

Malaysian Society of Gastroenterology & Hepatology

MSGH BULLETIN

MESSAGE FROM THE PRESIDENT



Dear MSGH members,

As the curtain closes on 2020, let us reflect on how the past year has been a difficult one indeed; a year where the best laid plans have been cast aside with uncertainties in abundance. Nevertheless, we have risen to the challenges by adapting to the new norms that have resulted from the effects of the ongoing global COVID-19 pandemic. For many of us, these are uncharted waters that have accelerated the shift towards digitalisation. The promotion of knowledge in the fields of Gastroenterology and Hepatology is one of the main tenets for our Society. Towards this end, the MSGH has continued to support many online activities that have culminated with our recent Virtual GUT 2020 meeting. It is my sincere hope that many of you have taken advantage of the excellent scientific programme and the recorded sessions are now accessible online for all registered participants. There were bound to be bumps on the road as this is the very first time that MSGH has conducted its annual scientific meeting fully online. Nonetheless, on behalf of the MSGH Committee, I truly appreciate your understanding as this is also a learning process for us all. A big thank you goes out to all our sponsors for their overwhelming support. At the same time I would also like to congratulate everyone who was involved in ensuring the success of our maiden online annual conference. With that, let us bid the year 2020 goodbye and welcome 2021 with open arms.

Vol. 31 No. 1, January 2021

Best wishes, Professor Dr Raja Affendi Raja Ali



MSGastroHepato

www.msgh.org.my

Happy New Year

Season's Greetings

FROM THE EDITOR'S DESK



What more can I say? The last nine months have been quite a roller-coaster ride for everyone. In brief, the COVID-19 pandemic has affected many aspects of our lives, leading us to change how we used to do many things that we previously took for granted. Carefully laid plans painstakingly put into place have had to be rewritten. Malaysia was to host last year's Asian Pacific Digestive Week, a nod to APDW 2010, essentially a decade in the making. Alas, this was not to be as it has now been postponed to August 2021. We adapt, however. For the very first time, the MSGH has opted for a fully online conference platform for Virtual GUT 2020, with the greatest number of registered participants ever recorded for our annual scientific meeting! We may do things differently in this era of new norms. Nevertheless, on behalf of the MSGH, I would like to thank all our members for their continuing support in ensuring the success of the Society's endeavours. Terima kasih.

Dr Nazri Mustaffa

MSGH COMMITTEE 2019-2021

PRESIDENT Professor Dr Raja Affendi Raja Ali

PRESIDENT-ELECT Professor Dr Lee Yeong Yeh

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COMMITTEE MEMBERS Professor Dr Chan Wah Kheong Associate Professor Dr Ho Shiaw Hooi Professor Dr Ida Normiha Hilmi Dr Alex Leow Hwong Ruey Dr Nazri Mustaffa Professor Dato' Dr Goh Khean Lee Professor Dr Sanjiv Mahadeva

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- Scientist Career-Long 19 Citation Impact

by Dr Nazri Mustaffa

Our very first online annual scientific conference was held from 26th to 29th November 2020. The programme started off with Pre-congress Workshops on Thursday, 26th November 2020. In the morning there was the GI Assistant's Course.

	PRE-CONGRESS WORKSHOPS
	26 th November 2020 (Thursday)
GIA COURS "Courage to	E (Virtual) Change: Endoscopy During a Pandemic"
0830 - 0900	Opening Speech with tribute to GIA Shahreedhan Shahrani / Jernih Lim / Raman Muthukaruppan
0900 - 0940	Planning for Sustainability - How to Manage the Endoscopy Department During Covid-19 <i>Wong Zhiqin (Malaysia)</i>
0940 - 1020	International Guidelines on Endoscope Storage Diana Jones (Australia)
1020 - 1040	Break
1040 - 1110	Colonoscopy and Common Colonic Pathologies: Tips and Tricks for the GIA Max Hu (Malaysia)
1110 - 1200	Current Controversies in Single Use Devices in Endoscopy Diana Jones (Australia)
	Panelists: Diana Jones / Raman Muthukaruppan / Philip Gisan / Jernih Lim
1200 - 1230	Industry Showcase Session
1230 - 1430	Lunch
1430 - 1515	DOs and DONTs from the GIA Perspective with Regards to Endoscopy During COVID Era Liew Siaw Hun (Malaysia) / Manorani Doresamy (Malaysia)
1515 - 1545	Quiz
1545 - 1615	Announcement of Quiz Winners

The Asian Barrett's Consortium Symposium and AEG EUS Workshop were also held concurrently.

	PRE-CONGRESS WORKSHOPS 26 th November 2020 (Thursday) RETT'S CONSORTIUM (ABC) SYMPOSIUM (Virtual)
0900 - 0905	Opening Remarks Chairpersons: Lee Yeong Yeh / Lawrence Ho Khek Yu
0905 - 0920	Research Gaps in Barrett Prateek Sharma
0920 - 0935	ABC Barrett Survey Alex Soh
0935 - 0950	HPV in Barrett Dysplasia & Adenocarcinoma Shan Rajendra
0950 - 1000	Q&A
1000	End of Symposium

	PRE-CONGRESS WORKSHOPS
\ge	26 th November 2020 (Thursday)
BASIC AND TECHNIQUE	ADVANCED AEG EUS WORKSHOP - REFINING THE SKILLS AND ES OF EUS
Venue : Endo	scopy Unit, University Malaya Medical Centre
Course Direct	or : Alex Leow Hwong Ruey, Ida Normiha Hilmi, Stanley Khoo
Local Faculty	: Ida Normiha Hilmi, Alex Leow Hwong Ruey, Rajesh Kumar Paramasivam, Suresh Sithambaram, Stanley Khoo
Overseas Fact	ulty : Pradermchai Kongkam
0845 - 0900	Welcome Address
0900 - 0920	OPENING LECTURE
	Current and Evolving Clinical Indications for EUS
	Pradermchai Kongkam (Thailand)
0920 - 0940	Technique of Radial EUS Examination
	Suresh Sithambaram (Malaysia)
0940 - 1000	Technique of Linear EUS Examination
	Rajesh Kumar Paramasivam (Malaysia)
1000 - 1030	Break
1030 - 1050	Optimizing EUS Tissue Acquisition
	Ida Normiha Hilmi (Malaysia)
1050 - 1110	Technical Tips on EUS Guided PFC Drainage
	Alex Leow Hwong Ruey (Malaysia)
1110 - 1130	Technical Tips on EUS Guided Biliary Drainage
	Pradermchai Kongkam (Thailand)
1130 - 1230	Case Discussions
	Stanley Khoo (Malaysia)
1230 - 1245	Closing

In the afternoon there was the online EMR Workshop.

