kheong, Dr Ruveena Bhavani Rajaram, Dr Mohamed Rizal and Dr James Emanuel.



1st MSGH Clinical Meeting 2019

Reported by Dr Nazri Mustaffa

The MSGH held its first Clinical Meeting for 2019 in conjunction with the Inflammatory Bowel Disease Special Interest Group (IBD-SIG) at the Capri by Fraser Hotel on 23rd March 2019. There were lectures by Professor Leung Wai Keung from the University of Hong Kong, as well as talks by the local invited faculty. These were interspersed with interesting case discussions which were presented by the GI fellows. Of note was a special presentation by Dr Eileen Tan on her findings regarding perceptions on dietary intake from the perspective of patients with IBD. A big thank you goes out to Abbvie for supporting the event.



CALENDAR OF EVENTS

NATIONAL EVENTS

GUT 2019

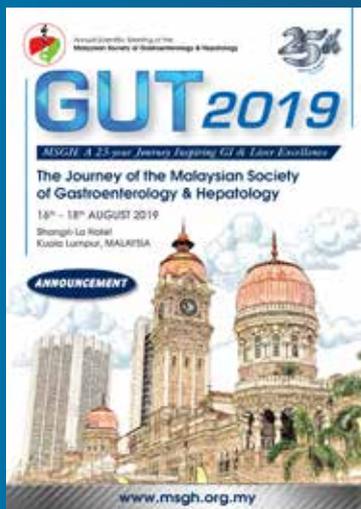
Date: 16th - 18th August 2019

Venue: Shangri-La Hotel, Kuala Lumpur, Malaysia

EndoQE 2019

Date: 31st October - 2nd November 2019

Venue: Queen Elizabeth Hospital 1
Kota Kinabalu, Sabah, Malaysia



INTERNATIONAL EVENTS

International Digestive Disease Forum (IDDF)

Date: 8th - 9th June 2019

Venue: Hong Kong Convention and Exhibition Centre
Hong Kong

United European Gastroenterology Week (UEGW)

Date: 19th - 23rd October 2019

Venue: Barcelona, Spain

The American Association Study of Liver Diseases (AASLD)

Date: 8th - 11th November 2019

Venue: Boston, USA

Asia Pacific Digestive Week (APDW)

Date: 12th - 15th December 2019

Venue: Kolkata, India

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ASIAN PACIFIC DIGESTIVE WEEK 2020

KUALA LUMPUR CONVENTION CENTRE
MALAYSIA

17 - 20 SEPTEMBER 2020

*Vision of Excellence in Digestive
Disorders & Sciences*

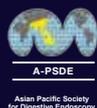
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17 - 20 SEPTEMBER 2020



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