

VOL. 23, ISSUE 2

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In this issue



Train the Trainers Advanced Workshop in Portugal

Guilherme Macedo, MD, PhD, FASGE, AGAF, FACC, FAASLD
Helena Tavares de Sousa, MD, FEBGH
Anca Trifan, MD, PhD, FRCP(London), FEBGH
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Reflections from Rwanda Endoscopy Week 2017

Cristina Rutherford, MD
Shikama Felicien, MD

Dietary recommendations for IBS patients



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Irritable bowel syndrome (IBS) is a very common condition everywhere (despite differences in reporting prevalence across the world)¹ and gastroenterologists are challenged daily with issues linked to persistence of symptoms and resistance to therapy. This is a functional gastrointestinal disorder;² both patients and physicians associate the digestive symptoms of abdominal pain and changes in frequency of bowel movements/consistency of stool with food intake.

Indeed, the association between the type of meals and the digestive symptoms is so obvious that all patients are aware of this. This is encountered in most digestive conditions: gastroesophageal reflux disease, dyspepsia of all causes, malabsorption, etc. Therefore, when gastroenterologists consult patients with suspected or confirmed IBS, they have to inquire if the patients may attribute their bowel symptoms to a certain category of food. If an association exists, physicians should decide if the symptoms represent the expression of IBS another condition, like disaccharides intolerance, celiac disease, food allergy, etc.

Strategy of the dietary recommendations in IBS

Knowing what foods our patients consider to be harmful is of paramount importance because thanks to this we can decide what to recommend to our IBS patients. Indeed, dietary indications are not only a must for the management of every IBS patient, but are one of the most expected recommendations from our patients who consult us.

Getting information about patients' dietary habits is usually possible during the interview for taking the medical history via directed open questions. Using lists of foods to be ticked off by the patient or analyzing alimentary diaries is also possible but rather more useful for research, less for daily practice.

Thus, one should follow several steps during the medical interview of our IBS patients (table 1):

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Table 1: Steps to be observed for the dietary management of IBS

No.	Activity
1	Ask about dietary habits, intolerances, beliefs, attributions associated to symptoms
2	Decide if the information obtained from the patient is reliable, logical, plausible
3	Consider a differential diagnosis in addition to IBS
4	Validate or reject the food associations reported by the patient
5	Formulate recommendations according to medical evidence and individual preferences
6	Negotiate with the patient the adherence to these recommendations

Which foods are incriminated by IBS patients? Effect of FODMAPs

Presently the most incriminated foods in IBS are the so-called FODMAPs. This is a quite recent acronym for fermentable sugars and alcohols. FODMAP stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols.³ Indeed, there are many empirical reports of worsening IBS symptoms related to fermentable food. Fermentable oligosaccharides include very poorly absorbed carbohydrates like short chain fructooligosaccharides or fructans; galacto-oligosaccharides; lactose; fructose; polyols include sorbitol, xylitol, maltitol etc. These compounds are found in many foods like cereals, legumes, vegetables, fruits.

Typical vegetables and legumes high in FODMAP are: garlic, onions, artichoke, asparagus, beans, banana, beetroot, cauliflower, celery, mushrooms, peas etc. Fruits high in FODMAPs are apples, dates, mango, pears, pine-apples, prunes, raisins, watermelons etc.; wheat; spices. It is therefore advisable to recommend to patients susceptible to be intolerant to high FODMAPs content food to avoid these.⁴

The foods poor in FODMAPs are: vegetables and legumes: broccoli, carrots, cucumber, lettuce, potatoes, pumpkins, tomatoes; fruits: green bananas, berries, grapes, lemon, papaya; cereals: corn. We should recommend these foods to patients with IBS.

With respect to the role of FOD-

MAPs in the managing of IBS symptoms, there is a growing body of evidence supporting the efficacy of the low FODMAP diet.⁵ Advising our patients with IBS to decrease their intake of FODMAPs has been reported to reduce abdominal symptoms in 2 to 4 weeks.⁶

There are also other opinions stating that it is not only the composition of food, i.e. the FODMAPs composition is important, but also the regular healthy dietary advice⁷: regular meals, low consumption of caffeine and alcohol, fat avoidance. There are also concerns about an excessive low FODMAPs diet, which could lead to hypocalcemia, low intake of fibers and changes in gut microbiota.⁸ Note that experts suggest that patients adhere to a strict FODMAP diet for no more than a few months.

General dietary factors

Beside the fermentable carbohydrates and alcohols, general dietary recommendations are important and patients should respect them.

Regular meals

Like for healthy people or for many other patients, having regular meals at precise hours, in a comfortable environment, without hassles and stress are important for the well-being.

Coffee and tea

Both are very frequently consumed foods; in patients with associated gastroesophageal reflux disease, patients should avoid coffee. Otherwise

there is no reason to forbid coffee in IBS patients (except for the few who claim diarrhea after coffee ingestion). Tea has also no implication in IBS; if digestive symptoms occur after tea consumption, the nature of the symptoms should be clarified. Use of coffee and tea should be left to the options of the patients.

Alcohol

In alcohol-consuming IBS patients, the use should not be forbidden if it is not linked to symptoms (empirically more frequently observed diarrhea). Of course the use of alcohol should be in generally accepted amount and not in excess.

Gluten

With the actual interest on gluten sensitivity induced by mass-media, many IBS patients give up from own initiative the consumption of gluten. However, there is no argument to forbid gluten unless there is associated sensitivity, because the role of gluten in IBS is not at all proven.⁹ Even if patients affirm they feel better with a gluten-free diet, the role of the placebo effect has to be considered. It is recognized now, however, that there is an entity of non-celiac gluten hypersensitivity.

The alimentary pyramid of IBS patients

Given the importance to advise the patients what to eat, and not only what to avoid, we created a pyramid of food to be recommended to IBS patients, according to available evidence.⁵

According to this pyramid, the food that IBS sufferers should consume are presented in table 2.

General recommendations instead of conclusions:

Diet represents a major point of attack in the management of IBS. Dietary recommendations should be individualized, based on evidence

Table 2: What IBS patients should eat?:

Level	Recommendation
First	Good hydration
Second	Regular, healthy meals
Third	Bread and pasta several servings daily
Fourth	Vegetables up to 5 servings daily
Fifth	Fruits: 2-3 servings daily
Sixth	Animal or plant proteins: 2-3 servings daily
Seventh	Milk and dairy: 2-3 servings daily
Eighth	Fats, sweets, spices: moderate consumption
Ninth	Processed and fried food to be avoided

and not dogmatic. Principally healthy meals are as important as in any other disease or in healthy population. Food should be nutritious, balanced and healthy. Intake of FODMAP containing foods should be reduced, at least temporarily. Ingestion of meals including alcohol and beverages should respect general healthy indications and adapted to individual preferences or intolerances, without causing nutritional deficiencies.

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Message from the Editors



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Greetings from your co-editors Chris and Mario. In this issue you will find an excellent article on the role of diet in treatment of irritable bowel syndrome from Dr. Dan Dumitrascu from Iuliu Hatieganu University in Romania. He has extensive experience and shares with us a practical approach to dietary recommendations for our patients.

This year's World Digestive Health Day was focused on viral hepatitis. We have heard of 19 events in 13 countries, and some of those are reported in this issue. Next year's topic will be GI cancer.

Moreover the successful TTT program continues to thrive, this year's

meetings in Sudan and Portugal were resounding successes. Read comments from the attendees themselves, and consider attending or recommending to your colleagues for future programs. The success of the Porto TTT program is evident in the many attendee essays in this issue. We direct your attention to them as well as the interesting introductory quote in the essay by Wojciech Marlicz, MD, PhD, FACP, Department of Gastroenterology, Pomeranian Medical University, Szczecin, Poland, who states:

"Uncertainty has never been as vivid and important as it is today in contemporary medicine. The topic of leadership and management has never been so crucial as it is nowadays."

His essay also ends with a wonderful quote that we can all live by. He states it is an old saying: "Don't walk behind me; I may not lead. Don't walk in front of me; I may not follow. Just walk beside me and be my friend."

Finally it is a year since the successful ACG-WGO congress in Orlando Florida in 2017, but not too early to plan to attend Gastro 2018 in Bangkok Thailand from December 5-8, 2018.

We hope you enjoy this issue, and as always feedback and comments are welcome.

Chris and Mario.



Gastro 2018 - WGO/GAT International Conference: Global Perspectives in Gastroenterology in Bangkok



Global Perspectives in Gastroenterology

- A platform for global exchange of thoughts and expertise in the City of Angels, Bangkok
- An event for networking among the digestive disease practitioners
- A place to find out the latest state of the art technology and best practices
- An occasion to meet new friends and rekindle old friendship

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The next WGO International Conference, Gastro 2018 - WGO/GAT International Conference: Global Perspectives in Gastroenterology, will be held in partnership with the Gastroenterological Association of Thailand (GAT), together with the Thai Association for the Study of the Liver (THASL), the Thai Neurogastroenterology and Motility Society (TNMS) and the Thai Association for Gastrointestinal Endoscopy (TAGE). Gastro 2018 will be held 5-8 December 2018, in Bangkok, Thailand. For more information, please visit the meeting website at www.gastro2018bangkok.com.

Upcoming Major Meetings

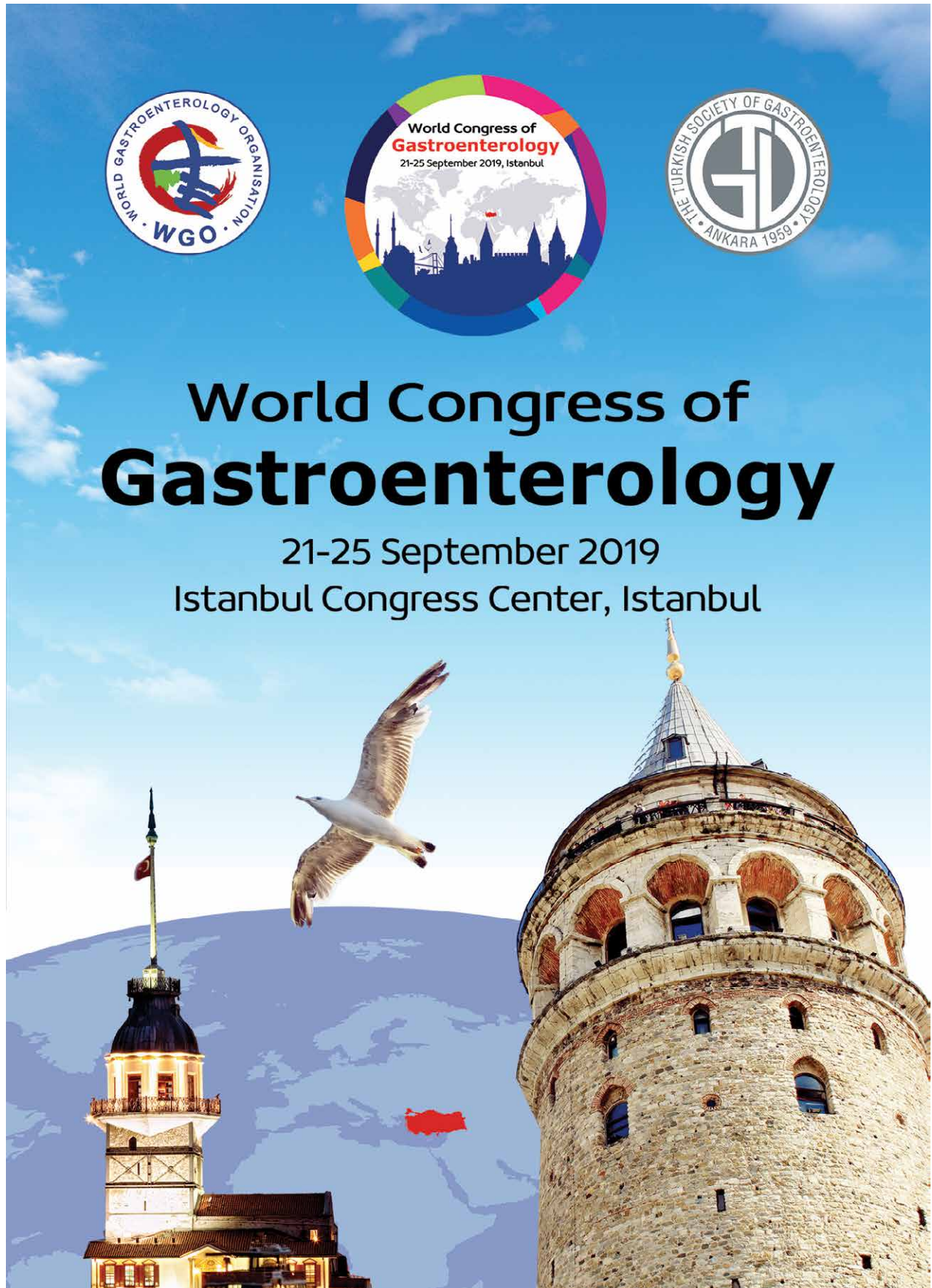
World Congress of Gastroenterology (WCOG) 2019 - Istanbul, Turkey

The next World Congress of Gastroenterology, the World Congress of Gastroenterology 2019, will be held in partnership with The Turkish Society of Gastroenterology (TSG), 21-24 September 2019 in Istanbul, Turkey!

