

June 2004



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## Report on the 8th Congress of the Asian Pacific Society of Respiriology (APSR)

by Professor Dr Liam Chong Kin, Congress President, 8th APSR Congress

The Malaysian Thoracic Society had the honour of organising the 8th Congress of the Asian Pacific Society of Respiriology (APSR) which was held from 1 to 4 December 2003 at the Sunway Lagoon Resort Hotel in Petaling Jaya, Malaysia. The Congress proved to be very successful with the attendance of 650 delegates from 29 countries. The local delegates from

Malaysia accounted for about half the total number of participants while delegates from Indonesia, Hong Kong and Japan numbered more than 40 each.

The contribution of the distinguished faculty of 80 speakers from the Asian Pacific Region and from Europe and the United States of America elevated the standard and quality of the Congress. The scientific programme consisted of 4 pre-congress workshops, 3 plenary lectures, 2 memorial lectures, 22 symposia and a special SARS as well as 6 lunch and 2 dinner industry-sponsored satellite symposia. The scientific content of the Congress reflected its theme of "An evidence-based approach to the management of respiratory diseases in the Asian Pacific Region". The 4 pre-congress workshops provided an intensive approach to the clinical issues in Sleep Apnoea, Diagnostic and Interventional Pulmonology, Mechanical Ventilation and Immunotherapy for Allergic Diseases. The 22 major symposia covered topics of importance such as asthma, COPD, respiratory tract infections, tuberculosis, lung cancer, interstitial lung disease, pleural diseases, lung transplantation and many others. In addition to the 3 plenary lectures, memorial lectures honouring two great past presidents of APSR namely the late Professor Michiyoshi Harasawa and the late Professor Ann Woolcock, were delivered for the first time in the Congress. The scientific contents of the symposia were of a high standard and the sessions were well attended with active participation of the audience. It was very heartening to note that a good number of delegates remained and attended the last day of the Congress which was a half day programme on Thursday morning. It is hoped the Congress had achieved its objectives of advancing knowledge of respiratory diseases and promoting good clinical practice in Respiriology in the Asian Pacific Region which is, as far as possible, evidence-based.

A total of 152 free communications were accepted for the oral presentation and poster discussion sessions that provided an excellent opportunity for researchers to communicate their research findings and for the exchange of ideas among the participants of the Congress. The largest number of free papers was contributed by delegates from Malaysia followed by submissions by delegates from Japan, Singapore, Hong Kong and Taiwan.

The Opening Ceremony was graced by His Royal Highness Sultan Azlan Shah, the Patron of the Malaysian Thoracic Society. APSR council members who were present and the local Organising Committee members had the opportunity to have a group photo taken with His Royal Highness. The Congress Dinner was well attended and the delegates and their accompanying persons were entertained to a multicultural performance by dancers from Tourism Malaysia. The karaoke session that followed showcased the singing talent of some of the delegates and proved to be highly enjoyable by all who were present. The evening ended with the song "That's what friends are for" sung by all the delegates who were present and their accompanying persons.

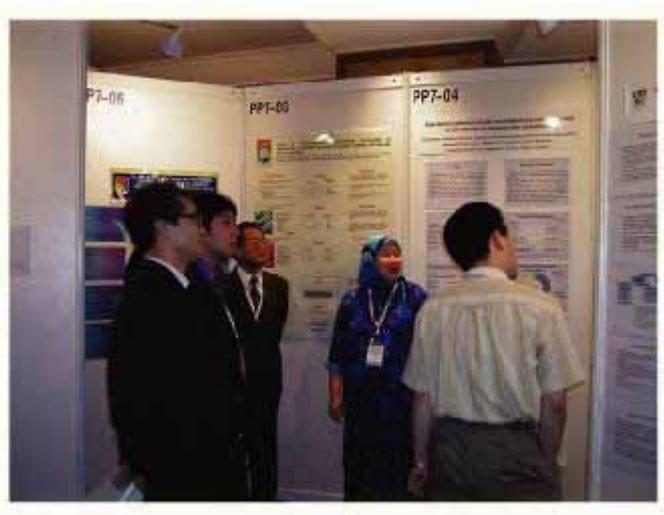
The participation of eminent speakers from the American College of Chest physicians, the European Respiratory Society and the American Thoracic Society contributed immensely towards the Congress. The generous support by the local and regional pharmaceutical and medical equipment companies is much appreciated.



