



APSS NEWS

News From Your Regional Spine Society

Issue 5 / Dec 2017
www.apssonline.org

President's Message



Year 2017 was a dynamic year for APSS with eight activities successfully held. In this issue, you will find the highlights of activities concluded in the second half of the 2017 including the APSS Cambodia Outreach Programme, 11th Combined Congress of the APSS and APPOS, fellowship programmes and APSS Colombo Operative Course.

The APSS has fruitfully concluded its 11th Combined Congress of the APSS and APPOS held from September 22-24, 2017 in Goa, India. The APSS invited Dr Myung-Sang Moon, a former chairman of APSS, as the Orator, and he delivered an

oration on "My Life as a Spine Surgeon" during the Congress. Do look out for the summary of his inspirational oration in this issue.

As a pioneer of fellowship programmes in the region, the APSS has been offering unique learning and interactive opportunities to many members to be attached to different spine centres of excellence in the Asia Pacific and Europe regions. In the upcoming year, APSS will introduce a new fellowship programme in collaboration with Ganga Hospital and this programme will be offering two fellowship awards. The 2018 APSS-Ganga Hospital Fellowship programme is calling for applications until January 15, 2018. We will also continue with the mid-term APSS Medtronic Fellowship. APSS is striving to offer more fellowship awards by approaching more partners to contribute to the fellowship programme. With more fellowship opportunities available than before, I greatly encourage young spine surgeons who are adaptable to different cultures from developed and developing nations to submit their applications.

The year 2018 will be exciting for APSS as we will be participating in the APOA Congress to be held from April 10-14, 2018 in Antalya, Turkey and most excitingly, we look forward to bringing you the inaugural APSS Annual Meeting from June 7-10, 2018 in Taiwan. The meeting in Taiwan includes a cadaver course and multiple high quality scientific sessions. Discounted fees for early bird registration for APSS members are currently being offered until a limited time. Please mark your calendar and come celebrate this milestone with us!

On behalf of the APSS, I would like to express my deepest gratitude to Dr Kuniyoshi Abumi, the Immediate Past President of APSS, for his outstanding leadership, commitment and contributions in building a strong and active organisation in the region. Today, APSS is an established spine society in Asia Pacific region with over 430 members and its membership is increasing rapidly.

As the new President of APSS (2017/2019), I would like to warmly welcome all of you, young and experienced spine surgeons, to join us in working together for the development of spine surgery in the Asia Pacific region. APSS and team would like to thank you for supporting our mission, and we wish you the very best for the New Year.

Yours sincerely,

DATO' DR K S SIVANANTHAN



Members-Only Privileges:

- ◆ Discounted rate for APOA & APSS events
- ◆ Opportunities to be part of APSS fellowship
- ◆ Chances to observe live surgeries
- ◆ Bi-annual Newsletter
- ◆ Email Updates from Asian Spine Journal

APSS Membership Fee

US\$50 Annually	US\$500 Lifetime
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APSS Cambodia Outreach Programme 6 – 7 July 2017



(Above) Group photo of the APSS volunteering team of spine surgeons with the Cambodian Society of Orthopaedic and Traumatology (SOCOT)

The first outreach programme was kickstarted and organised at the Khmer-Soviet Friendship Hospital, Phnom Penh for two days in July with a volunteering team of senior spine surgeons from APSS. For this programme, the APSS collaborated with the Cambodian Society of Orthopaedic and Traumatology (SOCOT), which was led by Dr Lim Taing, the President of SOCOT, to provide the local surgeons with early training and education to treat patients with spinal problems. The programme involved the SOCOT committee members as well as residents and surgeons of the hospital. The 138 participants were able to share their experience with the faculty and hold an interactive discussion and learn from the faculty from different countries.

The APSS faculty consisting of Dr Kuniyoshi Abumi, Dato' Dr K S Sivananthan, Dr Hee Kit Wong, Dr Jae-Yoon Chung, and Dr M Arif Khan from Japan, Malaysia, Singapore, Korea and Pakistan respectively worked alongside with SOCOT and local doctors to perform spine surgeries using basic procedures. Two live surgeries were conducted and shown during the programme including cervical spine fracture and lumbar spine cases. The faculty also shared their knowledge and experience with the local doctors through lectures.

With the aim to better equip the local doctors with the essential knowledge and skills for the benefit of their communities facing spinal problems, APSS is eager to explore collaborating with other lesser developed nations in the region that face the lack of expertise in the spinal surgery and healthcare to develop the spine education in the region.



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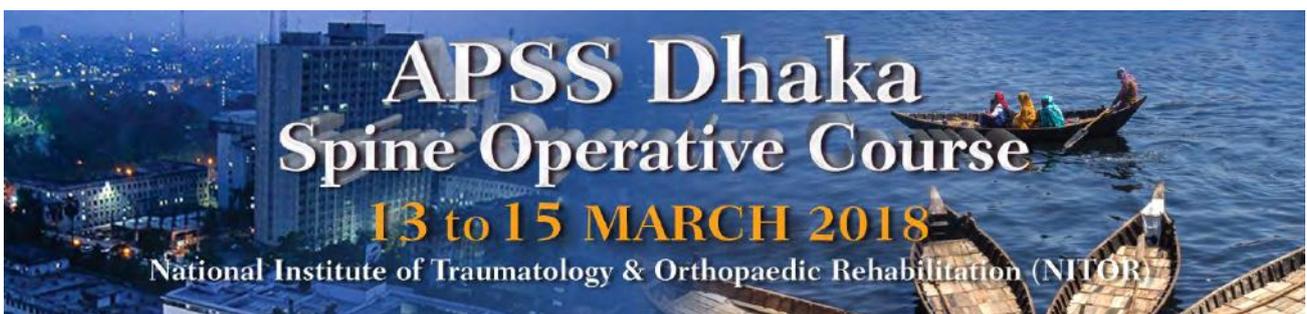
- (1) Dr Kuniyoshi Abumi responding to questions from participants.
- (2) Dr K S Sivananthan delivering his lecture on cervical fracture.
- (3) Dr Jae-Yoon Chung presenting a lecture on lumbar spinal stenosis.
- (4) Dr Hee Kit Wong listening to a question posed by the local doctor.
- (5) Participants listening to the lectures attentively.



