



# NEWSLETTER OF THE MSO-HNS

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### Editors:

Assoc. Prof. Dr Mazita Ami  
Prof. Dr Primuharsa Putra  
Sabir Husin Athar  
Dr Yap Yoke Yeow

## MESSAGE FROM THE PRESIDENT

Executive Committee  
2012 - 2013

### President

- Prof. Dr Primuharsa Putra Sabir Husin Athar

### President Elect

- Prof. Dr Prepageran Narayanan

### Immediate Past President

- Dr Yap Yoke Yeow

### Hon Secretary

- Dr Revadi Govindaraju

### Treasurer

- Dr Avatar Singh Mohan Singh

### EXCOs

- Datin Dr Siti Sabzah Mohd Hashim
- Assoc. Prof. Dr Mazita Ami
- Assoc. Prof. Dr Mohd Razif Mohamad Yunus
- Assoc. Prof. Dr Goh Bee See
- Dr Jeevanan Jahendran
- Dr Anura Michelle Manuel
- Dr Rekha Balachandran
- Dr Pathma Letchumanan

### Auditors

- Prof. Dr Abdullah Sani Mohamed
- Datuk Dr Kuljit Singh

First and foremost, I would like to thank the members of the society for the privilege to become the President elect of the Malaysian Society of Otorhinolaryngologists-Head & Neck Surgeon (MSO-HNS) at our 32nd Annual General Meeting on 28th June 2012 at the KLCC Convention Centre in Kuala Lumpur and subsequently continue as the President for the year 2013 - 2014. It is indeed a great honour to be elected to this position and I pledge to serve to the best of my ability. I must also congratulate Prof. Dr Primuharsa Putra, the president for the year 2012 - 2013 and the executive committee members for 2012 - 2013 on a successful year and for their commitment and dedication over the past twelve months.

Over the last 30 years, ORL - HNS has undergone a major expansion. We have improved our teaching of ORL - HNS and our service to the public. Our members have increased tremendously in number. The latest total number of our members is 340.

We intend to continue the following activities during the year 2013 - 2014 : the 9th Malaysia-Singapore joint Scientific Meeting which will be held in Malaysia in 2013 - 2014, MSO-HNS Health Camp 2014, the Annual Scientific Meeting 2014, and the climax will be the 6th Asia Pacific Otolaryngology, Neurotology & Skull Base conference / 5th ASEAN Academy of Neuro-Otology & Audiology (AANO) congress/ Inaugural ASEAN Rhinology Society congress/ 6th Malaysian International ORL - HNS Congress/ 34th MSO-HNS AGM. To improve our CPD activities, MSO-HNS



**Prof. Dr Prepageran Narayanan**

**President of MSO-HNS  
2013-2014**

will streamline and coordinate the activities with formation of CPD specialty subcommittee for Otolaryngology, Rhinology and Head & Neck, Laryngology. The key to the continued success for MSO-HNS is the participation of our members. I urge members to get involved in our organization and stay engaged and united. Give your ideas, time and expertise. It is after all, your society.

As an organization, MSO-HNS will only be as strong as the talents and contributions of its collective membership. I would like to extend a special 'thank you' in advance to all of the members who will volunteer their time and because of their generosity and expertise, MSO-HNS is a thriving organization. I look forward to an exciting year and interacting with a very special group of individuals! Working together we can make 2013 - 2014 another great year!

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## MESSAGE BY THE OUTGOING PRESIDENT

It has been an honor and a great pleasure to be able to serve this society for the past one year. I think the past year has been a great success.

Through my time as president I have worked with a dedicated group of people who contributed their time for the profession's betterment. I thank all of you, who were directly or indirectly involved, for the time you have selflessly given.

Despite our continuous efforts there may have been some lapses and shortcomings in the management and we could not extend our hospitality to fulfil all expectations. I hope that all these unintentional lapses can be forgiven.

It has taken many of our society members to represent the various committees to take care of the needs of this association over the course of the past year and the years before.

Therefore when you cross-path with any of the past and present committee members at any of the conferences, please take the time to stop and thank them. These committee members have willingly volunteered themselves to ensure continued benefits for the members of our society as well as the public. They have contributed countless hours and energy to ensure resounding success of all our MSO-HNS activities, year in and year out. I challenge each of you to get involved with the committees and play an active role in the future leadership of your society! If you have not volunteered in our committees there is no better time like the present.

Thank you for allowing me the honor and privilege to have served as your president in the year 2012-2013. It is now my pleasure to pass on the baton of leadership of this society to our incoming President, Professor Dr Prepageran Narayanan.



