



MESSAGE FROM THE PRESIDENT



Welcome to our fourth and last issue of the MSGH Bulletin for the year. Allow me to take this opportunity to wish all members happy holidays ahead and Happy New Year 2023. The year 2022 has been a year of transition after COVID-19, thus most of our activities were held in a hybrid format but we did manage to have GUT 2022 as a fully physical meeting. I must say we ended the year 2022 with a loud bang. This is not possible without the support from you. Thank you to all members, my hardworking Executive Committee members, our supportive sponsors, and not forgetting Daniel, Molly and other secretariat staff.

In the current Bulletin, we have provided highlights from our highly successful Annual Scientific Meeting, GUT 2022, which was held from 19th to 21st August 2022 at the Kuala Lumpur Convention Centre. The meeting has attracted more than 500 delegates, 120 abstracts and 43 exhibition booths; an achievement that all of us should be proud of. During GUT 2022, the Annual General Meeting was held; this meeting was an important one since the constitutional amendments of

MSGH were passed by a majority of those present, allowing the Society to move forward beyond the 21st century. Highlights from this general meeting are shared in the current issue.

Although we have basked with achievements in 2022, we need to start thinking what are in store for us in 2023. Firstly, we have made an announcement during GUT 2022 that the Society will have not only a new face for our website but also a new member and education portal. There are significant developments by the technical team, and we should be able to roll it out in early 2023. Secondly, our flagship meetings, including Endoscopy 2023 and GUT 2023, will continue to provide the highest quality education for our members. Thirdly, well, let us keep this as a secret for now.

Last but not least, if you feel we did well, please share your thoughts on social media (#MSGH #GUT2022) and/or write to me personally (my email: yylee@usm.my). Likewise, if we could have done better, do email me.

CONTENTS

| | | | |
|--|-------|----------------------------|--------|
| Message from the Editor's Desk | 2 | GUT 2022 | 6 - 10 |
| A Fellow's Journey: A Year in the Scottish Highlands | 3 - 4 | Lifetime Achievement Award | 11 |
| MSGH 29 th Annual General Meeting | 5 | | |





Greetings everyone!

It's hard to believe that another year is coming to an end and, boy, what a year it has been!

While 2020 and some parts of 2021 brought the whole world to a virtual standstill, 2022 has been nothing short of being glorious.

We started loosening our grips on the pandemic measures and restrictions and began to reconnect and catch up with everyone near and far. Business is slowly back on board and Malaysia even welcomed a new Prime Minister with a unity government.

We had two great events this year - ENDOSCOPY 2022 and GUT 2022, all held fully physical and they proved to be great success all around. During GUT, we had a record-breaking number of 120 abstract submissions. Clearly COVID has failed to dampen our spirit in continuing our efforts and passion in research and innovation in the field of medicine and this is truly humbling.

As the world moves toward endemicity, challenges will continue to arise, as will new solutions. It's been a remarkable collective effort from everyone so far and I cannot be more thrilled.

Bring it on, 2023!

Dr Nik Razima Wan Ibrahim



A Fellow's Journey: A Year in the Scottish Highlands

by Dr Praveena Nagaratnam

Doctors who embark on their fellowship will feel like they are climbing a daunting mountain on their first day. That was how I felt the day I started my Gastroenterology journey in Hospital Kuala Lumpur in 2019 but a journey of a thousand miles always begins with that first step. Fast forward to the end of 2021, I consider myself extremely lucky to have been given the opportunity to go overseas for an advanced endoscopy fellowship at the Aberdeen Royal Infirmary (ARI), Scotland. I remember clearly the first question I was asked during the interview I had with Dr Perminder Phull, Clinical Lead of Endoscopy of the Department of Digestive Disorders, and Dr Umesh Basavaraju, Consultant Gastroenterologist and Pancreaticobiliary Endoscopist, "Are you sure you are willing to leave sunny and warm Malaysia and come up to cold, cold Aberdeen?"