(5)



(4)





2018-2019 Diary of Events

Activity	Date	Venue
APSS Medtronic Fellowship 2017	Nov 2017 - Dec 2018	Keio University, Japan National University Health System (NUHS), Singapore Seoul St. Mary's Hospital, The Catholic University of Korea, South Korea The University of Hong Kong, Hong Kong
APSS-Ganga Hospital Fellowship	Mar - Apr 2018	Ganga Hospital, Coimbatore, India
APSS Dhaka Operative Course	13 Mar - 15 Mar 2018	National Institute of Traumatology & Orthopaedic Rehabilitation (NITOR), Dhaka, Bangladesh
20 th APOA Congress	10 Apr - 14 Apr 2018	Sueno Belek Congress and Meeting Centre, Antalya, Turkey
Global Spine Congress	2 May - 5 May 2018	Suntec Singapore International Convention and Exhibition Centre, Singapore
APSS DePuy Synthes Clinical & Travelling Fellowship 2018	17 May - 6 June 2018	Spine Centres of Excellence in Asia Pacific
APSS 2018 Annual Meeting	7 Jun - 10 Jun 2018	NTUH International Convention Centre, Taipei City, Taiwan
11 th Spine Deformity Solutions: A Hands-On Course from SRS and APSS	7 Sep - 9 Sep 2018	Hong Kong, China
APSS SICOT Spine Fellowship 2018	Sep - Oct 2018	SICOT Spine Centres of Excellence in Europe
12 th APSS-APPOS Biennial Combined Congress	4 Apr - 6 Apr 2019	Songdo Convensia, Incheon, Korea
APSS Xi'an Operative Course	20 Sep - 22 Sep 2019	Xi'Jing Hospital, FMMU, Xi'an, China

APSS-GANGA HOSPITAL FELLOWSHIP 2018

CALL FOR APPLICANTS: OPEN NOW

Application Deadline: 15 January 2018

New!

APSS DePuy Synthes Clinical and Travelling Fellowship 2017

These fellowships are organised on a yearly basis with the support from DePuy Synthes since 2004. Both fellowship programmes were held successfully between 31 August and 24 September 2017. One of the pre-requisites for the application is that the applicant must be a member of APOA and APSS and practising in spine surgery. Economy air travel, hotel accommodation and allowance were provided to these successful candidates.

Nine successful applicants and two SICOT fellows were selected for the fellowship. Each clinical fellow was attached to his respective host and institution for a duration of three weeks. Meanwhile, the travelling fellows were divided into two groups of four each and they visited three spine centres of excellence in the Asia Pacific region. The fellowship ended at the 11th Combined Meeting of Asia Pacific Spine Society & Asia Pacific Paediatric Orthopaedic Society at Grand Hyatt, Goa in India where the fellows shared their experiences in a dedicated slot during the scientific meeting. Two APSS members which were selected as the exchange fellows of APSS-SICOT, Dr Hideki Shigematsu from Japan and Dr Hwee Weng Dennis Hey from Singapore, will share their fellowship experiences at their respective spine centres of SICOT in Aarhus, Denmark and Berlin, Germany in the next issue.

The fellows benefited tremendously from these programmes and the scientific meeting. Some of the positive feedbacks received from the fellows including “Excellent spine centre chosen for fellow”, “The best centre of fellowship in terms of surgical experience and hospitality” and “A balance of learning and fun. Truly an amazing experience!”.

APSS is thankful for the hosts who offered their centres of excellence for spine surgery for the 2017 clinical and travelling fellowships! These programmes would not be possible without the contributions made by DePuy Synthes and APSS Education Committee.

APSS DePuy Synthes Clinical Fellowship 2017

Three fellows from India, Japan and Taiwan were awarded the fellowship to be attached to a spine centre of excellence for three weeks before they flew and met in Goa, India.

CLINICAL FELLOWSHIP	
Host	Fellow
DR MUN KEONG KWAN University Malaya Medical Centre, Kuala Lumpur MALAYSIA	Dr Akira Iwata (JAPAN)
DR KUNIYOSHI ABUMI Sapporo Orthopaedic Hospital - Center for Spinal Disorders JAPAN	Dr Ting-Chun Huang (TAIWAN)
DR GUIXING QIU Peking Union Medical College Hospital (PUMCH) CHINA	Dr Ankit Patel (INDIA)

FELLOW 1

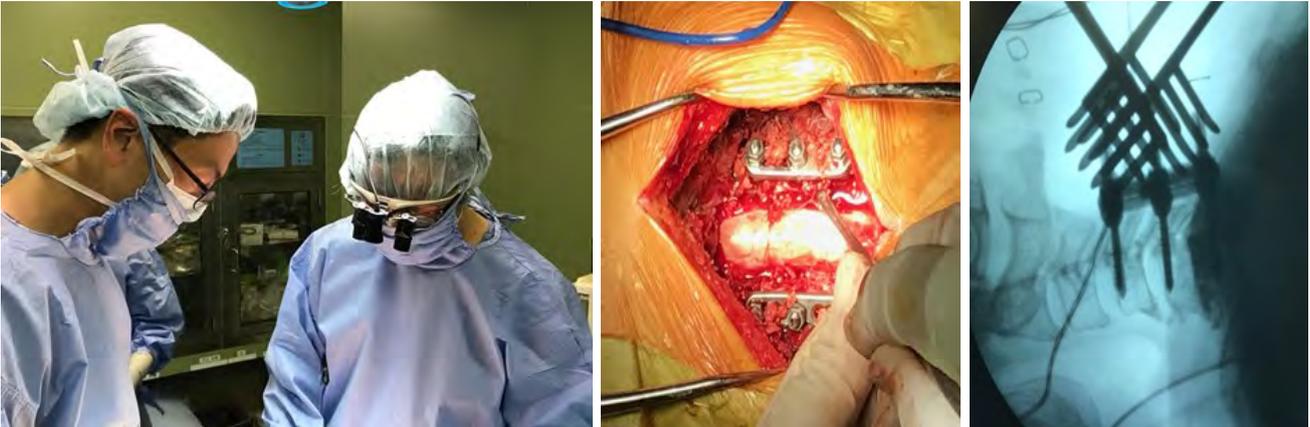
Dr Akira Iwata, who recently started to handle scoliosis and spinal tumour cases, had the opportunity to learn how to correct severe scoliosis cases and how to handle patients of spinal metastases with paraplegia from Dr Mun Keong Kwan and his spine team. He had learned splendid concepts and techniques for the correction of scoliosis such as the concept of “letting the spine go”. He was involved in the ward round, teaching activities, and outpatient clinic during his fellowship.