His Royal Highness Sultan Azlan Shah, the Patron of the Malaysian Thoracic Society, together with the Council Members of the Asian Pacific Society of Respirology (APSR) and members of the Organising Committee, 8th APSR Congress



Entrance of HRH Sultan Azlan Shah, flanked by Congress President, Professor C K Liam (right) and APSR President, Professor W K Lam



One of the many Poster Discussion sessions during APSR Congress

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## Malaysia 1st "World COPD Day" Celebration

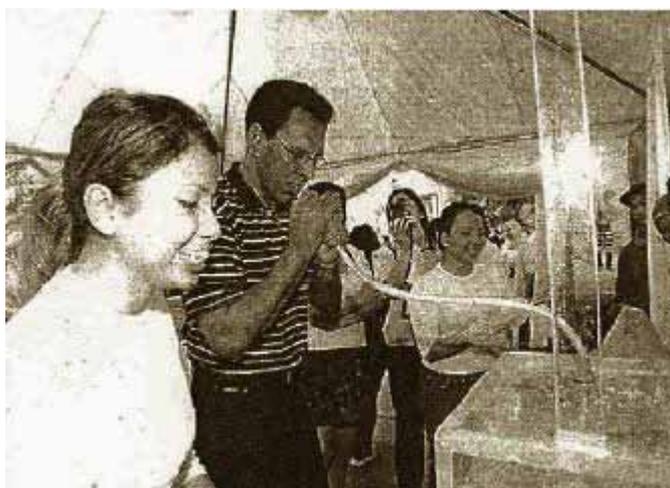
by Dr Zainudin Md Zin

Malaysia joined the rest of the world in launching its celebration for "World COPD Day" on 19 November 2003 outside Lot 10, Jalan Bukit Bintang, Kuala Lumpur. The occasion was launched by The Malaysian Thoracic Society, officiated by the Deputy Health Minister, YB Dato' Dr Suleiman Mohamed, accompanied by MTS President, Professor Dr Chong-Kin Liam, and Global Initiative for Chronic Obstructive Lung Disease (GOLD) Malaysian representative, Dr Zainudin Md Zin. The launch signified the beginning of a greater effort to publicise this important and yet least known killer disease among the general public, as well as its poorly recognized disease burden on individuals and on the country. In line with this, is the launch of "Breathing for Life" campaign by MTS that will include public forums, education and awareness outreach initiatives, aim at promoting better understanding of COPD, and its treatment and prevention.



Launching Ceremony

(From left: Prof C K Liam, YB Dato' Dr Suleiman Mohamed, Dr Zainudin Md Zin, Datin Dr Aziah Ahmad Mahayiddin)



Visitors testing out their lung functions

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## Report on COPD Survey in May 2004

by Professor Dr Chong-Kin Liam, President, Malaysian Thoracic Society

Last year, in 2003, the Malaysian Thoracic Society launched an extensive educational campaign to educate the public regarding COPD. This year, it plans to continue its efforts to further raise the level of awareness in Malaysia. Having that in mind, Malaysian Thoracic Society recently conducted a survey to gauge how much the public actually knows about the disease, in order to be able to plan future efforts in COPD education.

The survey was conducted online and at the ground level. The online survey was a tie-up with The Star Online for a period of two weeks in May 2004. Respondents were required to fill in the answers in the online form and submit to Star Online. The online respondents totaled 575. Ground level survey was carried out in high-traffic areas in major shopping centres in the Klang Valley where randomly selected individuals were interviewed. There were 500 respondents in the ground level survey.

Of a total of 1075 respondents, 704 (65.5%) were males and 371 were females. 396 (36.8%) of the respondents were smokers [257 (23.9%) were regular smokers, 139 (12.9%) occasional smokers] 569 (52.9%) had never smoked, 109 (10.1%) had stopped smoking (10%) and one did not respond.

162 (15.1%) of the respondents were aged 46 years and above.

Of the total of 1075 respondents, 330 (30.7%) had heard of COPD, 588 (54.7%) had not heard of COPD and 156 (14.5%) were unsure if they have heard of COPD and one did not respond. These figures are quite encouraging for a first-time effort. 300 (27.9%) respondents accurately said that COPD is a lung disease. A large majority (91%) of the respondents who had heard of COPD knew that COPD is a smoking-related disease and 53% knew that COPD affects adults aged over 40 years. Out of the 300 who accurately said that COPD is a lung disease, 54% knew that one of the symptoms of the disease is coughing with phlegm and 76% knew that breathlessness is also one of the symptoms. Of the 300, 82 were regular or occasional smokers, 179 had never smoked and 39 had stopped smoking.

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## Case Challenge

by Dr Hamidah Shaban

This patient presented with recurrent pneumothorax (See picture of face in A and High-Resolution CT in B)



**Questions:**

1. What is your diagnosis?
2. What other investigation would you do?
3. What are the treatment modalities?

**Answers:**

1. Tuberous sclerosis with lymphangioleiomyomatosis of the lung.
2. CT Scan of the abdomen to look for renal angiomyolipoma.
3. Hormonal manipulation with progesterone, tamoxifen, luteinizing hormone-releasing hormone or oophorectomy, lung transplantation

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**From the Editors**

(via [acadmed@po.jaring.my](mailto:acadmed@po.jaring.my))

We wish to thank Boehringer-Ingelheim and Pfizer for the sponsorship of this issue of "Breathe".

*With Compliments*

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