Welcome to Our Inaugural Newsletter!

As the Chairman of the APSS, I am pleased to introduce our inaugural newsletter, APSS News. With each newsletter, we will share with you the highlights of the recent educational activities that were successfully completed. We will also update you on any upcoming, exciting activities that APSS plans to organize for its members in the region. We would like to make good use of this newsletter to discuss on interesting spine cases; hence, we welcome any feedback and suggestions for future topics. Contact information is provided on the last page.

In this premier issue, we feature several activities held this year to mark the end of a fruitful year of 2015 as we sail through before we welcome a brand new, more exciting year. In 2015, APSS has magnificently organised its 10th Combined Congress of APSS-APPOS in Hong Kong, two operative courses in Yangon and Manila, two clinical fellowships and one travelling fellowship. We also collaborated with SRS to be part of the International Meeting on Advanced Spine Techniques.

Additionally, we like to share with you the upcoming 2016 activities that are being planned. To mention a few, there will be two operative courses in Phnom Penh and Surabaya, a sectional meeting in APOA Congress, SpineWeek 2016, cadaveric courses and fellowships. We hope to see you at our activities. We plan to publish APSS News biannually to bring you regular updates, so look out for our next issue in June/July 2016.

This year, we also lost a very dear friend, Ian Philip Torode, who sadly passed away due to major medical complications related to a pre-existing cardiac condition after he had undergone total hip arthroplasty. We would like to pay tribute to Ian who has helped and contributed extensively to teach, train and inspire many young spine and orthopaedic surgeons especially those from the developing countries.

Sincerely,

KUNIYOSHI ABUMI, M.D, Dr. Med. Sci.
Chairman
Asia Pacific Spine Society (APSS)
The sawbones workshops reinforced the surgical techniques and procedures learnt.

Manila Historical Tour for the Faculty Members

During the 2nd APSS Manila Operative Course, the local organizer, Philippine Spine Society (PSS) conducted a city tour for the faculties. The tour guide team led by Dr Pipo and Dr Jose from the PSS brought the faculty members to explore the historical and cultural sites in Manila. They visited the Manila Cathedral, San Augustin Church and Fort Santiago.

2nd APSS Manila Operative Spine Course
Philippines, 5 - 7 August 2015

Last August, APSS and the Philippine Spine Society (PSS) jointly organised the 2nd APSS Manila operative spine course at St Luke’s Medical Centre Global City. Following the first APSS Manila operative spine course held in 2009, this 2nd course attracted more than 100 participants and 12 faculty members. The course successfully created awareness among the local young surgeons that spinal disorders can be managed effectively due to the improvement in surgical technologies.

Due to the large number of attendance, the sawbones workshops’ stations were increased from six to eight. Besides the sawbones workshops, a total of 11 operations also took place during the course. The local organising chairman, Prof Jose M. Ignacio added that the local and international delegates complimented the faculties who were of top-notch quality. He added that the course was both full of learnings and fond memories.
APSS Medtronic Fellowship

APSS has introduced a long-term 3-month fellowship with the support of Medtronic Spinal and Biologics. Fellows are given unique opportunities to interact with and learn from renowned spine surgeons from the Asia Pacific region. They can expect to learn the skills and knowledge of, i.e., history taking and clinical examination, surgical decision making by attending outpatient clinics, ward rounds, clinical case conferences and journal clubs as well as surgical skills by attending and assist in surgeries.

In total, four fellows were selected for this fellowship. They are Dr. Rajesh Bahadur Lakhey (NEPAL), Dr. Kumar Shantanu Anand (INDIA), Dr. Sanjay Yadav (INDIA), and Dr. Lau Yan On Yvonne (HONG KONG). Each of them is attached at different centres of excellence for spine surgery in Malaysia, Hong Kong and South Korea.

APSS DePuy Synthes Travelling and Clinical Fellowship

These fellowships are organised on a yearly basis with the support from DePuy Synthes. Both fellowship programmes were held successfully between 18th May and 7th June 2015. One of the pre-requisites for the application is that the applicant must be a member of APOA and APSS and practising in spine surgery. Economy air travel, hotel accommodation and allowance were provided to these successful candidates.

Eleven successful applicants were selected for these two programmes. Each clinical fellow was attached to his or her respective host and institution for a duration of three weeks. Meanwhile, the travelling fellows were divided into two groups of four each and they visited three centres of excellence for spine surgery in three countries in the Asia Pacific region. Each group of travelling fellows spent one week in each centre.

The fellows benefited tremendously from these programmes and the scientific meeting. APSS received many positive feedbacks from the fellows including “APSS provided the best learning experience about spine” and “Effective clinical experience with extraordinary mentorship”.

