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PRESIDENT'S MESSAGE

Akhtar Qureshi



It is that time of the year again when we look forward to the Endoscopy 2017 to be held at University of Malaya, a collaboration between MSGH and University Malaya Medical Centre (UMMC) on 7th to 9th April 2017. There is no doubt that this annual endoscopy meeting has been recognized by many world endoscopy key opinion leaders as possibly one of the best in the region! This year's event is led by the new director of UMMC Endoscopy, Professor Dr Ida Normiha Hilmi.

In the last few months, the MSGH has continued with its fervent educational activities throughout the country. In November 2016, the MSGH National Training for Gastroenterology and Hepatology Committee interviewed candidates for the January intake into the conjoint University and Ministry of Health training programme. A total of nine candidates were interviewed, however only five candidates were accepted due to the limitation of places determined by the Ministry of Health.

The Second GI Update of 2016 was held on 26th November 2016 at the Postgraduate Medical Centre (PGMC), Hospital Sultanah Aminah, Johor Bahru. Case presentations and discussions were held. In February 2017, 10 MSGH members were partially

sponsored to attend the 1st World Congress on Gastrointestinal Endoscopy in Hyderabad, India via an educational grant received from Olympus.

The annual East Coast MSGH GI update took place in Kuantan on 4th March 2017 with Francis Chan as the invited overseas speaker. It was a huge success with 170 participants. The first GI update of 2017 was held in the Medical Academies of Malaysia Building on 19th March 2017.

This newsletter under the guidance of Associate Professor Dr Raja Affendi has been going from strength to strength. Your continued contributions are most welcome and appreciated. I hope to see you all at the upcoming Endoscopy 2017 at University Malaya Medical Centre. Have a great and fruitful endoscopy meeting!

I also look forward to see you at GUT 2017 in Penang! Several well known speakers (programme is being drawn up by our great scientific chairman, Dato' Dr Tan Huck Joo and team) will deliver the world class basic science, clinical and academic gastroenterology and hepatology showcase!



Welcome to the first issue of MSGH Bulletin for 2017! In this issue, several brief reports of the MSGH activities around the country have been presented along with the usual memorable photos.

The message from our President is very clear and precise (like a surgeon!) that MSGH is becoming one of the busiest societies in the country.

In this bulletin, Dr Rafiz Abdul Rani, a senior gastro trainee, regurgitated nicely to us his experience while in Japan and this should encourage our current trainees to grab this opportunity in the future. It is a great effort by the MSGH Committee to continue an outstanding 'endoscopy-relationship' with Japanese colleagues.

Dr Nazri Mustafa, Gastroenterologist at HUSM, has kindly agreed to write a brief report on the 1st World Endoscopy Meeting held in Hyderabad, India. On the other hand, our distinguished Professor of Gastroenterology, Professor Dr Sanjiv Mahadeva also penned very briefly about the progress of our National Training Committee of Gastroenterology and Hepatology.

I also captured a familiar face of MSGH Committee, Professor Dr Lee Yeong Yeh, and we all should proud of him winning the grand prize from the Ministry of Health. Keep up the great work Lee, and indeed you are the most 'functional and motile gastroenterologist'!

As an editor, I realize that the involvement of our entire gastro-hepatology community will help the Bulletin to grow and let us synergize together our clinical, endoscopic, teaching and research experiences to ensure the real expansion of our MSGH community.

I look forward to a more constructive and productive feedback from all the members to the MSGH Bulletin in the future and please do not hesitate to contact me at draffendi@ppukm.ukm.edu.my with your ideas and contributions!

Looking forward to meet all of you at the GUT 2017 in Penang!

Best Wishes,
Associate Professor Dr Raja Affendi Raja Ali

MSGH COMMITTEE FOR 2015/2017

PRESIDENT

Dr Mohd Akhtar Qureshi

HON TREASURER

Dr Tee Hoi Poh

PRESIDENT-ELECT

Dr Tan Soek Siam

COMMITTEE MEMBERS

Dato' Dr Tan Huck Joo

Associate Professor Dr Chan Wah Keong

Professor Dr Lee Yeong Yeh

Dr Hamizah Razlan

Dato' Dr Raman Muthukaruppan

Dr Ramesh Gurunathan

Professor Dato' Dr Goh Khean Lee

IMMEDIATE PAST PRESIDENT

Professor Dr Sanjiv Mahadeva

HON SECRETARY

Associate Professor Dr Raja Affendi Raja Ali



From left to right: Hamizah Razlan, Goh Khean Lee, Ramesh Gurunathan, Lee Yeong Yeh, Tan Soek Siam, Akhtar Qureshi, Raman Muthukaruppan, Sanjiv Mahadeva, Tan Huck Joo, Raja Affendi Raja Ali, Chan Wah Keong and Tee Hoi Poh