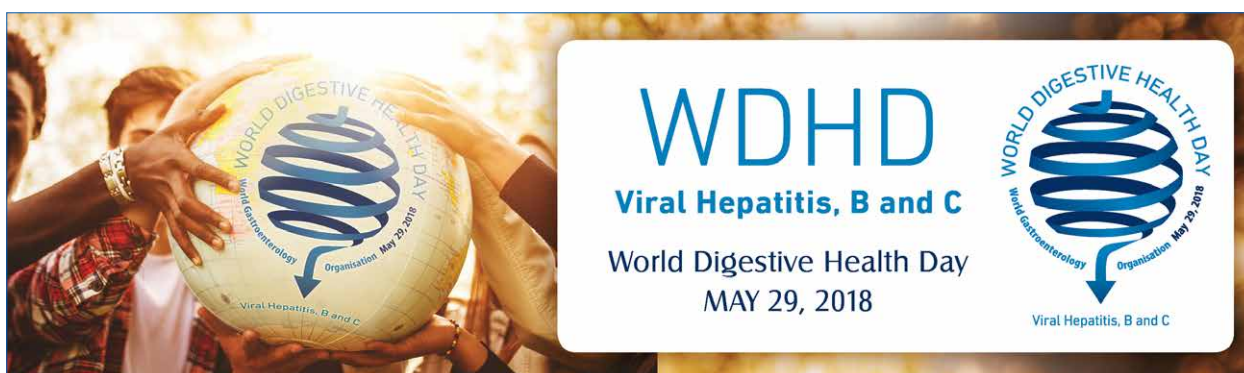
World Congress of Gastroenterology (WCOG) 2021 – Dubai, United Arab Emirates

Dubai will host the 2021 World Congress of Gastroenterology in a partnership between WGO and the Emirates Gastroenterology & Hepatology Society. The WCOG is set to take place from 12-15 December 2021 at the Dubai International Convention and Exhibition Centre.

■



WDHD 2018 Highlights



With the celebration of World Digestive Health Day (WDHD) every year on May 29th comes a plethora of tools, resources, events, and activities developed by experts and community leaders from around the world to mark the day. The World Gastroenterology Organisation (WGO) and the WGO Foundation thanks each member society, organization, health-care professional and participant for helping spread the word about Viral Hepatitis, B and C. We are happy to share with you some of the wonderful highlights from the campaign this year so far.

Tools and Resources

World Digestive Health Day (WDHD) 2018 is pleased to provide various tools and resources for use across the globe, in support of this year's campaign.

The following WGO Global Guidelines and Cascades are featured as useful resources for the WDHD 2018 campaign. The Hepatitis B and Hepatitis C Guidelines are globally applicable, cascade-based guidelines, offering different options for diagnosis and treatment depending on the resources available.

WDHD Events and Success Stories

The success of WDHD 2018 continues, with 19 events from 13 countries reported so far this year! Since April, events ranging from lectures and workshops, policy debates, walk-a-thons, panel discussions television programs, and many more have taken place in honor of WDHD 2018.

What event or activity will you think of next?

WGO challenges you to develop even more exciting ways to celebrate digestive health all year long by getting involved in your community to improve the standards of practice and educate the public on how to manage their diet and gut! WGO is pleased to provide you with a few ways that you can celebrate and take action in your respective communities:

Don't forget to let us know what you are planning for WDHD 2018 by visiting www.worldgastroenterology.org/forms/submit-event.php to submit your event. Once your event has been approved, you can view it and other upcoming WDHD events on the WGO Meeting and Events Calendar at <http://www.worldgastroenterology.org/meetings-and-events/>

[meetings-and-events-calendar?event_type=World%20Digestive%20Health%20Day%20Event.](#)

Hosted an event already this year? As always, we invite you to share summaries and photos from your event as well. These will be featured on our website and in future issues of e-WGN as well as promoted via social media! Also, let us know about the success of the event and how WGO can best support your efforts in the future. We greatly appreciate your feedback!

With events continuing to take place through the end of 2018, we are pleased to feature summaries from the following WDHD 2018 events that have recently taken place! Please stay tuned for more featured WDHD 2018 success stories in our upcoming issues later this year.

WDHD Social

To join the conversation in support of WDHD 2018, tag WGO on Facebook (World Digestive Health Day – WDHD) and/or Twitter (@WGOFOUNDATION) and be sure to include #WDHD2018 in your post.

We encourage you to connect and interact with us on LinkedIn too, as

WGO and WGO Foundation are now officially part of the LinkedIn community.

Find us at:

Facebook

World Gastroenterology Organisation - <https://www.facebook.com/WorldGastroOrg/>
World Digestive Health Day - <https://www.facebook.com/WGOFWDHD/>

Twitter

World Gastroenterology Organisation – <https://twitter.com/WorldGastroOrg>
World Digestive Health Day – https://twitter.com/WGOF_WDHD

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WDHD 2018 in Kazakhstan: “World Day of Healthy Digestion”

Highlighted at the forum were the current issues of preventing diseases of the digestive system

With the support of the Ministry of Health of the Republic of Kazakhstan, the World Gastroenterology Organisation (WGO) and the National Association of Gastroenterologists of Kazakhstan held the Republic Forum “World Day of Healthy Digestion: Current Problems in Preventing Diseases of Digestive Organs.” The forum was held in Astana, Kazakhstan on 2 June 2018. The event took place at City Clinical Hospital No. 4. Highlighted at the forum were the current issues of preventing diseases of the digestive system for general practitioners, therapists, infectious disease specialists, as well as gastroenterologists of medical organizations in the city of Astana.



The forum was directed by:

Professor R.R. Bektaeva, MD -- President of the National Association of Gastroenterologists of Kazakhstan, Member of the European Committee Star (Gastric Cancer Research, GWAS), Head of the Department of Gastroenterology and Infectious Diseases of JSC “MUA”;

Professor B.S. Iskakov, MD -- Head of the Department of Internal Diseases No 2 KazNMU, chief freelance gastroenterologist of the UZ of Almaty;

A.R. Kuschugulova, MD -- Head of the laboratory of microbioma of man and longevity, JSC “Nazarbayev University”;

A.H. Akhmukhamedova, Associate Professor of the Department of Internal Medicine of the Internship of the JSC “MUA” ;

K.S. Adrisova, PhD, MD, Candidate of Medical Science, Associate Professor of the Department of Gastroenterology and Infectious Diseases of JSC “MUA”;

L.G. Makalkina, Associate Professor of the Department of Clinical Pharmacology of JSC “MUA”

52 physicians from medical organizations in Astana took part in the forum. The following issues were widely covered at the event:

- sensible nutrition, as the basis of a healthy lifestyle;
- avoiding risk factors such as tobacco, alcohol, obesity;
- obesity-preventing diseases of the pancreas, stomach, liver, intestines;
- sufficient physical activity;
- reaction of the body associated with the use of antibacterial drugs, such as the development of antibiotic resistance, the development of intestinal dysbacteriosis, and antibiotic-associated diarrhea;
- problems associated with polypharmacy (the appointment of more than 3 drugs at a time, etc.);
- safety of the use of drugs in different age groups (prescribe only those drugs without which the patient cannot do without, not using drugs with unproven efficacy, use cautiously with age restrictions, avoid unsafe routes of administration: intravenous, intramuscular, inhalation (for children up to 6 years, inhalation administration of irritants is contraindicated);
- prophylaxis of precancerous conditions and cancer of the gastrointestinal tract.

World Digestive Health Day in Karachi, Pakistan



Zaigham Abbas, MD

Vice President, Pakistan Society for the Study of Liver Diseases

This program was aimed at raising awareness among health care professionals and gastroenterologists regarding the international struggle to eliminate hepatitis by 2030.

The Pakistan Society for the Study of Liver Diseases (PSSLD) arranged a symposium on 29 May 2018 to observe World Digestive Health Day in Karachi. The title of the symposium was “Lift the burden of hepatitis B and C.” This program was aimed at raising awareness among health care professionals and gastroenterologists regarding the international struggle to eliminate hepatitis by 2030.

Prof. Zaigham Abbas, Vice President of PSSLD, welcomed the participants. He discussed in detail the occurrence of hepatitis B and C in the endemic districts within Pakistan, where the prevalence of hepatitis B and C was much higher than the



WDHD committee

nationwide average (HCV 4.8% and HBV 2.5%). He underlined the challenges in the management and mentioned that considering epidemiology and prevalence pattern of hepatitis in Pakistan, micro-elimination strategies are one of the ways for going forward to lift the burden of the disease.

Prof. Saeed Hamid, Past President of PSSLD, in his presentation further stressed the role of community based efforts to control hepatitis. The ultimate goal is to ensure that patients

...micro-elimination strategies are one of the ways for going forward to lift the burden of the disease.

with hepatitis B and C are appropriately picked up from the community, investigated and treated according to the modern guidelines. He demonstrated the effectiveness of a low cost community model for the care and treatment of hepatitis C patients.

Prof. Wasim Jafri, Patron of PSSLD, presented on new developments to cure hepatitis B. He mentioned that unlike hepatitis C, hepatitis B was treatable but not curable. However, with ongoing research it might become an attain-



Attendance at the event



WDHD Symposium in Pakistan

able goal within the next decade. He highlighted the major immunopathology discoveries in the HBV cure research programs and ways to target cccDNA. This was followed by interactive discussions with enthusiastic participation by the audience. Prof. Shahab Abid, Prof. Zahid Azam, Prof. Nasir Luck, Prof. Jamil Ahmed and Dr. Faisal Wasim participated in the discussion.

He demonstrated the effectiveness of a low cost community model for the care and treatment of hepatitis C patients.

World Digestive Health Day in Venezuela



Gisela Romero, MD

WDHD 2018 Coordinator
University of Zulia



Edgardo Mengual, MD

University of Zulia

The audience participated very actively in formulating questions and proposing recommendations.

graduate and graduate students of Internal Medicine and Surgery, the Faculty of Medicine and the Faculty of Internal Medicine Specialists, Gastroenterology and Hepatology. The expert panel consisted of these professors:

- Dr. Soledad Briceño, Coordinator of Postgraduate Internal Medicine
- Dr. Miriam Sotolongo, Head of the Immunology Service of the Chiquinquirá Hospital
- Dr. Edgardo Mengual, Gastroenterologist, Hepatologist and Researcher of LUZ
- Dr. Gisela Romero, Gastroenterologist, Hepatologist, Coordinator of the PEC and of the WDHD 2018 celebration.



Hepatitis B panel with Drs. Soledad Briceño, Miriam Sotolongo, Edgardo Mengual and Gisela Romero

Since 2007, Venezuela has participated in this annual activity created by the World Gastroenterology Organisation...

The Faculty of Medicine of the University of Zulia (LUZ) in Maracaibo, Venezuela organized the World Digestive Health Day campaign whose central theme was Hepatitis B and C. This was coordinated through the Continuing Education Program (PEC) connected to the Division of Graduate Studies and the Department

of Gastroenterology at University Hospital (HUM). Since 2007, Venezuela has participated in this annual activity created by the World Gastroenterology Organisation in order to give answers to problems of great global interest and impact.

For this event we undertook actions and activities from 28 to 31 May 2018. It is noteworthy that we had the support of journalists from radio, television and print media, including interviews on the Educational Television of the University of Zulia, as well as by social media networks.

On Monday 28 May we held a discussion about transmission mechanisms and prevention directed to sixty medical specialists and post-graduate residents of the school of Internal Medicine of the HUM.

On 29 May 2018 we held a scientific working day to celebrate World Digestive Health Day in the Dr. Ludovic Auditorium of the Faculty of Medicine. This consisted of a Forum about Hepatitis B and a Symposium on Hepatitis C. It began with a total of 160 participants including under-



WDHD forum attendees



Dr. Gisela Romero leads the discussion



Drs. Romero and Mengual with Dr. Maria Gabriela Arteaga, President of the Sociedad Venezolana de Gastroenterología – Capitulo Zuliano

The audience participated very actively in formulating questions and proposing recommendations.

The reason for the study of these issues is public health problems, with Hepatitis B virus one hundred times more infectious than HIV, and can stay in the blood on surfaces and clothes for 15 days and continues to be infectious. About 270 to 360 million people are infected worldwide. Hepatitis C affects 170 million people infected globally.

During the Forum on Hepatitis B it was concluded that prevention is the

most important issue, especially for groups at risk such as health personnel.

The Hepatitis C symposium addressed topics such as epidemiology, natural evolution, extrahepatic manifestations and updated treatments.

On 30th of May we held a discussion about transmission mechanisms and prevention directed to students of the four Schools of the Faculty of Medicine: Nutrition and Dietetics, Nursing, Bioanalysis and Medicine. Each of the classes had between 20 to 80 students participating.

And finally the 31st of May was highlighted by a Hepatitis B and C Master Class directed to students of



Delivery of certificates



Aventura Television interview with Dr. Gisela Romero



Niños Cantores del Estado Zulia Television interview with Dr. Edgardo Mengual

the postgraduate programs in Gastroenterology, Hepatology and Internal Medicine of the HUM and the Central Hospital of Maracaibo.

'Microbiota Hard Talks - Live from Texas Medical Center' Continues to Attract Large Numbers of Viewers



The second webinar in 2018 of the "Microbiota Hard Talks – Live from Texas Medical Center" webinar series was broadcast on Thursday, 12 July 2018. Moderated by Prof. Henry Cohen (Uruguay), the webinar featured Prof. Eamonn Quigley (USA), MD, PhD, who discussed the topic "Functional Gastrointestinal Disorders and Microbiota."