	PRE-CONGRESS WORKSHOPS 26 th November 2020 (Thursday)
ONLINE EM	R WORKSHOP - TIPS & TRICKS OF EMR
1400 - 1410	Opening Speech George Ho Shiaw Hooi (Malaysia)
1410 - 1440	Conventional EMR Sanjiv Mahadeva (Malaysia)
1440 - 1510	Multi-Band Mucosectomy George Ho Shiaw Hooi (Malaysia)
1510 - 1540	Cold Snare Polypectomy & Widefield Cold Snare EMR David Hewett (Australia)
1540 - 1610	Case Discussion David Hewett (Australia)
1610 - 1630	Q&A George Ho Shiaw Hooi (Malaysia)
1630 - 1640	Closing Sanjiv Mahadeva (Malaysia)

The main programme commenced on Friday, 27th November 2020.

LECTURES



Opening Speech by Professor Dr Nazirah Hasnan, Director of University Malaya Medical Centre.





MSGH Special Lecture and 22nd University of Malaya Distinguished Endoscopy Lecture. Citation by Associate Professor Dr George Ho Shiaw Hooi, University Malaya Medical Centre, followed by the Special Lecture by Dr Yutaka Saito, Director of the Endoscopy Division, National Cancer Center Hospital, Tokyo, Japan. "From Imaging to Resection: The Complete Roadmap in Handling Colorectal Lesions".



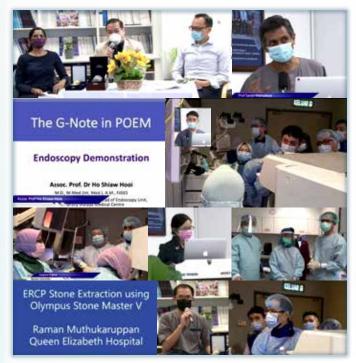
The "Malaysia Boleh" Best Endoscopic Video Competition saw six entries!



Olympus lunch symposium - Talks by Dr Takaharu Yamada of Olympus Japan as well as Professor Dr Rajvinder Singh from Adelaide, Australia; chaired by Dr Prabhjot Singh Sindhu and Dr Lau Peng Choong.

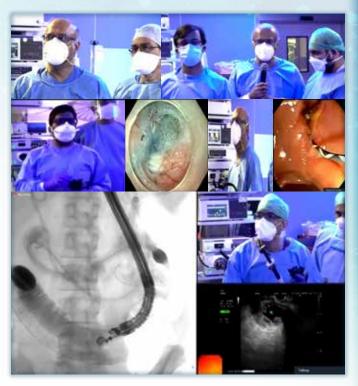


The first day of Virtual GUT 2020 continued with a mix of live and pre-recorded case demonstrations. A big thank you goes out to our Endoscopy Workshop partners Olympus and Boston Scientific!



The first day of ended with a series of excellent case demonstrations by Dr Nageshwar Reddy and his team, transmitted live from the Asian Institute of Gastroenterology in Hyderabad, India.





The programme on Day 2 of the Main Congress, Saturday, 28th November 2020.

		2020 (Saturday)	
	$\langle \ \rangle$	LIVER	
0800 - 0900		0800 - 0900	
STATE-OF-THE-ART LECTURE		LECTURE (Roche)	
Chairperson: N	**	Chairperson: Tan Soek Siam	
Highlights of Gi 2020	ut Microbiota Research in	Cancer Immunotherapy in the Management of Advanced Unresectable	
Emad El Omar	(Australia)	Hepatocellular Carcinoma	
		Peter Galle (Germany)	
0900 - 0930	OPENING CEREMONY AND Emcee: Sanjiv Mahadeva	GRADUATION CEREMONY	
	Speech by Professor Dr Raj President, Malaysian Societ	a Affendi Raja Ali ty of Gastroenterology and Hepatology	
	Graduation Ceremony		
0930 - 1030		0930 - 1030	
SYMPOSIUM	Colorectal Cancer	SYMPOSIUM Fatty Liver	
~ .	Screening	Chairpersons:	
Chairpersons: Raman Muthuk	aruppan / Akhtar Qureshi /	Chan Wah Kheong / Vincent Wong	
Muhammad Rai		From NAFLD to MAFLD Jacob George (Australia)	
Follow-Up After Polypectomy	Colonoscopy and	Updates on Non-Invasive Tests for MAFLD Vincent Wong (Hong Kong)	
Douglas Rex (U	SA)	Current Pharmacological Treatment for	
AI in Colorectal Cancer Screening Yuichi Mori (Japan)		MAFLD Phunchai Charatcharoenwitthaya (Thailand)	
Quality Indicate For?	ors - What Should We Aim		
Joseph Sung (Hong Kong)			

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DAILY PROGRAMME

28th November 2020 (Saturday)

1100 - 1230

SYMPOSIUM | Upper Gastrointestinal Bleeding (AstraZeneca) Chairperson: Jayaram Menon

Case Study 1: Management of Non-Variceal Upper Gastrointestinal Bleeding Barkun (Canada

Case Study 2: Managing Use of Anticoagulants Francis Chan (Hong Kong) Discussion / O&A

Chairpersons: Jason Chin Kuet Tze / Yoong Boon Koon HOW DO I DO IT? Case 1: To Cut or Not? Pierce Chow (Sin Case 2: To Ablate or Not? fie Abdullah (Malaysia) 0&A