**Professor Dr Primuharsa Putra bin Sabir Husin Athar**

**President of MSO-HNS 2012-2013**

I am sure our new President, Professor Dr Prepageran, will fill the role admirably. And I hope you will provide him with the same level of support that I have received during my tenure as President of MSO-HNS.

My sincerest thanks to all. ■

*It has been an honor and a great pleasure to be able to serve this society for the past one year. I think the past year has been a great success.*

## 8<sup>th</sup> JOINT MALAYSIA-SINGAPORE ANNUAL SCIENTIFIC CONGRESS 2012

*Dr Anura Michelle Manuel, Universty Malaya Medical Centre.*

The 8th Joint Malaysia - Singapore Annual Scientific congress was held on the 21st of October 2012 at Hotel Oasia, Singapore. This event was jointly organized by the Malaysian Society of Otorhinolaryngologists-Head & Neck Surgeon (MSOHNS) and the Society of Otolaryngology Head & Neck Surgery Singapore(SOHNSS) with Singapore being the host country for 2012.

The meeting was attended by 4 EXCO members and Dr Chew Yok Kuan represented Malaysia for the resident's presentation.

After the opening ceremony and welcome address by Dr Chan

Kwai Onn, President, SOHNSS and Prof Dr Primuharsa Putra, President, MSOHNS, the guest lectures which followed were given by renowned speakers from Malaysia, Singapore and USA on new techniques in surgery involving the frontal sinus, hearing aid implantation and skull base surgery. There was also exchange of thoughts and ideas on medical education and the direction it is heading. After the tea break, the resident's research presentation competition commenced. This half day event concluded with the prize giving ceremony.



Prof. Dr Primuharsa Putra and Dr Chan Kwai Onn

► (Continued on page 4)

► (Continued from page 3)

The 1st prize went to Dr Lynn Koh who presented her research titled 'Comparing Ways of Assessing Tongue Base Obstruction In Obstructive Sleep Apnoea'. Dr Lim Mingyann won the second prize with his topic on 'The Music Listening Preferences and Habits of Young People in Singapore and its Relevance to Leisure Noise Induced Hearing Loss' while the 3rd prize was given to Dr Chew Yok Kuan who presented a paper on 'Objective Assessment of Hearing Threshold in Dark and Light Environment'. This congress has served as a platform in bringing together current and future Malaysian and Singaporean ENT surgeons.



## 2<sup>nd</sup> USM – LASER SEMINAR

*Dr Norhafiza Mat Lazim, University Science of Malaysia.*



Lecture Session



Case Discussion Session



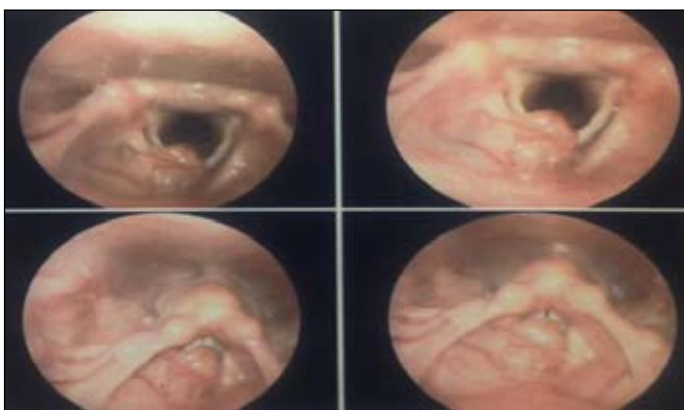
Live Surgeries Session

The ORL - HNS Dept, HUSM Kubang Kerian Kelantan in collaboration with DELTA Medisains organized a two day seminar on the use of laser in the otorhinolaryngology field on 21 - 22 November 2012. The seminar's aim was to introduce carbon dioxide laser application into the armamentarium of otorhinolaryngology surgeons in Malaysia.

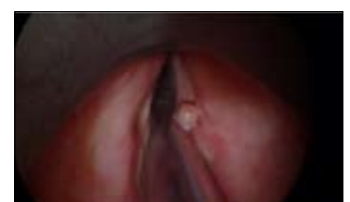
The speakers for the event were from the departments of ORL and Ophthalmology with each speaker highlighting their experiences in the application of CO2 laser in their respective fields. There were also speakers from the Radiology department to help us better understand pre-operative imaging which is very pertinent for proper selection of patients.

The speakers included Associate Professor Dr Baharudin Abdullah, Dr Irfan Mohamad, Dr Norhafiza Mat Lazim and Dr Hazama Mohamad. Two senior otorhinolaryngologists, Associate Professor Dr Rahmat Omar and Dr Balachandran Appo, conducted the live surgeries during the event. A good number of cases were put up for the live surgery session including tonsillectomy, bilateral turbinoplasty, septoplasty, vocal cord mass excision and laryngotracheal stenosis with successful outcomes.