Prof. Quigley presented that functional gastrointestinal disorders (FGIDs) include functional heartburn, functional dyspepsia, irritable bowel syndrome (IBS) and chronic idiopathic constipation (CIC), and he focused his discussion on the latter two: IBS and CIC.

The live broadcast of the second webinar had over 500 live connections from all continents, which was an increase in the number of live connections from the first webinar for 2018! The Asia Pacific region had the most live connections of the second

The Asia Pacific region had the most live connections of the second webinar, followed by Europe and the Americas.

webinar, followed by Europe and the Americas. We look forward to this number increasing for the next and final webinar of 2018, in November!

Next Webinar in November 2018

The next and final 2018 webinar will take place LIVE at 8:00 – 8:45 AM CST ((Houston Time GMT–6:00)/ 1:00 – 1:45 PM (GMT) on Wednesday, 7 November 2018. Prof. Fergus Shanahan, Director of APC Microbiome Ireland will present "Dysbiotic Microbiota: Facts and Fiction."

To view the complete program for 2018 and to stay up-to-date with announcements about the webinar series:

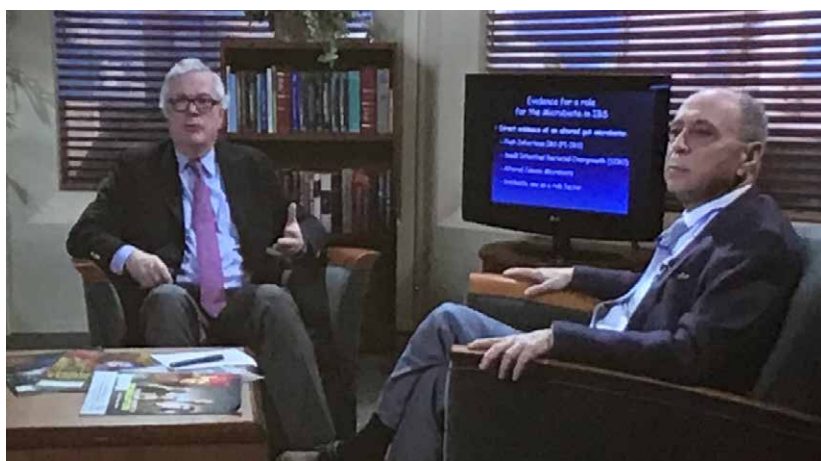
- Visit the WGO Educational Programs page, <http://www.worldgastroenterology.org/education-and-training/educational-programs/microbiota-hard-talks>



- Join the #MHT2018 conversation on social media, <http://www.worldgastroenterology.org/about-wgo/media-center/social-media>
- Subscribe to the WGO Mailing List, <http://www.worldgastroenterology.org/forms/mailling-list.php>

On-Demand Availability

If you missed the live broadcasts of the Microbiota Hard Talks webinar series in 2017 and 2018, all previous webinars are available for on-demand viewing! To access the webinar series,



Professors Quigley and Cohen

FGIDs

- Functional Heartburn
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- Irritable Bowel Syndrome
- Chronic Idiopathic Constipation

please visit <https://edge.media-server.com/m/s/ezz7g8i2/p/pg6bwph9/lan/en>; you must register for the webinar series. Once registered, you will gain access to all on-demand webinars. To view a webinar, select the title of the respective webinar highlighted in purple. At the end of each webinar, a Certificate of Participation may be downloaded directly from the webinar player.

About the Webinar Series

‘Microbiota Hard Talks – Live From Texas Medical Center’ webinar series is supported by an unrestricted medical educational grant from Biocodex. The education webinar series aims to provide medical education in the field of the human gut microbiota. This interactive program, developed by Professors Henry Cohen (Montevideo, Uruguay) and Eamonn Quigley (Houston, Texas, USA), both former Presidents of WGO, offers the chance to join experts and like-minded colleagues from around the globe on state-of-the-art microbiota topics.

Each webinar features a presentation by a renowned lecturer and will include time dedicated to an interactive question and answer session. For

more information on the “Microbiota Hard Talks” webinar series, please visit the WGO Educational Programs webpage, <http://www.worldgastroenterology.org/education-and-training/educational-programs/microbiota-hard-talks>.





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LIVE FROM TEXAS MEDICAL CENTER



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Department of Medicine at University College Cork (UCC),
National University of Ireland



MODERATED BY PROF. EAMONN QUIGLEY, MD, PhD
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Former President of World Gastroenterology Organization

WEDNESDAY NOVEMBER 7TH 2018

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WGO at Digestive Disease Week



WGO Governing Council and staff at DDW

With the presence of over 14,000 gastroenterology physicians, researchers and academics from across the globe at Digestive Disease Week 2018 in Washington, DC, USA, the World Gastroenterology Organisation held a full slate of concurrent internal meetings for leadership, committee members, Member Societies and others. Among the highlights of the week were the Extraordinary General Assembly, the Train the Trainers Alumni reception and luncheon, a WGO Leadership reception and the WGO booth at the DDW exhibition hall.



DDW 2018 in Washington, DC, USA

WGO Extraordinary General Assembly

On Monday 4 June 2018 this General Assembly was held. In addition to leadership and committee members, representatives of 17 WGO Member Societies from these countries participated:

Australia, Bangladesh, Brazil, China, Colombia, Costa Rica, Dominican Republic, Finland, Estonia, Japan, Portugal, Romania, Russia (both RGA and GSSR), Taiwan, Thailand, and the United Arab Emirates.

Following a welcome statement, introduction and report by WGO President Prof. Cihan Yurdaydin the Assembly also heard reports from Secretary General Prof. Geoffrey Metz, Treasurer Prof. Guilherme Macedo, and President-Elect and Chair of the WGO Foundation Prof. Naima Amrani.

A key item of the agenda was the World Congress of Gastroenterology (WCOG). Dr. Maryam Al Khatri, President of the Emirates Gastroenterology and Hepatology Society gave a presentation of their bid for the 2021 WCOG. Following the bid

presentation, the General Assembly unanimously voted in favor of Dubai, UAE as the host destination for the 2021 event.

Stay tuned for more details about this upcoming World Congress of Gastroenterology.

Train the Trainers Alumni Reception and Luncheon

For the 17 years that WGO has sponsored its 27 Train the Trainers workshops, we now count over 1,000 alumni from more than 90 countries, including both participants and faculty. We were pleased to host a reception and luncheon for these individuals to reunite or, for others, meet for the first time.

It once again confirmed that TTT is one of the most esteemed and popular programs that WGO offers.



Train the Trainers alumni and faculty at the reception and luncheon

The basis and success of the TTT workshops is that they are designed to be collaborative. This was truly reflected in the enthusiastic interaction among the many alumni and faculty who attended this event. It once again confirmed that TTT is one of the most esteemed and popular

programs that WGO offers. We look forward to more of these events in the future.

WGO Leadership Reception

With all of the WGO Executive Committee and many of the Committee and Task Force chairs present at DDW we hosted a reception the evening of 3 June. Also invited were Past Presidents, Training Center Directors, Masters of the WGO and other awardees including lectureships. This provided a welcome opportunity



WGO Leadership reception



WGO staffing the booth at DDW

for these far-flung persons to meet face-to-face in a social setting outside of the scientific programs of DDW.

WGO Exhibit

The WGO booth focuses on the four pillars of our mission: Advocate, Train, Inform and Educate. We were pleased to welcome hundreds of DDW attendees to our booth over the course of the four days to learn about our various programs as well as upcoming events.



WGO Past President David Bjorkman with Varocha Mahachai, Gastro 2018 Joint Steering Committee Co-Chair and Sakkarin Chirapongsathorn, Member and Deputy Secretary of the Gastro 2018 Local Organizing Committee at DDW

WGO Train the Trainers Khartoum 2018



TTT Sudan 2018 was an intensive four-day course focused on improving the abilities and educational skills of trainers in the field of digestive health.

WGO is proud to announce its Train the Trainers workshop in Sudan a resounding success! Since Train the Trainers began in 2001, over 1,000 educators have attended this unique program to hone their skills in adult education. The 26th WGO Train the Trainers (TTT) workshop took place this past 18-21 April 2018 in Khartoum, Sudan. This interactive workshop was organized by the World Gastroenterology Organisation (WGO) and the Sudanese Society of Gastroenterology with support from the American College of Gastroenterology. It was made up of 17 modules, included lectures, small group discussions, and hands-on sessions while creating the opportunity for everybody to engage in an open discussion on many topics related to teaching



TTT faculty and staff



Participants, faculty and staff

and training. The participants were divided into break out groups for sessions that occurred every day. These groups were named for prominent locations in Sudan: Kassala, Donggula, Nyala, Kosti, Wad Madani and Omdurman.

In particular, TTT Sudan 2018 was an intensive four-day course focused on improving the abilities and educational skills of trainers in the field of digestive health. Sudan 2018 brought together renowned faculty members from WGO (trainers) and participants (trainees) from 16 different countries and settings around the world, in an enabling environment to improve their potential for teaching. For the first time a participant came from Eritrea, which had never before sent



Participants and faculty came from around the globe

a participant to a Train the Trainers workshop.

Going beyond seminars, the workshop also sought to bring the participants and faculty together through a variety of teambuilding and small group activities that highlighted the beauty and history of Sudanese culture. The venue itself was opulent and rich in Sudanese architecture and featured a setting along the Nile River – and indeed a boat tour on the Nile -- and all attendees were treated

to the best of Khartoum by their kind Sudanese hosts.

A truly once-in-a-lifetime workshop, the invaluable impact of the training and guidance provided on the field of adult education combined with the breathtaking adventure that is Khartoum is hard to put into words. So we are pleased to feature testimonials from one of the participants, Dr. Pedro Moutinho Ribeiro from Portugal.



Break out session



Train the Trainers Sudan workshop

Train The Trainers Workshop (by the World Gastroenterology Organisation) in Khartoum, Sudan:

Where the Blue and the White Nile get together and head towards the Mediterranean Sea

Pedro Moutinho Ribeiro, Portugal

Train The Trainers em Khartoum, Sudão, onde o Nilo Azul se encontra com o Branco para juntos, num só, rumarem ao delta no mediterrâneo.

Foi com alguma resistência e muita expectativa que aceitei o desafio para, em abril último, me deslocar a Khartoum, no Sudão, em representação da SPG, para participar em mais um Train The Trainers (TTT), da responsabilidade da World Gastroenterology Organisation (WGO).

Confesso que o entusiasmo com que ouvia falar dos TTTs, nomeadamente na sua capacidade de interferir na



Train The Trainers Workshop in Khartoum, Sudan: Where the Blue and the White Nile get together and head towards the Mediterranean Sea

I accepted the challenge to travel last April to Khartoum, Sudan to take part in another Train the Trainers (TTT) Workshop, on behalf of the Portuguese Society of Gastroenterology, under the responsibility of the World Gastroenterology Organisation (WGO) with great expectations and some doubts.

I confess that the enthusiasm with which I heard of the TTT Workshops, namely their ability to modify the

forma como olhamos para o nosso dia a dia, seja como formadores, seja como eternos formandos, foi suplantando, dia a dia, a intranquilidade e desconfiança que uma deslocação a uma país tão problemático como o Sudão inevitavelmente me assolavam.

A insistência e o estímulo constantes por parte do Prof. Guilherme Macedo, diretor do Serviço de Gastroenterologia onde trabalho, que desde 2015 é um dos dois Centros de Treino da WGO em território Europeu, associadamente à notícia de que a Dra. Teresa Pinto Pais seria uma companheira nesta aventura, fez com que da ficção se passasse à realidade.

E foi assim, que a 17 de Abril, eu e a Teresa embarcamos num A320 da Turkish Airlines com destino a Khartoum, após escala em Istambul. Não sem antes iniciarmos a profilaxia da malária e atualização do estado vacinal contra a febre amarela!

O Sudão (Norte) é o terceiro maior país da África (após a Argélia e a República Democrática do Congo) e também o terceiro maior país do mundo árabe (depois da Argélia e Arábia Saudita). É limitado a norte pelo Egito, a leste pelo Mar Vermelho, pela Eritreia e pela Etiópia, a sul pelo Sudão do Sul e a oeste pelo Chade e Líbia. Trata-se de uma República federal presidencial democrática e representativa, cujo sistema legal é baseado na lei islâmica, a sua religião predominante.

Cerca de um quinto da população vive abaixo da linha internacional de pobreza, subsistindo com menos de U\$ 1,25 por dia.

A história do país é marcada por conflitos étnicos, com dois conflitos internos ainda em desenvolvimento, um na região sul e outro na região de Darfur, e por duas guerras civis, entre 1955 e 1972 e 1983 e 2005. São inúmeros os relatos de limpeza étnica e escravidão no país.

Aterrámos já noite dentro na sua capital, Khartoum, o centro político, cultural e comercial da nação e a segunda

way we look at our daily routine, as a trainer but also as a lifelong learner, I progressively overcame the mistrust of traveling to a country as Sudan.

Two main reasons made this dream come true. First, the constant insistence and encouragement of Prof. Guilherme Macedo, Head of the Department of Gastroenterology of the Centro Hospitalar São João in Oporto, Portugal, my workplace and one of two Training Centers of the WGO in Europe since 2015. Secondly, knowing Dr. Teresa Pinto Pais would be a partner in this adventure.

After deciding to embark on this trip, we initiated malaria prophylaxis and updated the yellow fever vaccination status. And finally, on April 17th, Dr. Teresa and I boarded a Turkish Airlines A320 flight with Khartoum being our final destination after making a stopover in Istanbul.