Dr Praveena with Dr Umesh Basavaraju (L)

Though it really was a rather frosty and windy year indeed, it was a decision I definitely do not regret as it gave me an experience of a lifetime with lessons and knowledge I will carry with me for the rest of this never-ending quest in Gastroenterology.

The training provided at ARI was structured. I had four to seven training lists a week for EUS/ERCP, two to three service lists for diagnostic and therapeutic Upper Endoscopy and Colonoscopy (Including Barrett's surveillance, pre and post EMR assessments, dilatations and luminal stentings), weekly MDT meetings, and ran my own pancreaticobiliary clinic and general

gastroenterology clinic. I also joined the specialized Inflammatory Bowel Disease clinics on occasions and helped out the Registrars with GI on call at times as well.

Dr Basavaraju and Dr Sandeep Siddhi, my main trainers, were amazing teachers and were patient and dedicated to impart their skills and knowledge to me. I was fortunate enough to not only hone my skills in diagnostic EUS and FNBS, but to also perform Cyst Drainage with LAMS and Celiac Plexus blocks. My ERCP lists were done with Dr Basavaraju, Dr Siddhi, Dr Malcolm Smith and Dr Ashis Mukhapadiya. On top of doing the usual stone clearance and stenting for benign and malignant diseases, I managed to learn spy cholangioscopy and do a number of pancreatic ductal interventions as well.



With consultants Dr Sandeep Siddhi and Dr Chaitra Shekar



With the wonderful endoscopy unit nurses

We organized a few live teachings and courses and the highlight for me was doing solo live demonstrations of hilar stenting and spy cholangioscopy into the pancreatic duct for a pancreatic duct stricture and stone under the watchful eyes of a senior consultant endoscopist from Glasgow.



Performing spy cholangioscopy during live cases

The NHS was also supportive of training and learning opportunities and I attended and presented a paper during the British Society of Gastroenterology Live 2022 in Birmingham. I was also sent for a number of hands-on training courses for EUS and ERCP in the Kings College in London and Freeman Hospital in Newcastle. Designated time was also allotted to do studies and I managed to complete a few in the year.

Of course, there was plenty to see in the beautiful Scottish Highlands and Europe too. Many a weekend was spent walking along castle ruins, stunning cliffs and shores, dolphins and seals spotting; and for an antiquarian books and fountain pen lover like me, England was a paradise of collectibles. Quite a dent was made in my pockets acquiring new stuff!

Though a year felt too short for me to fulfil all I wanted to gain from there, I am very grateful for the opportunity. The main persons from Malaysia who were extremely supportive of this entire journey were my consultants from Hospital Kuala Lumpur and Dato' Dr Muhammad Radzi Abu Hassan, without whom this fellowship would not have been possible.

I can only hope that everything I have learnt can now be put to use and I will be able to continue learning with time and further experience. It will also be useful to bring in the changes seen overseas and apply them here to improve where we can and grow together as a fraternity.

For junior fellows who are interested in going down a similar route, it is important to start preparation early and scout for good fellowship positions. Hopefully with the help of fellows sharing their experiences and pointers, the MSGH and the entirety of our fraternity will be able to help more trainees expand their horizons to build a better collective service in the country for the future.



Night out for dinner



Spotting a dolphin by the harbour



Aberdeenshire cliffs

*Dr Praveena is currently completing her Gastroenterology and Hepatology training as 4th year fellow at the Hospital Raja Permaisuri Zainab II, Kota Bharu, Kelantan.

MSGH 29th Annual General Meeting

by Dr Sattian Kollanthavelu

The 29th Annual General Meeting (AGM) of the Malaysian Society of Gastroenterology & Hepatology was successfully conducted on 20th August 2022 during the Annual GUT Conference at the Kuala Lumpur Convention Centre. This AGM was significant as this was the first physical meeting since the COVID-19 pandemic outbreak in 2020. Major amendments to the Society's constitution were tabled, debated and approved by more than two-third majority of the members present. These amendments marked a step forward to make the MSGH an inclusive and professional society that benefits all members. Full details of amendments will be made available in the AGM minutes. Important changes to be highlighted includes the re-definition of membership categories and new requirement for election of office bearers.