The participants came from across the country including Malacca, Negeri Sembilan and Kedah. We had altogether 80 participants. Due to the continuing encouraging response towards our USM-Laser Seminar, we look forward to organize similar events in the future.



Example of live surgery case



# AN EVENING WITH PRIME MINISTER OF MALAYSIA

*Datuk Dr Kujit Singh, Prince Court Medical Centre*



On the 16th of December 2012, MSO-HNS with more than 700 doctors from around the country, attended the Grand Dinner with the Prime Minister of Malaysia. The event was a great success and the doctors heard the policy points made by the Prime Minister. Our society supported the event by sponsoring one table and the organizing chairman of the event was Datuk Dr Kujit Singh, past president of MSO-HNS. ■

# 1<sup>st</sup> BASIC SURGICAL SKILLS FOR ENT OFFICERS WORKSHOP

*Dr Phillip Rajan, Hospital Raja Permaisuri Bainun, Ipoh, Perak.*

Attributes of a surgeon;  
*'He should be youthful or in early middle age, with a strong and steady hand, as expert with the left as with the right, with vision sharp and clear, and spirit undaunted; so far void of pity that while he wishes only to cure his patient, yet is not moved by his cries to go too fast, or cut less than is necessary' –*

**Aulus Cornelius Celsus (AD 30)**

The first basic surgical skills workshop for ENT officers in Perak was held on the 13th of March 2013. Twenty ENT medical officers from around the country participated in this hands-on

course and workshop.

The workshop incorporated the standard surgical skills workshop with a special focus on ENT instruments and hemostasis in ENT surgery. Specialists from the state of Perak shared their knowledge and experiences with the junior surgeons.

Participants were given a brief history of ENT surgery. Hippocrates described a 'sponge technique' for removal of nasal polyps 2500 years ago. Celsus advocated finger dissection of tonsils 2000 years ago ..... without anaesthesia.

It was also a time of innovation. A rough construct of an oropharynx was designed to teach participants hemostasis of the tonsillar bed with the Negus forceps and knot pusher.

This inaugural programme was well received and will continue to be an annual event in the Perak ENT Teaching Programme. ■



Designing a prototype oropharynx



Prototype oropharynx model



Participants looking at the various ENT instruments



Dato' Dr Gurdeep attentively listening to the lectures

# GLOBAL POST-LARYNGECTOMY REHABILITATION ACADEMY (GPRA) TOUR

*Dr Iqbal Farim bin Rizal Wong, University Kebangsaan Malaysia Medical Centre*



Laryngectomy is one of the more common major head and neck operations in ENT and thus, though the small details may be rather complex, is well described in Otolaryngological texts. What is less well described is the complicated sequelae that results from it, beyond merely losing your ability to speak – which in itself is a considerable, if not the most distressing, disability in ENT. Mainstream Otolaryngology training in Malaysia, and I suspect this to be the case with most parts of the world, focuses mostly on how to perform a laryngectomy and largely simply browses through some of the voice rehabilitation options that are available. In fact, in less fortunate parts of world, even within our own country, many of these options are prohibited by various factors – the main one being cost constraint – thus many ENT trainees and surgeons do not actually have much experience in post-laryngectomy rehabilitation and sound understanding of the physiological changes that patients undergo after a laryngectomy and the principles and theories behind each rehabilitation option.

Recognising this fact, the Global Post-Laryngectomy Rehabilitation Academy (GPRA) was founded in 2009. The GPRA is the brainchild of the world renowned Prof Dr

Frans Hilgers and his group at the Netherlands Cancer Institute in Amsterdam and they conduct courses and workshops worldwide to improve understanding and the management of laryngectomised patients for ENT surgeons and trainees and allied professionals alike.

The Kuala Lumpur leg of the GPRA tour underwent its 2nd Edition on the 15-16th March 2013 at UKM Medical Centre attended by some 20 participants coming mostly from Malaysia and two from Spain. The course this time was graced by Professor Dr I Bing Tan and Anne Kornman from the Netherlands and local experts such as Professor Dr Abdullah Sani and Associate Professor Dr Baharuddin Abdullah. The 'hands-on' participants were uniquely provided with a sample product bag consisting of a range of products available courtesy of Atos Medical, the makers of Provox voice prosthesis. The highlight of the first day, apart from the very informative lectures by the experts, was the hands-on training conducted by Mr Joakim Persson from Atos Medical. This gave the participants an insight into the comprehensive range of products available to 'normalise' the lives of laryngectomised patients. After the lunch break, the delegates were brought to the operating theatre to

observe Professor Dr Bing Tan perform two secondary Tracheo-esophageal punctures (TEP) supported excellently by High-Definition audio-video facility and running expert commentary and discussion.

