



Message from the President

A warm welcome to the third issue of the MSGH Bulletin (August 2024)! It has been a fulfilling year since the MSGH Executive Committee took office, and we would like to extend our deepest gratitude and appreciation to all members of the Society for your continuous support and active participation in our ongoing activities.

The recent annual Endoscopy Workshop, held from 23rd to 25th May 2024 at the University Malaya Medical Centre, Kuala Lumpur, was a resounding success. With the theme "The Rise of Bariatric and Metabolic Endoscopy", the workshop attracted 434 participants, including 137 doctors and 297 nurses/GIAs. The highlight of the event was the "Endoscopic Suturing and Full Thickness Resection Course", which provided immense value to all who attended.

This year's GUT Annual Scientific Meeting 2024 is taking place at the Sabah International Convention Centre (SICC) in Kota Kinabalu, Sabah, "Land below the Wind", from 16th to 18th August 2024. It had been 17 years since GUT was last hosted in Kota Kinabalu, and the return was long overdue. With the theme "Fostering Unity & Excellence in Tackling Digestive Disorders", GUT 2024 is a collaborative effort by the MSGH committee members led by Professor Dr Raja Affendi Raja Ali, the Scientific Chairperson. For the first time, this annual scientific meeting features a full-day symposium dedicated to Nursing/GI Assistants (GIAs), underscoring our commitment to supporting and nurturing the GIAs in Malaysia. I would like to extend my sincere thanks to all committee members, including MSGNMA President, Ms Jernih Majalu, for their tireless efforts in making this event a success.

MSGH remains committed to organising, facilitating, and promoting educational and training programmes to benefit all our members, including fellows in gastroenterology and hepatology training. I encourage all members to utilise our membership portal on the MSGH website to register and update your membership details, especially your email and contact information. Keeping your details updated ensures you receive important announcements, news, and updates on activities and other member benefits. The website also features an educational portal that houses all recorded educational materials, including presentations from GUT meeting, as part of your membership benefits.

I would like to take this opportunity to thank Dr Nik Razima Wan Ibrahim, our Editorial-in-Chief of the MSGH Bulletin, and Honorary Secretary, for her outstanding work and dedication in ensuring the publication of this vibrant and informative bulletin.

We will keep you informed about upcoming activities through our website and Facebook page. Stay tuned for important announcements!

I welcome your comments and ideas as we strive to fulfill the mission and vision of MSGH to the best of our abilities.

Lastly, it is my pleasure to extend a warm welcome to all members and delegates attending GUT 2024 in Kota Kinabalu, Sabah. Hope everyone has a pleasant stay and please enjoy Sabah and its hospitality!

Thank you.

Datuk Dr Raman Muthukaruppan

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From the Editor's Desk

Greetings everyone,

As we find ourselves captivated by the ongoing excitement of the Olympics and reflecting on our own unique journeys and challenges, we are thrilled to turn our attention to another exciting event on the horizon: our annual GUT meeting in Kota Kinabalu, Sabah.

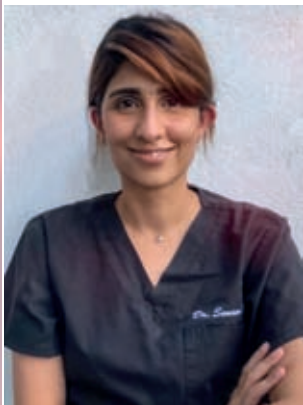
It's been quite a while – since 2007, to be exact, since we last gathered in this vibrant city, and we're eagerly anticipating our return. This year's meeting, under the auspicious of the current MSGH President, Dato' Dr Raman and team, promises to be particularly memorable, with a host of engaging talks and programmes featuring both our esteemed local and internal faculty. We're confident that these sessions will offer valuable insights and stimulating discussions for all.

We also have much to celebrate as we mark several significant milestones. Happy 67th Merdeka Day to all, as we honour Malaysia's enduring spirit and progress. Additionally, we're proud to celebrate MSGH's 30th anniversary – a remarkable pearl jubilee that reflects three decades of dedication and growth.

As we prepare for this momentous gathering, we look forward to reconnecting with each of you in the beautiful setting of Kota Kinabalu. Be sure to embrace the local charm and, of course, take the opportunity to get your pearls in Sabah!

My sincere thanks to my co-editor Dr Lau Su Yin for her contributions. See you all soon for what promises to be an inspiring and enjoyable event!