Previously, ordinary membership was open to any registered medical practitioners with postgraduate qualification who has shown interest or engaged in the practice of Gastroenterology & Hepatology and subscribed to the objective of the Society. With the amendment, Ordinary Membership is available only to those with subspecialty qualification and training in discipline related to the practice of Gastroenterology & Hepatology. Life Membership is open to members with at least two years of Ordinary Membership. Also previously, life membership was open to all ordinary members immediately upon joining the Society. Post amendment, non-Gastroenterology & Hepatology related medical practitioners with interest in the field are eligible to apply for Associate Membership whereas previously they were admitted as Ordinary Members. The new Affiliate Membership is open to scientists and allied health professionals who are interested to join

MSGH. It important to emphasize that for trainees to enjoy the travel grants and other benefits accorded presently, they need to be at least Associate Members. The proposed amendments were submitted to Registrar of Societies and have been approved on 8th November 2022.

The new changes for election of office bearers require nomination for the position of President Elect, Honorary Secretary and Honorary Treasurer to be made in writing by either ordinary members or life members at least two weeks before the AGM. Nomination and voting of the remaining five committee members will be carried out at the AGM. Only life members and ordinary members are eligible to vote.

The statement of accounts presented showed a surplus RM952,696.09 and this increase was due to the excess generated by APDW 2021. The Society is in a very strong financial position at RM6,579,803.22 and most of the money were put into fixed deposits. The Society would continue to support the trainee members by providing event sponsorship and grants on a yearly basis for those who need funding for research. The prize monies for best presentations for both GUT and Endoscopy Workshop have been increased to encourage more submissions and participation.

2022 is coming to an end and 2023 presents a new horizon and challenges post pandemic. It is also the year of election of office bearers for the term 2023-2025. Hopefully, the incoming Executive Committee will be able to carry out all the development from previous years. Thank you.

GUT 2022

by Dr Nik Razima Wan Ibrahim

This year's Annual Scientific Meeting of the Malaysian Society of Gastroenterology and Hepatology (MSGH) better known as 'GUT' was held at the Kuala Lumpur Convention Centre on 19th to 21st August 2022. As the beginning of 'post-pandemic' era, it was held fully physical to enable interaction and bonding of fellowship and camaraderie which would not have been possible with a virtual event. The theme this year's meet was 'New Beginning, New Science'. GUT 2022 managed to attract more than 500 local delegates. Twenty-eight biomedical companies also supported in making the event a huge success.

Throughout the three-day event, three special/named lectures, seven symposium sessions and five satellite lunch/tea symposia were held to cater for an array of topics related to gastroenterology and hepatology. The faculty consisted of 24 international distinguished

speakers and 10 local speakers who delivered excellent lectures. One of the highlights was a joint WGO-MSGH Symposium which was held virtually with Professor Dr Geoffrey Metz from Australia, Professor Dr Andrew Veitch from the United Kingdom, Professor Dr Desmond Leddin from Canada and Professor Dr Bishr Omary from the United States discussing on how the global gastroenterology community could meet the challenge of Climate Change. The 22nd MSGH Oration lecture was delivered by Professor Govind K Makharia from India who expounded on Coeliac Disease - Its Opportunities and Challenges. The 19th Panir Chelvam Memorial Lecture was given by Professor Dr Justin Wu from Hong Kong on Functional GI Disorders in Asia. There were also sessions on awarding young investigators who presented the best oral and poster presentations. All in all, it was a fruitful meeting and certainly benefited all who attended.