In the evening, after an intense first day, the delegates enjoyed dinner at Saloma Bistro, Kuala Lumpur, and were entertained by colourful cultural performances. Some of the participants had the opportunity to display their dancing talents on stage with the professional dancers!

Day 2 started with Dr Iqbal Farim from UKM sharing UKM's experience with the voice prosthesis over the last 18 years. This was later followed

by talks on Adverse Events and Trouble shooting in voice prosthesis by Professor Dr Bing Tan and Olfactory Rehabilitation by Ms Kornman. The highlight of the second day was the live prosthesis change demonstration on real post-laryngectomy patients as well as a review of the patients who underwent the secondary TEP the previous day.

All in all it was a very successfully run course and a very worthwhile one indeed. GPRA is likely to be a fixture in the Malaysian ENT calendar for years to come. ■



Dato' Dr Gurdeep attentively listening to the lectures

# MSO-HNS ANNUAL SCIENTIFIC MEETING 2013

*Dr Aneeza Khairiyah Wan Hamizan, University Kebangsaan Medical Centre*

The MSO-HNS annual scientific meeting (ASM) 2013 was held in a five star facility at Saujana Hotel Kuala Lumpur on the 31st March 2013. This successful event organized by Dr Revadi Govindaraju drew entries from twelve postgraduate students, one of the highest number in the history of ASM. The event started with a welcoming address by Prof Dr Primuharsa Putra, president of MSO-HNS 2012/13 followed by the postgraduate oral presentations. The papers presented were of the highest quality with useful scientific value. The trainees gave up-to-date presentations on their topics which were on par with international standards. They certainly did not make it easy for judges, Datin Dr Siti Sabzah Mohd Hashim, Prof Dr Primuharsa Putra and Assoc. Prof. Dr Mohd Khairi Md Daud to pick the best three. All the presentations went smoothly and kept to time. The guest lecture this year was presented by Prof. Dr Prepagaren Narayanan. He gave an extremely enjoyable talk on allergic rhinitis interlaced with useful eye opening videos on the mechanism of allergy and also included videos of his surgical experience. The event continued with the specialist category after the excellent lunch sponsored by GSK. There was cool response for the specialist category with only three entries this year. However the show must go on

and everyone was happy with the overall quality of presentation. The evening ended with the awards ceremony. Universiti Kebangsaan Malaysia came out proudest for the trainees category with Dr Mawaddah Azman winning first prize for her presentation titled 'Randomized controlled trial on effects of glutamine plus supplementation in surgical patients with head and neck malignancy'. Third place went to another UKM trainee Dr Siti Zulaili Zulkepli with her topic 'Insulin resistance in patients with obstructive sleep apnoea: a cross sectional study'. Second place went to Universiti Sains Malaysia's Dr Shamina Sara Moses Peter who presented 'A study on effectiveness of autofluorescence endoscopy in diagnosing upper aerodigestive tract tumours'. Dr Sarmad Alazzawi emerged as the winner for the specialist category with his study titled 'Radiological analysis of the ethmoid roof in the Malaysian population'. The ASM has been a platform for otorhinolaryngologists in Malaysia to present the findings of their most recent work to the society. It is a place not only for sharing and discovering new knowledge but also for learning and improving our research skills. Congratulations to all the winners, the organizers and also to all participants. ■



The judges



The winners



Participants



The presenters

## Winners of ASM 2013 are:

Trainee Category;

**1<sup>st</sup> Prize**  
**Dr Mawaddah Azman**

Randomized Controlled Trial on effects of Glutamine Plus Supplementation in Surgical Patients with Head and Neck Malignancy in PPUKM

**2<sup>nd</sup> Prize**  
**Dr Shamina Sara Moses**

A study of effectiveness of autofluorescence endoscopy in diagnosing upper aerodigestive tract tumours

**3<sup>rd</sup> Prize**  
**Dr Siti Zulaili Zulkepli**

Insulin resistance in patient with Obstructive Sleep Apnea: a cross sectional study

Specialist Category:

**1<sup>st</sup> Prize**  
**Dr Sarmad Alazzawi**

Radiological Analysis of the ethmoid roof in the the Malaysian Population.