Symposium | Hepatocellular Carcinoma

1200 - 1230

1100 - 1200

Chairperson: Sanjiv Mahadeva Redefine Response of Lenvima as First-Line Management in Unresectable Hepatocellular Carcinoma (Eisai) Tho Lye Mun (Malaysia)

1230 - 1400 LUNCH LECTURES

Chairperson: Alex Leow Hwong Ruey Treat-to-Target: A Reality Check for the New Paradigm (Ferring) Leung Wai Keung (Hong Kong)

Chairperson: Andrew Chua Seng Boon Understanding the Overlap of Functional Dyspepsia and Gastroesophageal Reflux Disease - Global Perspective (Abbott) Tim Vanuytsel (Belg

Chairperson: Raja Affendi Raja Ali Crohn's Disease in 2020: A Paradigm Shift in Malaysia (Johnson & Johnson) Laurent Pevrin-Biroulet (France)

DAILY PROGRAMME 28th November 2020 (Saturday)

1430 - 1500 SYMPOSIUM | Probiotics in Diarrheal

Disease (Servier) Chairperson: Mahendra Rai Gut Microbiota & Dysbiosis What Does it Means in Clinical Practice Goh Khean Lee (Malaysia)

1500 - 1600

SYMPOSIUM | How do I Manage Diarrheal Diseases? Chairpersons:

Mazlam Mohd Zawawi / Andrew Chua Seng Boon CASE STUDIES

Case Study 1: Acute Watery Diarrhea Kok Ann Gwee (Sir

Case Study 2: Postoperative Diarrhea Yunus Gul (Malavsia

Case Study 3: Persistent Diarrhea iha Hilmi (Malaysi 0&A

1600 - 1700 E-POSTER PRESENTATION Chairpersons: Mahendra Raj (Chief) / Sanjiv Mahadeva / Nazri Mustaffa / Tan Soek Siam

1430 - 1600 SYMPOSIUM | Chronic Liver Disease

Chairpersons: Ruveena Bhavani / Robert Ding Pooi Huat / Chan Wah Kheong Drug Induced Liver Injury (DILI) in Clinical Practice

Harshad Devarbhavi (India) Nutritional Therapy in Advanced Liver Disease - Favorable or Futile? Anil Arora (India)

Supporting the Failing Liver - What are the Best Practices? Lee Guan Huei (Singapore,

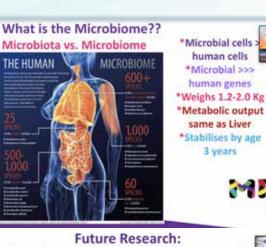
Acute Kidney Injury in Chronic Liver Disease - Prevention and Management Rakhi Maiwall (India) 0&A

1600 - 1700

BEST ORAL PRESENTATION Chairpersons: Chairpersons: David Ong Eng Hui (Chief) / Ida Normiha Hilmi / Raja Affendi Raja Ali / Chan Wah Kheong

1700 - 1800 TEA SATELLITE SYMPOSIUM (Grifols) Clinical Benefits of Albumin in the Management of Decompensated Cirrhosis Chairperson: Raja Affendi Raja Ali The Role Albumin in Decompensated Cirrhosis Tan Soek Siam (Malaysia) Long-Term Albumin Administration in Cirrhosis

0&A



Clinical research studies investigating the microbiome

- Clinical licensed
- Medical professionals involved
- ✓ Study Design & confounder
- controls Inclusion/exclusion criteria
- Age group targeted
- Sex targeted study or sex balanced Longitudinal
- Technical variation accounted for -
- positive and negative controls
- **Discovery and Validation cohorts**



Disease history

3 years

- **Dietary surveys** Mechanistic validation
- animal model/clinical trial
- Multi-omic approach









Cleaned 108 of Only



Professor Dr Kai-Chun Wu from the Xijing Hospital of Digestive Diseases, Xi'an presented the 17th Panir Chelvam Memorial Lecture on COVID-19 and Digestive Disorders. Professor Dr Raja Affendi Raja Ali read the citation on Professor Dr Kai-Chun Wu.



Glasgow Blatchford Score





HKU LKS Faculty of Med Med Interview



27-28 NOV 2020 Treat-to-Target in UC:

A reality check for the new paradigm? Wai K Leung, MD University of Hong Kong, Hong Kong

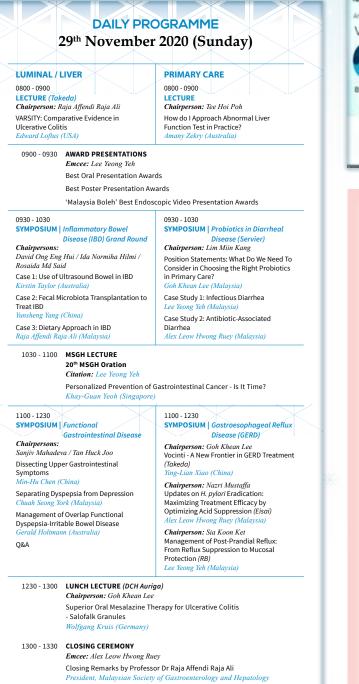




Post-operative diarrhoea



The final day of Virtual GUT 2020 on Sunday, 29th November 2020 also included a separate track for primary care practitioners.



The MSGH Awards ceremony was emceed by our Scientific Chair, Professor Dr Lee Yeong Yeh.