Sudan (North) is the third largest country in Africa (after Algeria and the Democratic Republic of the Congo) and also the third largest country in the Arab world (after Algeria and Saudi Arabia). It is bordered by Egypt to the north, the Red Sea, Eritrea and Ethiopia to the east, South Sudan to the south, the Central African Republic to the southwest, Chad to the west and Libya to the northwest.

It is a federal presidential representative democratic republic whose legal system is based on the Islamic religion; its predominant religion. About one-fifth of its population lives below the international poverty line, with less than \$ 1.25 per day.

The recent history of the country is marked by ethnic conflicts, with two ongoing internal conflicts, one in the southern region and the other in the Darfur region, and by two civil wars, between 1955-1972 and 1983-2005. There are numerous reports of ethnic cleansing and slavery in the country.

We landed in Sudan's capital city, Khartoum, the country's political, cultural and commercial center and the



Boat tour on the Nile River



Khartoum, Sudan



Faculty



Team Building

maior cidade do país, com população de cerca 1,5 milhões de habitantes.

A WGO e a Sociedade Sudanesa de Gastreenterologia não facilitaram no apoio e segurança prestados a todos os participantes. Fomos recebidos à porta do avião e, de igual modo, no dia do regresso, a 22 de abril, entregues à porta do mesmo avião.

A verdade é que esses 5 dias em terras sudanesas foram pautados por uma vivência extraordinariamente rica a todos os níveis, em absoluto contraste com a pobreza do país.

Da Faculty faziam parte o atual Chairman dos TTTs da WGO, o francês Jean Cristophe Saurin, um dos seu past presidents, o norte-americano David Bjorkman, e dois sul-africanos de grande craveira, Damon Bizos e Sandie Thomson. A secretariar o evento, a incansável canadiana Caley Mutrie, diretora executiva da Organização.

Os formandos, 44, oriundos da Europa (5), Estados Unidos (2), Argentina (2), Colombia (1), Guatemala (1), India (2) e os mais diversos países do continente africano (31).

O lugar escolhido para sede de alojamento e desenrolar de todas as sessões do Workshop foi o requintado Hotel Corinthia, uma pérola desenquadrada de todo o padrão “urbanístico” da cidade, e que constituiu uma oferta passada do líder líbio Muammar Khadafi.

O Corinthia tem umas vistas fascinantes sobre o porto fluvial, precisamente na confluência dos rios Nilo Azul e Nilo Branco, no momento da constituição do Rio Nilo, tal qual o conhecemos, com rumo para norte, passando pelo Egito em direção ao delta que termina no Mar Mediterrâneo. Não escondo que a conjugação destas duas cores, para muitos de nós inspiradoras e sinónimo de força, trabalho e sucesso!

E foi neste registo de união, de convergência de culturas, experiências e afetos que decorreu toda a semana. Uma semana exigente, com início dos trabalhos às 7.45 e término pelas 17.00h, por vezes com apenas 30 minutos para um frugal almoço!

second largest city in the country, with a population of about 1.5 million people. The WGO and the Sudanese Society of Gastroenterology offered an excellent support and security to all participants. We were received at the door of the plane, and similarly, on the day of return, on April 22nd, they brought us back to the same plane.

The truth is that these 5 days in Sudan were characterized by an extremely rich experience at all levels, in contrast to the country’s poverty. The Faculty included the current Chairman of the TTTs of the WGO (French Prof. Jean-Christophe Saurin), WGO past president (North American Prof. David Bjorkman), and two South African high-quality physicians (Prof. Damon Bizos and Prof. Sandie Thomson). The event was organized by the tireless Caley Mutrie, Executive Director of the WGO.

The 44 trainees came from Europe (5), the United States (2), Argentina (2), India (2), Colombia (1), Guatemala (1) and different countries from the African continent (31).

The chosen place to host accommodation and where all sessions of the Workshop took place was the exquisite Corinthia Hotel Khartoum, a true oasis in the middle of the city.

The hotel provided fascinating views over the river port, precisely at the confluence of the Blue and the White Nile, at the point of the formation of the Nile River, as we know it, heading north, and passing through Egypt towards the delta and ending in the Mediterranean Sea. I admit that the combination of these two colors, for many of us, was inspiring and synonym of strength, work and success!

The Workshop took place in this context of union and multicultural partnership sharing experiences and affections. It was a demanding week, starting at 7:45 am and ending by 5:00 pm, sometimes with only 30 minutes for a light lunch!

Para quem nunca frequentou workshops desta natureza, a principal mensagem é a aquisição de competências na área da formação, da aprendizagem, dos métodos de discussão e trabalho em equipa, de apresentação em público da forma como avaliamos a nossa performance e a dos outros. Sem esquecer módulos de extrema importância e utilidade como os relacionados com a apreciação crítica de artigos científicos e o desenho de ensaios clínicos.

Do componente social fizeram parte uma sessão de team building logo na primeira noite do workshop, em ambiente festivo com jantar ao som de cantares e danças populares, assim como um cruzeiro no Nilo, onde tivemos oportunidade estabelecer e fortalecer laços de união e amizade. A noite cultural, em que cada delegação, no final do jantar, fez uma breve apresentação sobre a história e os costumes de cada país foi também um momento alto.

O povo sudanês revelou-se de uma amabilidade, atenção e simpatia extrema, fazendo esquecer qualquer preocupação em relação à segurança do país ou à contração de agente infeccioso menos desejado.

O sentimento no momento da despedida foi bem tradutora da intensidade de emoções e partilhas vividas, seguramente materializadas em algumas amizades que perdurarão ao longo da vida.

For those who have never attended to this kind of workshops, the main aim is to acquire skills in the area of training, learning, methods of discussion, teamwork and public presentation of how we evaluate our performance and others'. Also, it must be highlighted that during these sorts of events, important and useful themes such as those related to critical appraisal of scientific articles and the design of clinical trials are developed too.

The social component of the Workshop included some activities. On the first night, a teambuilding session was organized in a festive atmosphere during dinner through popular songs and dances. Also, a cruise on the Nile River allowed establishing and strengthening union and friendship. Another important moment was the cultural evening, in which each delegation, at the end of the dinner, made a brief presentation on the history and customs of each country. It should be emphasized that the Sudanese people showed to be extremely kind, friendly and welcoming.

The feelings at the time of saying goodbye revealed the intensity of the emotions and shared experiences, certainly materialized in some friendships that will last a lifetime.



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Greetings from Khartoum!

Train the Trainers Advanced Workshop in Portugal



Guilherme Macedo, MD, PhD, FASGE, AGAF, FACG, FAASLD

WGO Treasurer and Director, WGO Porto Training Center



The Second Edition of the Advanced Train the Trainers Course in Leadership & Management was held in Porto, Portugal 25-26 June, 2018. Again, the workshop proved how useful and enlightening it is for those gastroenterologists involved in clinical practice, teaching, research and administration. With vivid discussion of all the topics included in the modules, we went through a vast array of concepts of leadership, communication skills, conflicts management, planning and budgeting, which provided meaningful discussion and interaction, applying a wide range of examples to learn with, in a learning environment that provided a sense of everyday real life problems and solving strategies solutions.

As per usual, diverse and multiple academic practices, and cultural backgrounds were important trumps and the friendly attitude towards an appropriate learning environment is a



Participants and faculty

Revisiting experiences and reflecting on the “roads not taken”, and on the ones we have decided to follow, is also of crucial importance in a leadership and management dedicated course.

perfect melting pot enabling everyone to come closer with an eagerness to learn and improve their own skills in communication. The participants were very committed and brought up very interesting challenges to the passionate faculty. In fact, acknowledging diversity, equity and inclusion in our minds throughout the course, we were able to understand how to build high impact leadership behavior and how we can help people to add value and make them feel valued. It is extremely rewarding, from the Faculty point of view, to keep on receiving truly emotional testimonies, praising how everyone was feeling supported and oriented, and specially, how everyone was able to establish a framework for their own future development.

The Advanced Course provides also another interesting insight which relates to the fact that every attendee has already been primed in previous standard course, so many positive feelings come across with the gathering and meeting of former participants, that almost always refer the huge impact the previous course had on their

professional, social and personal lives. Revisiting experiences and reflecting on the “roads not taken”, and on the ones we have decided to follow, is also of crucial importance in a leadership and management dedicated course.

The advanced courses are evolving, and while they should keep their great virtues they also should be reshaped or adapted to the incoming educational tools. This represents an important challenge and task that we have to face. This will be the proper way to nourish the plants that faculties and attendees, in different times, have been seeding. We must never forget that education implies not only acknowledging and welcoming the



TTT workshop

change, but truly incorporating it into everyday behavior. This also needs a special attitude and mind setting, just like managing conflicts; it should be handled with care.



TTT Advanced workshop testimonial
Helena Tavares de Sousa, MD, FEBGH, Portugal

I now take the opportunity to let you know what a stimulating and enriching action the WGO - Advanced TTT Porto 2018 was for me.

Similarly to my 2013 Basic TTT, this Advanced Course was hugely important in my education both as a Gastroenterologist and as a person. Although I still don't have position as head of department or sector, I do have responsibilities in undergraduate and postgraduate Medical Education in my Department and in postgraduate Medical Education in my Hospital. Attending this TTT gave me useful skills on team-building, managing conflicts and planning strategies that I can already apply to this particular functions.

The group of attendees was also amazing: very differently originated colleagues, either in medical and/or academic practice, age and cultural background. These differences which at a first glance seemed difficult to overcome ended up to be enriching of the group and of myself as an individual.

I also want to stress the fantastic faculty. I acknowledge they all have multiple responsibility as directors, professors and physicians at home, but they were always present, involving and friendly – making us attendees feel comfortable, thus improving enormously our learning. I am definitely using all of you as a role model for teaching my students and residents!

To sum up, I learned so much in only two days as a professional and a

person, that I cannot overemphasize the impact of the course in my life.

Well done WGO and SPG! Well done fellow attendees! Hope to see you all again!



TTT Porto: A Testimonial
Anca Trifan, MD, PhD, FRCP(London), FEBGH, Romania

WGO and The Portuguese Society of Gastroenterology had organized one of the most interesting and instructive preceptorships I have ever attended. I would like to emphasize the following strong points:

Very enthusiastic and generous faculty! They did not miss one second of the program and were always present, very involved, actively supportive and GOOD ROLE MODELS! The first lesson I learned was the behavior of a leader who organizes a course, and found this extremely helpful.

The environment during the breakout sessions was friendly, but also competitive. Through this I learned a lot from my peers while I was in Porto. Even after the TTT I am still thinking about and learning from the discussions we had.

The presentations, discussions, and breakout sessions provided us the framework so we each can individualize them not only for development, but also so we can be the best physicians, leaders and, why not, human beings!



Reflections from the Audience at the WGO TTT Advanced Workshop on Leadership and Management II in Porto, Portugal
Wojciech Marlicz, MD, PhD, FACC, Department of Gastroenterology, Pomeranian Medical University, Szczecin, Poland

Uncertainty has never been as vivid and important as it is today in con-

“Do we need to become the leaders? Are we born as leaders or is this skill acquired and comes to life with experience and training?”

temporary medicine. The topic of leadership and management has never been so crucial as it is nowadays.

With the global shakings in political, cultural and social life becoming everyday reality, so does the black and white of medical sciences. Of paradox, with the advent of modern technology, mass travel migrations as well as internet and social media developments, the world of apparent security has become increasingly small.

We, as physicians, face uncertainty on many levels; from decision making in daily clinical practice through supervision of trainees to strategic plans at our institutions, as well as personal lives. The best solution to deal with uncertainty is to admire clever skills and get the wisdom to deal and solve the problems in a proper way. Instead, however, we live in the world of quantum mechanics, where Schrödinger's cats dance with randomness of the outcomes evoking the infinite numbers of effects. Therefore we shall use our power of mutual empathy and reassurance to guide us, and the others to influence the presence and plan for the future. But where does one acquire the skills and develop this power? How can one develop these skills and become a good leader?

For the most part, we learn these skills from others. Few, however become leaders; more are managers and many fail. Of course, we can learn from great doctors of the past. Among them father of contemporary medicine, Sir William Osler with his famous quote: “The good physician treats the disease, the great physician treats the person who has the disease.”

The other great individual's experience we can lean on is Ismar Boas who was the founder of gastroenterology as the medical sub-specialty and created the first, and still active, journal devoted to this field. Boas, apart from his research activities and busy medical practice, managed to provide training in gastroenterology and attracted hundreds of physicians to his medical center. Francis Avery Jones is another great physician, gastroenterologist and superb diagnostician who had great impact on medical practitioners of his time and on future generations. Sheila Sherlock, a British physician, great educator and inventor of the contemporary field of Hepatology, was a great leader attracting trainees from all over the world who followed the path of a leader in their field.

Nowadays it is perhaps more difficult to find such a great leader to follow. Moreover, expanding bureaucracy and emotional exhaustion are the main reasons for frequent burnouts among contemporary medical practitioners. While learning from the past and looking into the future we may ask: "Do we need to become the leaders? Are we born as leaders or is this skill acquired and comes to life with experience and training?"

