



# APSS NEWS

Issue 2 / Jul 2016  
www.apssonline.org

News From Your Regional Spine Society

## A Message to the APSS Fellows



It was a great honour and pleasure for me to be given an opportunity to deliver the keynote lecture entitled "Spine surgery in Asia Pacific region – the past, present and future" at the APOA Congress in Melbourne in March 2016.

Since the WPOA spine section was founded in 1979, the past officers of our society have made much effort to realize our mission to advance the level of professional spine care in Asia Pacific region and educate the young spine surgeons by going around the member nations. Through the era of the WPOA and the APOA spine section, a new era emerges as the APSS started in 2013. Despite its new name, the APSS boasts a long history of 37 years since its founding. Yes, our spine society has become a

well-known international spine society with the same level of reputation and authority of the spine societies in western countries, and it is expected to develop even further under the leadership of our younger generation leaders. APSS faces a number of challenges as it strides forward the future, and as one of the senior founding members, I would like to tell some of them.

Nationwide surveys on spine surgery conducted in Japan revealed some alarming facts that the age distribution of the patients is shifting older and that the surgical complications account for pretty high percentage. Asian countries are aging rapidly. We need more education on preventing operative complications in our region. We, as surgeons, should be aware that a lot of patients are suffering from post-operative pain. We must study how to prevent and care for post-operative spine-related pain with the pain managements including advanced neuropathic pain drugs, physical reconditioning and psychological care program. This is one of our tasks ahead.

WHO' s study on Global Burden of Disease published in the Lancet in 2012 reported a startling fact that musculoskeletal diseases were the second greatest cause of disability in all regions of the world including the Asia-Pacific. 0.6 billion people are suffering back pain and 0.3 billion people suffering neck pain. This burden has increased by 45% over the last 20 years and will continue to increase unless something is done. Back pain and neck pain must be given priority in developing the social resources for the care. APSS can contribute by conducting multicenter RCT studies and accumulating epidemiological and clinical data through surveys on spine disorders including spinal canal stenosis and osteoporotic vertebral fracture in the fast-aging Asia Pacific countries. A healthy spinal condition is a key element of "Active Aging and Happiness" of people.

Currently in the U.S. and Japan, there are efforts to establish a board certification system for spine surgeons. In order to step up our spine surgery training more effectively and to make the expertise of certified spine surgeons available to the patients and public in our region, we can set up a certification system for APSS-trained spine surgeons who attended the APSS academic programs and the operative courses, and participated in the visiting fellowship program.

In many Asia Pacific countries, the national spine societies are growing rapidly. As a society covering a wider scope in Asia Pacific region, APSS must build closer ties with the growing national spine societies in Asia Pacific and set up joint academic programs with them.

Over the 37 years since its founding, APSS has developed into the great society as it is today with untiring contribution of its members. I would like to encourage the young spine surgeons in Asia Pacific region to join us in our activities and learn more in the "APSS Spirit of Challenge", so that our society will be able to achieve a lot more in accomplishing our mission, which is to foster excellence and development in spine surgery in the Asia Pacific region.

Yours sincerely,  
Hiroshi Yamamoto, M.D.  
Past WPOA Spine Section Chairman

# BE AN ACTIVE APSS MEMBER TODAY!

### Privileges:

- ◆ Members' 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

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### IN THIS ISSUE

APSS Spine Course .....2  
 SpineWeek 2016.....4 & 5  
 19th APOA Congress in Melbourne.....6  
 APSS Clinical & Travelling Fellowship.....6  
 2016/17 Diary of Events.....7  
 Fellow's Testimonial .....8

### SPECIAL POINTS OF INTEREST

- *Highlights of the 1st Asian SpineWeek 2016*
- *APSS Surabaya Operative Course ~ Dec 2016*
- *11th Biennial Combined Congress of APSS & APPOS ~ Sep 2017*

## President's Message



Greetings to all members of the APSS!