MSGH Updates in Gastroenterology and Hepatology GI Update, 26th November 2016

by Professor Dr Lee Yeong Yeh and Dr Hamizah Razlan



The Second GI Update 2016 was held on 26th November 2016. For the first time, the GI Update was held in Johor Bahru at a really nice venue facing the Johor Strait, i.e. the Jeffrey Cheah Clinical School of Medicine & Health Sciences. Thanks to our local co-host in Johor Bahru, Dr Maylene Kok, Consultant Gastroenterologist from Hospital Sultanah Aminah, Johor Bahru, the event was a great success with a turn-out of almost 50 participants from all over the nation. The main theme was pancreato-biliary disorders. A total of five eminent local experts gave their most engaging presentations and they included Dr Abraham George, Dr Sharmila Sachithanandan, Mr Krishnan Raman, Dr Yuzairif and Dr Ashok. Some of the topics presented included endoscopic and radiological approach to biliary strictures, approach to pancreatic cysts, pancreatic endotherapy or surgery in chronic pancreatitis and in pancreatic trauma. We also have Mr Andrew Gunn and Mr Rizal, both are well-known surgeons in the Southern region, to moderate our sessions, and their presence made the discussions even more lively and interesting. GI and surgical trainees were also given the opportunities to discuss their cases during the sessions. We would like to thank Boston Scientific (Malaysia) Sdn. Bhd. for their support of our CME activities. Well done to all the trainees and experts with their engaging presentations and the audience for their participation.



1st GI UPDATE 2017

by Professor Dr Lee Yeong Yeh and Dr Hamizah Razlan

The Society has successfully conducted the 1st GI Update 2017 in 19th March recently. The GI Updates (aka Klang Valley meetings) provide a platform where both gastroenterologists and surgical trainees come together to present and highlight interesting cases from their respective hospitals. Similar to previous years, it was held at the Medical Academies of Malaysia, Kuala Lumpur and this is probably the last event of MSGH before the relocation of the Academies and the MSGH as well. A total of eight presenters and thirty participants attended the meeting. Interesting cases from upper to lower GI and the liver were presented by trainees from universities and MOH hospitals. The day started with four upper GI cases moderated by Professor Dr Lee Yeong Yeh from USM and Mr Lau Peng Choong from UM. Dr Abdul Malik from UM presented an unsuspected GI lesion in the esophagus after chemoradiotherapy, followed by two interesting surgical cases from HUKM. Dr Neeraj Kumar presented the role of EndoFLIP in fundoplication and Dr Siva discussed the obstructed defecation syndrome; a rare cause of fundoplication failure. The last case before tea break was a case of dysphagia secondary to failed upper esophageal sphincter relaxation presented by Dr Muhammad Ilham from USM. After the tea break, Dr Tan Soek Siam from Hospital Selayang and Dr Hamizah Razlan from Kumpulan Perubatan Johor Ampang Puteri moderated the next four cases which consisted of a mixture of liver and gastrointestinal pathologies. The first case was a liver case of insoluble dilemma because of congestive hepatopathy from cardiomyopathy presented by Dr Thevarajaan from HUKM followed by 'Now you see it, now you don't' case of chronic hepatitis B by Dr Tan Yu Peng from Hospital Selayang. Dr Aslina from Hospital Raja Perempuan Zainab II in Kota Bharu discussed a case of 'ticking time bomb' due to Klippel-Trenaunay syndrome of which the management was really challenging. The day ended with a case of chronic diarrhea, dyspepsia with hypercalcemia presented by Dr Kong Wai Hong from Hospital Kuala Lumpur. Well done to all the trainees with their engaging presentations and the audience for their participation.



MSGH Clinical Update
Gastroenterology and Hepatology Update
4th March 2017, MS Garden Hotel, Kuantan, Pahang

The clinical update which involved five symposia was outstandingly held in Kuantan and had been attended by 170 participants. Many local experts have been involved including MSGH Committee and notably the event also involved Professor Dr Francis Ka-Leung Chan, a world renowned gastroenterologist and also Dean of the Faculty of Medicine, Chinese University of Hong Kong.