The answer is not that easy, unless you had a chance to attend and experience World Gastroenterology Organisation (WGO) Train the Trainers (TTT) courses. These courses have already attracted more than one thousand gastroenterologists from around the world and are really unique in their structure and character. I already had a privilege to attend full week, basic WGO-TTT in Taipei, Taiwan in 2015, as one of three representatives from the Polish Society of Gastroenterology. The most recent WGO-TTT advanced workshop took place in Porto, Portugal last June, 2018 and was hosted by the Portuguese Society of Gastroenterology (PSG). This two-day advanced course devoted to leadership



Helen Toouli, Wojciech Marlicz, Katarzyna Marlicz, Govind Makharia, Jim Toouli, Guilherme Macedo, and Aasma Shaukat.

and management. I would like to echo my experience on time spent in Porto with other participants of this event. This course was facilitated by great leaders and experts in their fields. We were honored to share the experience with Prof. Guilherme Macedo, group leader of our Portuguese hosts; WGO presidents: Professors Cihan Yurdaydin (Turkey), Naima Amrani (Morocco), Jim Toouli (Australia) and other faculty members - Professors Jack DiPalma (USA), Kelly Burak (Canada), Susana Lopes (Portugal), Jean Christophe Saurin (France) and Pedro Moutinho-Ribeiro (Portugal).

The program was very intense and covered important aspects on what leadership is.

Similar to the standard four-day WGO-TTT course's educational program, we were engaged in problem solving of various issues, such as dealing with the difficult colleague and the difficult trainee, managing conflicts, communicate effectively, taught to deal with quality assurance, resource allocation and budgets. All these topics were intensely worked



View of the River Douro in Porto after TTT-WGO, June 2018 meeting

out in big group and in smaller teams through vivid discussions. We were divided into four groups, named after UNESCO World Heritage sites in Portugal: Vale do Côa, Porto, Guimarães and Alto Douro Vinhateiro. The teamwork created unique occasions to master our interpersonal skills and build long term friendships.

Networking throughout the course with colleagues, leaders, directors, great teachers and physicians from different parts of the world was a truly inspirational experience. These two WGO-TTT courses definitely changed my way of functioning. I have learned to manage my time more effectively, listen, and make a crisp, clear synopsis and present it to the audience. Moreover giving and receiving feedback also was viewed as a great tool in my teaching carrier. Of great importance one could not feel the difference between participants and faculty who facilitated the course in a perfect and professional manner.

As summarized by Prof. Jim Toouli, the leadership is about communication and a good leader is a good storyteller. To be a good leader one must master the art of communication. This TTT course was exactly that. Despite the fact that most of us just met at the course, we, however, competed and collaborated as well as an old team.

Most of all I would like to express my gratitude to TTT Porto staff, without whom this meeting would not be possible – Caley Mutrie and Krystal Antrim-Jones from WGO (USA) and Andreia Neto and Luis Maco from PSG (Portugal). This and other TTT courses are definitely in line with the old saying: "Don't walk behind me; I may not lead. Don't walk in front of me; I may not follow. Just walk beside me and be my friend." I am looking forward to collaborating further with WGO and all its members.

Asian Pacific Digestive Week 2017



Justin C. Y. Wu, MBChB, MD, FRCP (Lond, Edin), FHKAM, FHKCP, AGAF

Congress President and Local Organizing Committee Chair
Past President, The Hong Kong Society of Gastroenterology



APDW Opening Session with Dr. Justin Wu

The Asian Pacific Digestive Week 2017 (APDW 2017) themed “The Future in Digestive Diseases” was held in Hong Kong from 23 - 26 September 2017 at the Hong Kong Convention and Exhibition Centre. APDW 2017 was the concerted effort of The Hong Kong Society of Gastroenterology, Hong Kong Society of Digestive Endoscopy, Hong Kong Society for Coloproctology, The Hong Kong Association for the Study of Liver Diseases, The Hong Kong Society of Gastrointestinal Motility, Hong Kong IBD Society and Hong Kong Society of Endoscopy Nurses.

It was a very successful Conference with over 2,800 participants from 44 countries/cities including 197 invited speakers. Japan, China and Korea ranked the top three for the number of participants. The scientific program was very comprehensive with the post-graduate course, the Nurses Program and seven parallel workshops on the pre-congress day on 23 September. Named lectures, the live endoscopy

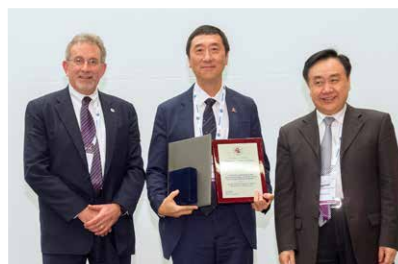
workshop, Young Clinician/Investigator Program, sponsored symposia and workshops and 56 parallel scientific sessions were conducted over 3 days, 24-26 September.

Out of 1,002 abstracts received, 786 were accepted for presentation in different categories, the Young Investigator Awards, Posters of Distinction Awards, Best of APDW Plenary Abstracts, Moderated e-Poster, Pure e-Poster Display and Video Display.

There were good opportunities for participants to meet during the welcome reception, opening ceremony and faculty dinner. Industry partners, faculty and delegates enjoyed the participation in the Conference, friendship, and cultural experience in Hong Kong.

WGO Distinguished Global Lectureship at APDW

The WGO believes that it is important to continuously expand the ways



Joseph J.Y. Sung (middle) is awarded the WGO Distinguished Global Lecture, with David Bjorkman, Past President of WGO and Daiming Fan, Vice President, APAGE



Panel discussion

in which WGO supports its Member Societies and Regional Affiliate Associations and their activities. The WGO Distinguished Global Lecture is a means by which WGO can even more effectively demonstrate its commitment to participating in and supporting the major annual or biannual meetings of the Regional Affiliate Associations. WGO appreciates the opportunity to partner with its Regional Affiliate Associations and looks forward to more collaborations in the future.

Each year, in conjunction with a WGO Regional Affiliate Association, WGO awards the WGO Distinguished Global Lecture to a physician who has contributed, from a global perspective, to education and training being offered on a regional basis.

WGO was privileged to honor Prof. Joseph J.Y. Sung, who was chosen, in collaboration with the Asian Pacific Association of Gastroenterology (APAGE), to deliver the esteemed WGO Distinguished Global Lecture, which was well attended and received. Prof. Sung's lecture was entitled “Artificial intelligence and gastroenterology: Is there still a role for gastroenterologists?”

Prof. Sung received his medical degree (MB BS) from The University of Hong Kong in 1983, and was conferred PhD in biomedical sciences by the University of Calgary and MD by The Chinese University of Hong Kong (CUHK) in subsequent years. Professor Sung holds fellowships from the Royal Colleges of Physicians



e-Poster presentations

of Edinburgh, Glasgow, London, and Australia, the American College of Gastroenterology, the American Gastroenterological Association, the Hong Kong College of Physicians and the Hong Kong Academy of Medicine. He is concurrently Mok Hing Yiu Professor of Medicine of CUHK, an Academician of the Chinese Academy of Engineering of the People's Republic of China, an Academician of the Eurasian Academy of Sciences and a Founding Member of the Academy of Sciences of Hong Kong.

As a renowned scientist in gastroenterology, Professor Sung's research interests include intestinal bleeding, *Helicobacter Pylori*, peptic ulcer, hepatitis B, colorectal cancer, and other cancers related to the digestive system. Professor Sung and his team proved the relationship between *H. Pylori* and peptic ulcer diseases. They were first in demonstrating that a course of antibiotics lasting a week can cure *H. Pylori* infection and successfully treat peptic ulcers and minimize their relapse. At the same time, he and his research team pioneered the use of endoscopic treatment for ulcer bleeding to reduce the need for operative surgery. These research results have a major impact on and have changed the practice of

gastroenterology worldwide.

Professor Sung is a renowned researcher in gastroenterology and hepatology. He led a group of experts from 15 Asia-Pacific countries to launch colorectal cancer screening research in 2004, and has laid down clear guidelines and promoted colorectal screenings in the region. Because of his work in cancer screening and prevention, Professor Sung was honored by the Prevent Cancer Foundation of the United States with the Laurel Award in 2008. In 2009, his seminal lectures on peptic ulcer bleeding won him the Marshall and Warren Lecture Award. In the same year, he was also awarded the Endoscopy Award of the German Society of Gastroenterology.

In 2003, Professor Sung led his medical team to fight against the Severe Acute Respiratory Syndrome (SARS) and was named "Asian Hero" by *Time* magazine in recognition of his outstanding contributions.

In 2013, he received the Master of the World Gastroenterology Organisation (MWGO) Award from the World Gastroenterology Organisation & WGO Foundation.



APDW scientific session



APDW presentation

19th Joint Annual Scientific Meeting in Hong Kong

The 19th Joint Annual Scientific Meeting was successfully held on 23 September 2017 and attended by more than 100 healthcare professionals. This year, the meeting was incorporated into Asian Pacific Digestive Week 2017. The meeting is an annual scientific event jointly organized by six societies for gastrointestinal and hepatobiliary diseases in Hong Kong, namely The Hong Kong Society of Gastroenterology, Hong Kong Society of Digestive Endoscopy, Hong Kong Society for Coloproctology, The Hong Kong Association for the Study of Liver Diseases, the Hong Kong Society of Gastrointestinal Motility and the Hong Kong IBD Society.

Two case discussions were presented. The first case presented by Dr. Michael Ko was a young patient with Wilson's Disease complicated by pregnancy. The second case presented by Dr. Kevin Liu was a patient with signet ring cell carcinoma of the stomach with peritoneal metastasis mimicking Crohn's Disease. Both panelists and delegates participated actively throughout the discussions.

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Celebrating 25 Years of UEG Week



Welcome to 25th UEG Week

With more than 13,000 attendees from 118 different countries, the 25th UEG Week in Barcelona 2017 was again a tremendous success and a worthy anniversary celebrating 25 years of excellence in gastroenterology. A world-class program was carefully pieced together featuring the latest advancements in clinical management and the best new research in digestive health. The greatness of the UEG Week program lies in its diversity when it comes to topics, content and formats.

The backbone of UEG Week is the science and how it influences clinical practice.

The congress kicked-off with the Postgraduate Teaching Program, comprising of two days of excellent medical education and state-of-the-art sessions. The interactive session formats included tricky clinical cases, controversial debates and exciting video cases, supplying a perfect mix for both gastroenterologists in train-

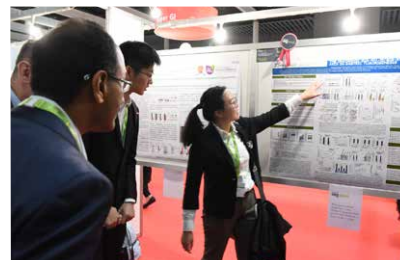
ing and established physicians.

The backbone of UEG Week is the science and how it influences clinical practice. Every year we have a two-day program where we focus on a scientific topic that has already influenced clinical practice and is likely to affect how we manage patients in the future. We call this initiative 'Today's Science, Tomorrow's Medicine'. This year the theme was 'host-microbiota crosstalk', with superb and well-attended overview lectures and abstracts demonstrating the importance of our gut microbiota, both in health and disease. Part of the talks were focusing on how important the microbes in our gut are for a healthy life, whereas other talks described the relevance of gut microbiota alterations in various GI and non-GI diseases.

For the practicing clinician, UEG Week 2017 had a large number of highly interesting sessions on clinical guidelines and how they can be brought into clinical practice, which is in line with UEG's recent work to identify and collect existing European gastroenterology guidelines for our members. There were also well-attended therapy updates on common clini-



Celebrating 25 years of UEG Week



Poster sessions

cal problems such as ulcerative colitis, fecal incontinence, nutrition and endoscopic complications, as well as a one-day 'advances in clinical gastroen-

It is very exciting to see the high visibility of young gastroenterologists at UEG Week and how many young doctors are now involved in the meeting and playing such a central role in the content.

terology and hepatology' symposium, highlighting how the clinical management of functional GI disorders and gastroesophageal reflux disease has advanced over the last couple of years.

We have come such a long way over the past 25 years and this was reflected in the '25th anniversary' hotspot session, where we heard about the many fantastic developments in our field and this is reflected in the success of UEG Week.

Last, but not least we would like to mention the record number of original abstracts at this year's UEG Week, and all the enthusiastic and skilled young abstract presenters. It is very exciting to see the high visibility of young gastroenterologists at UEG Week and how many young doctors are now involved in the meeting and playing such a central role in the content. UEG is constantly looking to attract the best science and research to our congress. The meeting provides a fantastic opportunity for researchers



Audience at UEG Week

around the world to submit and present their latest research findings and, to support the quality of submissions, UEG offers a number of awards.

UEG Week Barcelona 2017 Awards

Research Prize

Jesper Lagergren is a Consultant Surgeon at the department of Molecular Medicine and Surgery at the Karolinska Institutet in Stockholm, Sweden and was awarded the distinguished UEG Research Prize 2017 for his outstanding project 'The aetiology, prevention and treatment of oesophageal cancer'. The overarching goal of his

research is to improve clinical practice and to contribute to an improved prognosis for future patient survival.

Lifetime Achievement Award

Anthony Axon has been a clinical Gastroenterologist for 40 years and was the first to draw attention to the requirement for effective disinfection in endoscopy, and to recognize the need for a closed disinfection system. His involvement with UEG started with his membership on the Scientific Committee 1996-1999 and culminated in his Chairmanship of UEG Council 2006-2007. During his Presidency UEG has expanded its activities further and Professor Axon played a part in its success.

Top Abstract Prize Awardees

Yuichi Mori, Jonas Rosendahl, Wai Keung Leung, Baris Mercanoglu, Anaïs Larabi - € 10,000 go to each of these top 5 abstracts submitted to UEG Week 2017.