CONGRATULATIONS

BEST ORAL PRESENTATION AWARDS

Winner Dr Chuah Kee Huat

1st Runner-up Dr Wong Xue Zheng

2nd Runner-up Dr Zubaidah Hasain

BEST POSTER PRESENTATION AWARDS

Winner Dr Nik Razima Wan Ibrahim

> 1st Runner-up Dr Ng Ying Zhuang

2nd Runner-up Dr Mohd Azri Mohd Suan

"MALAYSIA BOLEH" BEST ENDOSCOPIC VIDEO PRESENTATION AWARDS

Winner **Dr James Emmanuel**

> 1st Runner-up Dr Lee Wai Kin

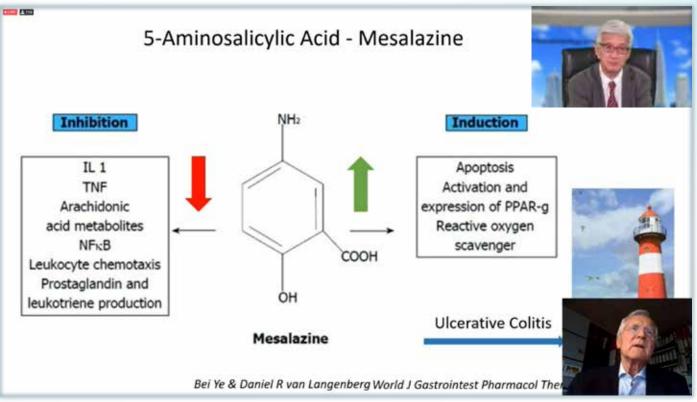
2nd Runner-up Dr Chiam Keng Hoong

Announcement of the Lucky Winners

Professor Dr Khay-Guan Yeoh from the National University Hospital of Singapore presented the 20th MSGH Oration entitled Personalised Prevention of Gastrointestinal Cancer - Is It Time? Professor Dr Lee Yeong Yeh read the citation on Professor Dr Khay-Guan Yeoh.



Lunch Lecture



Closing Ceremony



More photos are available at the MSGH website www.msgh.org.my

Key Statistics

A total of 1076 delegates attended the online conference. There were 630 doctors, 133 nurses and

114 faculty members (including event organisers) who attended the main meeting. There were also 199 general practitioners who specifically attended the primary care track on the final day.

The highest daily attendance was 619, with a cumulative total of 475,180 minutes spent online by all attendees.

On behalf of the Organising Committee, thank you to everyone for making this the biggest GUT in terms of attendance. At the same time, we would also like to acknowledge our sponsors who have assisted in ensuring the success of our event.

From NAFLD to MAFLD and Beyond

by Professor Dr Chan Wah Kheong

Ludwig and colleagues at the Mayo Clinic were the first to describe a liver condition mimicking alcoholic hepatitis that can progress to cirrhosis in 1980.¹ The term nonalcoholic steatohepatitis was coined. The patients did not have significant alcohol intake, but they were moderately obese, and many of them had obesity-related diseases such as diabetes mellitus. Some years later, the term nonalcoholic fatty liver disease (NAFLD) was used to refer to the spectrum of liver conditions characterized by excess accumulation of fat in the liver.² The diagnosis of NAFLD required exclusion of significant alcohol intake and other causes of chronic liver disease. However, this is flawed. First of all, the need to exclude other causes of chronic liver disease is not in line with the reality that more than one cause of chronic liver disease may and often coexist in an individual patient. For example, we see patients with chronic hepatitis B infection and concomitant obesity and fatty liver. We also see patients with obesity and fatty liver who drinks more than a modest amount of alcohol. Secondly, the term NAFLD does not in any way attribute the liver condition to the underlying etiology. The majority of cases of NAFLD are closely related to obesity and the metabolic syndrome. In fact, NAFLD is considered as the liver manifestation of the metabolic syndrome (Figure 1).

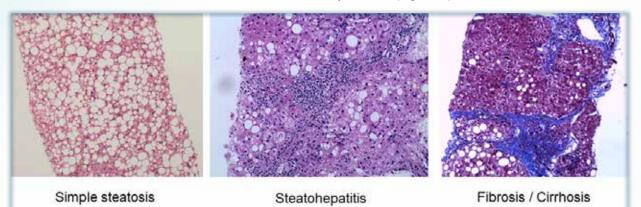


Figure 1: The spectrum of fatty liver disease associated with obesity and the metabolic syndrome, which was previously categorized as nonalcoholic fatty liver disease, but now named metabolic dysfunction associated fatty liver disease.

Fast forward to 2020, a panel of international experts came to a consensus to using a new term, metabolic dysfunction associated fatty liver disease (MAFLD), for the liver condition that constitutes the majority of cases of NAFLD.³ Unlike NAFLD, MAFLD is defined by a set of positive criteria. MAFLD is diagnosed in persons with hepatic steatosis either based on imaging, blood-based biomarker or histology, if the person is overweight or obese, has type 2 diabetes mellitus or has at least 2 metabolic risk abnormalities (Table I). The new term MAFLD and its set of positive criteria addresses the limitations related to the old term NAFLD, and have been accepted by the Asian Pacific Association for the Study of Liver (APASL),⁴ the Latin American Association for the Study of the Liver (ALEH),⁵ and a consensus group from the Middle East and North Africa,⁶ as well as patient representative groups.7 The Malaysian Society of Gastroenterology and Hepatology has also endorsed

Table I: Metabolic risk abnormalities for the diagnosis of metabolic dysfunction associated fatty liver disease (MAFLD)

- Waist circumference \geq 90 cm for men and \geq 80 cm for women.
- Blood pressure ≥130/85 mmHg or specific drug treatment.
- Plasma triglycerides ≥1.70 mmol/l or specific drug treatment.
- Plasma HDL-cholesterol <1.0 mmol/L) for men and <1.3 mmol/L for women or specific drug treatment.
- Prediabetes (i.e., fasting glucose levels 5.6 to 6.9 mmol/L, or 2-hour post-load glucose levels 7.8 to 11.0 mmol or HbA1c 5.7% to 6.4%.
- HOMA-IR ≥2.5.
- Plasma hs-CRP level >2 mg/L.

Note: Presence of at least two of these criteria are needed for the diagnosis of MAFLD in a person with hepatic steatosis (based on imaging, blood-based biomarker or histology) who is not overweight and does not have type 2 diabetes mellitus. the new term MAFLD and its set of positive diagnostic criteria as a sign of solidarity to overcome the increasing burden of the disease,⁸ and will be working with relevant organizations to plan and implement activities to increase the awareness and to improve prevention and management of obesity and obesity-related diseases in general, and MAFLD more specifically.