*Warmest regards,
Dr Nik Razima Wan Ibrahim*



A JOURNEY OF DEDICATION AND DISCOVERY IN HEPATOLOGY

By Dr Senam Kaur

**Consultant of Gastroenterology and Hepatology
Queen Elizabeth Hospital, Kota Kinabalu, Sabah**

This fellowship journey began early in my career, when I knew hepatology was all I wanted to focus on in my sub-specialty training. Similar to gastroenterology, you choose your sub-speciality based on your interests, and I chose advanced liver care with a particular focus on autoimmune and cholestasis diseases. I was fortunate to have excellent mentors who guided me to this fellowship position for which I was clearly unqualified. However, where there is a will, God will find a way.

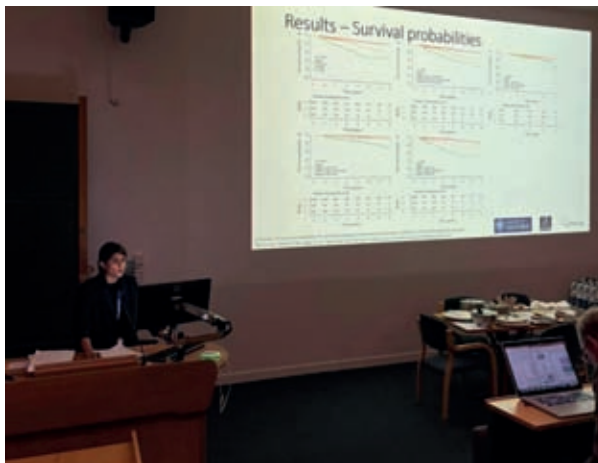
Stepping into the city of Oxford was like time stood still, amid its ancient architecture and scholarly atmosphere. Founded in the 8th century, the city is located at the confluence of the rivers Thames and Cherwell. The city is home to the University of Oxford, the oldest university in the English-speaking world, and there isn't enough room to describe the splendour of the city and the impact it has had on the world.

Nestled within this venerable city lies the John Radcliffe Oxford University Hospitals NHS Foundation Trust, home to the renowned Oxford Liver Unit. Here, I found myself in an

environment perfectly tailored for advancing my passion. This fellowship post was specifically designed to complement the existing hepatology and gastroenterology services and offer advanced training in hepatology. Hepatology is one of the department's particular strengths, with a combination of clinical and basic science expertise whose integration is a singular feature of its translational unit.

Dr Jane Collier, Dr Jeremy Cobbold, and Dr Francesca Saffioti, who are giants in the field of hepatology, run the advanced clinical hepatology department, with clinical and research support from Dr Emma Culver and Dr Michael Pavlides, who hold a hybrid teaching role at Oxford University, making the liver unit special in focusing both on clinical and academia. Oxford has the second-largest unit in autoimmune and cholestatic diseases, as well as one of the NHS's largest existing clinical trials departments. We hold a close academic relationship with our European colleagues, as both Dr Jane Collier and Dr Emma Culver are EASL board members and active contributors to the EASL guidelines in immune-mediated and cholestasis diseases.

As a senior clinical fellow (SCF), I engage in various facets of inpatient and outpatient clinical hepatology. These include subspecialty clinics such as PSC, AIH, PBC, and IgG4-RD, weekly pre- and post-joint transplant clinic with Birmingham and Royal Free Hospital, a multidisciplinary HCC clinic in collaboration with oncology, a weekly histopathology and radiology meeting, a weekly multidisciplinary advance liver MDT, and a monthly national IgG4-MDT and AIH EASL MDT with our European counterparts. A large research department at Oxford University supports this active research unit, which during my tenure, had 22 open clinical trials and seven pending initiations. They prioritise the integration of clinical service and research commitments.



Presenting at Thames Valley Gut Club to all gastrohepatology faculty held in University Oxford.

Outside of my clinical obligation, I focused on academic work and was even accepted into the LITMUS Liver Investigation team, where we focus on developing, validating, and qualifying better biomarkers for testing MASLD under the mentorship of Dr Michael Pavlides. As a trainee, I accomplished three accepted abstracts in EASL, five in AASLD

with three distinctions and a featured oral presentation, one in BASL, one for UEG and three in the IgG4-International Symposium. I am currently working on several upcoming publications, including a recent publication in the World Journal of Hepatology on my work on long-term abdominal drains in palliative end-stage liver disease with refractory ascites and continue to contribute to our PBC newsletter as part on the OUH PBC taskforce member .