Dr Akira Iwata with the Dr Mun Keong Kwan and his team in the OT (left). The fellow receiving a token from the Spine team on the last day of his fellowship (right).

FELLOW 2

Dr Ting-Chun Huang spent three weeks in Hokkaido and joined the operations conducted by Dr Kuniyoshi Abumi and spine surgeons from Hokkaido University Hospital and its affiliated hospitals, one of most famous and talented spine teams around the world especially in cervical spine field. He also participated in the morning meetings that are of very in-depth academic discussion. He did not only increase his surgical knowledge and learn advanced surgical techniques, but also gain friendship with fellows from other countries and surgeons in Japan from the fellowship.



Dr Kuniyoshi Abumi (right) demonstrated cervical pedicle screw insertion technique with ease under lateral fluoroscopic guidance while Dr Ting-Chung Huang observed next to him.

FELLOW 3

Dr Ankit Patel found that the fellowship at PUMCH provided him an intense learning session, exposing him to different practices of spine surgery. He observed a wide range of cases including neglected AIS, degenerative scoliosis claudication with LBP, congenital scoliosis, lumbar kyphosis, lumbar canal stenosis, and neurofibromatosis. Other than observation and participation in the OT, the fellow was invited to join the grand rounds and post-operative case discussion as well as given the chance to present his research at the centre.



Dr Ankit Patel with his host, Dr Guixing Qiu (left). The fellow assisted the Spine team of PUMCH in one of the cases and had the opportunity to present his research at the centre.

APSS DePuy Synthes Travelling Fellowship 2017

The Group 1 and Group 2 of the Travelling Fellows visited the following spine centres of excellence where they spent one week with each host and his respective team.

TRAVELLING FELLOWSHIP			
31 Aug to 6 Sep 2017	7 to 13 Sep 2017	14 to 20 Sep 2017	Fellow
Host 1	Host 2	Host 3	
DR MORIO MATSUMOTO Keio University JAPAN	DR ZHUOJING LUO Xijing Orthopaedic Hospital, The Fourth Military Medical University CHINA	DR YAT WA WONG The University of Hong Kong, Queen Mary Hospital HONG KONG	Dr Rajat Mahajan (INDIA) Dr Muhammad Zahid Khan (PAKISTAN) Dr Jesse Jerus Alem Gabrieli Joson (PHILIPPINES) Dr Ralph Schernberger (SICOT FELLOW - GERMANY)
DR GABRIEL LIU National University Hospital of Singapore (NUHS) SINGAPORE	DR KEE-YONG HA The Catholic University of Korea, Seoul St. Mary's Hospital KOREA	DR S RAJASEKARAN Ganga Hospital, Coimbatore INDIA	Dr Kai Cao (CHINA) Dr Bishnu Babu Thapa (NEPAL) Dr Sharif Ahmed Jonayed (BANGLADESH) Dr Simon Toftgaard Skov (SICOT FELLOW - DENMARK)

APSS DePuy Synthes Clinical and Travelling Fellowship 2017 (cont.)

Group 1

At Keio University, Japan

APSS fellows participated in the spine conference that focused on deformity of the spine, especially AIS. Besides, they also observed and participated in several AIS, OLIF, MIS TLIF, and Laminoplasty cases. Dr Morio Matsumoto delivered a lecture on the development of laminoplasty techniques, which was followed by a fruitful discussion with the fellows. The fellows were also invited to present their talks. The host and his team shared with our fellows the ongoing research on spine and spinal cord conducted by the centre.



Group 1 Travelling Fellows observing an AIS case performed by the Dr Morio Matsumoto and his team in Japan.

At Xijing Orthopaedic Hospital, The Fourth Military Medical University, Xi'an, China

A brief tour around the Orthopaedic Department, OR, basic research lab, and around the hospital was held during the fellowship. At this centre, they had the chance to observe several surgeries every day including cervical laminoplasty and minimal invasive TLIF, ACDF and open TLIF. For some cases including a scoliosis case, they were allowed to scrub in. Our fellows shared that the host centre had developed 3D model of scoliosis which helped them in putting pedicle screws and to understand the anatomy well. The fellows were also brought by Dr Zhuojing Luo to observe the outpatient clinic and follow the ward rounds with the rest of the spine team. They were also invited to participate in the case discussions and present their research work.



The fellows observing Dr Yat Wa Wong (right) during a surgery for drop neck syndrome.

At The University of Hong Kong, Queen Mary Hospital, Hong Kong

The fellows were brought along for the Grand Rounds with Dr Kenneth Cheung, Dr Yat Wa Wong and the whole management team of Spine cases including physiotherapists, occupational therapists, orthotics / prosthetics technician and nursing staff. It was a very thorough academic discussion with emphasis on evidence-based management. The fellows had the first-time experience of observing a case of MAGEC Rod insertion. Dr Kenneth Cheung explained every step about this procedure and the device, which are quite effective in producing excellent results. They also observed cases such as VEPTER removal, drop neck syndrome, and dorsal spine scoliosis done by Dr Yat Wa Wong and Dr Keith Luk. At the outpatient clinic, the fellows had academic and clinical discussions with the hosts about the cases presented.



Dr Kenneth Cheung (middle) invited the Travelling Fellows to observe a case of MAGEC Rod insertion.



The fellows with Dr Zhuojing Luo (fourth from the left) and the rest of the spine team including the nursing staff before the clinical rounds.



APSS fellows invited to a special dinner at Dr Matsumoto's residence.

Group 2



The Travelling Fellows together with NUH Singapore Spine doctors.



The fellows observing a surgery led by Dr Kee-Yong Ha.

At National University Hospital of Singapore, Singapore

Dr Gabriel Liu introduced the Spine Division of NUH and its recent spine research, achievements and future perspective. In the OT, they observed cases such as MIS, bilateral PLIF, TLIF, bilateral decompression and facets fusion followed by case discussions on sagittal balance and fusion and the use of and latest evidence of BMP, TLIF procedure, indications, and other surgical management of lumbar lordosis. At the outpatient clinic, they observed and discussed about the cases presented, which was then followed by sharing of the hosts' experiences on treating a wide spectrum of spine problems ranging from TB, primary spine tumour, degenerative cervical and lumbar spine, deformity, osteoporotic fractures. Our fellows also discussed with the hosts on low radiation EOS 3D imaging and robotic assisted procedures. Each fellow was invited to deliver a lecture on prevention of chronic neck and lower back pain at ENCORE 2017 NUH Spine Public Forum on Spine Condition and Treatment: What You Need to Know.

