



2025 ASIA PACIFIC ORTHOPAEDIC ASSOCIATION (AUSTRALIA) NEWSLETTER



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2025 Asia Pacific Orthopaedic Association Congress

Cairns Convention Centre

APOA25
Cairns, Australia
9-12 April 2025

Artificial Intelligence, Robotics and Mixed Reality



FROM THE EDITOR

I hope this edition of APOA(Aus) newsletter will bring you and your family a prosperous and fulfilling 2025 !

In this newsletter there are numerous reports that will provide good leisure reads, but

of special interest is the ASEAN Travelling fellows report, highlighting their friendship, camaraderie and growth during their travels and learning from the host countries as well as from each other.

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FEMECOT 2025
EXPO Guadalajara Jal.Mexico

IOTA INTERNATIONAL ORTHOPAEDIC TRAUMA ASSOCIATION
2nd Triennial IOTA Congress 2025

FEDERACIÓN MEXICANA DE COLEGIOS DE ORTOPEdia Y TRAUMATOLOGÍA A.C.
FEMECOT

XXXV
CONGRESO MEXICANO DE ORTOPEdia Y TRAUMATOLOGÍA
21 - 25 DE OCTUBRE

Sociedad Invitada

REGISTRO EXCLUSIVO EN LÍNEA

AO AO AO SPINE RECON TRAUMA | AAOS AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS | IODA | ICORS | FFN Fragility Fracture Network Latin America | APOA

2025 will be an exciting and eventful year for the APOA. The APOA Congress in Cairns will be the focus followed by many sectional meetings spread over the rest of 2025. Of particular interest is Federcion Mexicana de Colegios de Ortopediary Traumatologia (FEMECOT) meeting 22nd to 24th October 2025 at Guadalajara, Mexico, where APOA is the guest association. I'll encourage members of APOA and Aus Ortho Assoc to mark this in your diary as it is the first time that APOA members are invited to South America !

Within APOA (Aus), we have a strong team in place,

and I am confident that we will tackle the local and geopolitical, education and training issues with the same determination and drive that has brought us this far. APOA(Aus) is looking forward to working alongside with all our member countries to continue to champion our noble cause and to make a lasting impact.

Looking forward to a successful and impactful APOA in 2025 !

Ted Mah

APOA (AUS) CHIEF DELEGATE REPORT



Thank you to Dr's Ted Mah and Nick Russell who have so ably (and with a smile on their faces) supported me through the year and thank you to all the committee members for your contributions!

1. For Australia, 2024 was supposed to be the "recovery year" PC (Post COVID) for the health sector but come the end of the financial year, many jurisdictions were pulling in the purse string. Unfortunately, the expectation continues to be that the sector continue and in fact increase their "productivity" with less \$\$ for our steadily increasing population.

2. The APOA(Aus) committee has met virtually four times this year. The APOA(Aus) team has consisted of:

- Two Federation councillors: Dr Scott Fletcher (President AOA), and Prof Ton Tran (Chair of APC)
- Three Chapter councillors: Dr Marinis Pirpiris, Dr Nick Russell, and myself
- Honorary secretary and Webmaster: Dr Nick Russell
- Honorary Treasurer and Newsletter Editor: Prof Ted Mah
- APOA (Federal) Executives: Prof Peter Choong (President MSK), A/Prof Leo Donnan (President Paed), Prof Ted Mah (Chair Ethics), and Dr Arvind Puri (President F&A)
- General committee members: Dr Sam Adie, Prof Zsolt Balogh, Dr Mark Blackney, Dr Tanya Burgess, Prof Richard de Steiger, Dr Arvind Jain, Dr Andreas Loeffler, Dr Mark Moroney (1st VP AOA), Dr Andrew Wines (2nd VP), Dr John North, Dr Sunil Reddy, Dr Phil Rowell (APOA young ambassador), Prof Bogdan Soloman
- Ex officio: Dr John Bartlett and Dr Graeme Mercer

The committee would like to acknowledge the previous contributions of, and thank, Dr Annette Holian who completed her term as Chair of Disaster, and Dr Sunil Reddy who completed a

long term as the APOA(Aus Ch) Hon secretary. We would like to congratulate the

new Federal executives! We also acknowledge, thank, and are very grateful for, the wisdom and advice from Dr's John Bartlett and Graeme Mercer during the year.

I would like to thank every one of these people for their support and contributions!

3. Activities during the year included:

- Planning for the 2025 APOA congress in Cairns. Thanks to Dr Marinis Pirpiris, the 2025 Congress President who has been beavering away with Ms Alison Fallon (Event manager) to bring this together
- A strong in-person attendance at the 2024 APOA Dubai congress
- Working on the formation of an Aus Ch section on the new APOA website. Thanks to Dr Nick Russell
- Strengthening ties with the AOA via engagement with the AOA presidential line. A big thank you to Dr Michael Johnson (AOA President) for his support and to the AOA for allowing us to push through APOA "news" through their e-bulletins. We also continue to work on connecting all AOA members to the benefits of being a federation member of the APOA via an "opt out" mechanism on the AOA membership renewal that is required as part of APOA business requirements
- Encouragement to identify various Australian hospitals to become "Centres of Excellence" for APOA Sections

We wish you all a safe and happy festive season and look forward to seeing everyone in 2025!

A/Prof Susan Liew
Chief Delegate APOA (Aus)



HON SECRETARY REPORT



APOA Aus Chapter Membership:

- Life Fellows = 100
- Management Committee members = 22
- Membership through Federation = all AOA members, over 1750 (opt-out selection in progress)
- APOA globally has over 65,000 members from over 26 countries

Meetings:

- 3 Aus Chapter Executive meetings 2024 (13March, 5June, 4Sept 2024)
- 1 special meeting (10June 2024)
- 1 AGM (14Nov 2023)
- 1 council meeting at Annual Congress, Dubai (2March 2024)
- 1 council meeting at Kuala Lumpur (13July 2024)

Meeting agenda items have ranged from congress and meeting planning and reporting, membership, governance, strategic planning, constitutional issues and changes, and geopolitical issues including the Myanmar unrest, Lebanon explosion, and navigating COVID changes to healthcare.