Journal Best Paper Award

This year's UEG Journal Best Paper Award went to Clive Wilder-Smith, as

the first author of the winning article: Gastro-oesophageal reflux is common in oligosymptomatic patients with dental erosion: A pH-impedance and endoscopic study.

Congress recordings - UEG Week 24/7

The congress experience continues. UEG Week 24/7 features all core scientific lectures from UEG Week Barcelona 2017: www.ueg.eu/week/24-7

Share with us the future of digestive health and visit UEG Week in Vienna, 20-24 October, 2018! Register at: www.ueg.eu/week



WGO exhibit at UEG Week

Common Interest Group Meeting Getting Closer to 2030 ... Where do we stand? Towards elimination of viral hepatitis on a global level



Viral Hepatitis, B and C

United European Gastroenterology (UEG) Week – Vienna Austria

Date: Monday, 22 October, 2018 **Time:** 18:00-19:30
Room Location: Austria Center Vienna — Room N2 (Level 1)
Chair: Cihan Yurdaydin, President, WGO

WGO's 2018 WDHD theme is Viral Hepatitis B&C, Lifting the Global Burden. This session explores where efforts stand currently to eliminate viral hepatitis globally. Experts will present on the diagnosis and management of viral hepatitis B&C and the challenges to eliminating viral hepatitis on a global scale.

This program has been developed in response to World Digestive Health Day (WDHD) 2018. WDHD is the premier advocacy and public awareness campaign organized each year by the WGO and the theme for 2018 is Viral Hepatitis, B & C: Lifting the Global Burden.

SPEAKERS:



Joost Drenth
Netherlands



Cihan Yurdaydin
President, WGO



Philippa Easterbrook
World Health Organization (WHO) Switzerland

PROGRAM

- 18:00-18:05 - *Opening remarks:* **Cihan Yurdaydin, President, WGO**
- 18:05-18:30 - *Diagnosis and management of viral hepatitis B: The problem* – **Joost Drenth, Netherlands**
- 18:30-18:55 - *Diagnosis and management of viral hepatitis C: WGO's perspective* – **Cihan Yurdaydin, Turkey**
- 18:55-19:20 - *Challenges of viral hepatitis elimination on a global scale* – **Philippa Easterbrook, World Health Organization (WHO), Switzerland**
- 19:20-19:30 - *Question and Answer*



World Gastroenterology Organisation (WGO) • WGO Foundation (WGOF)

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Websites: www.worldgastroenterology.org www.wgofoundation.org



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World Digestive Health Day
<https://www.facebook.com/WGOFWDHD/>



WGO / WGO Foundation
<https://twitter.com/WorldGastroOrg>
World Digestive Health Day
https://twitter.com/WGOF_WDHD



WGO / WGO Foundation
<https://www.linkedin.com/company/world-gastroenterology-organisation-wgo-wgo-foundation/>

World Hepatitis Day 2018



Cihan Yurdaydin, MD

President, WGO



Naima Amrani, MD

President Elect, WGO
Chair, WGO Foundation



Saeed Hamid, MD

Chair, WGO Hepatology Interest Group

World Digestive Health Day (WDHD) is a campaign year dedicated, in 2018, to Hepatitis B and C with the specific goal to ensure awareness of prevention, diagnosis and availability of treatment.

Through the WDHD 2018 campaign, WGO and WGO Foundation (WGO Foundation) look forward to helping to provide a better understanding and a better management, of this global burden.

Hand in hand we can be able to prevent, cure and eradicate Hepatitis B and C in the near future.”

On behalf of WGO and WGO Foundation,

What is World Hepatitis Day?

World Hepatitis Day is an awareness campaign organized by the World Hepatitis Alliance. World Hepatitis Day is celebrated every 28 July to

World Hepatitis Day 2018 Eliminate Viral Hepatitis by 2030

“Hepatitis B and C is a major health problem worldwide, especially in developing countries. It is a major cause of liver cancer which is the second leading cause of cancer related mortality in the world. Over half a million new cases are diagnosed annually and hepatitis B virus (HBV) and hepatitis C virus (HCV) account for the majority of liver cancer cases. Data from the World Health Organization (WHO) reveals that up to 325

million people are living with chronic hepatitis B and C infection.

Let us also not forget hepatitis E virus infection which mostly causes a self-limiting illness, however can lead to liver failure in pregnant women and patients with chronic liver disease, and yet is a vaccine preventable illness.

As the World Gastroenterology Organisation (WGO), we seek to raise awareness of viral hepatitis with and through our Member Societies, our Regional Affiliate Associations and all WGO Training Centers.



Viral Hepatitis, B and C



Public Awareness Walk.

bring about the awareness of the global burden of viral hepatitis, with the primary campaign goal of eliminating viral hepatitis by 2030.

The theme for this year is “Eliminate Hepatitis” and the campaign for 2018 focuses on “Finding the Missing Millions”, a three-year global awareness-raising and advocacy campaign aimed at tackling the main barriers to diagnosis by putting civil society organizations and the affected community at the heart of the solution. All of which will contribute towards progressing WHO’s elimination target of a 30% diagnosis rate by 2020.

What is Viral Hepatitis?

“Acute viral hepatitis (AVH) is a systemic infection predominantly affecting the liver. It is most often caused by viruses that are hepatotropic (hepatitis A, B, C, D, and E). Other viral infections may also occasionally affect the liver, such as cytomegalovirus (CMV), herpes simplex, coxsackievirus, and adenovirus. Whereas hepatitis A and E are self-limiting, infection with hepatitis C and to a lesser extent hepatitis B usually become chronic”
- **Read more from the [WGO Acute Viral Hepatitis Guideline](#).**

“Viral hepatitis and its consequences (cirrhosis, liver failure, liver cancer, death), have been ignored far too long. Hepatitis B and C alone affect over 1 in 12 of the world’s population and cause more chronic disease and death than HIV, TB or malaria. Both hepatitis B and C are preventable and hepatitis C can be cured. Several

countries have made it national policy to completely eliminate hepatitis C, including Georgia, Mongolia, Egypt, Pakistan, Portugal and Australia. It is time to unite and decide to eliminate hepatitis C globally. But to accomplish this, we must first identify the over 70% of infected patients who do not even know that they have hepatitis C. I strongly support World Hepatitis Day and the WHO initiative over the next three years “Find the Missing Millions” as the first step to achieving this goal.

At the same time we must not forget hepatitis B which affects many millions more and dedicate ourselves to eliminating hepatitis B. We must push for final true universal vaccination, including the birth dose, with a vaccine that has been available since 1982!

Then, like smallpox before it and polio, now down to fewer than 100 new cases in only 2 countries worldwide, hepatitis B can become part of our ancient medical history.

- Douglas R. LaBrecque, Past Chair, WGO Hepatology Interest Group

World Digestive Health Day 2018 - Viral Hepatitis, B and C: Lift the Global Burden

The World Gastroenterology Organisation (WGO) is raising awareness of Viral Hepatitis, B and C in 2018 through its annual public advocacy and awareness campaign, World Digestive Health Day (WDHD).

WDHD is celebrated each year on May 29th with associated activities and initiatives continuing throughout and beyond the campaign year. WDHD will provide gastroenterologists, their patients and the public, with an understanding of the prevention, prevalence, diagnosis, management and/or treatment of Viral Hepatitis, B and C. The campaign is led by Brian McMahon, MD (U.S.A.) and Yun-Fan Liaw, MD (Taiwan). Read a message from the Co-Chairs [here](#)!

Remember that World Digestive

Health Day events are happening year round! Submit your World Digestive Health Day Event at www.worldgastroenterology.org/forms/submit-event.php.

“Worldwide viral hepatitis is one of the leading causes of morbidity and life lost. The WHO has set goals to eliminate hepatitis B and C by 2030. To accomplish these goals, a concerted effort from governments, public health leaders and the public (civil society) will be needed. Sources of funding and experts to implement vaccination of all infants starting with a birth dose worldwide, to train providers to diagnose, link persons chronically infected with hepatitis B and C to care and treatment will be keys to achieving these goals. In addition, public awareness regarding the importance and seriousness of viral hepatitis, the keys to prevent infection through vaccination and other preventive measures and the awareness that viral hepatitis B can be treated and hepatitis C cured.”

-Brian J. McMahon, MD, WDHD 2018 Co-Chair

WGO Training Centers

Since 2001, over 3,400 professionals have received training through the various educational programs offered at the WGO Training Centers. Located in developing countries throughout the world, each WGO Training Center provides trainees with the opportunity to enhance their skills and further their education in gastroenterology, hepatology, endoscopy, oncology, and GI surgery. Each Center offers comprehensive training, ranging from multi-day workshops on special topics to four-year sub-specialty internships that include theoretical courses and practical applications of techniques. The Training Centers promulgate locally relevant knowledge and develop appropriate skills among medical practitioners and health care workers from low-resource countries.

Visit www.worldgastroenterology.org/education-and-training/training-centers/centers to discover each of our WGO Training Centers!

Supporting WGO Global Guidelines and Cascades

The WGO Guidelines and Cascades library contains over 20 practice guidelines written from a global standpoint and published for viewing and download on the WGO website. Cascade-based guidelines offer various treatment options for diagnosis and treatment depending on the resources available in different parts of the world. The six supporting WGO Global Guidelines and Cascades listed below are available in different languages and focus on hepatitis and related liver disease topic areas:

- [Acute Viral Hepatitis](#)
- [Esophageal Varices](#)
- [Hepatitis B](#)
- [Hepatitis C](#)
- [Hepatocellular Carcinoma \(HCC\)](#)
- [NAFLD & Nash](#)

e-WGN Expert Point of View (EPOV) Articles Hepatology Collection

The e-WGN Expert Point of View (EPOV) articles listed below are a part of the Hepatology Collection and are available for viewing on the WGO Website. Click the article title(s) below to begin reading!

- [Nonalcoholic Fatty Liver Disease – A Growing Public Health Problem](#)
Davor Stimac, MD, PhD
Ivana Mikolasevic, MD, PhD
Vol. 20, Issue #4 (January 2016)
- [Outcomes and Treatments of Dual Chronic Hepatitis B and C](#)
Chun-Jen Liu, MD, PhD
Vol. 19, Issue #4 (January 2015)
- [HIV/HBV and HIV/HCV Co-infection in Sub-Saharan Africa: Transmission, Disease Outcomes, and Treatment Options](#)
Mark W. Sonderup, MD
C. Wendy Spearman, MD

Vol. 19, Issue #4 (January 2015)

- [WGO Lectureship, Georges Brohée Medal and Lecture: New Views on NASH Pathogenesis – How Should They Inform Management?](#)
Geoffrey C. Farrell, MD, FRACP
Vol. 18, Issue #3 (September 2013)
- [From Obesity to Fatty Liver/ NASH: Two Parallel Epidemics](#)
Sofia Carvallhana, MD
Helena Cortez-Pinto, MD, PhD
Vol. 18, Issue #2 (July 2013)
- [New Era of Antiviral Therapy for Chronic Hepatitis C Infection: Implications on Global Health](#)
Joseph K. Lim, MD
Vol. 17, Issue #4 (December 2012)
- [Part II: Global Burden Of Liver Disease: A True Burden on Health Sciences and Economics!!](#)
S. K. Sarin, MD, DM
Rakhi Maiwall, MD, DM
Vol. 17, Issue #3 (October 2012)
- [Global Burden Of Liver Disease: A True Burden on Health Sciences and Economics!!](#)
S. K. Sarin, MD, DM
Rakhi Maiwall, MD, DM
Vol. 17, Issue #2 (July 2012)
- [Acute Hepatitis E](#)
Wasim Jafri, MD, FRCP, FACG, FACP
Om Parkash, MBBS, FCPS, FCPS (GI), MSc, FACP
Vol. 17, Issue #1 (March 2012)

Educational Programs

In collaboration with WGO, the International Coalition of Hepatology Education Providers (IC-HEP) created an audiocast series focused on the management of Hepatitis C in Latin America.

This series includes expert presentations delivered by:

- [Estado actual del manejo de la Hepatitis C en Chile,](#) presented in Spanish by Javier Brahm, MD

- [Estado atual do manejo do HCV no Brasil,](#) presented in Portuguese by Hugo Cheinquer, MD, PhD

- [Estado actual de la Hepatitis C en la Argentina,](#) presented in Spanish by Marcelo O. Silva, MD

Through educational collaboration with WGO, IC-HEP also created webcasts on Hepatitis C and HCC:

- [“Review of the WHO Guidelines for the Screening, Care, and Treatment of Persons with HCV,”](#) presented by Raj Reddy, MD
- [Hepatitis C,](#) presented by Aamir Ghafoor Khan, MSc(G), DGMRCP&S(G) FRCP(Lond), FRCP(G), FRCP(Ed), FRCPI(Ire), FEBG(Eu) FRSM(UK), FACP(USA), FACG(USA), AGAF(USA)
- [“HCC: A Global Crisis Silent and Widely Ignored,”](#) presented by Douglas R. LaBrecque, MD

How Can YOU Contribute To The Goal Of Eliminating Hepatitis By 2030?

World Hepatitis Day 2018 Campaign Toolkit

Download the World Hepatitis Day 2018 Campaign Toolkit, provided by the World Hepatitis Alliance, to find ideas on how you can participate in the World Hepatitis Day 2018 Campaign [here!](#)

World Hepatitis Day 2018 on Social Media

Use the following hashtags when posting about hepatitis on social media!