Many many great feedbacks were received from the participants!

A vote of thanks to the Scientific Chairman, Dato' Dr Tan Huck Joo and of course to all participants. Stay tune to the future MSGH activities!



MSGH TARGET Programme

This programme, Treatment and Relief of Gastrointestinal Disorders (TARGET), was created by a panel comprising gastroenterologists and hepatologists with a surgeon under the auspices of MSGH. Its main purpose is to provide updates to primary care physicians on how to effectively manage the various common conditions relating to gastroenterology that they may encounter in their daily clinical practice. By conducting workshops at different venues around Malaysia, MSGH hopes that the key message will reach to many primary care physicians and enable fruitful discussions and interactions.



My Fellowship Experience in the Land of the Rising Sun

by Dr Rafiz Abdul Rani, Lecturer and Clinical Specialist in Gastroenterology & Hepatology,
Department of Medicine, Universiti Teknologi MARA

I was delighted and was joyful upon learning that I was awarded the Japanese Society of Gastroenterology Research Fellowship Award for 2016. True to the fame Japanese efficiency, all the required paperwork, visa and travel arrangement were organized within the following few weeks. Several months later, I was finally on the plane to Japan for this once in a life time experience. I flew into Kansai International Airport in Osaka and it was another 75 minutes train ride later before reaching Kyoto, home for the next three months.

I was assigned to the Kyoto Prefectural University of Medicine (KPUM) Department of Molecular Gastroenterology and Hepatology under the leadership of Professor Dr Yoshito Itoh and Associate Professor Dr Yuji Naito. I was placed under the tutelage of Associate Professor Dr Hideyuki Konishi, whom over time I developed a fond friendship along with his remarkable family. I also had the privilege of being part of the colorectal team under Dr Naohisa Yoshida, a young up and coming colorectal cancer expert who is brimming with energy and very passionate about passing the message of colorectal cancer screening and ensuring its success.

The Division of Digestive Diseases, KPUM is equipped with two floors of endoscopy suites primarily utilizing the latest Fujinon and Olympus equipment. Besides the usual conference centre, meeting rooms and offices, it also boast its own laboratory for basic research which is an integral part of their work and training. Being able to experience working in a state of the art, fully equipped centre certainly motivates the doctors to aspire for higher achievement and explore new paradigms.

Endoscopy

It is interesting to see how the Japanese treats diagnostic endoscopy as almost an art form. A high prevalence of *H. pylori* is touted as the reason for high

prevalence of early gastric cancer. With that and a comparatively high uptake on colorectal cancer screening, it is easy to see why the emphasis is on early detection utilizing image enhanced endoscopy in the identification of pre-malignant lesions.

The lesion would be initially flushed, flushed and flushed again until it is truly clean. A single lesion may be photographed even up to 30 times or more with different angle and magnification ensuring no details would be missed. Besides the Paris and Kudo classification, KPUM is also utilizing the new Japanese NBI Expert Team (JNET) classification at which Yoshida Sensei is part of the 25 expert member panel. It is truly an honour to be tutelage directly under an esteemed member.

These images will later be studied with rigorous pre procedure planning. Endoscopic Submucosal Dissection is a procedure that requires a lot of skill and patience and throughout my attachment; they have shared their secret from patient selection, preparation, method and the thought process pre, during and post procedure. What is an uncommon procedure in Malaysia is fairly common where there would be up on average five to six cases per day (upper and lower GI ESD).

It was only towards the end of the attachment that I was given more hands-on procedure. The initial part



JSGE Committee Meeting with Professor Shimosegawa and Professor Okazaki

prior to that involves practicing on animal models and I was privileged enough to have received direct and one-on-one tutorial with the experts. Through the practice with animal models, it allows experimenting and working to see which of the Japanese techniques suits me the most as well as improving on the finer details.

An interesting aspect is how the training is tailored to give rise to competent and skillful gastroenterologist/endoscopist. The emphasis on subspecialisation is made early on with effort to attract future personnel to the relevant department beginning even from Medical School and Internship.

Inflammatory Bowel Diseases

The incidence of IBD in Japan is also increasing, similar to other countries in the Asia Pacific. Management and treatment are similar with the exception of higher usage of leukapheresis and faecal microbiota transplant in the treatment of IBD. Many research projects are also

underway predominantly regarding microbiota role in IBD.