**2<sup>nd</sup> Prize**  
**Dr Roslenda Abd Rahman**

Recovery of facial nerve function in temporal bone trauma after surgical exploration : A 10 years experience

**3<sup>rd</sup> Prize**  
**Dr Aneeza Khairiyah Wan Hamizan**

The role of middle meatus antrostomy in treatment of antrochoanal polyp

## MSO-HNS HEALTH CAMP AT SG. LEMBING

*Dr Rekha Balachandran, Hospital Raja Permaisuri Bainun, Ipoh, Perak.*

The annual MSO-HNS health camp was held this year in Sungai Lembing, Pahang. This camp was conducted with the collaboration of the Department of ORL, International Islamic University (IIU) and Hospital Tengku Ampuan Afzan (HTAA), Kuantan. This event was jointly organized by MSO-HNS and Department of ORL-HNS IIU. The organizing chairman was Dr Rekha Balachandran with Dr. Pathma Letchumanan and the co-organizing chairman was Associate Professor Dr Zamzil Amin Ashari from IIU. Professor Dr Primuharsa Putra and Dr Yap Yoke Yeow acted as advisors.



The health camp was held on the 7th of April at the Anjung Komuniti 1 Malaysia in Sungai Lembing. The turnout from the local community was 201 people. ORL surgeons, medical officers, audiologists and paramedics from IIU, HTAA and Hospital Temerloh were joined by four members of our EXCO. The ORL team of IIU also provided hearing screening via their mobile audiology-testing unit. The state health department also conducted general health screening and education for the participants.

This event received funding from



the Health Promotion Board of Malaysia (MySihat). The health camp was officiated by the "Penaung Komuniti 1 Malaysia" or ex-ADUN of Sungai Lembing, Dato' Md Sohaimi bin Haji Mohd Shah. ■



## MALAYSIA'S FIRST ENT SPECIALIST TRAINING PROGRAMME IN PRIVATE

*Prof. Dato' Dr Lokman Saim, President & Dean School of Medicine, KPJ Healthcare University College.*

The Master of Otorhinolaryngology-Head and Neck Surgery programme at KPJ Healthcare University College (KPJUC) and KPJ Healthcare Berhad, is the first private medical specialist training programme in Malaysia. This programme is endorsed by the Otorhinolaryngology Conjoint Committee, The Malaysian Qualification Agency (MQA/PA 2135) and approved by the Ministry of Higher Education (N/721/7/0024). It provides candidates with the opportunity to be trained in the management and treatment of a wide variety of ENT diseases in 6 accredited KPJ Specialist hospitals. This 4 year programme follows the UKM/UM/USM conjoint curriculum. The programme provides an innovative competency based education

programme featuring one-to-one, hands-on apprenticeship, supervised by a group of dedicated and experienced KPJ ENT consultants. The Faculty of Medicine Universiti Kebangsaan Malaysia is the collaborator in the curriculum design and assessment to ensure a high quality training programme. Clinical Professor Dr. Primuharsa Putra Sabir Husin Athar from KPJ Seremban Specialist Hospital is appointed as the co-ordinator for the programme. Currently, 3 students are enrolled since 1st January 2013 under the supervision of Clinical Associate Professor Dato' Dr. Solahuddin Kenali (KPJ Tawakkal Specialist Hospital), Clinical Professor Dr. Aminuddin Saim (KPJ Ampang Putri Specialist Hospital) and Clinical

Lecturer Dr. Roslan Mahmud (KPJ Damansara Specialist Hospital).

### Apprenticeship training

The hallmark of the training programme is "one-to-one", hands-on apprenticeship, where each candidate is supervised by a consultant. Candidates will be supervised by experienced KPJ ENT consultants on a 3 to 6 monthly rotation. In the early part of the training, candidates are introduced to basic skills for outpatient assessment, care of inpatients and basic ENT procedures. Adequate time is given for self study in preparation for the Part 1 Basic Surgical Sciences examination. As the candidates gain experience and become more proficient they will

be allowed to progress in level of supervised clinical skills learning opportunities. Candidates will be given increasing responsibility in formulating diagnostic workups and treatment plans as their experience and competence increase. In the operation room, candidates are always supervised, but allowed to become more independent in decision making and performance as their skills evolve, guided by immediate formative feedback by the consultants. As candidates gain further patient care and clinical skills experience, they progress in responsibility to one of "supervised independence", where the supervising consultants are always involved in the care of every patient and have ultimate responsibility. ■