At The Catholic University of Korea, Seoul St. Mary's Hospital, Korea

During the fellowship, cases such as degenerative lumbar and scoliosis, posterior decompression, spinal stenosis, neuroforaminal stenosis and rare Gorham's/Gorham-Stout disease were presented and shared with the fellows. They observed surgical procedures such as instrumented and posterolateral fusion surgery, corpectomy and anterior reconstruction through lateral approach done by the host, Dr Kee-Yong Ha and his team. Besides joining the outpatient clinic, the host discussed with the fellows a number of other lumbar degeneration, decreased lumbar lordosis cases.

At Ganga Hospital, Coimbatore, India

The host, Dr S Rajasekaran invited the fellows to observe various surgical cases such as congenital thoracolumbar kyphoscoliosis, which requires deformity correction and instrumented stabilisation by using navigation system. The host and his team also showcased many other complex cases such as T1 Haemangioma, L4 hemivertebra with diastematomyelia, and L1 diastematomyelia with thoracolumbar scoliosis besides adolescent idiopathic scoliosis, ossified odontoid, and ossified ligamentum flavum when the fellows were at their centre. As part of discussion, the management and steps of operation of C1/C2 fixation and instrumented fusion were explained by Dr S Rajasekaran, and the fellows also attended his talk on disc infection by low virulent organism.



The Travelling Fellows with Dr Kee-Yong Ha (middle).



Dr S Rajasekaran (fourth from the left) with APSS Travelling Fellows and AO Spine fellow outside of the OT of Ganga Hospital.

11th Biennial Combined Congress of Asia Pacific Spine Society (APSS) & The Asia Pacific Paediatric Orthopaedic Society (APPOS) in Goa, India



The line of honourable guests from the Congress' participating organisations, APOA, APSS, APPOS, IFPOS, ISASS with Honourable Health Minister of Goa, Shri Vishwajit Pratapsingh Rane (fourth from the right) at the Inauguration.

The 11th Biennial Combined Congress of APSS & APPOS held from September 22 -24, 2017 at Grand Hyatt, Goa was one of the largest Spine and Paediatric Orthopaedic meetings in Asia Pacific with additional participating organisations. The Combined Congress was held parallel with the 8th Biennial Meeting of the International Federation of Paediatric Orthopaedics Societies (IFPOS) and Pre-meeting Course of International Society for the Advancement of Spine Surgery (ISASS). Aptly themed as "Meeting of Global Spine and Paediatric Orthopaedic Surgeons, Researchers and Trainees", the conference topics focused on relevant, recent and advanced techniques in treating spinal and paediatric orthopaedic disorders.

Highly interactive format with keynote lectures, Meet-the-Masters sessions, theme-based symposia and debates, combined sessions, case study discussions and dedicated scientific sessions with high-quality podium lectures from international and national faculty were the key attributes of the triumphant event. The 11th Combined Congress of APSS-APPOS were attended by 256 spine surgeons which contributed 59% of the Congress' total attendance of 432 spine, paediatric and orthopaedic surgeons, researchers and industry partners from the region and other parts of the world.

The two and a half-day scientific programmes provided a unique avenue for young specialists, and aspiring leaders in the field of spine and paediatric orthopaedic surgery to interact with the orthopaedic connoisseurs. There were 112 international and national faculty from 15 countries presenting about 27 topics from spinal deformity and infection in spine surgery to 3-D printing and EOS imaging in spine surgery as future direction in spine management. One of the APSS programme highlight was the Congress Oration delivered by Dr Myung-Sang Moon, one of the founding members and Past President (1990-1993) of APSS. His inspirational speech is summarised in page 10 and 11.

In conclusion, the APSS wishes to congratulate and extend its heartfelt gratitude and deepest appreciation to the Congress Chairmen, Professor Arvind Jayaswal and Dr. Ashok Johari, as well as their organising teams for making the Congress a notable event.

We look forward to welcoming you to the 12th Combined Congress of APSS and APPOS that will be held in Incheon, Korea from April 4-6, 2019.



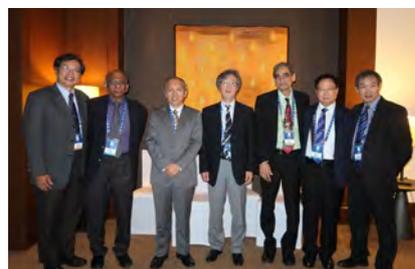
Dr Arvind Jayaswal, the APSS Organising Chairman delivering his opening speech.



Dr Ashok Johari, the APPOS-IFPOS Organising Chairman warmly welcoming the guests to the Congress.



The APSS represented by the President, Dr Kuniyoshi Abumi, and President-Elect, Dr K S Sivanathan, honouring Dr Myung-Sang Moon for his inspirational oration.



APSS-APPOS Meeting amongst respective Executive Committee members.



Delegates fascinated by the research results shared by the faculty at the Congress.



The Presidential Ceremony for the change of office was held by both the APSS and APPOS at the end of the Congress Banquet. The outgoing APSS President, Dr Kuniyoshi Abumi handing over the office to Dato' Dr K S Sivananthan. It was followed by the incumbent President presenting a medal of honour to the Immediate Past President.



The Congress Banquet was held in the Grand Ballroom of Grand Hyatt Goa on the 23 September in a colourful and cheerful ambience in accordance to the Goa City's theme. All attending participants were dressed in Goan floral shirts and sun hats to embrace the soothing tropical theme. The evening commenced with musical performance by internationally renowned Flamenco percussionist – Bondo Fernandes.



APSS Central Sponsors namely, Medtronic (represented by Mr Rajesh Patil), Johnson & Johnson DePuy Synthes (represented by Mr Dennis Grabau), and NuVasive (represented by Mr Rob Martin) were also specially mentioned and presented with token of appreciation for their unwavering support to APSS educational activities.