PROGRAMME SUMMARY

| Time | Date | 19 th August 2022 (Friday) | 20 th August 2022 (Saturday) | 21 st August 2022 (Sunday) |
|-------------|------|---|--|--|
| 0830 - 0900 | | SYMPOSIUM 1 The MSGH Consensus Statements on MAFLD | SYMPOSIUM 3 Inflammatory Bowel Disease | SYMPOSIUM 6 New Science Series 2: Joint WGO-MSGH Symposium - Green GI Practices and Planetary Health |
| 0900 - 0930 | | | | |
| 0930 - 1000 | | | | |
| 1000 - 1030 | | LECTURE 1 22 nd MSGH Oration | LECTURE 2 19 th Panir Chelvam Memorial Lecture | LECTURE 3 |
| 1030 - 1100 | | Break | | |
| 1100 - 1130 | | Young Investigator Award 1 Best Oral Paper Presentations | SYMPOSIUM 4 Chronic Hepatitis B: New Treatment Paradigm | Tea Satellite Symposium 3 |
| 1130 - 1200 | | | | SYMPOSIUM 7 Grand Round Series 2: Overlap Functional GI Disorders |
| 1200 - 1230 | | | | |
| 1230 - 1300 | | Lunch Satellite Symposium 1 | Lunch Satellite Symposium 2 | CLOSING CEREMONY |
| 1300 - 1330 | | | | |
| 1330 - 1400 | | Break / Friday Prayers | Young Investigator Award 2 & Best E-Poster Award Presentations Graduation Ceremony | |
| 1400 - 1430 | | | | |
| 1430 - 1500 | | SYMPOSIUM 2 New Science Series 1: Latest Science in Gut Microbiota | SYMPOSIUM 5 Grand Round Series 1 (Joint Session with PRO-EURO DILI Network): Drug Induced Liver Injury | |
| 1500 - 1530 | | | | |
| 1530 - 1600 | | | | |
| 1600 - 1630 | | Break | | |
| 1630 - 1700 | | Tea Satellite Symposium 1 | Tea Satellite Symposium 2 | |
| 1700 - 1800 | | | | |
| 1900 - 1930 | | OPENING CEREMONY Opening of Exhibition & Launching of MSGH Website | MSGH Annual General Meeting | |
| 1930 - 2200 | | APPRECIATION DINNER FOR GUT 2022 & APDW 2021 (By Invitation Only) | | |

PICTURES FROM GUT 2022



KLCC Event Space



Main Lecture Hall



GUT Satellite Hall



Professor Govind K Makharia (left) with Professor Dr Lee Yeong Yeh and Professor Ida Normiha Hilmi



Professor Dr Justin Wu from Hong Kong with Professor Dr Lee Yeong Yeh - during the 19th Panir Chelvam Memorial Lecture



Professor Dr Gilaad G Kaplan giving a talk on The Stages of Global Evolution of Inflammatory Bowel Disease



Joint WGO-MSGH Symposium - Green GI Practices and Planetary Health



Some of the Gastroenterology Luminaries at the conference



Associate Professor Dr Ooi Choon Jin delivering a lecture



Our own prominent Professor Emeritus Dato' Dr Goh Khean Lee with Professor Dr Peter James Kahrilas (United States)



Graduation Ceremony for Fellowship (Subspecialty) Training in Gastroenterology and Hepatology - Class of 2019, 2020 and 2021



Registration



The orchestra at the Appreciation Dinner



Photo souvenir



Opening Ceremony at the booth area



Opening Ceremony



Souvenir Photo 1



Souvenir Photo 2



Souvenir Photo 5



Souvenir Photo 3, Group photo with Dato' Dr Muhammad Radzi



Souvenir Photo 4

AWARDS PRESENTATION

| Best Poster Presentation Award | | | |
|--------------------------------|-----------------------------------|---------------------------|---|
| 1 | Dr Tan Soek Siam | Hospital Selayang | The Efficacy and Safety of Ravidasvir Plus Sofosbuvir in Adults with Chronic Hepatitis C (HCV) without Cirrhosis or with Compensated Cirrhosis: Final Results of Storm-C 1, A Phase 2/3 Trial in Malay. |
| 2 | Dr Nik Arsyad Nik Muhamad Affendi | Universiti Malaya | Efficacy and Safety of Per-oral Endoscopic Myotomy for the treatment of Achalasia Cardia in Malaysia: A single centre study |
| 3 | Nur Fazimah Sahran | Universiti Sains Malaysia | Efficacy of Four weeks Traditional Asian Dietary Program on Gastrointestinal Symptoms, Stool Consistency and Stool Output per Week in Healthy Volunteers |