We are happy for the positive responses received for the first issue of our newsletter "APSS NEWS" published in December 2015. With the kind of motivation and the support received, we look forward to reach out to all our members through "APSS NEWS".

Once again, we are excited to provide a way to keep you connected to the Society via "APSS NEWS". We are here to support our membership as a resource for learning. As you might have noticed, APSS has its new logo in this issue. You may read up a short write up on the logo at the last page.

Many exciting events were organized and held in the last six months. We are pleased to bring you the highlights of the recent events namely Spine Week 2016 in Singapore, APSS Sectional Meeting during APOA Congress in Melbourne, Australia, a spine course held in Phnom Penh, Cambodia, and APSS Fellowship.

Do check out the details of the upcoming courses, fellowships and congress on Page 7. APSS will be organizing its next congress in Goa, India, from 21-23 Sep 2017.

Feedback and suggestions for future topics are always welcomed to improve our newsletter, which is still at its infancy stage. Contact information is provided on page 8. Thank you for your continued support!

Sincerely,

**KUNIYOSHI ABUMI, M.D., Dr. Med. Sci.**

**President**

**Asia Pacific Spine Society (APSS)**

## APSS Cambodia Spine Course, 17 - 19 February 2016



The APSS collaborated with the Cambodian Society of Orthopedic and Traumatology (SOCOT) to rebuild the personal capacity and practice of Spine Surgical Care among Cambodian orthopedic surgeons by conducting a spine course in Phnom Penh in early 2016. The course was held at the National Pediatric Hospital while the surgical procedures for live surgery transmission were done at Children's Surgical Center.

The course was attended by more than 100 delegates from Cambodia, Europe, Malaysia, Korea, Japan, India and Indonesia. The President of APSS, Dr. Abumi led 14 faculties, who are the spine experts from Asia Pacific to conduct an instructive spine course consisting of spine lecture presentations and saw bone workshops on thoracic, lumbar and S1 pedicle screw insertion, thoracolumbar fracture reduction and fixation, ACDF, posterior C1/C2 fixation and lateral mass fixation techniques. In addition to the four live surgeries that were transmitted live to lecture hall, the faculty members also shared some operative videos during the course an added value to substantiate the lectures delivered.

The delegates had an interactive session with the faculty members during the course and enjoyed the saw bone workshops that allow them to experience hands-on learning.



*Dr Wong Hee Kit conducting the saw bone workshop.*



*Dr Chung Jae Yoon explaining the techniques on inserting the screw to the delegates.*



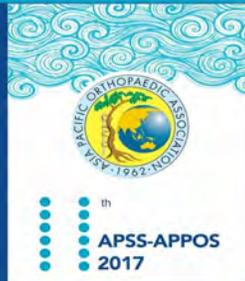
*A delegate asking Dr Arvind Jayaswal for some guidance during the workshop.*



*Token of appreciation from the APSS presented by Dr Kuniyoshi Abumi (right) to Dr Vuthy Chhoeurn (left).*

11<sup>TH</sup> BIENNIAL COMBINED CONGRESS OF  
ASIA PACIFIC SPINE SOCIETY (APSS) & ASIA PACIFIC PAEDIATRIC ORTHOPAEDICS SOCIETY (APPOS)  
WITH  
8<sup>TH</sup> BIENNIAL MEETING OF THE INTERNATIONAL FEDERATION OF ORTHOPAEDIC SOCIETIES (IFPOS)

September 21 - 23, 2017



Grand Hyatt, Panaji,  
Goa, India

India beckons  
Goa 2017

### HIGHLIGHTS

Pre Conference Workshops –  
Spine & Pediatric Orthopedics Topics

Plenary Sessions Everyday –  
Combined APSS & APPOS / IFPOS

Breakout Sessions –  
APSS & APPOS / IFPOS

Master Techniques - Video Sessions

Round Table - Discussions / Debates

Meet the Masters Session

Poster Presentations

Keynote Symposia for Regionally Relevant Topics &  
Various Expertise



Organising Chairmen  
Arvind Jayaswal (APSS)  
Ashok Johari (APPOS)  
[www.apss-appos2017.org](http://www.apss-appos2017.org)