Achievements:

- Progress on planning of Annual Congress, Cairns 9-12th April 2025, led by Congress President Marinis Pirpiris and section program working groups
- Approval of 70/30 split of profits between central/local chapter for Cairns meeting and ongoing, a significant development to ensure continuation of congresses into the future
- Increased promotion and awareness of APOA activities through AOA e-bulletin and newsletters, and co-ordination with AOA Board and Asia Pacific strategic plan
- Numerous successful meetings and webinars over the last year

I would like to thank and acknowledge the tireless effort of the committee members in working towards APOA's core mission of promoting education, research and fellowship amongst orthopaedic surgeons in our region.

Dr Nick Russell

Hon Secretary

APOA (Aus)

2024 APOA DUBAI CONGRESS REPORT

by Nick Russell



Council Meeting



Hotel breakfast

The APOA Dubai congress has flown by!

It began and ended with council meetings, where diversity and comradery were at the forefront of directing and planning the future of this evolving and increasingly important association.

The scientific program was thought provoking and inspiring, catering for many subspecialties as well as the generalist orthoped. I attended a broad spread of topics from arthroplasty, to sports, and foot & ankle, picking up a





Connecting with old friends – Rajkumar Natesan, Bhavin Jadav, Nick Russell

number of new ideas and tips and tricks. The program schedule was chaotic, keeping delegates on their toes, consistent with the typical Asian travel experience!

There were several speakers who are true experts in their field, with amazing surgical volumes typical in Asia (such as 900 joint replacements per year!) and extreme case discussions were presented and debated. Novel ideas were discussed, such as peroneus longus tendon autograft for ACL reconstruction, and the idea floated for a multicentre trial, with case numbers that could produce game-changing research.

The social and cultural component of the congress was thoroughly enjoyable, particularly with the perfect weather in the low 20's. Long standing friendships



Burj Khalifa, tallest structure in the world

were reconnected, and new ones made. There was time to visit some of Dubai's famous landmarks including the Burj Khalifa, the tallest structure in the world, the old city and Gold and Spice Souk, the shopping centres and bling, and of course over-indulge in the delicious cuisine (despite the halal "veal bacon").

Overall I found the congress and Dubai experience valuable and



Dubai Mall, 2nd largest mall in the world

enjoyable, and would recommend colleagues attend and present at future APOA congresses.



Gold Souk marketplace

Australian Chapter and Federation On Taiwan OA and Hong Kong OA meetings



Taiwan Orthopaedic Association Annual Meeting, Taipei October 26-27

The Taiwanese annual scientific meeting was held in The Marriot Hotel, Taipei with the theme being Deep Cultivation Taiwan, Renown Worldwide. Invited delegates were treated to an entertaining welcome function on the evening of the 25th November at which all of the attending Asia-Pacific country Presidents along with current and past executive members of the APOA were warmly welcomed by President of the TOA, Yi-Sheng Chan. Thailand was the designated guest nation for the meeting with 16 delegates being invited, including their President, Thipachart Punyaratabandhu.

In amongst the presentations during the opening session, Prof. Edward (Ted) Mah from Adelaide (Past President of APOA) delivered an excellent Keynote Paper on the Use of AI related technologies in Surgical teaching, Training and Supervision.

Following the Opening Ceremony, which was a spectacle in itself, I was invited to deliver a Keynote Paper on Developmental Dysplasia of the Hips. The meeting was extremely well attended with over 2000 delegates. There were up to eight concurrent sessions run at any one time during the 2-day event. All papers were delivered in English and were of a high standard. The meeting was well supported by industry with their stands being well supported by the local surgeons.

The Gala dinner on the 26th November was attended by numerous orthopaedic surgeons from across the country. A rendition of YMCA lead by Yi-Sheng Chan set the tone for the evening and was followed by each hospital department determined to outperform their colleagues by singing their department song on stage.

The guest nation dinner held on the 27th saw the handing over of the Presidential duties to Prof. Chenghung Lee.



I would sincerely like to thank Prof. Yi-Sheng Chan and his organising committee for the warm welcome and generous hospitality they extended to me during my 3-day visit. The Taiwanese organizing committee have expressed a strong desire for Australia to be their guest nation for the 2025 meeting which is to be held again at the same venue on the 25th and 26th November. I would in principle support the AOA

accepting this invitation as I see it only strengthening our ties with our Asia-Pacific neighbours. This request will be discussed at the upcoming Asia-Pacific Strategy Day on the 1st February as part of developing a broader approach to engaging and reciprocating such requests into the future whilst being cognizant of the budgetary implications for the AOA associated with such arrangements.



Hong Kong Orthopaedic Association 44th Annual Congress, November 2-3

The venue for the 44th meeting was the Hong Kong Convention and Exhibition Centre with the theme being “Reaching beyond: Summit on Upper Limb pathologies”. Despite this focus, a plethora of diverse high quality, orthopaedic papers were presented over the 2 days by local and international speakers. In amongst these was our own Dr. Arvind Puri from Cairns who delivered two papers on aspects of foot and ankle trauma. Dr. Deborah Eastwood, who many of the Australian paediatric orthopaedic population will be familiar with, presented on topics ranging from paediatric hip conditions to training and workforce issues facing the United Kingdom. The latter topics

evoked some excellent discussion from various representatives across the world including current President of the NZOA, Dr. Khalid Mohammed. At the final plenary session of the meeting Prof. Richard Page from Geelong presented an amazing synopsis of the evolution and current status of Reverse Shoulder Arthroplasty

where he highlighted the incredible value of the AOANJRR data that has been collected to date.

The congress Banquet on the 2nd November was filled with excellent speeches from the outgoing President Dr. Chun Hoi Yan and incoming President Dr. Kam-Kwong Wong along with conference convenors Dr. Margaret Woon Man Fok and Dr. Gary Wing Hang Yip. I would sincerely like to thank the organising committee for the warm welcome and generous hospitality extended to Paula and myself during our stay.

***Dr Mark Moroney
Vice-President AOA***

Brief Reports for the Thailand and Philippine OA Meetings 2024



46th Annual Congress of Royal College of Orthopaedic Surgeons of Thailand (RCOST) with Guest nation Taiwan. 17-19th October 2024 Pattaya, Thailand

The 46th RCOST meeting was held in beautiful Pattaya in October blessed by beautiful weather except some heavy down pours.

The opening ceremony was a typical Thai family oriented affair with many family members of the new Fellows of RCOST attending and celebrating their success, along with the pompous lighting ceremony and acknowledgement of contributions of AAOS and TOA in this special meeting. I have the privileged to meet with the most senior Thai surgeon of the association aged 95.