Japanese Digestive Disease Week

For the 2016 edition, The Japanese Digestive Disease Week (JDDW) was held simultaneously with the Asia Pacific Digestive Week (APDW) in the wonderful city of Kobe. I was able to meet familiar faces from home at APDW and also some of the prominent figures in Gastroenterology and Hepatology in the world. The JDDW is an organizational wonder with the collaboration of five digestive diseases societies and it is amazing how they managed to hold it so successfully with more than 20,000 participants! The globalization of this event is more evident this year, as they have included several international or English speaking sessions along with translation services for specific lectures. A small meeting was also held with an engaging discussion with top figures including Professor Dr Tooru Shimosegawa, Professor Dr Kazuichi Okazaki, Professor Dr Hiroshi Kashida and Professor Dr Hironori Yamamoto among others.



With Konishi Sensei, Yoshida Sensei and Dohi Sensei at one of the numerous meetings and presentations

Kindai Univesity Hospital

As a follow up to the JDDW, I paid a courtesy visit to Professor Dr Kashida in Kindai University at the neighbouring Osaka. Situated in a residential area, the Department of Gastroenterology and Hepatology here made use of every available space in the most efficient manner. The culture of academia is thick even among their young trainees and with a vibrant continuous medical education, research updates and discussions programme. I had learnt a great deal from Professor Dr Kashida, (a great all rounder in gastroenterological intervention procedures) and his team who readily impart their knowledge and tips in the limited time available. The Japanese hospitality is evident again as I was treated to my first okonomiyaki; a deliciously warm savoury pancakes synonymous with Osaka.

Kyoto, Japan

Kyoto was the old capital of Japan and is the cultural heartbeat of Japan. With its rich history, there are aplenty of sights and sites to visit. The way the cultural

identity is maintained and assimilated to modern living is just pure amazing. I have to thank Konishi Sensei and Yoshida Sensei for spending their precious time introducing the many facets of Kyoto and Japan.

There are many things to admire in Japan, which I shall miss tremendously, from the peacefulness, to their customs and pleasant mannerism, to their work ethics and efficiency, the hardwork and stoic determination. Of course, there are many fond memories and many, many warm friendships formed, particularly among my 'KPUM family' who are too many to mention individually.

I am grateful to the Malaysian Society of Gastroenterology and Hepatology (MSGH) for their nomination and also to The Japanese Society of Gastroenterology for establishing this award. It is fervently hoped that it will continue to foster a close working relationship, networking experience and exchange of knowledge between the two Societies.



Happy faces post procedure

I would also like to express my gratitude to Dr Akthar Qureshi, the President of MSGH, and the committee of MSGH and my two trainers, Associate Professor Dr Raja Affendi and Associate Professor Dr Ngiu Chai Soon at the UKM Medical Centre for their valuable input and encouragement in pursuing the programme. A big thank you to Konishi Sensei, Yoshida Sensei and the KPUM team for their warm welcome, hospitality and making it a great stay.

With the experience and knowledge gained, the challenge now is to put it into practice, establishing a research and academia culture and to emulate the Japanese success story in Gastroenterology and Hepatology.



Assisting in one of the many procedures

Malaysian National GI Training Board Interviews

11th November 2016

by Professor Dr Sanjiv Mahadewa

A panel of seven members, representing Ministry of Health, Ministry of Education and MSGH jointly interviewed nine candidates for the next intake of Gastroenterology Clinical trainees in 2017. This was the second set of interviews jointly conducted by the National Training Board in 2017.

All candidates were found to be suitably qualified and met the entrance requirement for training.

The Ministry of Health trainees who were found to be suitable would join the programme in 2017, subject to the availability of training scholarships from the training division in the Ministry of Health.

The first batch of trainees who started the programme in July 2017 will be due for their first year annual appraisal in July 2018. A committee set up by the National GI Training board will be tasked with conducting the appraisal at MSGH's office.

Let us hope that in the future, we will produce more outstanding gastroenterologists and hepatologists in our country!