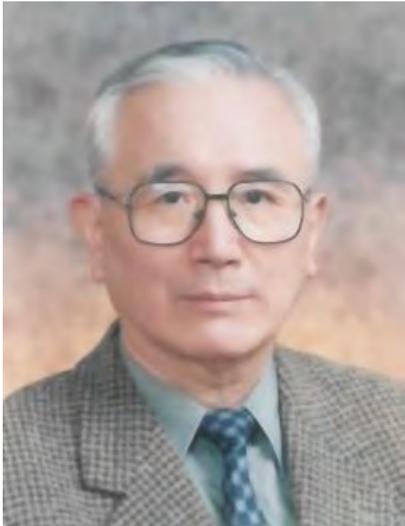


APSS-ASJ Best Paper Awards Presentation. Winners were announced and invited on stage to receive their cash prize of US\$1,000 and certificates presented by Dr Chong-Suh Lee, Editor-in-Chief of Asian Spine Journal (ASJ); Dr Kuniyoshi Abumi, President of APSS; and Dr Arvind Jayaswal, APSS 2017 Organising Chairman. Winners of APSS-ASJ Best Basic Science Award and Best Clinical Research Award: Dr Jong-Beom Park (left) and Dr Jason Pui Yin Cheung (right).



Fellowship certificates were presented to the Clinical and Travelling Fellows for completing the APSS DePuy Synthes Spine Clinical and Travelling Fellowship programmes.

My Life as a Spine Surgeon



Myung-Sang Moon, M. D. Ph. D., FACS

As a founding and senior member of APSS, Dr Myung-Sang Moon from Korea was honoured as the Orator of APSS at the 11th Combined Meeting of Asia Pacific Spine Society and Asia Pacific Paediatric Orthopaedic Society (APSS-APPOS) at Grand Hyatt, Goa, India. He delivered a philosophical address on “My Life as a Spine Surgeon”. The following is the summary of the excerpts from his speech:

His View of Life:

Dr Moon described that modern medicine advances have helped to increase longevity by improving the management of health; however, the advancement is not necessarily holistic because it does not address the psychosomatic diseases which can only be cured by human touch. He also noted that improved health does not fundamentally equate to happiness.

In his address, he acknowledged the remarkable advances in the concepts, techniques and materials contributed by APSS members in last three decades and credited the following members in eight large fields of contribution:

Spinal tuberculosis:

Hong Kong:

Prof. Hodgson and his group

India:

Prof. T. K. Shanmugansundaram, M. Tuli, S. Rajasekaran, A. Jain, A. Raja, A. Jayaswal

Korea: Prof. J. B. Chu, Dr. B. H. Ahn, Prof. M. S. Moon

All the listed persons are the pioneers in anti-tuberculosis campaign. However, tuberculosis is still a major challenging clinical issue.

OPLL (Japan): Laminoplasty: Prof. Hirabayashi, Kurokawa

En-bloc spondylectomy for tumour: Prof. K. Tomita and his group

Spinal column shortening for tethered cord syndrome (Japan)
Idiopathic scoliosis:

- Treatment: Thoracic pedicle screw: Prof. SI Suk et al
- Diagnosis: Remaining growth prediction: Prof. K. Luk and his group
- Curve flexibility test: Prof. K. Luk and his group

In this current fast-paced and competitive world, gone were the days when people are contented with less. Physicians' lives are as busy and competitive as other professionals' lives. One does not get much time to think and peace of mind becomes impossible, which cause stressful life. He emphasised that unless one has learnt to achieve contentment, stress would lead to depression. In order to achieve life contentment, life has to be lived with a purpose. Aptly quoted, life without purpose has no meaning,

The important value of gratefulness in life and contributing back to the society were emphasised in his oration. He advocated that one should always remember and be grateful to the teachers who helped mould one's life in proper direction to achieve excellence in profession, as it gives a feeling of accomplishment when one reminisces on a rocking arm chair as a senior veteran. The kindness received should be passed on by spending part of the time to reimburse the welfare of the society. He advised the physicians in the prime or twilight of their practice to check in many times each day to ensure that they are placing patients above self and as physicians, to utilise unselfish, reasonable, and objectively valid resources and approaches necessary to help patients, besides to disapprove the abuse in the medical resources for financial gain. He further quoted Warren Buffer, “one must learn to give to the society”, and added that, society is not interested in the wealth of a person but how useful he was to the society.

Growing old is imminent, and Dr Moon embraced that forgetfulness is a natural sequence in growing old. He defined “re-tire” as replacement of a tire, which means the start of a new life – the second half of life. Dr Moon encouraged one to indulge in creative activity of one's passion that gives tremendous satisfaction to mind without expectation of reward to maintain a productive life and not to settle into idle retirement life as it is a social burden. He also recommended that retiree should let go of the previous prestigious entitlement to adapt as he aptly quoted that, happiness lies in “disowning” not owning.

His Life as A Spine Surgeon

Dr Moon regarded spine surgery as a frontier in orthopaedic and neurological surgery as well as neurology and rehabilitation medicine. He started in the orthopaedics in the 1960s with interest in spinal infection and spinal stability related with low back pain. Most of the orthopaedic diseases then were of bone infections, post-polio deformity, simple fractures, and some paediatric cases (DDH, LCPS, club feet). Spinal diseases in the elderly were not the issue. Until early half of 1970, spine surgeons mostly dealt with the spinal tuberculosis and

Computer-navigated spine surgery:

Prof. S Rajasekaran

Elderly spine:

- DLK classification (I-IV) by Prof. Y. Takemitsu (Japan)
- DLK Treatment: Prof. C. S. Lee (Korea)
- DLS treatment by Prof. K. J. Cho (Korea)

Total allo-disc replacement:

Prof. Ruan, Luk: 1997, 2003 (animal), 2007 (human)

lumbar disc herniation. Most of the spine fractures were treated conservatively. In the early half of 1960, adolescent idiopathic scoliosis patients were subjected to cast correction and posterior fusion. At that time, anterior radical surgery for spinal tuberculosis was thought to be the only curative method due to Hong Kong influence, though British MRC was assessing the effectiveness of ambulatory chemotherapy.