- #WorldHepatitisDay
- #FindtheMissingMillions
- #NOhep
- #hepatitis

Also don't forget to like and follow us on [Facebook](#), [Twitter](#), and [LinkedIn](#) for information on where to find WGO resources in support of World Hepatitis Day!

Additional Resources for More Information

Click on the links below to learn more about World Hepatitis Day and join the global movement!

- [World Hepatitis Day Website](#)
- [World Hepatitis Alliance](#)
- [NoHep Website](#)
- [Center for Disease Control \(CDC\) Viral Hepatitis Webpage](#)
- [World Health Organization Website](#)

American Association for the Study of Liver Diseases (AASLD) - The Liver Meeting® 2018

Visit WGO at booth #152 at the [American Association for the Study of Liver Diseases - The Liver Meeting® 2018: Walter E. Washington Convention Center, Washington DC, November 9-13, 2018!](#)

Read about a couple of World Hepatitis Day celebrations that took place in Portugal and Pakistan in 2017!



The Present and Future of Hepatitis C in Portugal

Guilherme Macedo,
WGO Treasurer and

Director of the WGO Porto Gastroenterology and Hepatology Training Center

To celebrate the World Hepatitis Day, on 28 July 2017, the Portuguese associations SOS Hepatitis and the Group of Activists in Treatment (GAT), with the support of Merck Sharp & Dohme (MSD) Portugal, presented the short film “HEP C FREE” on 27 July, 5:30 pm at São Jorge Cinemas in Lisbon. Directed by Academy Award®-winning director Cynthia Wade, the short film focuses on the true testimony of four hepatitis C patients who share their experience: the reasons that led them to take drugs, the moment when they discovered they were infected and their struggle for healing the virus induced liver disease. These are stories with different starting positions, which have a

common point: addiction.

After the short film display, there was a debate with the main specialists in the area, the SOS Hepatitis and GAT patients associations, focused on the main limitations felt by patients in access to treatment. The debate was attended by Emília Rodrigues, president of the association SOS Hepatitis, Ricardo Fernandes, executive director of the Group of Activists in Treatment (GAT), Professor Rui Marinho, Hepatologist of Santa Maria Hospital Lisbon and Professor Guilherme Macedo, Director of Gastroenterology Department of the São João Hospital and Director of the WGO Porto Gastroenterology and Hepatology Training Center.

Hepatitis C is a silent disease, which affects the liver and is asymptomatic over time. About 500 million people are infected with Hepatitis C and are unaware of it. This disease is transmitted through contact with contaminated blood, either by transfusion, accidents with contaminated material or by means of injectable drugs. In Portugal it is estimated that between 0.7 and 1% of the population has Hepatitis C (70 to 100 thousand patients) but only 30,000 have been diagnosed. Beyond the challenge of trying to diagnose all the infected individuals that are still unaware of their condition, an innovative project of treatment of hep c in prisons that São João Hospital / WGO Porto Gastroenterology and Hepatology Training Center recently launched was also discussed. It demonstrated that this model of outreaching to difficult populations is feasible and realistic, and in fact provided the backbone for a national program for treating prisoners.

Watch the full documentary here: https://www.youtube.com/watch?v=0x_32KX1ZY&feature=youtu.be. You will be enlightened with this experience.

Hep C celebrations in Pakistan

Mushtaq Safi, MBBS, FCPSII gastro, MRCP II UK

World Hepatitis Day was celebrated in Pakistan on 28 July 2017 to produce awareness in people and how to prevent entry of virus (s) into the body. The event was coordinated by Dr. Mushtaq Safi and chaired by Prof. Aamir Ghafoor. Doctors, nurses, paramedical staff, patients, their attendants, government representatives and hospital administrators participated in the event with full blown print, electronic and social media coverage.



Prof. Aamir Ghafoor briefing media on how to prevent, control and treat hepatitis.



Past Health Minister Shaukat Yousafzai addressing the media.

The 17th Iranian Congress of Gastroenterology and Hepatology (ICGH 2017)



Akram Pourshams, MD

Secretary
Iranian Association of Gastroenterology and Hepatology

The 17th Iranian Congress of Gastroenterology and Hepatology (ICGH 2017) was held by the Iranian Association of Gastroenterology and Hepatology (IAGH) in collaboration with the Digestive Disease Research Institute of Tehran University of Medical Sciences, 21-24 November 2017 at the International Conference Center of Shahid Beheshti University in Tehran, Iran.

A total of 909 physicians and researchers from all over the country, as well as 143 domestic and foreign speakers participated in the 17th ICGH.

The ICGH 2017 postgraduate course comprised of a one-day world-class CME for hepatologists in practice on 21 November 2017. A total of 295 physicians officially attended the postgraduate course. From 22-24 November 2017, the Congress offered profound updates of latest developments in gastroenterology topics. A total of 909 physicians and research-



Participants at ICGH 2017

ers from all over the country, as well as 143 domestic and foreign speakers participated in the 17th ICGH.

The features of the 17th Congressional panels included:

1. Number of panels -- 22
2. The presence of relevant specialists (surgeon, oncologist, radiologist, nephrologist, nutritionist, psychiatrist, pathologist, genetic-molecular, allergy specialist) along with gastroenterologists.
3. Notable number of younger participants.
4. Widespread panel members from 90% of Iran's universities, and an impressive number of female specialists.
5. Foreign and Iranian experts presenting alongside on the panels.

Prof. Jean-Francois Rey, President of the World Endoscopy Organization (WEO), was a speaker who, in addition to giving a lecture on the small intestinal examination methods, signed an agreement with the IAGH for education of the Iranian GI Fellows at some of the WEO education centers for a few weeks.

Prof. Gerhard Rogler (Scientific officer of the European Crohn's and Colitis Organisation), Prof. Paolo Giorgio Arcidiacono (Head of Pancreas-Biliary Endoscopy and Endosonography division of the San Raffaele Hospital University, Milan, Italy), Prof. Ali Keshavarzian (Director of the Division of Digestive Diseases at Rush University Medical Center, Chicago, USA), and Prof. Iradj Sobhani (Head of Gastroenterology Department, Henri Mondor Hospital and University Paris-Est Creteil, France) participated on the joint panel along with Iranian experts. Additionally, the Rome Foundation endorsed the IBS educational section of ICGH 2017.

ICGH 2017 received 128 abstracts, and from those 112 abstracts were accepted for poster presentation. Three of them received Top Abstract Prizes.

Four workshops (upper endoscopy, small intestinal single balloon, Fibro scan) and two morning IBD symposia were held concurrently.

“Astana-Gastro 2017” Forum with International participation in Kazakhstan



ҚАЗАҚСТАН РЕСПУБЛИКАСЫ
 ПРЕЗИДЕНТ ІС БАСҚАРМАСЫ
 МЕДИЦИНАЛЫҚ ОРТАЛЫҒЫНЫҢ АУРУХАНАСЫ РМК

The conference was aimed at fulfilling the message of the President of the Republic of Kazakhstan.

The Medical Center of the Department of Affairs of the President of the Republic of Kazakhstan jointly with the Ministry of Health and Social Development of the Republic of Kazakhstan, JSC “Medical University Astana”, and the Association of Gastroenterologists of Kazakhstan (a member of WGO) held the International Scientific and Practical Conference of the XI Gastroenterological Forum “Astana-Gastro 2017” with International participation. It took place in Astana, Kazakhstan from 23-24 November 2017.

The conference was devoted to the problems of the prevention of diseases of the gastrointestinal tract and their

Well-known scientists and leaders from the leading scientific centers of Kazakhstan, Spain, Russia, Ukraine, Finland and Japan took part in the conference.

complications, including cancer. The conference was aimed at fulfilling the message of the President of the Republic of Kazakhstan. This forum was attended by therapists, gastroenterologists, general practitioners, specialists in infectious diseases, and endoscopists.

Well-known scientists and leaders from the leading scientific centers of Kazakhstan, Spain, Russia, Ukraine, Finland and Japan took part in the conference.

These current problems in gastroenterology were considered:

1. Diagnosis and treatment of *Helicobacter pylori* associated stomach diseases including prevention of pre-cancer and stomach cancer, from the Maastricht IV report. - Professor R.R. Bektayev
2. Modern approaches to diagnosis and treatment of complications of chronic diffuse liver diseases including hepatic encephalopathy. - Professor R.R. Bektayev



Within the framework of this Forum, the following were considered:

1. New directions, trends and problems of gastroenterology over the last three years
2. Progress in the detection, treatment and prevention of pre-cancer and early cancer of the digestive system. Evolution of views on the role of HP infection in gastric carcinogenesis
3. Topical issues of endoscopic and morphological diagnostics, especially in the field of precancerous changes and their progression in gastroenterology
4. Modern clinical recommendations, clinical protocols and standards in the diagnosis and treatment of digestive system diseases
5. Features of pharmacotherapy and its safety in gastroenterology
6. Definition of indications for surgical treatment in gastroenterology.

Reflections from Rwanda Endoscopy Week 2017



Cristina Rutherford, MD

Dartmouth Hitchcock Medical Center, USA



Shikama Felicien, MD

Ruhengeri Referral Hospital, Rwanda



Hands on training at Rwanda Military Hospital in Kigali

The goals of Rwanda Endoscopy Week were to provide direct patient care, train providers in therapeutic endoscopic skills, and advance gastroenterology as a subspecialty in Rwanda.

The Rwanda Society for Endoscopy (RSE) hosted the first Rwanda Endoscopy Week in October, 2017. The week was a collaborative effort between members of the RSE and USA gastroenterology teams from Dartmouth Hitchcock Medical Center in New Hampshire and the Brigham and Women’s Hospital in Massachusetts. These relationships formed through the Human Resources for Health program and a series of bilateral international physician exchanges. The Rwandan Society for Endoscopy was

founded in 2016 with the intention of furthering GI care in the country and developing a structured gastroenterology fellowship in Rwanda. The goals of Rwanda Endoscopy Week were to provide direct patient care, train providers in therapeutic endoscopic skills, and advance gastroenterology as a subspecialty in Rwanda.

The week began in Kigali where the teams met before dispersing to multiple sites across the country. The group from the USA included six GI physicians, two nurses, two endoscopy

technicians and a biomedical engineer. The Rwandan Society for Endoscopy included fifteen physicians and eighteen nurses, but many more Rwanda physicians and nurses with an interest in GI also participated. Rwanda Endoscopy Week was broadly advertised to the public through national media and to referring providers at district hospitals. Combined USA/Rwandan teams were deployed across Rwanda to the four major hospitals with endoscopic capabilities (RMH, CHUK, Gisenyi Hospital and CHUB). GI consultation was completed on the hundreds of patients referred for endoscopy.

The efforts were strengthened by the inclusion of a complete endoscopy

Endoscopy by Site

	CHUB	CHUK	RMH	Gisenyi	Total
Colonoscopy	9	21	9		39
EGD	47	43	46	64	200
ERCP		5			5
Total	56	69	55	64	244

ERCP Cases Rwanda

Case	Indication	Findings	Complication
1	Biliary obstruction - suspected cholelithiasis	Choledocholithiasis	None
2	Biliary obstruction - suspected cholelithiasis	Choledocholithiasis	None
3	Biliary obstruction - suspected cholelithiasis	Choledochoduodenal fistula	None
4	Biliary obstruction - suspected cholelithiasis	No finding	None
5	Biliary obstruction - suspected malignancy	Biliary malignancy	Biliary perforation



The first ERCP done in Rwanda, at CHUK by Prof. Stuart Gordon



Practical training at Gisenyi District Hospital

GI consultation was completed on the hundreds of patients referred for endoscopy.

team including nurses, technicians and a biomedical engineer. While previous exchanges had included only physicians, this endoscopy week saw increased productivity due to the biomedical engineer repairing non-functioning devices, technicians educating on maintenance of equipment and nurses exchanging knowledge on patient sedation and monitoring.

During Rwanda Endoscopy Week the teams completed 200 EGDs, 39 colonoscopies and 5 ERCPs. These were the first ERCPs ever performed in Rwanda and generated a large amount of media attention. Of the 200 EGDs performed, 33% revealed significant findings including peptic



Hands on training at CHUK

ulcer disease (16%), suspected gastric malignancy (4%), esophageal varices (4.5%) and gastric outlet obstruction (2.5%). Instruction in interventional procedures included esophageal variceal banding, placement of esophageal stents, PEG tubes, and balloon dilation of the esophagus, duodenum and pylorus. Significant findings on colonoscopy included hemorrhoid disease and suspected colorectal cancer. There was one case of ulcerative colitis diagnosed.



Prof. Gordon discusses the experience of ERCP procedure before the media

The team is currently planning for the second Rwanda Endoscopy Week to take place in October, 2018. One focus of this year's event will be a conscious sedation training course for Rwanda endoscopy nurses. The teams also plan to initiate training of the first Rwanda GI fellows in the near future.



Ceremony to present certificates

Saudi Digestive Disease Forum

The Saudi Digestive Disease Forum (SDDF) is one of the largest scientific conferences held annually.

The Saudi Digestive Disease Forum (SDDF) is one of the largest scientific conferences held annually. It is organized with the cooperation of three scientific societies: The Saudi Gastroenterology Association (SGA), The Saudi Association for the Study of Liver Diseases and Transplantation (SASLT) and The Saudi Society of Pediatric Gastroenterology, Hepatology and Nutrition (SASPGHAN).