TOA attended the meeting with a strong 14 TOA members and together with other 55 invited overseas speakers, have contributed to a significant high academic standard of this meeting. There were over 200 scientific oral presentations, 16 symposiums and 97 E-postals.

The Presidential dinner was a Thai cultural extravaganza and guests were mesmerised by the Thai artists showing off their beautiful and cultured dance movements and performances.

I was fortunate to be invited to attend an alumni dinner for the Siriraj University as guest of Prof Sarantra Waikakul, a past President of RCOST and 15th APOA Congress Chair. It was an eye opening event for me to appreciate the long tradition of respectful honouring the seniors of their teachers and trainers in orthopaedic surgery in their institution for over a hundred years.

The gala dinner was another Thai family oriented event show case by various social activities including family gaming machines etc. for members of the fellows of RCOST before dinner, followed by singing and dancing. It was a very enjoyable and memorable meeting and I'll encourage our members to attend such meeting in the future where the opportunity arises.

75th Annual Philippine OA (POA) Meeting in conjunction with 44th Annual ASEAN OA meeting, 13th -16th Nov 2024 Manila

This important combined POA and ASEAN OA meeting was held in beautiful Manila in November 2024. There was a threat of Typhoon but luckily the meeting was spared.

It was attended by over 1200 delegates congregated at Edsa Shanghri-La hotel blessed

by 22 invited international speakers and various national representatives from surrounding ASEAN OA members including Indonesia, Malaysia, Singapore, Myanmar, Cambodia, Thailand, Vietnam and Brunei.

The theme was "Cutting Diamond – Looking back and Moving forward". The meeting was well attended and well organised with 226 oral presentations, 4 symposium, 40 free papers and 42 E-posters.

The POA and its members welcomed overseas delegates and partners with traditional Philippine style – warm and generosity with a big smile and their trade mark song and dance on every social occasions.

The opening ceremony was quite formal including a parade by the military and swearing in ceremonies for the new Board member and Fellows of POA; as well as numerous prizes. The Fellows' night was a fun night with lots of singing and dancing by all delegates. The Presidential Dinner was slightly more formal accompanied by spontaneous performance of singing by various locals and invited guests including the group of ASEAN OA Travelling fellows from NZ, Indonesia, Malaysia, Singapore and Vietnam. I also tasted an extremely impressive Philippine liqueur made from yam called UBE Cream which won the best world liqueur award in 2022 .

The Gala dinner was a memorable event where the retiring President Ramos recounted his recent touch of death from dural abscess complicated by quadriplegia. Luckily he is making good progress and was able to attend the function using a wheelchair. I was asked to give a vote of thanks on behalf of all invited guests and wishing him speedy recovery and best of health, in addition to acknowledging his continued contribution to the POA despite ill health ! There were also numerous awards presentation as well as the handling of Presidential medals for POA and ASEAN OA; as well as the ASEAN OA flag to the incoming 2025 ASEAN OA congress chair – Prof Ismail from Indonesia. Looking forward to the meetings for both Indonesia and ASEAN OA in 2025 !

Ted Mah
Past President APOA
Founding President, APOA Hand & Upper Limb Society



Photo Gallery

TOA MEETING



DUBAI MEETING



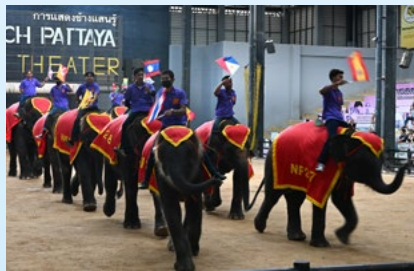
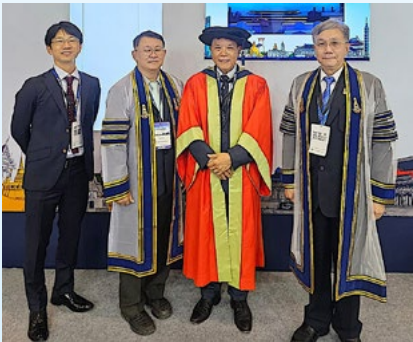
Photo Gallery

POA MEETING



Photo Gallery

THAI MEETING



ASEAN – New Zealand Orthopaedic Association Junior Travelling Fellowship 2024 Report

Since its initiation in 1983, the ASEAN Orthopaedic Association (AOA) Junior Travelling Fellowship (JTF) selects one young orthopaedic surgeon from each member country, to travel as a group to other member countries, gaining exposure to local orthopaedic practices, presenting their research, exchanging ideas and fostering regional connections.

This year, the JTF brought together surgeons Dr. Eric Cher Wei Liang (Singapore), Dr. David Vincent J. Antonio (Philippines), Dr. Juniarto Jaya Pangestu (Indonesia), Dr. Prakasit Chanasit (Thailand), Dr. Sarah Sheena Toyat (Malaysia), as well as Dr. Surendra Senthil (New Zealand). The fellowship travelled through Indonesia, Singapore, and the Philippines, - *three dynamic nations with distinct approaches to orthopaedic care* - culminating with the Philippine Orthopaedic Association annual congress.



At the back: Dr. Juniarto Jaya Pangestu (Jun)
At the front, from left to right: Dr. Sarah Sheena Toyat (Sheena), Dr. Surendra Senthil (Suren), Dr. Prakasit Chanasit (Mei), Dr. David Vincent J. Antonio (Tinggoy), Dr. Eric Cher Wei Liang

3-4 November, 2024: Surabaya, Indonesia

Dr. Eric Cher Wei Liang

AOA JTF 2024 started in Indonesia, where all 6 of us

arrived in Jakarta, and onwards to Surabaya. We checked into Morazen Surabaya hotel and took a rest before heading out for our first official dinner gathering at Layar Restaurant. Here, we met with the local orthopaedic surgeons and Dr. Nur Flora Nita, chief of the East Java branch of the Indonesian Orthopaedic Association (PABOI-JATIM). Indonesian hospitality was incredible, and all of us immediately felt at home, as though we all knew each other prior to the fellowship. Sheena was particularly excited to have met yet another inspiring female surgeon, who had managed to break the glass ceiling in the field of orthopaedic surgery, as well as by being regional chief. The night ended with lots of laughter and most importantly, it set the tone for what our next 2 weeks will be.



Dinner with PABOI-JATIM at Layar Restaurant

On the 2nd day, we visited Dr. Soetomo General Hospital and was warmly welcomed by Dr. Tri Wahyu Martanto, Head of Department (Orthopaedic Surgery) during their morning meeting. Mei and Suren presented their research work on “Massive Rotator Cuff tear in Elderly with Pseudoparalysis” and “Life and Limb - The surgical management of foot complications

in Diabetes” respectively.