The new term MAFLD and its set of positive criteria can give clinicians and researchers the much-needed focus in tackling the disease. The treatment of liver disease depends on diagnosis and treatment of the underlying etiology. For example, the treatment of chronic hepatitis B virus infection or chronic hepatitis C virus infection with antiviral prevents and even reverses liver disease progression. In MAFLD, the underlying etiology is metabolic dysfunction related to obesity. Therefore, treatment should be targeted at the underlying obesity and metabolic dysfunction in the individual patient. At the population level, more efforts are needed, not only

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to reduce, but also to prevent obesity, in order to curb the anticipated increase in liver-related complications and mortality from MAFLD. The latest National Health and Morbidity Survey in 2019 found that an alarming 1 in 2 adult Malaysians were obese (based on body mass index greater than \geq 25 kg per m²) and 1 in 2 adult Malaysians had central obesity (based on waist circumference \geq 90 cm for men and \geq 80 cm for women).9 In the United States, NAFLD has been reported as the most rapidly increasing indication in the liver transplant waitlist and the second leading etiology hepatocellular carcinoma leading to for liver transplantation.^{10,11} Because of the lag in increase in prevalence of obesity and obesity-related conditions (including MAFLD) in Asia compared with the Western world, there is a lag in seeing increasing liver-related complications and mortality from MAFLD in Asia.¹² It is a matter of time before we see the same on our shores and the time to act is now.

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Impact of COVID-19 Pandemic on Gastro Training in Malaysia by Professor Dr Sanjiv Mahadeva

The Malaysian National Training programme in Gastroenterology and Hepatology was significantly affected by the COVID-19 pandemic, similar to many other educational and training activities in the country. All training centres for Gastroenterology in Malaysia are currently conducted in major Ministry of Health and several University Hospitals. Many of these institutions were converted to COVID-19 admitting hospitals early in the pandemic, which resulted in the disruption and even cancellation of elective Gastroenterology services, such as Endoscopy lists and Specialist Gastroenterology clinics. Furthermore, many of the Gastroenterology trainees/fellows had to be deployed to COVID-19 admitting hospitals, or worked on the COVID-19 wards in University Hospitals. Due to the disruption of clinical training in the early part of the pandemic (March - June, 2020), the National Training Board took the decision to defer the training duration for a period of three months. The main impact of this deferment was the postponement of completion/graduation of the first

batch of trainees/fellows, who were due to complete their four years of training in July 2020.

Gastroenterology is a procedure-based speciality, mainly in the form of GI Endoscopy. Due to the aerosolising risk of COVID-19 from per-oral endoscopic procedures, infection control measures initially resulted in fewer cases per lists in many training hospitals. Additionally, many patients were deferring their elective procedures, such as colon polyp or cancer surveillance, which meant there were reduced volumes for Gastro trainees on the whole.

HANDS-ON WORKSHOPS

Although many Live GI Endoscopy workshops were converted to online/virtual conferences internationally, there was a clear lack of 'hands-on' workshops in GI Endoscopy, which are traditionally very useful for trainees. MSGH, together with various Tertiary Institutions, traditionally conduct some 8 to 10



hands-on training workshops every year. In 2020, there were none.

ASSESSMENTS/INTERVIEWS

Annual assessments and examinations became very challenging in the COVID-19 pandemic. The annual assessment of trainees which have been conducted face-to-face at the MSGH Office for the last four years had to change to an online/virtual meeting. Thanks to the technical support of MSGH, this large meeting & appraisal of 42 fellows, from Year 1 to Year 4, was successfully converted virtually.

The international theory examination for Gastroenterology Training, the ESEGH, was postponed indefinitely from its original date in April initially. Fortunately, the exam was scheduled later in October 2020. This resulted in considerable anxiety and stress for many, not to mention delays in postings for some of the trainees.

Lastly, the 3rd year oral viva, which was planned originally as a face-to-face exam had to be postponed several times due to the government's repeated MCO (Movement Conditional Order) in Kuala Lumpur. Many trainees working in various states in Malaysia had difficulties travelling to the examination centre in KL and some even decided to defer the exams, for fear of COVID-19 transmission. Fortunately, the exam was finally conducted successfully in Serdang Hospital in early December, thanks to the hard work of Dr Rosaida bt Hj Md Said.

In summary, the COVID-19 pandemic has been extremely challenging for the National Gastroenterology training programme in 2020. However, compared to many other forms of postgraduate education and training in Malaysia, we have managed to overcome some of the challenges this is largely due to support from MSGH secretarial staff (mainly Mr Daniel Dass) and the hard work of the current National Training Board Committee Members. Let's hope for an easier time in 2021!



Exit Exam Viva candidates at Hospital Serdang - 4th December 2020

History and Development of Gastroenterology in the Asia Pacific Region with Particular Reference to the Role of the Journal of Gastroenterology and Hepatology and the Journal of Gastroenterology and Hepatology Foundation

by Professor Dato' Dr Goh Khean Lee

Gastroenterology is the branch of medicine focused on the digestive system and its disorders and broadly includes gastrointestinal (GI) and liver diseases, GI endoscopy, and surgery. The first practitioners of gastroenterology were surgeons. At the turn of the 19th century, surgeons were at the forefront of the treatment of a very common GI disease at that time peptic ulcer disease.

Gastroenterology developed rapidly as a special field with the advent of fiberoptic endoscopy in the early 1960s. Accurate diagnoses of diseases of the GI tract could then be made with endoscopy. Reflux esophagitis and peptic ulcer disease could be diagnosed with certainty by direct visualization of the pathology. Soon, many endoscopic procedures were performed, and the specialty of gastroenterology started to develop.

In many countries across the world, surgeons started performing endoscopy as part of their clinical practice, but soon, general physicians with a special interest in gastroenterology became more adept and focused at endoscopy than surgeons. As they started to spend more time in gastroenterology and GI endoscopy, the fraternity of gastroenterologists began to be established. Liver diseases were also in their domain. However, with the discovery of the hepatitis viruses and the great advances in the laboratory science of liver diseases, hepatology as a subspecialty started to evolve separately. GI endoscopy had also become more sophisticated, and endoscopists soon had to develop special skills to perform more difficult procedures such as endoscopic retrograde cholangiopancreatography (ERCP) and endoscopic resection of early cancers. GI endoscopy has also now evolved into a separate field.