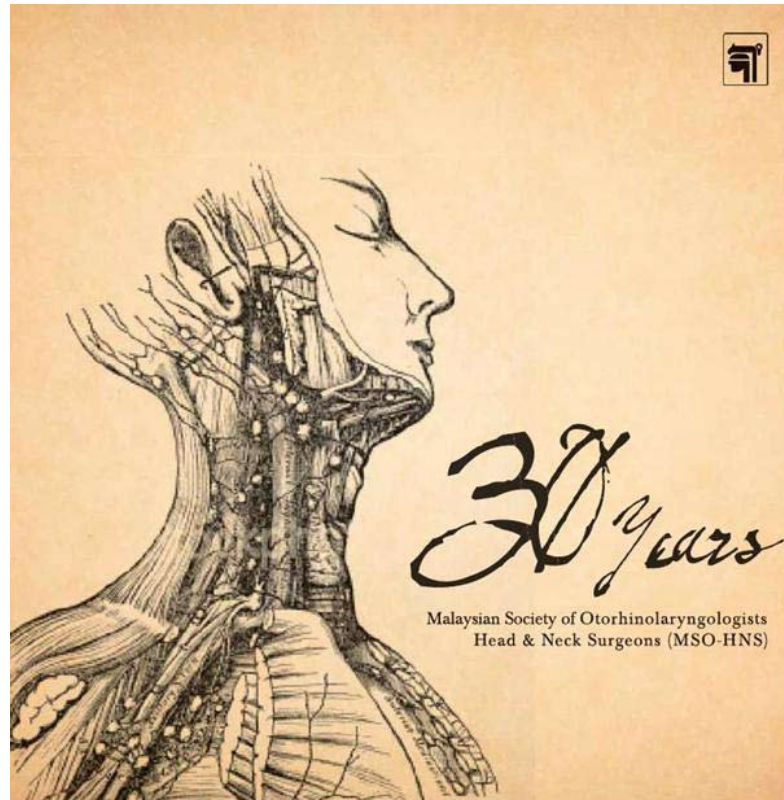


# MSO-HNS COMMEMORATIVE / COFFEE-TABLE BOOK

*Prof. Dr Primuharsa Putra, KPJ Seremban Specialist Hospital/ KPJ Healthcare University College.  
Datuk Dr Kujit Singh, Prince Court Medical Centre.*

This project was started in 2009. The aim of this book is to document the history of the Malaysian Society of Otorhinolaryngologists-Head & Neck Surgeon, so that it can become an important reference in the future. This marks a historical landmark being the first such book published in Malaysia. The writing of the book has reached its final stages and will be officially launched in May 2013 during the MSO-HNS Gala Dinner. The editors of the book are Datuk Dr Kujit Singh and Professor Dr Primuharsa Putra bin Sabir Husin Athar. The advisors are Dr Imran Gurbachan, Dr S P Singaram, Dr S P Palaniappan, Dr Hj Md Husain Hj Said and Professor Dato' Dr Lokman Saim.

This coffee book is dedicated to each and every person involved in one way or another with the Malaysian Society of Otorhinolaryngologists-Head &



Neck Surgeons (MSO-HNS). Various individuals have given their ideas and inputs into the making of this book. However, in an edition of this format and size, it has not been possible to include all of the ideas and inputs into the publication. Nor is it possible to acknowledge and mention all the individuals who contributed to the growth and development of the MSO-HNS. ■

## MSO-HNS RESEARCH GRANT

*Dr Revadi Govindaraju, Ampang Hospital  
Professor Dr Prepageran Narayanan, University Malaya Medical Centre*

In tandem with the growing need to practice evidence-based medicine, MSO HNS research grant was set up this year to provide a platform to support research projects carried out by ENT residents, trainees and qualified surgeons which will result in publications in International ISI/Scopus Journals. The research grant's main aim is to encourage the ENT residents, trainees and qualified surgeons to conduct study and research related to otorhinolaryngology.

The grant awards a maximum of RM20,000.00 per research with strict adherence to the guidelines

set-up. It is restricted to ENT residents, trainees and qualified surgeons who are members of the society and are not receiving other grants for the same research project. The proposals are to be made by the 30th of September and the reimbursement begins from 1st January the following year till 31st December of the same year.

Successful candidates will be required to present his/her research in the Annual Scientific Meeting not later than two years from the commencement date of the project with evidence/proof

of submission to an International Journal. However failure of completion of research without a valid reason or presentation at the Annual Scientific Meeting will result in the principal investigator having to return the grant and will not be considered for future grants. The complete guideline for the research grant is available on the MOSHNS website: <http://www.msohns.com/article.php?aid=242>

The Research Grant Committee is chaired by Professor Dr Prepageran Narayanan. The committee members are

Professor Dr Primuharsa Putra Sabir Husin Athar, Dr Loh Sheau Torng and Datin Dr Siti Sabzah Mohd Hashim.