As they focused on teaching, they also expected the fellows to contribute, and ongoing training and education in hepatology is carried out through weekly teaching sessions. Each week, fellows and national hepatology trainees hold a joint post-graduate teaching session that includes a journal club, liver histopathology, two X-ray sessions, and the regional Oxford Gut Club, which welcomes all hospitals in the Thames Valley. The department did more than provide my clinical skills; they trained us fellows to be confident speakers, avid presenters, and objective debaters. The consultants constantly encouraged us to challenge every clinical step and to question every management plan, and no question was too small or foolish. World pioneers in academia lead and run Oxford, but all I saw and felt was humility and warmth.

Yet, my journey in Oxford transcended professional growth. As a parent to a young child, I found unwavering support from the NHS and the hospital's childcare services, which allowed me to balance parenthood with my

career aspirations seamlessly. Together, we explored the university's grounds, where my child thrived amidst the academic milieu, a testament to Oxford's nurturing environment. We would attend and leave the hospital grounds together, and it is common for my colleagues to do the same. The department was mindful of childcare needs and maintained the importance of being a parent first and a clinician second. She was never alone; she adapted socially before I did, and she blossomed with the nature around her. She experienced the joys of the seasonal change and got to explore many new spaces and places.

Reflecting on my time in Oxford, it's clear that I've not only advanced my career goals but also forged lasting connections within my field. My journey abroad has inspired me to encourage others, especially fellow mothers, to pursue ambitious dreams and embrace challenges with courage. In returning home, I am poised to elevate liver care and inspire others to reach beyond their comfort

zones. Oxford will forever hold a special place in my heart as the backdrop to a transformative chapter in my professional and personal life.



With world renowned Dr Roger Chapman and mentors Dr Emma Culver and Dr Francesca Saffioti.



How we loved our picnics!



Nurses form the backbone of the unit, and how I loved them.



By PROFESSOR DR CHAN WAH KEONG

Consultant of Gastroenterology and Hepatology, UMMC, Kuala Lumpur

Endoscopy 2024: The Rise of Bariatric & Metabolic Endoscopy

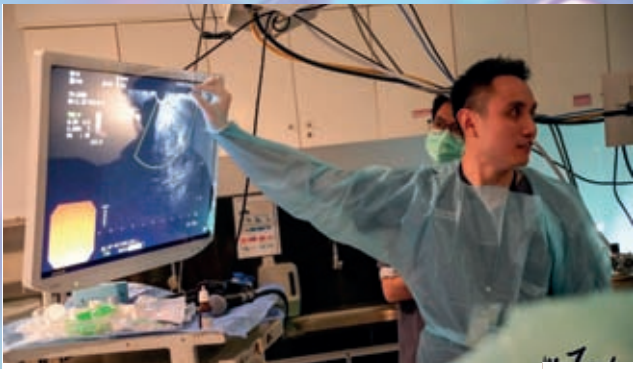
The Endoscopy Workshop, held from 23rd to 25th May, 2024, at the University Malaya Medical Centre, and organised in collaboration with the University of Malaya and the Malaysian Society of Gastroenterology and Hepatology, was a landmark event that attracted a large audience from various countries and states. This international gathering underscored the significance of endoscopic advancements and the collaborative spirit within the medical community. Directed by Associate Professor Dr Ho Shiao Hooi and co-directed by Dr Khoo Stanley, the workshop was meticulously planned to offer a comprehensive educational experience for all attendees. The invited faculty were Dr Shannon Melissa Chan (Hong Kong), Dr Norida Uedo (Japan), Dr Ravishankar Asokkumar (Singapore), Professor Dr Lawrence Khek-Yu Ho (Singapore), Professor Dr Pradeep



Bhandari (UK), and Dr Imdadur Rahman (UK). The Opening Ceremony was graced by the Deputy Vice-Chancellor, Professor Ir Dr Kaharudin Dimiyati, and the Dean of the Faculty of Medicine, Professor Dato' Dr Yang Faridah Abdul Aziz.