In February 1960, at a meeting in Tokyo, the legendary Henry Bockus of the United States of America, President of the International Society of Gastroenterology or Organisation Mondial de Gastro-Enterologie (OMGE), had suggested to Dr Shin'ichi Kawashima, President of the Japan Society of Gastroenterology, to form an Asian Society of Gastroenterology. The Japan Society had already been in existence for many years! Dr Kawashima gathered his colleagues and friends from across the Asian Pacific region, including Dr Vikrit Viranuvatti of Thailand (Figure 1), and organized the first congress of the Asian Association of Gastroenterology, as it was originally called, in 1961 in Tokyo. This historical meeting was followed by 4 yearly congresses. In 1972, the name of the group was changed to the Asian Pacific Association of Gastroenterology (APAGE). The Asian Pacific Society of Digestive Endoscopy (A-PSDE) was formed in 1966 and, in 1972, requested to join the APAGE to hold combined meetings. The joint APAGE/A-PSDE meetings were successful meetings that attracted large participation from the GI fraternity throughout the region (Table 1). It continued to be held every 4 years.

The president of the APAGE was the president of the current meeting and held that position until the next meeting 4 years later. It fulfilled the objective of organizing regular scientific meetings, but the association was run in a rather ad-hoc manner, with few activities in between the meetings. In 2000, Professor Shiu-Kum Lam from Hong Kong proposed several structural changes to the organization, including that the presidency of the APAGE be delinked from the presidency of the congress. The term of office bearers was also limited to 2 years. This was accepted and passed by the APAGE council in 2000.

The APAGE as an organization, was also officially registered as a legal entity in Hong Kong on 15th June 2001, with a permanent secretariat based in Hong Kong. In the early years, the Hong Kong Society of Gastroenterology allowed the APAGE to utilize part of their office space as the APAGE office.

Japan Gastroenterology Society December 16th, 1960

Dr Vikit Viranuvatti, M.D. Siriraj Hospital University of Medical Sciences Bangkok, Thailand

Dear Dr Viranuvatti,

The Japan Gastroenterology Society is presently engaging in the organization of the Asian Gastroenterology Society. It is felt that this society, specializing in the study of Asiatic problems and matters of interest, will be an important contribution to the International Gastroenterology Society or Organisation Mondiale de Gastro-Entérologie.

Dr Henry L Bockus, President of the International Society of Gastroenterology, during his visit to Tokyo last February, suggested the formation of such a society, with the mentioned aid in mind, and also that it would be part of the OMGE.

We believe that you will be equally interested in our proposed organization. Thus we request your support at a preliminary meeting for the establishment of the Asian Gastroenterology Society, which will be held on the occasion of the Japan Gastroenterology Society meeting scheduled in Tokyo from next March 30 to April 5, 1961. Two delegates from each country are cordially invited to this meeting, so please take this matter to an appropriate meeting.

The Japan Gastroenterology Society will assure you of a warm welcome and comfortable stay here. Please accept our apologies for taking the initiative of establishing the Asian Gastroenterology Society.

Sincerely yours,

Shin'ichi Kawashima, M.D. President of Japan Gastroenterology Society

Figure 1: Letter from Dr Shin'ichi Kawashima to Dr Vikrit Viranuvatti

 Table 1: The Asian-Pacific Association of Gastroenterology (APAGE) meetings (from 1972 together with the Asian Pacific Society of Digestive Endoscopy (A-PSDE) - forerunner of the Asian Pacific Digestive Week (APDW)

	Year	Venue (City)	President of Meeting
Inaugural	1961	Tokyo	Shin'ichi Kawashima
Second	1964	Chandigargh	PN Chuttani
Third	1968	Melbourne	William Morrow
Fourth [†]	1972	Manila	Pofirio M Recio
Fifth	1976	Singapore	Cheng-Siang Seah
Sixth	1980	Auckland	Gordon I Nicholson
Seventh	1984	Jakarta	Rudolf Simadibrata
Eighth	1988	Seoul	Chung-Yong Kim
Ninth	1992	Bangkok	Vikrit Viranuvatti
Tenth	1996	Yokohama	Tadayoshi Takemoto
Eleventh	2000	Hong Kong	Shiu-Kum Lam

[†]APSDE with APAGE first Joint Meeting.

Table 2: Asian Pacific Digestive Week (APDW) Meetings

	Year	Venue (City)	President of Meeting
Inaugural	2001	Sydney	Geoff Farrell
Second	2002	Bangkok	Termchai Chainuvatti
Third	2003	Singapore	Kwong-Ming Fock
Fourth [†]	2004	Beijing	Shu-Dong Xiao
Fifth	2005	Seoul	Young-Il Min,
			In-Sung Song
Sixth	2006	Cebu	Jose D Sollano
Seventh	2007	New Delhi	Rakesh Tandon
Eighth	2008	Kobe	Kenji Fujiwara,
			Hirohumi Niwa
Ninth	2009	Taipei	Cheng-Shyong Wu
10 th	2010	Kuala	Khean-Lee Goh
		Lumpur	
11 th	2011	Singapore	Eng-Kiong Teo
12 th	2012	Bangkok	Udom Kachintorn
13 th	2013	Shanghai	Dai-Ming Fan
14 th	2014	Bali	Aziz Rani
15 th	2015	Taipei	Jaw-Town Lin
16 th	2016	Kobe	Kentaro Sugano,
			Michio Kaminishi
17 th	2017	Hong Kong	Justin Wu
18 th	2018	Seoul	Won-Ho Kim
19 th	2019	Kolkata	Mahesh Goenka

SK Lam, who was then Dean of Medicine at the University of Hong Kong, proposed an annual Asian-Pacific Digestive Disease Week (APDW), similar to that of the highly successful Digestive Disease Week of the United States. SK was truly the Asian Pacific leader in gastroenterology at that time. A pro tem committee was set up, including members from sister organizations - the Asian Pacific Study for Liver Disease (APASL) and the A-PSDE. SK also invited the International Society for Digestive Surgery Asia-Pacific (ISD-AP) to join the group, and together, the APDW was born. The group was essentially a "steering committee" with SK Lam as the founding chairman. The APAGE secretariat served as the pro tem secretariat for the group, although the services of a professional congress organizer, "The Meetings Labs" from Singapore, was enlisted to run the "day-to-day" work of the committee.