## APSS SURABAYA OPERATIVE COURSE

15<sup>TH</sup> TO 18<sup>TH</sup> DECEMBER 2016

DR SOETOMO'S HOSPITAL  
SURABAYA, INDONESIA

## APSS Dhaka Spine Operative Course

6 to 8 MARCH 2017

National Institute of Traumatology & Orthopaedic Rehabilitation (NITOR)

# APSS SpineWeek in Singapore - “CONTROVERSIES IN SPINE SURGERY”

As one of the participating societies, APSS ran a three-day program from 18 to 20 May in conjunction with the First Asian SpineWeek 2016 Meeting at the Marina Bay Sands Convention Center, Singapore. The theme revolved around “Controversies in Spine Surgery”. APSS scientific program was structured based on three focus areas: Cervical Spine, Spinal Infection, and Spinal Deformities for Pediatrics & Adults.

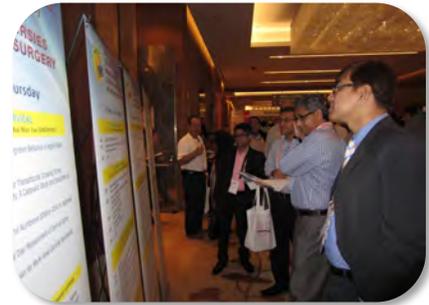
The academic sessions of the meeting comprised a Presidential Lecture, two debates, three lunch symposia, two operative video sessions, multiple case discussions, poster and oral presentations. The lunch symposia were supported by BrainLab, K2M and Ellipse (NuVasive). The two operative video sessions were on the thoracolumbar spine and cervical spine surgeries.

The collaboration with the Association of Spine Surgeons of India (ASSI) and Society for Minimally Invasive Spine Surgery (SMISS) for two sessions on 18 and 19 May respectively further enhanced the fellowship between APSS and other societies.

A high attendance was recorded, ranging between 300 and 350 delegates who were from APSS itself and other societies throughout the three days.

The Society would like to take this opportunity to thank the Abstract Review Committee, and the 33 Council Members and Education Committee Members who accepted to be APSS’ faculty members to share their valuable experiences and knowledge to ensure a fruitful meeting.

Last but not least, APSS SpineWeek would not be possible without all the efforts, time and support of the APSS Scientific Chairman. The Society would like to congratulate Dr Gabriel Liu and his organizing team for making the 2016 APSS SpineWeek a successful meeting.



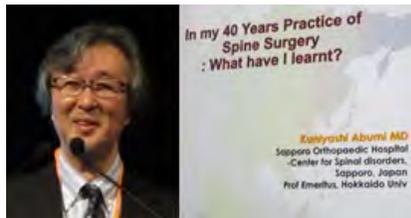
Delegates looking at APSS programs during coffee break.



An operative video session on MIDLIF: Cortical Bone Trajectory Screw delivered by Dr Sivananthan.



Delegates during the lectures.



Dr Kuniyoshi Abumi delivering his Presidential Lecture.



Closing lecture by Dr Keith Luk.



Lunch Symposia speaker from left respectively: Dr S Rajasekaran; APSS invited speakers: Dr Robert Lee and Dr Behrooz Akbarnia.



Dr Jae-Yoon Chung & Dr Wong Yat Wa chairing a session on Spinal Tumor.



APSS experts delivering their lectures from left respectively: Dr Katsuji Shimizu, Dr Munehito Yoshida, Dr Wong Hee Kit and Dr Arvind Jayaswal.



Dr Kwan Mun Keong and Dr Wong Chung Chek discussing a clinical case.