True to the nature of his curiosity, Dr Moon attempted several techniques in addressing spinal issues. Between 1967 and 1968, he attempted the un-instrumented anterior interbody fusion in managing the fractured spine and studied the effect of mechanical forces on vertebral growth and pulmonary functions in patients with tuberculosis. In the following two decades, he attempted the interspinous wiring (IW) and fusion, interspinous wiring (IW) and interspinous wiring cementation, Harrington instrumentation, Luque's segmental fixation, and Harrington-Luque's segmental instrumentation. In 1987, Dr Moon proposed a classification of lumbar instability. Two years later, he attempted pedicle screw and rod fixation technique and found that posterior pedicle screw and rod fixation could correct the pre-existing kyphosis maximally and deter the anterior corporal growth with no crankshaft effect complicated. In 1991, he successfully classified DLS and suggested its treatment. The following year, Dr Moon started a study on *Tubercle Bacilli: Its anatomy, behaviour, and drug response. Why is the longer multi-drug treatment essentially needed?*. The study is still on-going today. In 1997, he introduced the vertebral bone biopsy utilising the vertebroplasty needle (J. Spinal Surg. 2002) and suggested the routine biopsy before cementation to confirm the disease entity of the collapsed vertebral body. He has been looking for the cause of high intercorporeal fusion at the time of cure of tuberculosis in adults, and lower rate of intercorporeal fusion in children.



Dr Moon's advice to physicians, especially spine surgeons



He quoted William Osler saying, medicine is an "art", not a trade, calling not a business. He pointed out "the four major features medical profession" which are, (1) its noble ancestry dated back to the Hippocrates school, (2) its professional solidarity, (3) its progressive character, and (4) its singular beneficence. He added three additional features of medical profession which need to be defined: (5) the necessary primary training which is intellectual - knowledge, not skill, (6) the work which is pursued primarily for others and not merely for oneself, and, (7) the fact that the financial return is not a measure of professional success.

He reiterated that it is utmost important to restore professional pride, and regain the joy of serving patients and society in which we are all a part of. Dr Moon concluded with a reminder, that besides being a good knowledgeable surgeon for patients, they should also listen to the patient's voices and share his or her knowledge with their fellow colleagues because one should learn from continued study, from the patients, and from experiences.

The First Collaborative APSS Study: Variations in Practice for Cervical Myelopathy

Collaborators: Jason Pui Yin Cheung, Prudence Wing Hang Cheung, Chee Kidd Chiu, Chris Yin Wei Chan, Mun Keong Kwan

The APSS has established its Research Committee to promote academic excellence and integrity within APSS, and provide a platform for members to generate international collaborative projects and pool data. This is a movement towards raising the academic standard of APSS and to encourage and increase research output in the region.

The APSS first collaborative study was conducted in early 2017 on the subject “Variations in practice for cervical myelopathy”. The results of the study were presented at 11th Combined Meeting of Asia Pacific Spine Society & Asia Pacific Paediatric Orthopaedic Society in Goa, India.

The Committee graciously welcomes our members to submit collaborative research proposals when the call for submission is open in 2018.

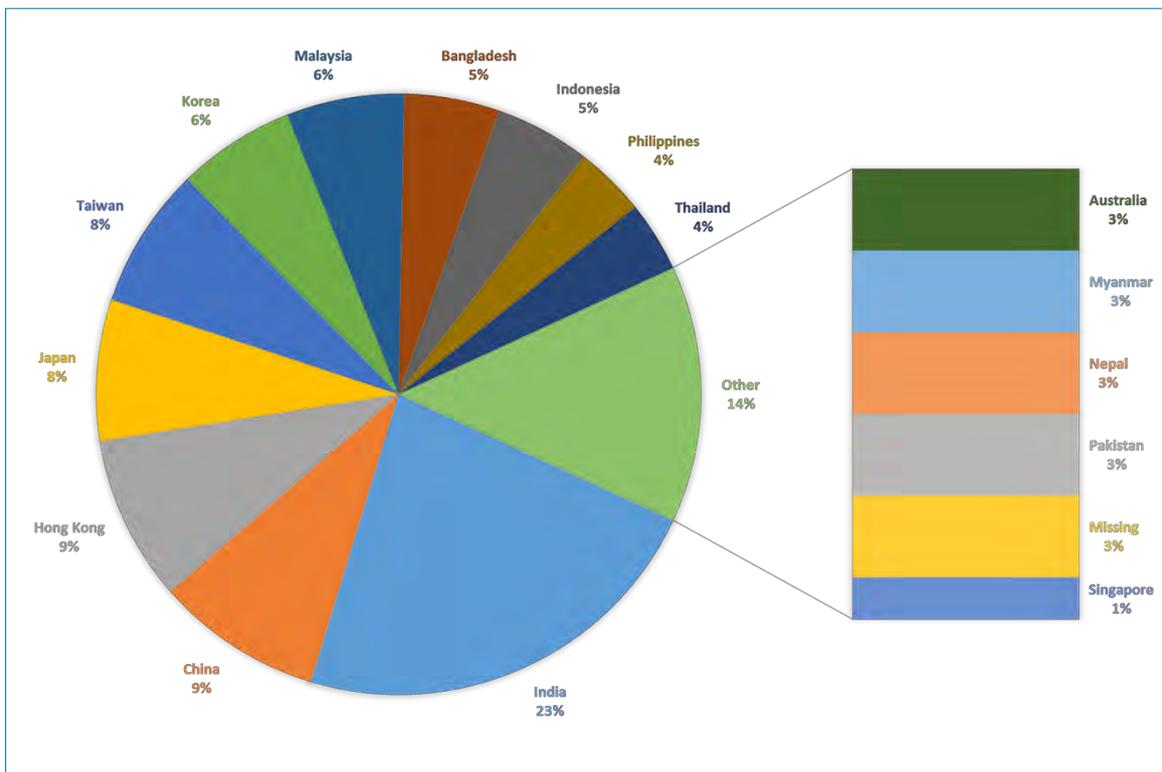
For more information, read further.

Background

There are many management controversies regarding cervical myelopathy (CM). In particular, the approach to use, fixation method, use of postoperative immobilisation and the role of prophylactic decompression for spinal stenosis are under constant debate. The following is the first research initiative from the Asia Pacific Spine Society (APSS) to study the various surgical practices of different surgeons in the Asia Pacific region.