Morning orthopaedic meeting at Dr. Soetomo General Hospital

We did our first fellowship hospital tour, visiting the inpatient surgical wards, emergency department and outpatient clinics. Here, we had the opportunity to engage with the local residents during their ward round and share what we would have considered doing in our own practice. This was a great opportunity for us to learn about how patients were treated in Surabaya.



Emergency department of Dr. Soetomo General Hospital, with its Japanese-designed skylight & soaring staircases



We went on to visit the hospital's tissue lab, where they process their own bone and soft tissue grafts. Following that, we visited Airlangga University Faculty of Medicine, before heading off to lunch at Botanika, where food became our common language once again. In the afternoon, we went to the old post-office in Surabaya, which had been converted into a creative space, exhibiting the work of local artists. We found their pieces creative, impressive and thought-provoking.



Mei at the art exhibition, Pos Bloc Surabaya

We then had dinner at the landmark Majapahit restaurant in Surabaya, another historic Dutch building, which had also been used as Japanese headquarters during WWII. Not only were we treated to a feast, each of us also received gifts from Dr. Nita and PABOI-JATIM as a memento of our time in Surabaya. Saying farewell is never easy, but it was here that we needed to say our first goodbye to our friends in Surabaya.

5-6 November, 2024: Jakarta, Indonesia

Dr. David Vincent J. Antonio (Tinggoy)

On the 5th of November, we had an early flight to Jakarta for the next leg of our traveling fellowship. We headed straight to the Fatmawati

Central General Hospital where our co-fellow Juniarto Pangetsu had done most of his residency training. We were welcomed by Dr. Faisal Miraj, head of the Department of Orthopedics.



With Dr. Faisal Miraj at Fatmawati Central General Hospital

We were subsequently brought around the designated orthopaedic centre of excellence, the newly-built operating complex. In the massive operating rooms, we were able to observe several hip cases and a tumour case, which made us quite 'at home', seeing as we were going to be missing work for the next few days!



Operating theatre at Fatmawati Central General Hospital

We then went to the outpatient department, with Drs. Miraj Karda and Boedijono, paediatric orthopaedic, and foot & ankle and surgeons respectively, where we were exposed to various complex and neglected cases referred from around the region. After lunch, we went Batik shopping and succeeded in finding a common colour combination, a perfect souvenir of our time in Indonesia.



Batik shopping

The following day, we headed to RSUPN Dr. Cipto Mangunkusumo Hospital. Our co-fellows Eric Cher and Sheena Toyat presented their interesting work on MIS options for plantar fasciitis and tenogenic stem cell research in rats to aid tendon repair healing respectively, which were both excellent presentations.



Eric giving an introduction of the AOA travelling fellowship to the orthopaedic department of RSUPN Dr. Cipto Mangunkusumo Hospital

We then went around the sprawling campus of RSUPN, including the Indonesian Clinical Training and Education Center, and the Indonesian Medical Education and Research Institute (IMERI), a joint venture between the public, ie. government hospital and a pharmaceutical industry partner. This collaborative work with the private sector, headed by Professor Ismail Hadisoebroto Dilogo, has produced pioneering studies in stem cell therapy for orthopaedic conditions, including treatment of non-unions, within the span of a couple of decades.



"Flying high" at the Faculty of Medicine, Universitas Indonesia



Visiting the stem cell laboratory in IMERI

We then proceeded to have a memorable meal in Kota Tua, the old town of Jakarta, close to where Jun lives. It was a great lunch, since we played a team game on our handphones and enjoyed the food in Kafe Batavia, while discussing a whole myriad of things involving our different areas of work and interests.



Lunch at Kafe Batavia in Kota Tua, Jakarta

The day was capped off by a sumptuous dinner at the historic

Tugu Kunstkring Paleis, arranged by the Indonesian Orthopaedic Association (IOA), where we had the opportunity to dine and meet again with Prof. Ismail, as president of the IOA. It was a very sumptuous dinner which led us to discuss a lot more stories about our personal experiences in our subspecialty training. Prof Ismail shared his training in Singapore and how he has worked while raising his family. He raised 5 kids who are now all doctors! We ended the evening by exchanging gifts from our orthopaedic associations with picture taking and invitations. We were privileged to have been hosted so generously throughout our stay in Indonesia, and the evening marked what was a memorable first leg for our traveling fellowship.



Exchanging gifts between Prof. Ismail, president of IOA, and our respective orthopaedic associations.

7-8 November, 2024: Singapore *Dr. Juniarto Jaya Pangestu*

On the 7th of November, we left for Singapore. Upon arrival at Changi airport, a funny story, while we were filling the details for our SG arrival cards, an elderly gentleman asked for help with his form. Sheena was so kind to aid him filling in all the details. Due to the language barrier, it took some time, that another old lady came up and requested for help, too. This time, our Thai friend took charge in becoming the friendly airport-officer. We were laughing at this

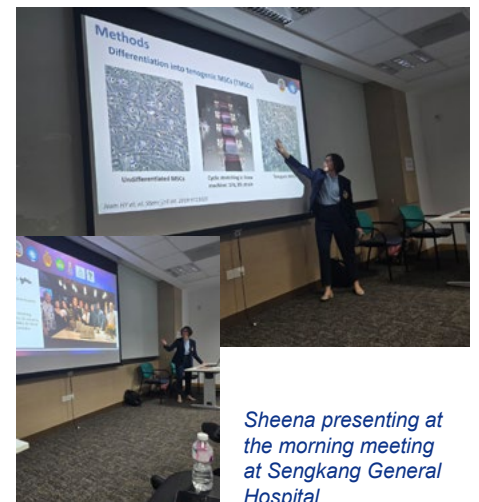
scene, because Sheena and Mei really explained patiently like the native airport officers. After we got our baggage, Eric was already waiting. Apparently, he had been kindly waiting for us to make sure we got to the hotel safely!

That night, we went to dinner with Singapore Orthopaedic Association (SOA) President, Prof. Fareed HY Kagda and ASEAN Orthopaedic Association (AOA) Secretary-General Dr. Peter Lee at Woolloomooloo Steakhouse. These two esteemed gentlemen were very friendly and welcoming. Their spouses also joined us for dinner, and I could not help but admire these two power couples. I could tell that the outstanding achievements of Prof. Fareed and Dr. Peter Lee were more or less attributed to the support of these respected ladies.