The first APDW was held in 2001 in Sydney under the leadership of Professor Geoff Farrell, who was also at that time the President of the Gastroenterological Society of Australia (GESA). It was a wonderful inaugural meeting held in beautiful new facilities at the Darling Harbour Complex in Sydney. The success, was in no small measure, a reflection of the personal effort and commitment of Geoff Farrell in pushing for a unified Asian Pacific meeting. Subsequently, the meetings were held yearly, rotating between several cities in the region (Table 2). From 2004, KM Fock (Singapore) took over the Chairpersonship of the committee and, with a firm hand, guided the committee through the initial difficult years, when many of the basic guidelines were put in place for the organization of the APDW.



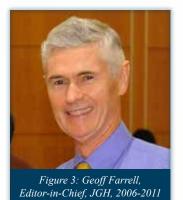
Figure 2: Professors KL Goh, Kunio Okuda, and SK Lam (foreground; left-right) with Professors Ian Roberts Thomson and KM Fock in the background. JGH Editor's meeting, 2001

In 2010, a formal constitution was drawn up and accepted by the steering committee, and the APDWF Board was incorporated in Hong Kong as a legal entity. A permanent secretarial office based in Hong Kong was established. KM Fock served as President of the APDWF for two terms until 2014, when Khean-Lee Goh (Kuala Lumpur) took over as president from 2014 to 2018. Kentaro Sugano (Tochigi) is the current President of the APDWF until 2020. The APDWs have evolved to be very popular and successful meetings. The flexibility given to the local host committee each year to organize the meeting in their respective home cities in the Asian Pacific region has given an interesting diversity and flavor to the meetings while maintaining the high scientific standards that have been set in place by the APDWF.

In 1984, Mark Robertson, Senior Publishing Manager of Blackwell Science based in Australia, first mooted the idea of an Asian Pacific journal dedicated to gastroenterology and hepatology. This provided the impetus to bring together key leaders in the field of gastroenterology. The founding editors of the *Journal* of Gastroenterology and Hepatology (JGH) were Shiu-Kum Lam, Hong Kong; Kunio Okuda, Chiba; Lawrie W Powell, Brisbane; and David JC Shearman, Adelaide, and the first issue was published in 1986.¹ The young journal was given a big boost when it took abstracts and selected reviews of the World Congresses of Gastroenterology, which was organized by the GESA and held in Sydney from August 26th to 31st 1990. Continuously, from 2001 onwards, abstracts from the annual APDW meetings were also published as supplemental issues of the *JGH*.

Kunio Okuda was the inaugural Editor-in-Chief, followed by SK Lam (Figure 2). The journal provided a much-needed platform for Asian Pacific (AP) contributors to the GI published scientific field in the English language. Although many articles were from the region, the journal soon received top-class articles from across the world as well.

However, more importantly, the journal brought together a group of senior leaders in the field to cooperate and start meaningful dialogues in collaborative research and in streamlining clinical care across the region. Aside from the principal task of publishing the journal, the editors were, in reality, the leaders of the GI fraternity in the Asian Pacific region and fulfilled an unofficial but important task of weaving together the whole GI community in the region.² The journal has been well run by the publishers, which had changed name over the years: first Blackwell, then Blackwell-Wiley, and -most recently- Wiley. Mark Robertson remained Head of Publishing in the Asian Pacific region and became a well-known and respected figure not just within the journal but across the Asian Pacific GI fraternity. His wise counsel through the many years of service in Wiley until his retirement at the end of 2017 has been much appreciated.



Geoff Farrell was editor of the journal from 1991 to 1998. In 2006, he returned the journal to as Editor-in-Chief of the JGH (Figure 3), a position that he held until 2011. Through his leadership and his trademark drive and passion, he, more than anyone else, pushed

the journal many rungs upward.³ He was also instrumental in the establishment of the *JGH* Foundation (originally called the Senior Editors Trust Fund) in 2002. The senior editors at that time decided that the money from the Foundation should be used for the advancement of medicine, medical research and education, and training in the fields of gastroenterology and hepatology within the Asia Pacific region. Its overall aim is to enhance the quality of medical practice and the health of the communities concerned. The trust, the Journal of Gastroenterology and Hepatology Foundation (JGHF), was originally set in place as a result of a profit-sharing agreement between the founding editors and the publisher.⁴ The JGHF is registered in Australia as a "company limited by guarantee." Its nine trustees are drawn from current and past editors of the Journal who serve 3-year terms that can be renewed for up to a maximum of 9 years. Geoff Farrell was the inaugural chairman from 2002 to 2008. He was followed by Neville Yeoman (Sydney, Melbourne) from 2008 to 2012 and KL Goh (Kuala Lumpur) from 2012 to 2016. From 2016, the Foundation has been in the reliable hands of chairman Ian Roberts Thomson, emeritus professor at University of Adelaide.

The *JGHF* contributes directly to the APDW by fully sponsoring the two main lectures of the meetings, the Warren and Marshall Lecture and the Okuda lecture, as well as two Emerging Leaders lectures. The *JGHF* also collaborates with the APDWF in sponsoring travel grants for young researchers and clinicians to attend the APDW. From 2015, under the leadership of Professor Rakesh Aggarwal (Lucknow), the *JGHF* fully sponsors an exciting 1-day pre-congress Young Clinician/Investigator course during the APDW.

In addition, the *JGHF* shares with the APAGE a young Clinician/Scientist Award that was started by Neville Yeomans in 2005 when he was Chairman of the APAGE Awards committee. The JGHF also funds numerous projects across the AP region, including symposiums, for example, on celiac disease and FODMAPs and consensus meetings on gastroesophageal reflux diseases, Helicobacter pylori infection, and gastric cancer.