Methods

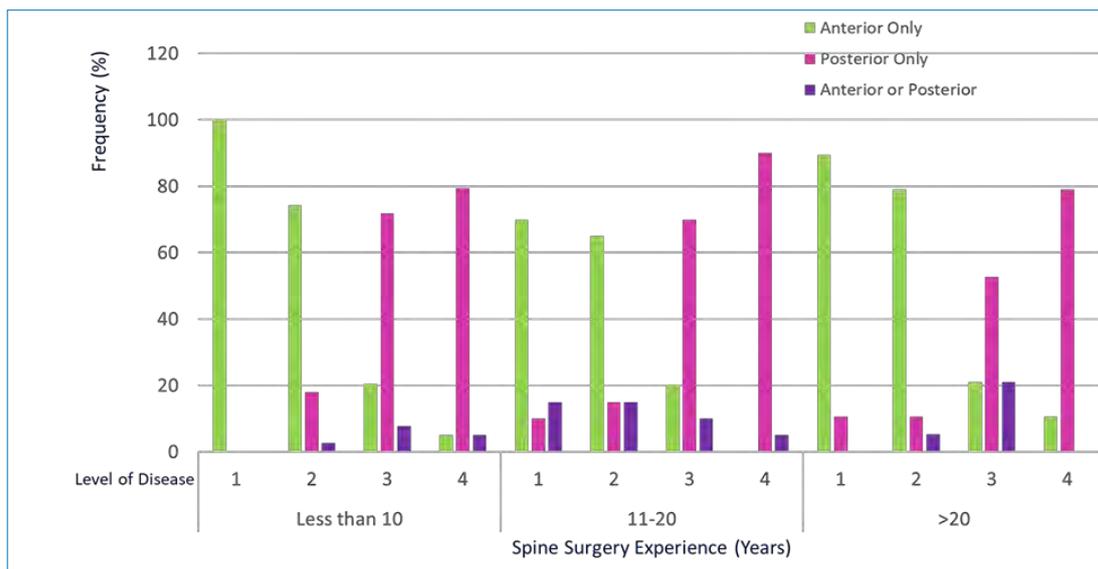
83 APSS surgeons performed an online questionnaire. Data on their country of origin, diagnostic approach to CM, outcome measures and investigations used, surgical approach utilised, take on prophylactic surgery, and postoperative immobilisation were gathered. Descriptive statistics were calculated and Chi-square test of independence was used for assessing any associations between parameters.



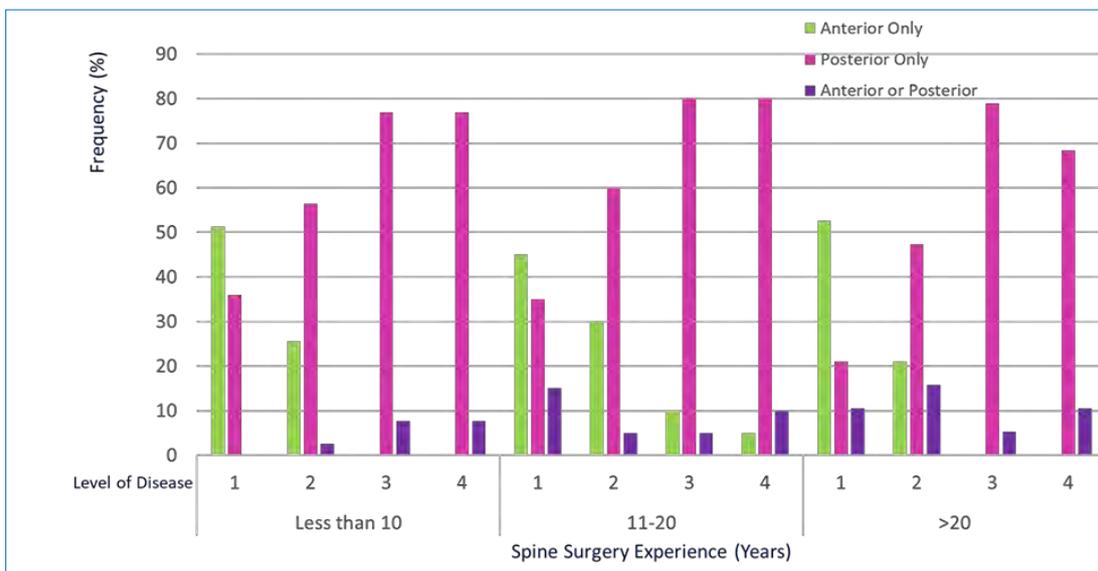
Participation frequency

Findings

Surgeons from 16 countries participated. Regarding surgeon experience, 28.2% practised for ≤5 years and 14.1% for >30 years. Most surgeons diagnosed CM with gait disturbance (60.5%), dyskinetic hand movement (46.1%), hyperreflexia (44.7%) and sphincter dysfunction (35.1%). Most surgeons (77.9%) adopted both anterior and posterior surgery without a definite preference for either. Only 5.2% would operate on asymptomatic spinal stenosis, and 18.2% on silent spinal stenosis. For those who did not operate on silent stenosis, most (57.1%) advised on avoidance behaviour and up to 9.5% prescribed neck collars. Anterior discectomy and fusion with cage was the most common (93.4%) approach for both 1-level and 2-level cervical spondylotic myelopathy while laminoplasty was most popular for 3- and 4-level diseases. For ossification of the posterior longitudinal ligament (OPLL), anterior removal was most commonly performed (43.5%) for 1-level disease while laminoplasty was most common for 2-levels or beyond. In general, cage or plating was preferred for anterior fusions regardless of number of levels while lateral mass fixation was preferred for posterior approaches. Most surgeons selected to use rigid neck collar for 6 weeks after surgery.



Years of experience versus surgical approach for non-OPLL



Years of experience versus surgical approach for OPLL

Conclusion

There is high variation in practice among APSS surgeons especially with 1-level CM. Preoperative assessments are quite standard. This first study initiated and executed by APSS will serve as a beacon for future collaborative projects within the society moving forwards.