APSS is thankful for the hosts who offered centres of excellence for spine surgery for the 2015 clinical and travelling fellowships! For more information, visit www.apssonline.org/apss-fellowship-report.html.

**CLINICAL FELLOWSHIP**

<table>
<thead>
<tr>
<th>Host</th>
<th>Fellow</th>
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| PROF LUO ZHUO JING  
Fourth Military Medical University (FMMU)  
Xi’Jing Hospital, Xi’an, CHINA | Dr. Kim Young Tae  
(KOREA) |
| PROF KENNETH CHEUNG MC  
The University of Hong Kong  
Queen Mary Hospital  
HONG KONG | Dr. Wu Meng Huang  
(TAIWAN) |
| PROF KIM KI-TACK  
Kyung-Hee University Hospital  
Gang Dong, KOREA | Dr. Najmus Sakeb  
(BANGLADESH) |

**TRAVELLING FELLOWSHIP**

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<td>Host 1</td>
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<td>Host 3</td>
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</table>
| PROF GUXING QIU  
Peking Union Medical College Hospital  
Beijing, CHINA | PROF WEN-JER CHEN  
Chang Gung University,  
Chang Gung Memorial Hospital  
Linkou, TAIWAN | PROF KENNETH MC CHEUNG  
The University of Hong Kong,Queen Mary Hospital  
HONG KONG |
| PROF KEE YONG HA  
The Catholic University of Korea  
St. Mary’s Hospital Seoul, SOUTH KOREA | PROF SHOICHI KOKUBUN  
Sendai Nishitaga Hospital  
JAPAN | PROF WANG YAN  
Chinese PLA General Hospital  
Beijing, CHINA |
| Kyaw Min (Myanmar), Ankur Patel (India), Waqar Alam (Pakistan) | Zaw Min Han (Myanmar), G. Vijayaraghavan (India), Vincent Hau (Hong Kong), Md. Shahidul Islam Akon (Bangladesh) |
10th Combined Congress of APSS-APPOS in Hong Kong

The APSS, in association with the APPOS held its combined congress on 5th - 7th June 2015 at the Hong Kong Convention & Exhibition Centre (HKCEC). In conjunction with the theme "Regionally Relevant Solutions for Regionally Prevalent Issues", the meeting brought together some of the most highly respected experts in the areas of spinal surgery, paediatric limb deformity correction and joint replacement surgery across Asia. It was considered a truly successful and remarkably well organised congress because of the excellent programme designed and the large turnout at the meeting. Approximately 350 spine surgeons out of a total of 590 delegates attended this meeting.

Through this shared platform, the delegates shared, discussed and learnt from each other regional relevant orthopaedic conditions and drew relevance towards their respective solutions – for instance, “neglected deformities” of the spine are more prevalent in developing countries with younger population. APSS had multiple slots during the congress, which comprised a Presidential Speech by the APSS Chairman, multiple free paper presentation slots, a lumbar degenerative symposium, spinal tumour discussion, APSS case discussion with global panel, operative video session, and the fellowship experience sharing of 2014 and 2015 APSS fellows.

On behalf of the society, we wish to congratulate and express our deepest appreciation to the Congress Chairman, Prof Kenneth Cheung and his organising team for making the 2015 Hong Kong APSS-APPOS Combined Congress a grand success!
The Congress Banquet was held at the Run Run Shaw Hall of Hong Kong Academy of Medicine on the 6th June. It started off with a cocktail session where guests were seen being fascinated by the cultural booths showcasing Rainbow Calligraphy and Chinese knotting. Dinner commenced with a lively lion dance followed by a dotting ceremony of the lion’s eyes by Prof Kenneth Chung, Prof Arvind Jayaswal and Prof Mark CJ Lin. During dinner, the guests were entertained by talented medical students with their captivating piano recital and jazz drum performance.

A Chairman Change of Responsibility Ceremony was also held by both the APSS and APPS. The outgoing APSS Chairman, Prof Arvind Jayaswal passed on the chairmanship to Prof Kuniyoshi Abumi.

Prof Kuniyoshi Abumi, the incumbent Chairman, presented service medallions to some of the APSS former chairmen who were present at the banquet including Prof Arvind Jayaswal, Prof Jae Yoon Chung, Prof Hee Kit Wong, Prof Shoichi Kokubun and Prof Po Quang Chen as a gesture for recognising their contributions and support. Prof Arvind Jayaswal had earlier highlighted the history of APSS leadership in his Presidential Speech during the Congress.