Why did the Doctors Cross the Road? A Short Report on the World Congress of GI Endoscopy 2017

by Dr Nazri Mustaffa, Consultant Gastroenterologist, HUSM
Photos Courtesy of Dr Thevaraajan Jayaraman, UiTM

Many times, in life we are faced with the dilemma of making decisions. In this case, should I attend APASL in Shanghai? ECCO in Barcelona (*cough cough - Editor*)? Or ENDO 2017 in Hyderabad? Thanks to a series of fortunate events, this writer was able to attend the first ever World Congress of GI Endoscopy, which was held recently in Hyderabad, India. Held under the auspices of the World Endoscopy Organization, and supervised by its current President, Dr Nageshwar D Reddy, ENDO 2017 aimed to be "a global meeting which would address the needs of both developed and developing countries in digestive endoscopy... to stimulate international exchange and to establish best practices."

According to the local newspaper *The Hindu*, more than 4,000 delegates from 78 countries and 200 providers from 48 countries attended the conference. This alone should be sufficient to indicate the size of the crowds present at the venue. Nevertheless, despite the large number of people at the registration counters on the first day of the event, the registration process was quick and without any issues. I then proceeded to attend the symposia. One of the main highlights was the various cases presented during the live endoscopy sessions, which showcased the latest endoscopic techniques and equipment. Performed by world-class experts in the field, these sessions were interspersed with lectures, some which had a more philosophical tone to them; many were evidence-based in nature.

Apart from these sessions, many of us enjoyed the opportunity to have a hands-on experience. This was made possible at the Hands-On Training Center with the assistance of the many affiliated organisations involved with the event. The Asian Novel Bio-Imaging & Intervention Group (ANBIG), WEO/Korean Society of Gastrointestinal Endoscopy (KSGE), the Asian

Endoscopic Ultrasound Group (AEG), the Chinese Society of Digestive Endoscopy (CSDE), the Digestive Endoscopy Society of Taiwan (DEST), the Japan Gastroenterological Endoscopy Society (JGES) and the Thai Association of GI Endoscopy (TAGE) were all involved in making the hands-on session a success. I am sure many of the delegates, including myself, were delighted to be given the opportunity to try out unfamiliar equipment and techniques. As always, the possibility of being exposed to newer methods and procedures in GI endoscopy is something that is highly anticipated by us all.

At the same time, there were many other sessions that were held over the course of the four-day event. There were post-graduate sessions, talks for the GI assistants, free paper and scientific poster sessions, as well as meetings for various special interest groups. There were even several sessions on statistics in GI research. Suffice to say, the presentations at ENDO 2017 encompassed a whole spectrum of topics, adequately fulfilling the needs of the various delegates who attended the meeting.

Coming back to the question in the title; as some of us would know, Hyderabad is a city that is considered to have the best biryani rice in the world. Amongst the



Save the best for last: Malaysian 'father of gastroenterology' Professor Dato' Dr KL Goh demonstrating cholangioscopy at the final live endoscopy session at ENDO 2017.

REPORT FROM A MALAYSIAN DELEGATE TO THE FIRST WORLD CONGRESS GI ENDOSCOPY 2017

many places that serves this, the Paradise Restaurant chain would be one of the better-known restaurants in Hyderabad that is synonymous with biryani. Thus, the writer and a group of Malaysian delegates took it upon themselves to test out the claim that Hyderabad biryani is the best in the world. Lucky for us, there was a Paradise restaurant just across from our hotel. The problem was the road that we needed to cross was extremely busy, with vehicles zooming past us at breakneck speed. After waiting for ages, traffic finally backed up from the junction down the road. Armed with the power of an outstretched hand against oncoming traffic, we safely made it to the restaurant. Why did the doctors cross the road then? To get to Paradise, of course! And by the way, I still feel Malaysian biryani would give Paradise a good run for the money. Malaysia Boleh!



Several members of the Malaysian delegations

FAMILIAR FACE OF A MSGH COMMITTEE MEMBER ON THE HEADLINES!



Professor Dr Lee Yeong Yeh, a MSGH Committee Member, has won a grand prize for the PhAMA Minister of Health Innovation and Research Award.

Congratulations Yeong Yeh!

NATIONAL EVENT

GUT 2017 (National Scientific Meeting of the MSGH)

Date: 11th - 13th August 2017

Venue: G Hotel, Penang

INTERNATIONAL EVENTS

Asia Pacific Digestive Week (APDW)

Date: 23rd - 26th September 2017

Venue: Hong Kong

The American Association Study of Liver Diseases (AASLD) - Liver Meeting

Date: 20th - 24th October 2017

Venue: Washington, USA

United European Gastroenterology Week (UEGW)

Date: 28th October - 1st November 2017

Venue: Barcelona, Spain