APSS 2018

Asia Pacific Spine Society Annual Meeting in Taiwan

亞太脊椎醫學會年會

June 7 Cadaver Workshop Hualien, Taiwan

June 8、9、10 Scientific Program Taipei, Taiwan



Honorary Chairman : Po-Quang Chen, MD
Chairman : Ing-Ho Chen, MD
Co-chairmen : Chi-Chien Niu, MD Shih-Tien Wang, MD
Director of Scientific Program : Shu-Hua Yang, MD



<http://www.apss2018.org.tw/>

2nd APSS Colombo Operative Spine Course

5 – 7 November 2017

The APSS returned to Colombo to hold its 2nd APSS Colombo Operative Spine Course at the National Hospital of Sri Lanka, Colombo after eight years of hiatus. This collaboration between the APSS and the Sri Lankan Orthopaedic Association (SLOA) gathered 50 registered international and local delegates to attend the course. The national host, SLOA welcomed the group of 14 international faculty comprising the spine experts from Bangladesh, Hong Kong, India, Korea, Malaysia, Pakistan, Sri Lanka, Taiwan, and Thailand.

This unique operative course provided a common platform where course delegates, mostly spine trainees, to boost their knowledge on spinal surgical techniques from international spine experts present at the course. The course kickstarted with operative case discussions where the national organising team presented eight cases with the presence of the patients. Faculty members took time to interact with the patients and delegates in evaluating risks and procedures required to address the patients' spinal problems. The saw bone workshop sponsored by Medtronic ensued after lunch. Dr Tassanawipas and Dr Yang led the demonstration in the first session on thoracic pedicle screw, lumbar pedicle screw, S1 screw, iliac screw and S2AI screw fixation. Meanwhile, Dato' Sivananthan and Dr Wong took lead in the demonstration on posterior instrumentation of cervical spine i.e. C1/C2 fixation, lateral mass and cervical pedicle screw fixation / anterior cervical discectomy fusion. Delegates were enthused with up-close and hands-on learning experience under the guidance of international spine instructors.

A vast scope of spinal topics' lectures was delivered alongside live surgeries demonstration broadcasted in the auditorium during the subsequent two days. During the transmission, international faculty stimulated questions and discussions among the delegates in the auditorium with the respective surgeons performing the surgeries. The procedures showcased during the live surgeries included laminoplasty, ACDF, C1/C2 fusion, AIS, dual-growing rods and burst fractures. All the patients fared well post operations.

The delegates appreciated the pre-operative and post-operative case discussion, with hands-on saw bone workshops and interaction with the experienced surgeons most preferred. Dr Udai De Silva, the National Organising Chairman expressed his gratitude to APSS for returning to Colombo and hoped that the course will generate more interest amongst the orthopaedic surgeons for spinal care and management in the country.

(1) Dr K S Sivananthan commenting on the surgical techniques demonstrated by the surgeons during the live broadcast of an ongoing surgery.

(2) Dr Keith Luk articulating his views on the risks and procedures to address the case presented during the pre-operative case discussion.

(3) Dr Arvind Jayaswal discussing the surgical procedures suitable for the patient presented with thoracic scoliosis.

(4) Dr Jae-Yoon Chung delivering a lecture on Mini-ALIF with Transverse Para-Rectal Incision.

(5) Faculty members and delegates stimulated for inputs during the pre-operative case discussion.

(6) Dr Warat Tassanawipas leading the demonstration on thoracolumbar pedicle screw fixation.



Asia Pacific Spine Society

The APSS started with the Western Pacific Orthopaedic Association - Spine Section in 1979 as an educational and scientific forum for the advancement of knowledge in the field of spine surgery. Our mission is to advance knowledge in the field of spine surgery and promulgate the maintenance of professional standards in order to provide the best professional care to patients with spinal problems.

APSS News

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2016 APSS Medtronic Fellow's Testimonial

Dr Keiji Nagata is an assistant professor from the Department of Orthopaedic Surgery at the Wakayama Medical University, Japan. He is also attached with the Spine team of Wakayama Medical University as an orthopaedic spine surgeon. With eight years of experience in spine surgery, he was actively seeking for fellowship opportunities which matched his areas of interest in Minimally Invasive Spine Surgery and Adolescent Idiopathic Scoliosis. During his stint in Singapore, his mentor, Dr Gabriel Liu recommended him to apply for the APSS Medtronic Fellowship. Having successfully completed the APSS Medtronic Fellowship between 7 Aug and 9 Nov 2017, Dr Keiji is pleased to share with us his experience at two spine centres in Malaysia: Sarawak General Hospital, Kuching and University Malaya Medical Centre (UMMC), Kuala Lumpur.

Q: How would you describe your fellowship experience at the two centres and what do you like best about the APSS Medtronic Fellowship that you have completed?

It was really great time to learn unique techniques and principles of deformity surgeries under Dr Chung-Chek Wong and Dr Mun-Keong Kwan in Malaysia. I was exposed to a great number (i.e. 91 surgeries in three months) and wide range of deformity surgeries during the fellowship. Travelling with them to observe and assist them to do surgeries in different places including other parts of Borneo, Cambodia and Sri Lanka was a bonus for me. With the scrub-in experience during the surgeries, I learned better as I could communicate with other doctors and mentors very closely. A few principles that I was taught in detail during the six-week fellowship in UMMC were the principle of AIS surgery, which especially focused on balancing of whole spine including cervical spine, and safety of pedicle screw in AIS surgery.

Other than surgeries, I also participated in the an orthopaedic spine course in Kuching. It was a local spine live surgery course that was full of up-to-date spinal surgeries' demonstration. Spine fellows like myself had a good chance to exchange and discuss details about spine surgeries with each other.

As my fellowship period coincided with the 11th Biennial Combined Meeting of APSS-APPOS, I was given a choice to join my hosts to travel to Goa, India and participate in the scientific meeting. I also took the opportunity to submit my research papers to the meeting, and glad to be able to attend the meeting to present them.

Q: Would you recommend your peers to apply for APSS fellowship? Why?

Absolutely, yes! This is a great chance to know how spine surgeons of other countries in the region treat their patients with spine problems given the different social background and culture. Additionally, a young spine surgeon would come to discover that the prevalence of spine disease itself differs from one country to another. It was an eye-opening experience for me!



(1) Dr Keiji and his host, Dr Mun Keong Kwan discussing spinal techniques during 2nd APSS Colombo Operative Course in Sri Lanka; (2) Dr Keiji Nagata receiving the fellowship certificate from his host, Dr Chung-Chek Wong; (3) Dr Keiji Nagata with the Spine team of UMMC; (4) Dr Keiji posing next to a photo collage of patients discharged from the host centre in Kuala Lumpur.