Receiving gifts of ties and pretty hand fans from AOA & SOA in Singapore

The next day, we visited Sengkang General Hospital. We joined the morning meeting, where Sheena and myself gave our research presentations.



Sheena presenting at the morning meeting at Sengkang General Hospital





With the orthopaedic department of Sengkang General Hospital, Eric's place of work

We met Prof. Poon Kei Boon, who came and greeted us despite having his off day, and Prof. Wong Merng Koon. After that, we visited the outpatient clinic, including the Orthopaedic Diagnostic Centre, and saw first-hand how well-integrated and patient-oriented the service was. Dr. Dickson Chau, one of the spine surgeons in Sengkang, demonstrated for us the use of AI transcription in a simulated spine consultation, which I observed made medical recording efficient and accurate. We also managed to see cutting-edge technology in robotic surgical-instrument storage, and in the rehabilitation clinic, such as the robotic and zero-gravity walking trainer.



Operating theatre at Sengkang General Hospital



Physiotherapy centre at Sengkang General Hospital, with a robotic gait rehabilitation device in the background

We were then treated to lunch in one of the best-rated Chinese

restaurants in Singapore. I initially thought Eric was being such a nice host, bringing us to all these top-tier places, but later I found out that most of the public services, restaurants, etc. display this “Best of ...” award plaque. This energy of striving to be the best is a valuable lesson that I learned in Singapore. In the afternoon, we visited the Garden by The Bay, with the on-going Monet Art Exhibition, where Mei expertly explained impressionism. At night, we had noodles and frog porridge for supper in Geylang, joined by the previous AOA Junior Traveling Fellows, Drs. Dickson (Singapore) and Timothy Cheng (Malaysia).



With Drs. Timothy Cheng & Dickson Chau at Geylang

9-11 November, 2024: Singapore *Dr. Prakasit Chanasit (Mei)*

On the 9th of November, we visited the Woodlands Health Campus (WHC), a public hospital in Woodlands, Singapore, which consisted of both acute and community facilities.



In front of the mural at Woodlands Health Campus

The orthopaedic department in this

hospital has 4 surgeons. Like the previous day's visit to Sengkang, despite their status as public government hospitals, both gave the appearance akin to what in another country, would be a private hospital.

The morning's programme included the SOA academic session, which I was surprised to find was held on Saturdays. This session was on scapula fractures, hosted by several trauma and shoulder surgeons, after which Tinggoy gave his presentation on pertrochanteric fractures. The young Singaporean orthopaedic residents were bemused by Tinggoy's recent X-ray of one of his patients, who had undergone a unipolar hemiarthroplasty, and it took them a while before they were able to correctly identify the implant, probably because they did not expect what they had hitherto known as a historical device to still be in current use in neighbouring countries.



Dr. David Vincent J. Antonio (Tinggoy) concluding his presentation at the SOA academic session

For the rest of the weekend, we engaged in various sight-seeing activities, including taking in the scenic view from the Singapore flyer, touring Fort Siloso on Sentosa Island, – Tinggoy, as a WWII history buff, enjoyed the treasure trove of WWII memorabilia, including coastal guns, the remains of fortified military structures and tunnels, as well as an interactive

video documentary, complete with wax figures of Japanese & British soldiers at the Surrender Chamber – the Buddha Tooth Relic Temple and souvenir-shopping in Chinatown.



Examining the WWII exhibit at Fort Siloso



At Fort Siloso

On the 11th of November, we went to Singapore General Hospital (SGH), Singapore's first general hospital, and also its oldest and largest hospital. The hospital's history spans nearly two centuries and can be traced back to the British colonial era of 19th century Singapore. The morning academic session started with a presentation from a surgeon who had recently returned from his UK shoulder & elbow fellowship, followed by Suren's presentation on diabetic limb salvage, and my presentation on superior capsular reconstruction of the shoulder, after which I was peppered with questions from the floor.



Mei presenting during the morning meeting at Singapore General Hospital

As a sports surgeon, I was thrilled to meet Assoc. Prof. Denny Lie, a well-known senior consultant in sports and shoulder surgery in SGH, and the ex-president of AOA back in 2022.



With Prof. Joyce Gan at Singapore General Hospital

We were then given a tour of the ward and outpatient clinic by Dr. Toh Rui Xiang, foot & ankle surgeon, as well as the Duke-NUS academic building. SGH also has its own museum, housed in the Bowyer block, detailing the 200-year history spanning nearly two centuries, and can be traced back to the British colonial era of 19th century Singapore. We were amused to see both an Austin-Moore and Thompson prostheses housed in the display case as examples of "olden-day" implants, seeing as other fellows from the Philippines, Malaysia, and Indonesia were still using it in their day-to-day practice.



Curator of the SGH museum giving an explanation to us, and our tour guide, Dr. Toh Rui Xiang

We concluded our Singapore leg with a dinner hosted by the Sengkang General Hospital and Singapore General Hospital orthopaedic team.



*Sitting down, from left to right: Dr. Henry Soeharno, Dr. Suraya Zainul Abidin, Dr. Surendra Senthil
Standing up, from left to right: Dr. Dickson Chau, Dr. Prakasit Chanasit, Dr. David Vincent, Dr. Joel Lim Wei An, Prof. Goh Seo Kiat, Prof. Poon Kein Boon, Dr. Sarah Sheena Toyat, Dr. Juniarto Jaya Pangestu*

12-13 November, 2024: Manila, Philippines

Dr. Sarah Sheena Toyat

On arrival in Manila, we were graciously hosted at dinner by a few board members of the Philippine Orthopaedic Association (POA), including the vice-president, Drs. Justinian Aquilino Cyril Ll Pimentel IV, John Andrew Michael A. Bengzon, and Juan Antonio Maximiano R. Escano. I was honoured to meet Dr. Ellewellyn G. Pasion, past president of the Asia Pacific Orthopaedic Association (APOA), and this year's recipient of the Lifetime Achievement Award from the Philippine Board of Orthopaedics. We were also delighted to renew our



acquaintance with Dr. Peter Lee and his lovely wife, having met them during the earlier Singapore visit, both of whom were also invited guests at the table.



Dinner hosted by POA board members

The following morning, we headed to Shangri La hotel, the venue for this year's Philippine Orthopaedic Association (POA) Annual Congress. We were very privileged to be able to attend, as this year represented the 75th anniversary of POA's annual congress. In keeping with their diamond jubilee celebration, the theme of this year's congress was Cutting Diamond: Looking Back, Moving Forward.