**Highlights of APSS Social Events during SpineWeek!**

APSS faculties and their spouses were invited for various social events where there were rendition of songs, medical presentations and an engaging debate on legal matters.



*Dr Jason Cheung and Dr David C Noriega, the 1<sup>st</sup> Prize and 2<sup>nd</sup> Prize Winners of Best Paper for Oral presentations, receiving their respective awards from Dr Kuniyoshi Abumi.*



*Dr Ken Ishii and Dr Nicolas Newell, the 1<sup>st</sup> Prize and 2<sup>nd</sup> Prize Winners of Best Paper for Poster presentations, receiving their respective awards from Dr K S Sivananthan.*



*APSS Dinner at Clifford Pier Restaurant, The Fullerton Bay Hotel*



*APSS-Singapore Dinner at Empress Restaurant in the Asian Civilization Museum.*



*Interesting discussion by Dr Sivananthan alongside two invited guests whom are legal advisors.*



*APSS Faculty Dinner at the famous No Signboard Restaurant.*



*A group photo of delegates and speakers after the closing ceremony on Friday, 20 May.*



### APSS Sectional Meeting at the 19th APOA Congress

APSS hold its Sectional Meeting at the 19th APOA Congress in Melbourne Convention Center from 29 Mar to 1 Apr 2016. During the same meeting, APSS also invited all its members to attend its first Annual General Meeting.

The scientific program of APSS during the sectional meeting consists of ICLs, debates, symposia, keynote speaker's speech delivered by Dr Yamamoto, plenary lectures, podium presentation and presentations by the 2016 fellows. On top of that, APSS had also nominated Sir George Bedbrook as the Pioneer of the Spine Section and a banner with his biography was displayed in the hall of the congress venue. The winner of the Best Spine Paper, Dr Cheung was awarded cash award, a certificate and free registration at the next APOA Congress in Turkey.

Many renowned spine surgeons, consisting of experts in the Spine field and young, high potential co-opted members, were invited to take part in the scientific program. The congress provided a tremendous opportunity for all the participants not only to meet with each other and exchange perception but also to gain and share the knowledge and experiences with the guest expertise as well as the international colleagues.



Group photo of faculties at APOA Congress in Melbourne Convention Center.



Dr Arvind Jayaswal delivering his speech.



Dr Abumi with keynote speaker Dr Yamamoto.

## APSS DePuy Synthes Travelling and Clinical Fellowship

These fellowships are organized on a yearly basis with the support from DePuy Synthes. Both fellowship programs were held successfully between 13 Mar and 2 Apr 2016. One of the pre-requisites for the application is that the applicant must be a member of APOA and APSS and practicing in spine surgery. Economy air travel, hotel accommodation and allowance were provided to these successful candidates.

10 successful applicants and a SICOT fellow 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 two centers of excellence for spine surgery in the Asia Pacific region. Each group of travelling fellows spent one week in each center. The fellowship ended at the APOA Congress where the fellows shared their experiences in a dedicated slot during the meeting.

The fellows benefited tremendously from these programs and the scientific meeting. APSS received many positive feedbacks from the fellows. APSS is thankful for the hosts who offered their centers of excellence for spine surgery for the 2016 clinical and travelling fellowships! For more information, visit [www.apssonline.org/apss-fellowship-report.html](http://www.apssonline.org/apss-fellowship-report.html).

CLINICAL FELLOWSHIP	
Host	Fellow
<b>DR KUNIYOSHI ABUMI</b> Sapporo Orthopaedic Hospital - Center for Spinal Disorders JAPAN	Dr Abdul Satar (PAKISTAN)
<b>DR ORSO OSTI</b> Dr Orso L Osti's Practice, Adelaide, AUSTRALIA	Dr Shah Waliullah (INDIA)
<b>DR S RAJASEKARAN</b> Ganga Hospital, Coimbatore, INDIA	Dr Truc Tam Vu VIETNAM