The workshop featured a rich array of lectures focused on the latest themes in endoscopy. The pre-congress hands-on course on endoscopic suturing and endoscopic full-thickness resection was a standout component of the event. This course, conducted by Associate Professor Dr Ho Shiao Hooi and Professor Dr Sanjiv Mahadeva, provided participants with practical skills and techniques essential for advanced endoscopic procedures. The hands-on nature of this course ensured that attendees could directly apply what they learned in a controlled and supervised environment, enhancing their competency and confidence.



Another significant pre-congress hands-on course was the Endoscopic Ultrasound (EUS) course, conducted in collaboration with the Asian EUS Group (AEG). This course was coordinated by Dr Khoo Stanley, Professor Dr Chan Wah Kheong, and Associate Professor Dr Alex Leow Hwong Ruey. The EUS course was designed to equip participants with the knowledge and skills necessary to perform diagnostic and therapeutic procedures using endoscopic ultrasound, a critical tool in modern gastroenterology.



The Young GI Consultant Forum, themed “Hepato-biliary-pancreatic Multi-disciplinary Case Snippets: Learn and Grow Together,” was another highlight of the workshop. This forum, coordinated by Professor Chan Wah Kheong, Dr Ruveena Bhavani, and Dr Khoo Stanley, facilitated discussions on challenging cases, clinical decision-making, and best practices in clinical management. The panel featured a diverse group of specialists, including a HBP surgeon, an oncologist, an interventional radiologist, and a gastroenterologist and hepatologist. During the forum, six intriguing cases were presented, each offering unique insights and complexities.

The GI Assistant (GIA) course, coordinated by Associate Professor Dr Chuah Kee Huat, Dr Ang Ban Hong, Dr Ram Prasad, Dr Leung Hak Keith, and Sister Nur Asmah, was designed to update the knowledge of GIAs and allow them to observe



firsthand, the latest developments in the field. This course also served as an official meeting and gathering for the MSGNMA chapter, reinforcing the importance of professional development and networking within the gastroenterology community.

One of the most anticipated events of the workshop was the 2nd Goh Khean Lee Distinguished Endoscopy Lecture, delivered by Professor Dr Pradeep Bhandari. His lecture, entitled “The Evolution of Endoscopic Therapy for Colorectal Neoplasia,” provided a comprehensive overview of the advancements in endoscopic techniques for colorectal neoplasia, highlighting the significant progress made in this field and the future directions for research and clinical practice.



In addition to the distinguished lecture, several other exciting keynote lectures were delivered during the two-day workshop. These lectures offered insights into cutting-edge research, innovative techniques, and emerging trends in the management of various gastrointestinal disorders. The diversity and depth of these

lectures ensured that attendees could gain a broad understanding of the current state and future prospects of gastroenterology.



Live demonstration sessions were a crucial component of the workshop, providing participants with the opportunity to observe the latest endoscopic procedures performed by invited faculty. These sessions included live interactions among participants, moderators, and faculty, allowing for in-depth discussions on the techniques and their feasibility. This interactive format enabled attendees to ask questions and gain valuable insights into the practical aspects of endoscopic procedures.

The “Malaysia Boleh” Best Endoscopic Video Competition was another highlight of the workshop. This competition provided a platform for endoscopists to showcase and acknowledge interesting and outstanding endoscopy cases. The competition not only celebrated the achievements of the participants but also encouraged the sharing of knowledge and expertise within the community. The competition was won by Dr Hari Suthan.



The workshop also featured sponsored symposia that aimed to highlight various emerging endoscopic technologies and products. These symposia provided attendees with the opportunity to learn about the latest innovations in endoscopy and their potential applications in clinical practice. The presence of industry representatives also facilitated discussions on future collaborations and the development of new technologies.

The social events organised throughout the workshop, including dinners, were not only opportunities for networking and collaboration but also served to strengthen ties within the professional community. These events allowed attendees to relax and socialise in an informal



setting, fostering a sense of camaraderie and mutual support. Additionally, these gatherings provided a platform to appreciate the efforts of the organising committee and acknowledge the contributions of industrial partners. One of the highlights during the workshop dinner was the presentation by Dr Shannon Melissa Chan on her voluntary work with the Medecins Sans

Frontieres, providing essential healthcare in war torn countries, which was truly inspiring and received a standing ovation.

Overall, the Endoscopy Workshop, attended by over 434 delegates, was a resounding success. The diverse range of activities, from hands-on courses and forums to keynote lectures and live demonstrations, ensured that all attendees could benefit from the latest knowledge and advancements in endoscopy. The workshop's emphasis on collaboration, innovation, and professional development made it a valuable experience for all participants, reinforcing the importance of continuous learning and networking in the field of gastroenterology.