POA 75th annual congress

The congress opened with a procession of the office-bearers of the 6 regional chapters of the POA, and the POA board of trustees. After having been in Indonesia and the Philippines, I realised the geographical difficulties island countries had in coordinating orthopaedic services and activities, and I found it admirable how they had overcome these challenges to fashion an orthopaedic fraternity with a common mission, vision and core values.

I was delighted to see among the many female members holding office, one of them was Dr. Rosalyn P. Flores, whom I had the pleasure of meeting last year in Kuala Lumpur during her stint as AOA Junior Travelling Fellow.



Drs. Sarah Sheena Toyat (Malaysia) & Rosalyn P. Flores (Philippines)

Various distinguished overseas guests also made up the procession, including the energetic Asia Pacific Orthopaedic Association (APOA) president, Dr. Jamal Ashraf, the Asean Orthopaedic Association (AOA) president, Prof. Thipachart Punyaratabandhu (Prof. Tip), and from Malaysia, Prof. Saw Aik, and Prof. Azlina Amir Abbas, editor of the AOA journal, the only female on the AOA executive committee -with the only other female AOA council member, Prof. Azura Mansor, also being from Malaysia- and my personal role model. A marching drum corp brought up the rear.

I found the whole opening ceremony curiously poignant, from the opening prayer, to the oath-taking of the POA candidate members, stirring reminders of our vocation as orthopaedic surgeons, and the duty of care and responsibility we owe our patients. I was especially moved by the courage and grit of the POA president, Dr. Melito Antonio P.

Ramos, who, despite requiring assistance during the ceremony due to his physical health challenges, gave a truly inspirational speech to all of us present. The opening ceremony drew to a close with a vibrant cultural performance incorporating LED flags emblazoned with the logos of POA and AOA, that left me with a shade of envy green enough to rival Elphaba.

One of the notable panel discussions I attended was titled, "Leading by Example: Lessons from Women Orthopaedic Pioneers," moderated by the immediate past president of the Philippine Society of Women Orthopaedic Surgeons (PSOWOSI), the spunky Dr. Janis Ann F. Espino-De Vera, and the current president, the ultra competent and ultra fun Dr. Anne Kathleen B. Ganal-Antonio, also Tinggoy's wife. The international panel comprised Dr. Rujuta Mehta from India, the president of the APOA women's advocacy section (WAVES), as well as founder and chair of Women Orthopaedic surgeons in India Collective Empowerment, Dr. Teresita L. Altre of the POA, the first female orthopaedic surgeon in the Philippines and the first female worldwide to become president of a national orthopaedic association, and Prof. Emeritus Tunku Sara Ahmad from Malaysia, one of the founders of the Malaysian Society for the Surgery of Hand, first female orthopaedic surgeon in Malaysia and my previous Universiti Malaya lecturer.

They discussed topics ranging from how women in orthopaedics had to perform at an exceptional level just to be accorded the same modicum of respect as our male counterparts, whilst still

juggling family responsibilities, as expected by Asian gender norms; to practicalities of setting clear boundaries in and out of the operating theatre when it came to inappropriate behaviour or speech. I was able to glean useful insights, particularly in the context of my own leadership aspirations, and goals of creating a safe and conducive working environment, and fostering diversity within our specialty.



The women of APOA, from left to right: Drs. Ramona Reyes-Diyco, Sarah Sheena Toyat, Marie Jeanne Bertol, Madam Rujuta Mehta, Dr. Teresita L. Altre, Prof. Emeritus Tunku Sara Ahmad, Prof. Azlina Amir Abbas, Dr. Anne Kathleen B. Ganal-Antonio

That night was the fellowship night, with the theme “Denim & Diamonds.” While we did our best to dress accordingly, Mei outdid all of us with his rhinestone-studded denim shirt. His wife was thoughtful enough to pack extra rhinestones, which he affixed to our various items of clothing as well as the lapel of the AOA president, Prof. Thip, much to our shared amusement.



Fellowship night: Picture taken with Prof. Thip & Prof. Pasion

Our hosts showed they really knew how to throw a party, as

we were treated to dinner, drinks, spontaneous karaoke by local and international orthopaedic surgeons, all of whom were ridiculously talented, a live band, professional dancers to get people off their chairs and moving to the beat, and just when I thought the night was winding down, a DJ. I, for one, was absolutely flabbergasted at the sight of Prof. Emeritus Tunku Sara, Prof. Azlina, and the president-elect of the Malaysian Orthopaedic Association (MOA), Dr. Gandhi Solayar, tearing up the dance-floor. I was also surprised at how one can make new acquaintances whilst dancing; quite a few of whom were to become familiar faces throughout the congress, moderating sessions or facilitating in some way or other, and it was refreshing to me to see everyone work hard and play hard, too. I was over the moon when after some liquid courage, my co-fellows joined me on the dance-floor, and I can honestly say, I never thought I would have such an excellent time with my friends as I had at, of all places, a scientific congress.



Grooving with Prof. Pasion, Prof. Emeritus Tunku Sara, Madam (Dr.) Rujuta Mehta & Prof. Azlina

14-15 November, 2024: Manilla, Philippines

Dr. Surendra Senthil

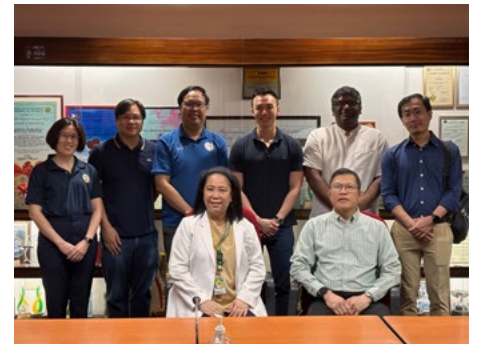
On the 14th of November, we were able to do some local exploring and do some shopping. We decided to continue the tradition of wearing the traditional local clothing and were able to buy Barong shirts. Needless to say, these were well

received. We were privileged again to be invited that night to the President’s dinner. We were presented with certificates and more gifts in another amazing display of generosity.



Receiving our certificates from Prof. Thip & Dr. Peter Lee

Eric had worked tirelessly over the course of the 2 weeks chronicling our exploits in each country, and the final video montage was displayed during the dinner, much to the delight of the audience. Eric told us he was a novice at videography, but the quality of his editing, transitions, and music choices will surely net him a role as a future social media manager/orthopaedic influencer.