TRAVELLING FELLOWSHIP		
13- 20 Mar 2016	21 - 28 Mar 2016	Fellow
Host 1	Host 2	
<b>DR KIM KI TACK</b> Kyung Hee University KOREA	<b>DR GABRIEL LIU</b> National University Hospital of Singapore (NUHS) SINGAPORE	Dr Hiroyuki Yasuda (JAPAN) Dr Prakash Sitoula (NEPAL) Dr Shih-Hsiang Chou (TAIWAN) Dr Kestutis Valancius (SICOT FELLOW-DENMARK)
<b>DR ROHIT POKHAREL</b> Tribhuvan University Teaching Hospital (TUTH) NEPAL	<b>DR MICHAEL JOHNSON</b> The Royal Children's Hospital, Melbourne AUSTRALIA	Dr Ho Jin Lee (KOREA) Dr Qianyu Zhuang (CHINA) Dr Md Yousuf Ali (BANGLADESH) Dr Nur Aida Faruk Senan (MALAYSIA)



The entire Group 1 & 2 Travelling Fellows and Clinical Fellows. Left: Dr Valancius, Dr Satar, Dr Waliullah, Dr Sitoula, Dr Chou, Dr Faruk Senan, Dr Yasuda, Dr Vu, Dr Zhuang and Dr Lee.



# 2016/17 Diary of Events

Activity	Date	Venue
SICOT-APOA Spine Fellowship in Europe	25 Sep 2016 - 24 Oct 2016	Aarhus University, Denmark
SRS-APSS Spine Deformity Solutions: A Hands-On Course	28 Oct 2016 - 30 Oct 2016	Surgical Skills Centre, University of Hong Kong, Hong Kong
APSS Surabaya Operative Course	16 Dec 2016 - 18 Dec 2016	Dr. Soetomo's Hospital, Surabaya, Indonesia
APSS Medtronic Fellowship 2016	Sep 2016 - Jun 2017	The University of Hong Kong, Hong Kong National University Health System (NUHS), Singapore University Malaya Medical Centre, Kuala Lumpur, Malaysia Sarawak General Hospital, Kuching, Malaysia
APSS Dhaka Operative Course	6 Mar 2017 - 8 Mar 2017	National Institute of Traumatology & Orthopedic Rehabilitation (NITOR), Dhaka, Bangladesh
APSS DePuy Synthes Clinical & Travelling Fellowship 2017	30 Aug 2017 - 19 Sep 2017	Centers of Excellence for Spine Surgery, Asia Pacific
11th Biennial Combined Congress of APSS-APPOS	21 Sep 2017 - 23 Sep 2017	Grand Hyatt, Panji, Goa, India
APSS Kathmandu Operative Course	Nov 2017	Kathmandu Medical College Teaching Hospital, Kathmandu, Nepal



FOR PATIENTS WITH OSTEOPOROSIS AT HIGH RISK FOR ANOTHER FRACTURE

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- The majority of patients with a fragility fracture are not evaluated for osteoporosis<sup>3-6</sup>
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FORTEO<sup>®</sup> is indicated for treatment of postmenopausal women with osteoporosis at high risk of fracture; increase bone mass in men with primary or hypogonadal osteoporosis at high risk of fracture; osteoporosis associated with sustained systemic glucocorticoid therapy in women & men at increased risk of fracture.

References: 1. Gentry L, et al. J Bone Joint Surg Am. 2008;90:1362-1374. 2. Dipawa CP, et al. Spine J. 2009;9:537-544. 3. Kanis HK, J Clin Rheumatol. 2005;11:66-71. 4. Bari S, et al. Osteoporos Int. 2003;14:884-888. 5. Byers MG, et al. Arch Geriatr Geriatr. 2008;42:319-326. 6. Gardner MJ, et al. J Bone Joint Surg Am. 2002;84A:1342-1348. 7. Hays JL, Parfitt AM. J Bone Miner Res. 2005;20:177-184. 8. FORTEO Prescribing Information