ADVANCING GASTROENTEROLOGY: A RECAP OF THE TWO-DAY EVENT IN KUALA LUMPUR

By Associate Professor Dr Chuah Kee Huat

Consultant of Gastroenterology and Hepatology, UMMC, Kuala Lumpur

The bustling city of Kuala Lumpur became the epicenter of groundbreaking advancements in gastroenterology as it hosted a two-day event on March 16th and 17th 2024. This event, comprised of the second Asian Consensus on Functional Dyspepsia and the hybrid conference titled "Gut Talk: Unravelling the Mysteries of FGID (DGBI)," witnessed a convergence of leading experts, medical professionals, and industry stakeholders from across Asia. Organised with meticulous planning and spearheaded by esteemed figures such as Professor Dr Sanjiv Mahadeva from the University of Malaya (UM), Malaysia, and Dr Kewin Siah from the National University of Singapore (NUS), this event left an indelible mark on the landscape of gastroenterological discourse.

The first day of the event commenced with the much-anticipated second Asian Consensus on Functional Dyspepsia, initiated by Asian Pacific Association of Gastroenterology (APAGE) and Asian Neurogastroenterology and Motility Association (ANMA), held at the prestigious Le Meridien KL Sentral. Chaired by Professor Dr Mahadeva and Dr Siah, the consensus brought together luminaries in the field, including Professor Dr Justin Wu, Professor Dr Justin Lee, Professor Dr Hou Xiao Hua, Professor Dr Xiao Ying Lian, Professor Dr Vincent Chung, Professor Dr Ari Syam, Professor Dr Hiroto Miwa, Dr Sung In Kyung, Professor Dr Lee Joon Seong, Professor Dr Lu Ching Liang, Dr Liu Jinsong, Professor Dr Ang Tiing Leong, Professor Dr Tseng Ping-Huei, Professor Dr Tadayuki Oshima, Professor Dr Oh Jung-Hwan representing nations such as Hong Kong, China, Taiwan, Japan, Korea, India,



Indonesia and Malaysia. As the main facilitator of this consensus, I had the privilege of working alongside esteemed colleagues such as Dr Ang Ban Hong, Dr Ram Prasad, Dr Benjamin Tay, and Dr Tao Bai. Through collaborative efforts, the consensus delved into the latest research and clinical insights, aiming to enhance diagnostic and therapeutic approaches for functional dyspepsia.

The generous sponsorship from Abbott Pharmaceuticals and the unwavering support from the secretariat, MIMS Malaysia, played pivotal roles in ensuring the success of both events. Their commitment to advancing medical knowledge and improving patient care underscored the significance of such collaborative endeavors.

The second day of the event witnessed the unfolding of the hybrid conference, "Gut Talk: Unravelling the Mysteries of FGID (DGBI)," a platform dedicated to exploring the complexities of Disorders of Gut-Brain Interaction (DGBI). The event was endorsed by Malaysian Society of Gastroenterology & Hepatology (MSGH). With an illustrious lineup of Asian experts, the conference provided a comprehensive overview of the latest updates and management strategies for various types of DGBI. As an honored speaker, I had the privilege of sharing insights on the management of Irritable Bowel Syndrome (IBS) in 2024, contributing to the collective knowledge of the audience comprising over 500 registered participants, including general practitioners, physicians, and gastroenterologists from local and international spheres.

The resounding feedback from participants underscored the success of the two-day event, affirming its significance in advancing gastroenterological discourse and fostering collaboration among stakeholders. As organisers, we were thrilled by the positive reception and expressed our commitment to organising future events aimed at further enriching the knowledge base of clinicians and improving patient care holistically.

In conclusion, the two-day event in Kuala Lumpur marked a significant milestone in the journey of advancing gastroenterology in Asia. Through collaborative efforts, insightful discussions, and shared expertise, the event not only facilitated the dissemination of cutting-edge knowledge but also fostered a sense of camaraderie among participants, paving the way for future endeavors in enhancing healthcare delivery and patient outcomes.

EXCLUSIVE INVITATION

PHYSICAL
GUT TALKS:
UNRAVELLING THE
MYSTERIES OF FGID (DGBI)

Le Meridien Hotel,
Kuala Lumpur
17 March 2024, Sunday
8:30 a.m. - 1:30 p.m.