Tokens of appreciations were given to Johnson & Johnson DePuy Synthes and Medtronic for their support to APSS educational activities, and also to the local organising team of the APSS Yangon Operative Course, which were represented by Prof Myint Thaung and Dr Thant Zin Naing. Finally, fellowship certificates were presented to the fellows for completing their APSS DePuy Synthes Spine Clinical and Travelling Fellowships in 2014 and 2015.
## 2016 Diary of Events

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<tr>
<th>Activity</th>
<th>Date</th>
<th>Venue</th>
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<tr>
<td>APSS Cambodia Spine Course</td>
<td>17 Feb – 19 Feb</td>
<td>National Pediatric Hospital &amp; Children’s Surgical Center, Phnom Penh</td>
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<td>APSS Medtronic Fellowship 2015/16</td>
<td>1 Mar – 31 Aug</td>
<td>Centres of Excellence for Spine Surgery, Asia Pacific</td>
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<td>APSS DePuy Synthes Clinical Fellowship</td>
<td>13 Mar – 29 Mar</td>
<td>Centres of Excellence for Spine Surgery, Asia Pacific</td>
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<tr>
<td>APSS DePuy Synthes Travelling Fellowship</td>
<td>13 Mar – 29 Mar</td>
<td>Centres of Excellence for Spine Surgery, Asia Pacific</td>
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<td>APSS Sectional Meeting during APOA Melbourne Congress</td>
<td>29 Mar – 01 Apr</td>
<td>Melbourne Convention Centre, Australia</td>
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<td>SICOT-APOA Spine Fellowship in Europe</td>
<td>May – Oct</td>
<td>Aarhus, Denmark</td>
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<td>SpineWeek 2016</td>
<td>16 May – 20 May</td>
<td>Marina Bay Sands Convention Centre, Singapore</td>
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<td>SRS-APSS Asia Pacific Cadaver Course</td>
<td>28 Oct – 30 Oct</td>
<td>Faculty of Medicine, University of Hong Kong</td>
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<tr>
<td>APSS Surabaya Operative Spine Course</td>
<td>15 Dec – 18 Dec</td>
<td>Dr. Soetomo’s Hospital, Surabaya, Indonesia</td>
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**Be a member of APSS today!**

- **Member’s Rate for APOA & APSS events i.e. courses, seminars, meetings & forums**
- **Opportunity to be part of clinical and travelling fellowships**
- **Chances to observe live surgeries**
- **Bi-annual APSS Newsletter**
- **Email Updates from Asian Spine Journal & Journal of Orthopaedic Surgery**

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**APSS CAMBODIA SPINE COURSE**

**17th to 19th February 2016**

National Pediatric Hospital & Children’s Surgical Center

PHNOM PENH, CAMBODIA
May 16-20
2016
Singapore
SpineWeek
www.spineweek.org
Marina Bay Sands Congress Centre

EARLY BIRD REGISTRATION

Until January 15, 2016
Save €50 on registration fee

REGISTER UNDER APSS

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

2015 APSS Travelling Fellow’s Testimonial

Dr. Kyaw Min is an experienced Consultant Orthopaedic Surgeon from West Yangon General Hospital, Myanmar. He was one of the successful candidates who completed the APSS DePuy Synthes Travelling Fellowship 2015. Here is the excerpt from our interview with him on his stint with his three group members in Peking Union Medical College Hospital, Beijing; Chang Gung Memorial Hospital, Taipei; and Queen Mary’s Hospital, Hong Kong from 18 May to 7 June 2015.

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

A: While attending the APSS Myanmar Operative Course, Prof Myint Thaung introduced me to APSS and its programmes. I was keen to visit reputable spine centres to observe and acquire new skills, so with Prof Myint Thaung’s encouragement and recommendation, I applied and was selected for the fellowship. I still remember that I was so happy on the day I received the offer letter from APSS.

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

A: This travelling fellowship provided me a unique lifetime experience. During the fellowship, I learnt procedures that are related to my current practice and potentially useful in the future. There were chances to observe live surgeries including spinal deformity correction, hemi-resection, osteotomy, and many others in Beijing centre. In Taipei centre, I was impressed by the contents of the weekly meetings held whereby there were discussions on the surgical research, cases, latest surgical development. When I was in Hong Kong centre, I had a chance to observe live surgery using MAGEC rod done by Prof Kenneth Cheung. It was a privilege to be able to rub shoulders with international experts from their reputable centres. I also attended many scientific programmes and exchanged knowledge and ideas with other surgeons during the fellowship. During the APSS Combined Congress, I was honoured to present on behalf of my group the wonderful experience of the fellowship. Additionally, I enjoyed the most the narrated surgical demonstrations delivered by international spine experts during the operative video sessions on the last day of the congress. All in all, the friendship that I built with my fellow members in the group and the hosts will be a relationship for a lifetime. It was indeed a rewarding and valuable experience to me. I’d certainly recommend my peers to apply for this fellowship in the coming year.