Professor Dr Lee Yeong Yeh with Dr Tan Soek Siam



Professor Dr Lee Yeong Yeh with Dr Nik Arsyad Nik Muhamad Affendi



Professor Dr Lee Yeong Yeh with Nur Fazimah Sahran

| Best Oral Presentation Award | | | |
|------------------------------|----------------------------|---------------------------------|--|
| 1 | Dr Vincent Tee | Universiti Sains Malaysia | Development and Validation of Culturally Specific Guided Imagery and Progressive Muscle Relaxation Audio Scripts for Functional Bloating |
| 2 | Dr Nur Izreena Ismail | Hospital Canselor Tuanku Muhriz | The Effect of Lactobacillus Reuteri Probiotic as an Adjunct Treatment for Helicobacter Pylori Infection in Adults |
| 3 | Dr Shahreedhan bt Shahrani | Universiti Malaya | NUDT15 mutations strongly predict thiopurine-induced leukopenia across different Asian ethnicities: Implications for screening in a diverse population |



Dr Haniza Omar with Dr Vincent Tee



Dr Haniza Omar with Dr Nur Izreena Ismail



Dr Haniza Omar with Dr Shahreedhan bt Shahrani

Lifetime Achievement Award

The Executive Committee of the Malaysian Society of Gastroenterology & Hepatology extends its heartiest congratulations to Professor Emeritus Dato' Dr Goh Khean Lee for being conferred the Lifetime Achievement Award of the College of Physicians Malaysia on 3rd December 2022.

LIFETIME ACHIEVEMENT AWARD **Professor Emeritus Dato' Dr Khean-Lee Goh** *by Professor Dr Lee Yeong Yeh*



What is lifetime achievement? For many of us who have known Professor Emeritus Dato' Dr Goh Khean Lee (fondly known as 'KL'), it is easy to understand the meaning and significance of lifetime achievement. Scholarship. Contributions. Leadership. Principles. Mentoring. These are just few key words. Many have greatly benefitted from his mentoring, his constant support, and his endless energy, including myself. My most sincere thanks and utmost congratulations to KL for the award.

Born 15th July 1956 in Penang, he came from a typical middle-class family. Being extremely bright, KL was admitted into the medical school of University of Malaya in 1975. Four years after graduation, he joined the Faculty of Medicine, University of Malaya as lecturer, and quickly rose in ranks, becoming the Professor of Medicine in 1998. He went on to develop a world-class gastrointestinal endoscopy unit at University Malaya Medical Centre (UMMC). His expertise is widely recognised and is globally known. He has organised numerous top-class meetings, including the highly successful Asia Pacific Digestive Week (APDW) at Kuala Lumpur in 2010, where he served as President.

Professor Emeritus Dato' Dr Goh Khean Lee has a stellar scientific contribution and a vast research experience. He has published widely and consistently, listed in the recent Stanford top 2% world expert in the field, and earned him the prestigious Merdeka Award in 2011. For his many societal contributions, MSGH had awarded him the lifetime achievement award in 2016. He has retired from service since 2016 and later conferred the Professor Emeritus by University of Malaya. Family is his greatest source of strength; his supportive spouse and closest friend, Su Lin, a consultant ophthalmologist, two daughters Li Yen and Li Syuen and son, Li Han.

Let us celebrate together his outstanding academic achievement, exemplary leadership and continuous pursuit of excellence.