Abbreviated Prescribing Information: Contraindications: Tumor lysis syndrome. Dosage: 20 mcg SC once daily in the thigh or abdomen. Therapy for >2 yr is not recommended & should not be repeated over the patient's lifetime. Contraindications: Hypersensitivity. Special Precautions: Paget's disease of bone, prior external beam or implant radiation therapy of the skeleton, bone metastases, history of skeletal malignancies, metabolic bone diseases other than osteoporosis, pre-existing hypercalcemia, active or recent urolithiasis, hypoparathyroidism, hepatic, renal or cardiac disease. Pediatrics: Pregnancy & lactation. Adverse Reactions: Pain, headache, asthma, neck pain, HTN, arthralgia, myalgia, back pain, dizziness, constipation, diarrhea, hypotension, vomiting, GI disorder, tooth disorder, arthralgia, leg cramps, dizziness, depression, insomnia, vertigo, rhinitis, cough increased, pharyngitis, hypoxemia, pneumonia, rash, sweating, hypersensitivity, hypercalcemia, injection site reactions & muscle spasms. Drug Interactions: Digoxin. Presentation: Pre-filled pen (disposable) 20 mcg/80 microsite x 2.4 mL x 1%. Full prescribing information is available upon request.



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## 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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## 2015 APSS Medtronic Fellow's Testimonial

**Dr Rajesh Bahadur Lakhey** is a lecturer at the Spine Unit, Department of Orthopedics, Tribhuvan University Teaching Hospital, Kathmandu in Nepal. Having successfully completed the APSS Medtronic Fellowship 2015, Dr Rajesh is pleased to share with us his experience during his attachment with two spine centers in Malaysia: Sarawak General Hospital, Kuching and University Malaya, Kuala Lumpur from 1 October to 31 December 2015.

**Q: How did you get to know about APSS fellowship? What was the reason you applied for it?**

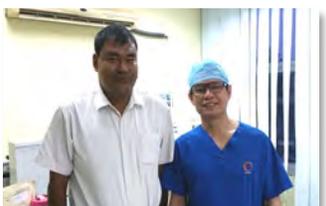
I was introduced to APSS by my mentor, Prof. Rohit Pokharel, the President of Association of Spine Surgeons, Nepal (ASSN) when I attended a course jointly organized by APSS and ASSN in Kathmandu. The course was an eye-opener which gave me the opportunity to learn and be guided by the respected Professor Abumi, Professor Jayaswal, Dr Sivananthan and APSS team of experts. This subsequently led me to the APSS website where I learnt about the fellowship.

**Q: What do you like best about the APSS fellowship that you've completed?**

This three months fellowship allowed me to learn a great deal about spine surgery. Being able to observe experts in their elements gave me deeper insights to good spine surgery techniques. The support that I received from APSS, my teachers and their reputable centers were especially noteworthy. It was definitely a significant experience in my career and I would highly recommend my peers to apply for future APSS fellowship programs.



*Dr Rajesh with Dr Kwan Mun Keong and his colleagues at the Spine Research Unit at the University of Malaya Medical Centre, Kuala Lumpur, Malaysia.*



*Dr Rajesh with his host, Dr Wong Chung Chek at the Sarawak General Hospital, East Malaysia.*



*Dr Rajesh visiting the Petronas Twin Towers on a Sunday during his stint in Malaysia.*

## APSS NEW LOGO

During the recent APOA Congress in Melbourne, the APSS recovered the former logo of the Spine Section of APOA as shown during the keynote speaker's lecture presentation. Subsequently, the logo was revamped by the appointed designer, Izmo Graphics Associates, and presented to the Council during the SpineWeek meeting in Singapore on May 17, 2016. The Council approved the logo following some minor revisions on June 23, 2016. The APSS is proud to introduce the new logo of APSS, which forms as the identity of the Society and new era of APSS.