Dr Andrew Chin from Department of Otorhinolaryngology, University of Malaya is the first recipient of the grant for his research entitled "**Topical Intranasal Corticosteroid Effectiveness in Children with Adenoid Hypertrophy and Obstructive Sleep Apnea and/or Otitis Media**". ■

# 4<sup>th</sup> MALAYSIAN INTERNATIONAL ORL-HNS CONGRESS AND INAUGURAL ASEAN SLEEP CONGRESS

*Dr Jeevanan Jahendran*

2012 was a landmark year for MSOHNS. For the first time a collaborative meeting was organized between various societies in the field of sleep medicine. The main congress was centered on Sleep Medicine, which is in itself not a new field but in recent years has seen tremendous developments with new thoughts and ideas paralleled with technological developments. With the support of the Ministry of Health of Malaysia and our partners from the Malaysian Thoracic Society, Malaysian Psychiatric Association, Malaysian Society of Neurosciences, the National Heart Association of Malaysia and the Malaysian Healthy Aging Society, we were able to give an integrated approach to Sleep Medicine- the first time such a collaboration on Sleep has been brought together in a congress in this region. We are proud to have flown in prominent leaders of Sleep Medicine from around the world to share their expertise with our society members and congress participants. There were concurrent sessions on Otolaryngology and Laryngology/Head and Neck Surgery featuring a good mix of traditional teaching as well as latest innovations and techniques. Two workshops were organized; one focusing on Sleep Diagnostics and CPAP machines, catering for allied health personnel and doctors and the other a workshop on Endoscopic Sinus Surgery and Skull Base Surgery.

The congress venue was at the Kuala Lumpur Convention Centre. The opening ceremony was graced by our Honorable Health Minister; Liow Tiong Lai who warmly welcomed all speakers and participants. His speech touched on various aspects on the epidemiological and economical burden of sleep disorders including the issue sleep related motor vehicle accidents. He also touched on the high incidence of head and neck cancers in Malaysia and the need for public awareness and education. His speech is available at the following link; <http://www.msohns.com/article.php?aid=223>

The keynote address of the congress was delivered by Professor Naresh Punjabi, from John Hopkins University. Professor Punjabi emphasized that sleep medicine is an archetype of a multidisciplinary medical specialty with involvement of various disciplines including, but not limited to, otolaryngology, pulmonology, neurology, psychiatry, psychology, dentistry, neuroscience, and epidemiology. The other prominent speaker was none other than the father of sleep medicine, Dr Christian Guilleminault from the Department of Psychiatry of the Stanford University Medical School. There were many other prominent international, regional and local speakers who were experts in their respective fields. Some prominent names include Patrick Bradley, David Terris, Ray Weiss, Simon Robinson, Goerg Sprinzl, Lim Li Ling, Naricha Chirakalwasan and Siow Jin Keat among others.

The meeting was attended by about 500 delegates from both surgical and medical specialties. Concurrent sessions were held to cover all aspects of otorhinolaryngology and sleep medicine. As for any International meeting, the official Gala Dinner was held at the conference venue overlooking the iconic Twin Towers. It was also the time to present various awards and announce winners of the scientific programs held during the conference. Awards were presented to three prominent ENT Surgeons for their contributions to the society and development of the field of ENT in Malaysia. Professor Patrick Bradley was made an honorary member of the MSO-HNS.

The congress was well organised and it has set the mark for collaborative work in sleep medicine in the region. The 2nd ASEAN Sleep Congress will take place in Bangkok, Thailand from the 1st to the 3rd of August 2013.

I would like to take this opportunity to thank the wonderful Organizing Committee I had the privilege to work with and also the support I had from the Executive Committee of the MSO-HNS.

The meeting was attended by about 500 delegates from both surgical and medical specialties. Concurrent sessions were



The opening ceremony officiated by the Honorable Health Minister, Liow Tiong Lai



A relaxing moment just before the press conference

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# UPCOMING CONFERENCES AND COURSES

## Local

2nd Ipoh Head and Neck Cadaveric Workshop  
9 - 10 Oct 2013  
Venue: Hospital Raja Permaisuri Bainun, Ipoh, Perak.

3rd Ipoh Endoscopic Sinus Surgery  
11 - 13 Oct 2013  
Venue: Hospital Raja Permaisuri Bainun, Ipoh, Perak.

6th Asia Pacific Otology, Neurotology & Skull Base conference / 5th ASEAN Academy of Neuro-Otology & Audiology (AANO) congress/  
Inaugural ASEAN Rhinology Society congress/ 6th Malaysian International ORL-HNS Congress/ 34th MSO-HNS AGM  
May 2014, Penang.

## International

1st Yonsei Symposium on Esthetic Head and Neck Surgery-Endoscopic and Robotic Neck Dissection  
30 - 31 May 2013  
Venue: Severance Hospital, Seoul, South Korea.

XX International Federation of Otorhinolaryngological Societies (FOS) World Congress  
1 - 5 June 2013  
Venue: COEX Convention Center, Seoul, South Korea.

4th Sleep Surgery Course  
23 - 25 August 2013, Singapore.