With Quirino Memorial Medical Center chief, Dr. Evelyn Victoria Reside and orthopaedic department head, Dr. Gregorio Marcelo Azores



With the head of the department and orthopaedic residents at Quirino Memorial Medical





Visiting the orthopaedic ward at Quirino Memorial Medical Center

The next day, Tinggoy arranged for us to visit Quirino Memorial Medical Center, and then Medical City. The stark contrast between public and private healthcare was on full display and was truly eye-opening. We were able, however, to see how limited resources allow for ingenious solutions in different situations from training future surgeons, performing surgery and providing for the local community. The obvious contrast at Medical City, nonetheless, was a reminder that there is still a lot of work to be done.

Tinggoy also arranged for us to visit the Ateneo School of Medicine & Public Health (ASMPH), where he lectures. We were able to view the preparation for undergraduate examination, including the anatomy stations with cadaveric specimens.



With one of the orthopaedic residents at (ASMPH)

Our final night started at the Congress Banquet, where we were again treated to amazing performances and a celebration of the year's achievements.



Final night: Congress Banquet

The night continued long into the morning with lots of tipsy impromptu karaoke hosted by Tinggoy to cement our fellowship of lasting friendship.



With the moderators of our oral presentation session at the POA annual congress

Conclusion

Dr. David Vincent J. Antonio (Philippines)

I am very grateful to have been part of the AOA Junior Traveling Fellowship for 2024. I was hesitant to leave work with so many things going on during the last quarter of the year. I am very happy to have met in no particular order: Jun, Eric, Mei, Sheena and Suren. I was also so happy to have been able to visit Singapore again as I took my fellowship there in 2011. It was such a joy to meet old friends and make new ones.

It was a pleasure to host them during the Philippine Orthopaedic Association Diamond Annual

Convention. This group was always appreciative, never mean, persistently witty. There was never a dull moment with them and in a span of 2 weeks we talked about everything under the sun and bonded for life. I will always consider them as my newest and dearest friends from the region.

Dr. Eric Cher Wei Liang (Singapore)

It was truly a privilege to be selected to represent Singapore Orthopaedic Association (SOA) in this year's 2024 AOA JTF. Travelling together for 2 weeks with 5 other ASEAN + NZ fellows (Sheena, Jun, Mei, Tinggoy and Suren) has brought us closer than we would have ever imagined. The friendship forged among us seems almost effortless, and I almost couldn't believe how well we have bonded as a group. We were able to speak on almost anything, both professionally and at a personal level. The exchange of ideas and sharing of knowledge was selfless.

This travelling fellowship presented an incredible opportunity for us to expand our professional network and to learn from the best practices around us. We were indeed extremely fortunate to have a well-structured program, meeting up with various opinion leaders, head of departments and president of associations within a very short span of time. The effort to pull this off is commendable.

It was with great pleasure that Singapore was one of the designated hosting venue this year. Putting together a 4 days programme for my group was a memorable experience for me and I'm sure they enjoyed it as much as I did. No words can describe how much I treasured the time we spent together, and in my opinion, this fellowship program has transcended into something much more valuable and meaningful.

I am confident that all of us will continue to mature in our career as competent orthopaedic surgeons, with many taking on leadership positions in their own countries. I am looking forward to greater collaborations with my fellow brothers and sister.

Dr. Juniarto Jaya Pangestu (Indonesia)

I am truly grateful to be part of the ASEAN Junior Traveling Fellowship. It is a humbling experience to see advanced and creative orthopaedic care and to meet prestigious leaders in ASEAN Orthopaedics. Moreover, I really cherish the friendship that we built over the course of two weeks. Let me say appreciation to my dearest friends: The dynamic duo of the group: Sheena and Eric. The funny banter that these two guys shared kept the group alive. Sheena, our Mom, while promoting her Malaysian Orthopaedic Association (MOA) events every chance she got, paid attention to everyone in the groups, making sure no one was left out. Eric, the fittest guy in the group, who arranged the Singapore trip and made it, in my personal opinion, to be the best part of the program. Mei, the Sushi-graft chef / rocker, who was very artistic, composed, yet very outgoing. Vincent, the nicest guy in the group, who attended to our every need during the Philippine leg, despite being very busy with the POA meeting. Suren, an Ipoh-born Kiwi, who made us laugh too many times with his Malay-accent sarcasm. At last I can confidently say that this program has made me a better orthopaedic surgeon in many ways and hopefully will benefit my country and ASEAN in more ways.

Dr. Prakasit Chanasit (Thailand)

It was such a wonderful experience for me to be part of the AOA JTF program 2024. As

the representative of the Royal College of Orthopaedic Surgeons of Thailand (RCOST), I would like to try my best to make good connections with the fellows from other countries in the SEA area in order to collaborate with them in the future. But moreover, I've got a group of best friends. It was more than jobs, clinical work or surgeries. It was about sharing our lives with each other from each country. I hope this friendship will last for all of our lifetime. I would like to express my gratitude to AOA for making the program for such a long time and also hope this program will continue in the future.

Dr. Sarah Sheena Toyat (Malaysia)

As an AOA JTF, I had a rare golden chance to meet with key members of international orthopaedic associations, and as a Malaysian Orthopaedic Association (MOA) council member, I felt privileged to be able to strengthen regional ties on behalf of my association. Equally as valuable was the time re-connecting with mentors from my home country. These interactions helped me reflect on my own career and leadership journey, expanded my network, and reinforced for me the importance of mentorship, as well as the role of international collaboration in advancing orthopaedics in South East Asia.

“What happens if you put 5 brothers & 1 sister together? FIBROSIS.”

More than just the professional opportunities afforded, it was the friendship with my other junior travelling fellows. Before I embarked on the travelling fellowship, I was frustrated and disillusioned with my career progress. But their camaraderie, humour, and openness with which they shared their experiences led to many a deep and frank

conversation that re-kindled the joy and love I have for orthopaedics. I particularly appreciated how we supported each other's ideas, from coordinating matching batik outfits and Filipino/Filipina wear, promoting each other's association events – well, mainly that of MOA's - to shooting videos in random locations, even to singing on stage together. These fellows epitomised for me what it meant to be part of a fraternity, especially when men support women. The bonds forged during this fellowship - based on mutual respect and shared experiences - turned what could have been merely an academic tour into something far more meaningful, and I will always be grateful to have been a part of this team.