SCAN TO REGISTER



AGENDA

<p>08:30 a.m. - 08:55 a.m. Registration</p> <p>08:55 a.m. - 09:00 a.m. Opening Remarks <i>Prof. Dr. Singh Mahabadi (Chairperson, Malaysia)</i></p> <p>09:00 a.m. - 09:30 a.m. GERD, NERD, Esophagitis <i>Prof. Dr. Yong-Jae Kim (Korea)</i></p> <p>09:30 a.m. - 10:00 a.m. Overlapping DGBIs: How to manage? <i>Prof. Dr. Uday C. Ghoshal (India)</i></p> <p>10:00 a.m. - 10:30 a.m. How to use neuromodulator in DGBIs? <i>Prof. Dr. Oh Jung-Hwan (Korea)</i></p> <p>10:30 a.m. - 10:45 a.m. Expert panel discussion (Q&A) <i>Prof. Dr. Singh Mahabadi (Chairperson, Malaysia)</i></p> <p>10:45 a.m. - 11:00 a.m. Tea break</p>	<p>11:00 a.m. - 11:30 a.m. Gastroparesis: Of guiding principles and practice <i>Prof. Dr. Hirota (Japan)</i></p> <p>11:30 a.m. - 12:00 p.m. Functional dyspepsia: Current understanding and future directions <i>Assoc. Prof. Dr. Takashi Okawa (Japan)</i></p> <p>12:00 p.m. - 12:30 p.m. Simple and refractory constipation: How to manage? <i>Prof. Dr. Young-Ryong Han (Taiwan)</i></p> <p>12:30 p.m. - 13:00 p.m. How to manage IBS in 2024? <i>Assoc. Prof. Dr. Chaiik Kee Hoon (Malaysia)</i></p> <p>13:00 p.m. - 13:15 p.m. Expert panel discussion (Q&A) <i>Prof. Dr. Justin Lee Yung-Nah (Chairperson, Malaysia)</i></p> <p>13:15 p.m onwards Closing Remarks & Lunch <i>Prof. Dr. Justin Lee Yung-Nah (Chairperson, Malaysia)</i></p>
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MARK YOUR
CALENDAR

2025



GUT 2025

22ND TO 24TH AUGUST 2025

SHANGRI-LA
KUALA LUMPUR



World Hepatitis Day 2024 - It's Time for Action!

By Dr Lau Su Yin

28th of July is World Hepatitis Day. A significant date that honours the birth of Dr Baruch S Blumberg, the medical anthropologist who discovered viral hepatitis B, developed hepatitis B vaccine, and was jointly awarded the Nobel Prize in 1976. More importantly, this day reminds us of the global impact of viral hepatitis and how much effort is still needed to eliminate them by 2030 – less than six years away!

To date, an estimated **354 million** people are living with hepatitis B and C worldwide with **1.45 million deaths annually** due to viral hepatitis. In Malaysia, approximately 1 to 5% of our population is infected with hepatitis B, and 2 to 2.5% with hepatitis C.

Aligned with the World Health Organization's mission to combat viral hepatitis, The Ministry of Health (MOH) launched a National Strategic Plan for Hepatitis B and C in 2019, outlining a 5-year strategy for prevention, diagnosis and treatment of viral hepatitis B

and C, allocating an estimated RM292 million for implementation.

What are our achievements so far?

Universal Hepatitis B vaccination for all newborns: Implemented since 1989, this programme has proven successful as one large study amongst 190,077 school children, the seroprevalence of HBsAg had declined from 2.5% in those born in 1985 to 0.4% born ten years later in 1996.

Decentralised treatment efforts: The MOH has decentralised treatment of viral hepatitis, particularly chronic hepatitis C infection, since the availability of DAAs. The publication of user-friendly CPGs on "Management of Chronic Hepatitis C and B in Adults" in 2019 and 2022 has further supported these efforts.

This year's theme was "It's time for action". Although some progress has been made over the years, we have much needed work to do. Let's continue to join forces to raise awareness, screen and detect early, commence treatment and monitor for complications of chronic hepatitis B and C. We must commit and pledge our efforts to eliminate these now highly treatable and preventable viruses.

DR LAU SU YIN

Consultant of Gastroenterology & Hepatology,
Hospital Universiti Putra Malaysia, Selangor



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