The SDDF 2018 was held in Riyadh for three days from 1-3 February 2018. On the first day, three workshops were conducted: GI Motility, Fibroscan and Leadership Development.



Dr. Mohammed Alkhatami, Chairman of the organizing committee

On the second and third days, three scientific forums were conducted: the first one targeted the specialized healthcare professionals in the field of adult digestive diseases. The second one addressed specialized healthcare professionals in the field of pediatric digestive diseases. And the third one targeted those non-specialized but interested in the field of adult digestive diseases.

In addition to those three forums, there were two workshops conducted on the second and third days: Endoscopy for nurses and technicians and Research Methodology.

A large number of participants attended the forums and workshops, and many sponsors that support the scientific and educational activities participated as well.

There were 47 speakers at this scientific forum, including 34 from Saudi Arabia and 13 from the Gulf Region,

There were 47 speakers at this scientific forum, including 34 from Saudi Arabia and 13 from the Gulf Region, America, Europe and East Asia.



Dr. Turki AlAmeel, Chairman of scientific committee

America, Europe and East Asia.

Many scientific lectures and updates were discussed during the forum, including: inflammatory bowel diseases (Crohn's disease and ulcerative colitis), irritable bowel syndrome, endoscopic treatment of gastrointestinal bleeding, hepatitis B and C, complications of cirrhosis, fatty liver diseases, liver and intestinal transplantation, breastfeeding, pancreatitis and home TPN.

This forum supports scientific research and encourages those researchers to submit their scientific papers. This year, 40 abstracts were accepted for poster presentation during the forum. The prizes for best five posters were awarded during the forum.

WGO Exhibits Around the Globe in 2018

Each year the World Gastroenterology Organisation (WGO) exhibits at major GI meetings around the world. Please be sure to stop by and visit and get the latest information from WGO – members can also pay their dues at the booth. In the coming months, in addition to Gastro 2018 - WGO/GAT International Conference: Global Perspectives in Gastroenterology in Bangkok, WGO will have exhibit booths at:



The American College of Gastroenterology's Annual Meeting in Philadelphia, Pennsylvania, USA (5 – 10 October)



26th United European Gastroenterology (UEG) Week 2018 in Vienna, Austria (20 - 24 October)



The Liver Meeting® 2018 in San Francisco, California, USA (9 - 13 November)



Asian Pacific Digestive Week (APDW 2018) in Seoul, Korea (15-18 November)



Pan American Digestive Disease Week (Semana Panamericana de las Enfermedades Digestivas) in Sao Paulo, Brazil (17 - 21 November)

WGO Guidelines News

New Diet and the Gut Guideline Published

WGO has announced the release of the new Diet and the Gut Guideline. This new Guideline, chaired by Prof. Govind Makharia of the All India Institute of Medical Sciences, Gastroenterology & Human Nutrition in New Delhi, India and Prof. Peter Gibson of the Department of Gastroenterology at Monash University and Alfred Health in Melbourne, Australia, is intended for use by health providers, including family-care and primary-care physicians, gastroenterologists, pharmacists, and nutritionists/dietitians around the world. "The general public -- and in particular those who suffer from gastrointestinal ailments -- rightly perceive their diet as being a major determinant of such symptoms and seek guidance on optimal dietary regimens," stated Professor Makharia.

Professor Gibson noted, "This Global WGO Guideline includes a set of cascades intended to provide context-sensitive and resource-sensitive options for the dietary approach to gastrointestinal conditions." Through the WGO cascades, the WGO Guidelines program aims to provide clinical practice recommendations that are useful in many different environments across the world. With WGO "cascades," the intention is to recognize differences in disease epidemiology, sociocultural factors, and health-care provision that exist in different parts of the world and the ways in which they preclude, in most instances, the promulgation of a "one size fits all" or

a single gold-standard approach.

This guideline was produced in connection with the World Digestive Health Day (WDHD) held in 2016 on the theme of "Diet and the Gut." The Guideline Development Review Team consisted of experts on the WDHD theme as well as invited experts, including diet and nutrition specialists, pharmacists, and primary-care physicians.

In addition to Professors Makharia and Gibson, the global Review Team included Julio Bai (Argentina), Sheila Crowe (USA), Tarkan Karakan (Turkey), Yeong Yeh Lee (Malaysia), Lyn-

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dal McNamara (Australia), Jane Muir (Australia), Nevin Oruc (Turkey), Eamonn Quigley (USA), David Sanders (UK), Caroline Tuck (Australia), Cihan Yurdaydin (Turkey) and Anton LeMair (Netherlands). The guideline can be accessed at <http://www.worldgastroenterology.org/guidelines/global-guidelines/diet-and-the-gut>.



New GERD translations available

French, Portuguese and Spanish translations of the Gastroesophageal reflux disease (GERD) guideline have just been published on the WGO website.

Gastroesophageal reflux disease (GERD) can be defined as troublesome symptoms sufficient to impair an individual's quality of life, or injury or complications that result from the retrograde flow of gastric contents into the esophagus, oropharynx, and/or respiratory tract. Reflux-induced symptoms, erosive esophagitis, and long-term complications may have severely deleterious effects on daily activities, work productivity, sleep, and quality of life. The Montreal definition of GERD states that "troublesome symptoms" may be considered to be moderate to severe symptoms that occur on one or more days per week.

Coming soon ...

Work is continuing on a brand new Pancreas Cystic Lesions Guideline being led by Professors Juan Malagelada (Spain) and Nalini Guda (USA).

As for updates of existing Guidelines, the Endoscope Disinfection Guideline, which is chaired by Professor Tony Speer (Australia) as well as

the World Endoscopy Organization's (WEO) Professor Jean-François Rey (France) is currently being updated from its 2011 version. This guideline is a collaboration of WGO and WEO.

Please continue to watch upcoming issues of e-WGN as well as our e-Alert for news on the creation of these very important guidelines.

To see all of WGO's Guidelines and Cascades please visit <http://www.worldgastroenterology.org/guidelines/global-guidelines>. The Guidelines are available in English, French, Mandarin, Portuguese, Russian and Spanish.



Calendar of Events

WGO RELATED MEETINGS

Gastro 2018: WGO-GAT International Conference

When: December 5- 8, 2018
Address: Bangkok, Thailand
Organizers: WGO, the Gastroenterological Association of Thailand, together with the Thai Association for the Study of the Liver, the Thai Neurogastroenterology and Motility Society and the Thai Association for Gastrointestinal Endoscopy
Email: secretariat@gastro2018bangkok.com
Website: www.gastro2018bangkok.com

World Congress of Gastroenterology 2019

When: September 21-24, 2019
Location: Istanbul, Turkey
Organizers: WGO and The Turkish Society of Gastroenterology (TSG)

CALENDAR OF EVENTS

ACG Annual Meeting

When: October 5-10, 2018
Location: Philadelphia, Pennsylvania, USA
Organizer: American College of Gastroenterology
Website: <http://acgmeetings.gi.org/>

XXIV United Russian Gastroenterology Week

When: October 8-10, 2018
Location: RANEP (Russian Presidential Academy of National Economy and Public Administration), Moscow, Russia
Organizer: Russian Gastroenterological Association
Email: rga-org@yandex.ru
Website: www.gastro.ru

26th United European Gastroenterology (UEG) Week Vienna 2018

When: October 20-24, 2018
Location: Austria Center Vienna - Vienna, Austria
Organizer: United European Gastroenterology
Email: uegweek@ueg.eu
Website: www.ueg.eu/week

Second Rwanda Endoscopy Week

When: October 22-26, 2018
Location: Kigali, Rwanda
Organizer: Rwandan Society for Endoscopy

18th Iranian International Congress of Gastroenterology and Hepatology (ICGH 2018)

When: October 31 - November 2, 2018
Location: Tehran, Iran
Organizer: Iranian Association of Gastroenterology and Hepatology
Website: <http://en.iahgcongress.org/>

JDDW 2018 - Japan Digestive Disease Week 2018

When: November 1-4, 2018
Location: Kobe, Hyogo, Japan
Organizer: Organization of JDDW
Website: <http://www.jddw.jp/english/index.html>

The Liver Meeting® 2018

When: November 9-13, 2018
Location: San Francisco, California, USA
Organizer: American Association of the Study of Liver Disease (AASLD)
Website: <https://www.aasld.org/events-professional-development/liver-meeting>

Asian Pacific Digestive Week (APDW 2018)

When: November 15-18, 2018
Location: Coex, Seoul, Korea
Organizer: Asian Pacific Association of Gastroenterology (APAGE)
Email: apdw2018@insession.co.kr
Website: <http://www.apdw2018.org/>

Semana Panamericana de las Enfermedades Digestivas (Pan American Digestive Disease Week) y la XVII Semana Brasileña de Aparato Digestivo (SBAD)

When: November 17-21, 2018
Location: Transamérica Expo Center, Sao Paulo, Brazil
Organizer: Pan-American Gastroenterology Organization (OPGE)
Email: contacto@opge.org
Website: www.sped2018.com

Emirates International Gastroenterology and Hepatology Conference 2018

When: November 22-24, 2018
Location: Dubai, United Arab Emirates
Emirates Gastroenterology and Hepatology Society
Email: eighc@meetingmindsexpert.com

WGO Member Societies Submit Your Event

Are you a WGO Member Society wanting to share your event with WGO readers? Visit <http://www.worldgastroenterology.org/forms/submit-event.php> to submit your event for publication in WGO's website conference calendar as well as the quarterly e-WGN calendar of events!

ISGCON 2018**When:** November 28 - December 1, 2018**Location:** Lulu Bolgatty International Convention Centre, Kochi, Kerala, India**Organizer:** Indian Society of Gastroenterology**Email:** isgcon2018@gmail.com**Website:** www.isgcon2018.com**38th Panhellenic Congress of Gastroenterology****When:** December 6-9, 2018**Location:** Divani Caravel Hotel, Athens, Greece**Organizer:** Hellenic Society of Gastroenterology**Website:** <http://www.hsg.gr>**2019 Asian Pacific Association for the Study of the Liver (APASL) Annual Conference****When:** February 20-24, 2019**Location:** Philippine International Convention Center, Manila, Philippines**Organizer:** Asian Pacific Association for the Study of the Liver (APASL)**Telephone:** +632-9613014**Fax:** +632-4361556**Email:** secretariat@apasl2019manila.org**Website:** <http://www.apasl2019manila.org>**Canadian Digestive Diseases Week™ 2019 (CDDW™ 2019)****When:** March 1-3, 2019**Location:** Fairmont Banff Springs Hotel, Banff, Alberta, Canada**Organizer:** Canadian Association of Gastroenterology**Telephone:** 905-829-2504**Fax:** 905-829-0242**Email:** general@cag-acg.org**Website:** <https://www.cag-acg.org/cddw>**22nd Annual Meeting****When:** March 19-22, 2019**Location:** Madrid, Spain**Organizer:** Asociación Española de Gastroenterología (AEG)**Email:** aeg@viajesoasis.com**Website:** <http://www.aegastro.es>**Journées Francophones d'Hépatogastroentérologie et d'Oncologie Digestive (JFHOD)****When:** March 21-24, 2019**Location:** Palais des Congrès, Paris, France**Organizer:** Société Nationale Française de Gastro-Entérologie**Website:** <https://www.jfhod.com>**ESGE Days 2019****When:** April 4-6, 2019**Location:** Prague, Czech Republic**Organizer:** European Society of Gastrointestinal Endoscopy (ESGE)**Website:** <https://esgedays.org/>**The International Liver Congress™****When:** April 10-14, 2019**Location:** Reed Messe Wien Congress & Exhibition Center, Vienna, Austria**Organizer:** European Association for the Study of the Liver**Website:** <http://www.easl.eu/discover/events/international-liver-congress>**Madagascar Congress****When:** May 9-11, 2019**Location:** Mahajanga, Madagascar**Organizer:** Société Malgache D'Hépatogastro-entérologie Et D'Endoscopie Digestive**Digestive Disease Week®****When:** May 18-21, 2019**Location:** San Diego Convention Center, San Diego, California, USA**Website:** <http://www.ddw.org/home>**61st Annual Meeting****When:** June 1-3, 2019**Location:** Hotel Azúr, Siófok, Hungary**Organizer:** Hungarian Society of Gastroenterology**Website:** www.gastroenter.hu**APASL STC****When:** June 6, 2019 - June 7, 2019**Location:** Baku, Azerbaijan**Organizers:** Asian Pacific Association for the Study of the Liver and Azerbaijan Gastroenterology and Hepatology Association**Website:** <https://apaslstc2019.com/>**Annual General Meeting and Scientific Conference****When:** July 9-12, 2019**Location:** Ife Ife, Nigeria**Organizer:** Society for Gastroenterology and Hepatology in Nigeria (SOGHIN)**Email:** soghinsecretary@gmail.com**Website:** <http://www.soghin.ng>**JDDW 2019 - Japan Digestive Disease Week 2019****When:** November 21-24, 2019**Location:** Kobe, Hyogo, Japan**Organizer:** Organization of JDDW**Website:** <http://www.jddw.jp/english/index.html>**JDDW 2020 - Japan Digestive Disease Week 2020****When:** November 5-8, 2020**Location:** Kobe, Japan**Organizer:** Organization of JDDW**Website:** <http://www.jddw.jp/english/index.html>**JDDW 2021 - Japan Digestive Disease Week 2021****When:** November 4-7, 2021**Location:** Kobe, Japan**Organizer:** Organization of JDDW**Website:** <http://www.jddw.jp/english/index.html>