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The JGH Open was inaugurated in 2017 with the first issue being published in September 2017 with KL Goh as the Founding Editor. Initially, it was published monthly, but by 2018, it was switched to a two-monthly publication schedule. The establishment of the JGH Open is in response to the rapidly changing landscape of publishing throughout the world. There are now fewer journals in print but many journals that are published solely online. This saves costs but also expedite publications of articles with free or open access of articles; it is a great boon to researchers and readers. However, the main drawback, at least facing the majority of AP countries, is the article processing charge (APC). Authors and institutions and governments will have to adapt guickly to this change as it is predicted that, by 2025, the majority of major journals across the scientific fields will be published as open access journals. This will be the new norm for journals! For a fledgling journal without an impact factor (IF) and without yet an established profile, this will pose a great challenge in the coming years.

The world of medical publishing has become very competitive. With the retirement of Mamoru Watanabe (Tokyo) in 2017, who had served the *JGH* loyally for 6 years, the *JGH*, in January 2018, appointed a new editor, Joseph Sung from Hong Kong. Joseph, who had recently retired from the position of President and Vice-Chancellor of the Chinese University of Hong Kong, brings a new spirit of energy and dynamism to the journal with many new and innovative ideas.

- The JGH and JGHF are Asian Pacific icons. Their contribution goes beyond publishing articles. Their far-reaching influence and respectability, established over the years, will mean that they will continue to play a major role in Asian Pacific gastroenterology for many years to come.
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*This article was originally published in JGH Open and is cited as Goh Khean Lee. History and development of gastroenterology in the Asia Pacific region with particular reference to the role of the Journal of Gastroenterology and Hepatology and the Journal of Gastroenterology and Hepatology Foundation. JGH Open. 2020 Apr 26;4(6):1027-1030

MSGH Donation to Hospitals in Sabah by Dr Nazri Mustaffa

On 20th October 2020; MSGH donated two sets of powered air-purifying respirators (PAPRs) to the Queen Elizabeth Hospital in Kota Kinabalu as well as one set of PAPR to the Duchess of Kent Hospital in Sandakan, Sabah to assist healthcare workers in their efforts to contain the COVID-19 pandemic.

The Director of Queen Elizabeth Hospital, Dr William Gotulis, receiving PAPRs from Datuk Dr Raman Muthukaruppan, Senior Consultant Gastroenterologist at the Queen Elizabeth Hospital as well as Honorary Secretary for the Malaysian Society of Gastroenterology and Hepatology.



MSGH Extraordinary General Meeting

by Dr Nazri Mustaffa

An Extraordinary General Meeting was convened for the purpose of discussing and finalising the Malaysian Society of Gastroenterology & Hepatology's decision on acquiring an office space in the planned Medical Academies Building in Putrajaya.

The MSGH was previously based at the Academies Building along Jalan Tun Razak, Kuala Lumpur. However, two years ago the office suite had to be relinquished due to construction works related to the MRT 2 project. Since then, the MSGH Committee has been having meetings at a temporary office space at Technology Park Malaysia, Bukit Jalil, Kuala Lumpur.

The Academy of Medicine of Malaysia and the Academy of Family Physicians of Malaysia have subsequently secured a plot of land in Precinct 8, Putrajaya, adjacent to Institute Kanser Negara and Hospital Serdang for the purpose of building a multi-purpose office block. MSGH has been invited to take up an office suite.

Details of the purchase were discussed at the MSGH Annual General Meeting in August 2020. Nevertheless, in view of the importance of making such a decision as well as the costs involved, the Committee decided to call for an Extraordinary General Meeting as an avenue for members to further voice out their opinions regarding this issue.

Attendance at the online EGM exceeded the minimum quorum needed for an EGM. Discussions were held regarding details of the purchase. At the end of the EGM, there was a unanimous vote of approval from those present for the MSGH to proceed with the acquisition of the office space.



Professor Dr Kenneth K Wang receives the ASGE Schindler Award 2020

by Emeritus Professor Dato' Dr Goh Khean Lee



Professor Dr Kenneth K Wang received the highest award of the American Society of Gastrointestinal Endoscopy (ASGE) - the Schindler Award. The award ceremony was held in May 2020 at the ASGE

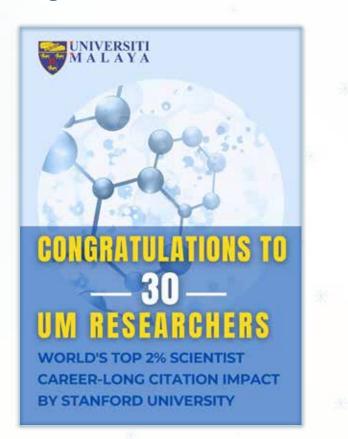
Annual Crystal Award ceremony. This is in recognition of his outstanding contribution to GI Endoscopy, not just in the USA but throughout the world.

Ken Wang is an old friend of the MSGH and was MSGH Distinguished Endoscopy lecturer at ENDOSCOPY 2015 when he delivered the lecture entitled "Diagnosis and Endoscopic Treatment of Barrett's Esophagus". He also gave an outstanding and insightful lecture at the ENDOSCOPY 2015 workshop dinner with his dinner talk entitled "My life in Gastroenterology at the Mayo Clinic".

Ken Wang is Professor of Medicine at the world-famous Mayo Clinic in Rochester, USA. A graduate of the illustrious University of Michigan, Professor Wang has over the years developed a name for himself in the diagnosis and treatment of Barrett's esophagus of which he is a leading world authority. In addition, he has a deep interest in endoscopy and has been involved in educational activities of the American Society of GI Endoscopy which culminated in him being president of the august Society in 2013-2014.

The MSGH congratulates Ken on receiving this top-class award from the ASGE.

Congratulations to Emeritus Professor Dato' Dr Goh Khean Lee





Heartiest congratulations to Emeritus Professor Dato' Dr Goh Khean Lee for his recognition as one of the global top 2% of scientists by citation impact!

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