Australian and New Zealand Head & Neck Cancer Society (ANZHNC), 15th Annual Scientific Meeting  
29 - 31 August 2013  
Venue: The Sebel Albert Park, Melbourne, Australia.

XXXII Congress of the International Symposium on Infection and Allergy of the Nose (ISIAN)/ XV Congress of the International Rhinology Society (IRS)/ IV Conference of the Pan Arab Rhinology Society (PARS)/ VXIII Annual Rhinology Conference of the Egyptian ORL Society  
6 - 9 Nov 2013, Sharm El Sheikh, Egypt.

European Congress on Head & Neck Oncology  
24 - 26 April 2014  
Venue: ACC-Arena and Convention Centre, Liverpool, UK.

Fifth World Congress of IFHNOS World Congress  
26 - 30 July 2014, New York, USA.

Tri - Society Meeting, Darwin  
13 - 16 August 2014, Australia.

13th Asia-Oceania ORL - HNS Congress  
March 2015, Taipei, Taiwan.

3rd World Congress on Larynx Cancer  
26 - 30 July 2015  
Venue: Cairns Convention Centre, Cairns, Queensland, Australia.

5th World Congress of International Academy of Oral Oncology (IAOO)  
8 - 11 July 2015  
Venue: Sao Paulo, Brazil.

16th ASEAN ORL and Head & Neck Congress  
Nov 2015  
Venue: Chiang Mai, Thailand.

# Power UP





**Pseudoephedrine**



**Desloratadine**



Not actual size of box

## AERIUS<sup>®</sup> D-12

modified-release tablets

desloratadine/  
pseudoephedrine sulfate



### Selected Safety Information about AERIUS<sup>®</sup> D-12

**CONTRAINDICATIONS:** AERIUS<sup>®</sup> D-12 Tablets are contraindicated in patients who are hypersensitive to the active substance, to any of its excipients, to adrenergic agents or to loratadine. As AERIUS<sup>®</sup> D-12 contains pseudoephedrine, it is also contraindicated in patients who are receiving monoamine oxidase (MAO) inhibitor therapy or within fourteen (14) days of stopping such treatment. AERIUS<sup>®</sup> D-12 is also contraindicated in patients with narrow-angle glaucoma, urinary retention, severe hypertension, severe coronary artery disease, hyperthyroidism, a history of haemorrhagic stroke or with risk factors which could increase the risk of haemorrhagic stroke. This is due to the alpha-mimetic activity of pseudoephedrine in combination with other vasoconstrictors such as bromocriptine, pergolide, lisuride, cabergoline, ergotamine, dihydroergotamine or any other decongestant medicinal product used as a nasal decongestant, either by oral route or by nasal route (phenylpropanolamine, phenylephrine, ephedrine, oxymetazoline, naphazoline...). **PRECAUTIONS/ WARNINGS:** AERIUS<sup>®</sup> D-12 Tablets should be used with caution in patients with hypertension, diabetes mellitus, ischemic heart disease, increased intraocular pressure, hyperthyroidism, renal

impairment, liver impairment or prostatic hypertrophy. Central nervous system stimulation with convulsions or cardiovascular collapse with accompanying hypotension may be produced by sympathomimetic amines. **Pediatric Use:** AERIUS<sup>®</sup> D-12 Tablets are not appropriate dosage forms in pediatric patients and are not recommended in patients under 12 years of age due to a lack of data on safety and efficacy. **Geriatric Use:** Elderly patients are more likely to have adverse reactions to sympathomimetic amines. Dose selection for elderly patients should be cautious, reflecting the greater frequency of decreased hepatic, renal, or cardiac function, and of concomitant disease or other drug therapy in this population. **ADVERSE EFFECTS:** The following treatment-related adverse events were reported by 2% of subjects in AERIUS<sup>®</sup> D-12 twice daily, desloratadine 5 mg once daily, and pseudoephedrine 120 mg twice daily treatment groups, respectively: insomnia (8.9%, 2.2%, and 12.1%), dry mouth (7.2%, 2.4%, and 7.8%), headache (3.1%, 1.5%, and 2.6%), fatigue (2.7%, 1.5%, and 1.4%), somnolence (2.7%, 3.4%, and 1.4%), dizziness (2.4%, 1.0%, and <1%), anorexia (1.9%, 0, and 2.1%), and nervousness (1.2%, 0, and 2.6%).

Further information available upon request.  
Before prescribing, please consult the full prescribing information.

T2-9 Jaya 33, No.3 (Lot 33), Jalan Semangat, Seksyen 13, 46100 Petaling Jaya, Selangor.  
Tel: +603 7718 1600 Fax: +603 7718 1700 Website: www.msd-malaysia.com

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