Dr. Surendra Senthil (New Zealand)

It was very humbling and a great honour to be selected, to represent New Zealand for the AOA JTF this year. I had no idea what I was getting myself into. Information was initially light, but as an itinerary started to come together, it started to sink in what a great once in a lifetime experience this would be. Travelling through Indonesia, Singapore and the Philippines and experiencing Orthopaedic healthcare in each country was a truly eye-opening privilege. Seeing the obstacles each locality deals with to deliver healthcare to their community was eye-opening. The hospitality afforded to us was truly amazing. Thank you just isn't enough.

The friendships I made with my fellow fellows will no doubt last a lifetime. I look forward to collaborating with all of them in the future. Without a doubt, they will all be contributing leaders in orthopaedics not only in their own countries, but throughout ASEAN and internationally.



REPORT FOR APOA ONCOLOGY SECTION



Activities and Future Planning

1. Inaugural Oncology Session at APOA 2025 in Cairns:

We are excited to announce the planning of the inaugural Oncology session for APOA 2025, to be held in Cairns. This session is designed to be comprehensive and engaging, comprising the following components:

- Teaching Sessions: Focused on the latest advancements and techniques in oncology.
- Themed Sessions: Highlighting innovative topics such as 3D-printed prostheses.
- Podium Presentations: Featuring selected abstracts submitted by researchers and practitioners in the field.

Dr. Manish Agarwal from India will co-convene this session, bringing valuable expertise and international perspective to the event.

2. Future Convening of Oncology Sessions:

We suggest that future oncology sessions should be organized by the national chapter of the Asia-Pacific Musculoskeletal Tumour Society (APMSTS) within the host country of the APOA annual Congress. This approach would ensure that each session is tailored to the regional needs and advancements, while also fostering local expertise and engagement.

3. Challenges and Considerations:

One of the primary challenges we face is the competition for time and attention among major international meetings. Notable meetings that coincide or are near the APOA annual Congress which include:

- Regular meetings of the APMSTS.
- International Society on Limb-Salvage Surgery

(ISOLS).

- European Musculoskeletal Oncology Society (EMSOS).
- American Musculoskeletal Tumour Society (MSTS).

Specifically, APOA 2025 is scheduled six months after ISOLS 2024 (Brisbane) and 6 months before APMSTS 2025 (Bali). Additionally, there are multiple meetings of European and North American groups in the first half of the year. This tight scheduling may impact attendance and participation due to overlapping commitments and travel constraints.

Strategic Recommendations:

- Enhanced Coordination: Establish a calendar of events in collaboration with international societies to minimize conflicts and optimize attendance.
- Regional Focus: Leverage the regional presence of APMSTS to attract participants who may have constraints attending international meetings.
- Virtual Participation: Incorporate hybrid models to allow remote participation for those unable to travel due to conflicts in time.

We believe that these strategies will help in maximizing the efficacy and reach of our oncology sessions, ensuring that they are well-attended and impactful.

We look forward to your feedback and support in making the inaugural oncology session at APOA 2025 a resounding success.

Prof Peter Choong
Chair, Oncology Section
Asia-Pacific Orthopaedic Association (APOA)

FOOT AND ANKLE SECTION REPORT



The Foot and Ankle section has been actively engaged with National and Foot and Ankle Societies in the Asia Pacific region over the last 18 months.

APOA Foot and Ankle section was represented at the Combined Indonesian Foot and Ankle and Shoulder Society meeting in August 2023 which was held at Bandung. Research and Educational topics were presented and received well. Future APOA meetings were highlighted there and open invitations extended.

We were invited to participate and contribute to Foot and Ankle meetings held at Nagpur, India (Indian Foot and Ankle Society) in August 2023. We were well represented and had a special independent APOA session given to showcase our Foot and Ankle section. Talks were highly appreciated and welcomed. Rajiv Shah, Rajiv Vohra and Kumar Shantanu from the APOA all presented at the session.

APOA Foot and Ankle surgeons attended as invited speakers to the Philippines Orthopaedic Association meeting at Manila in November 23. Prof. Hong-Jeun Jung from Seoul was one of them and presented exceptionally well. The APOA flag was flown and upcoming Dubai meeting highlighted.

Sunway University and Malaysian Foot and Ankle Society held their annual meeting at Kuala Lumpur in January 24 and APOA was represented by two Guest Speakers including Mark Blackney Past President, Foot and Ankle Section APOA. Complex and interesting cases were presented, and the audience gained an insight into the Foot and Ankle surgeons approach to them.

Bangladesh Orthopaedic Association's National Congress at Dhaka was held in February 24 and Foot and Ankle topics presented by APOA Foot and Ankle surgeons were discussed and generated lively interaction.

All the above presentations have generated considerable interest in the APOA Foot and Ankle section with a steady increase in new membership and a balance which is respectable. We have our first female Executive Committee member- Dr. Amber Haseeb from Malaysia.

The APOA Foot and Ankle section has negotiated a grant from a US based company to commence and establish 6 months Foot and Ankle fellowship in the Asia Pacific region. We hope to have two six months fellowships in Singapore and Saudi Arabia. The successful candidate will be selected from our region after CV's are scored and interviews are conducted. This has been in keeping with the Educational Committee and our section's desire to promote evidence based and current practice of both elective and acute surgery and help the countries which lack access to advanced training in the foot and ankle subspeciality.

APOA Dubai Congress was a success for the Foot and Ankle section. All sessions were well attended with lively discussion following. About twenty members of the section had the opportunity to attend the cadaver based Minimally Invasive and arthroscopic surgery under the tutelage of Jordi Vega and Frederick Michels. The feedback was positive. Free papers of high quality were presented from around the Asia Pacific region by aspiring Orthopaedic doctors and young surgeons.

We have been given an opportunity to compose an issue of the Journal of Foot and Ankle Asia Pacific in 2026. We, members of Foot and Ankle section, are in the process of deciding a theme and authors for appropriate topics.

The section's Case of the Month (posted on the website) remains popular and has had contributions from around our region. Interesting, Rare and Complex cases are presented. Prof. Siu Kwai Ming and Prof. Chayanin Anghthong deserve the credit for managing it.

Lastly, preparations are underway for the upcoming APOA Congress in Cairns in April 2025. Foot and Ankle section has submitted its programme and is working towards a Pre Congress-Workshop at the Cairns Congress. We eagerly look forward to it.

Arvind Puri
Chair, Foot and Ankle Section
APOA





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APOA (Australia)



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