

#### Pledges

**Platinum : over R5 Million**  
AstraZeneca

**Gold : R1 Million – R5 Million**  
Abbvie  
Bristol Myers Squibb Foundation  
Gilead  
Janssen  
Medtronic  
Takeda

**Silver : R500 000 – R1 Million**  
Colon Cancer Trust  
Dr Reddy's  
Equity  
Ferring  
Roche  
Sandoz

**Bronze : R 100 000 – R500 000**  
Adcock Ingram  
Cipla  
Novartis  
Surgical Innovations / Olympus



Supporting gastroenterology for the future

## 9th Gastro Foundation Weekend for Fellows

Friday 2 - Sunday 4 February 2018  
Spier Conference Centre, Stellenbosch

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*The Gastro Foundation recognises and is grateful for the contribution of an educational grant from the following to fund this meeting*



## PROGRAMME

The Gastroenterology Foundation

Two thousand and sixteen was a milestone in the history of the Gastroenterology Foundation of South Africa. We celebrated the 10<sup>th</sup> anniversary of its founding with two notable events - a Festschrift in honour of Professor Michael Kew (a trustee of the Foundation and a world-renowned authority on hepatocellular carcinoma) and the formation of GHASSA - The Gastroenterology and Hepatology Association of Sub Saharan Africa.

Since its inception the Gastro Foundation has raised over R29 million in the form of generous pledges mostly from the pharmaceutical and the device industry. It has sponsored 18 research grants, 71 travel awards to fellows for international travel and 289 for local travel, and has awarded two international scholarships, one to Brown University in the USA and one to Oxford University.

Over the last 10 years the Gastro Foundation has in South Africa established itself as an effective organization contributing to the education of medical and surgical gastroenterology and hepatology fellows and also to the continuing medical education of established gastroenterologists and hepatologists in private practice. Since 2015 our attention has been to extend these activities into SSA with meetings in Nigeria, Ghana, Ethiopia and the Sudan.

We continue our collaboration with a number of international organizations such as the AGA, EASL, UEG, ESGE, ASGE and the WGO bringing post graduate courses to our academic meetings in South Africa and Sub Saharan Africa.

The Fellows meeting at Spier held early in February every year has proven to be a popular event for all Gastroenterology and Hepatology fellows and paediatric fellows in training. Twenty five fellows attended the first Spier meeting held in 2010. This year we have invited 40 South African fellows of which 18 fellows will be attending for the first time. Many of our fellows are now in a position to return to Spier as faculty and will join the Spier programme in the next few years. We have held Spier-like meetings for SSA fellows in Lagos (2015) and in Addis Ababa (2016) and discussions are underway with our Sudan colleagues to introduce Sudanese fellows to the Spier meeting in 2019.

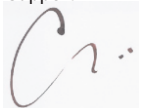
GHASSA is an effective way of co-ordinating various gastroenterologists and hepatologists and their societies from various countries in SSA. The SSA Hepatology interest group under the auspices of GHASSA has recently published in the Lancet guidance for the screening, detection and treatment of Chronic HBV and HCV Infections in SSA. Guidance for the screening and treatment of Hepatocellular carcinoma in SSA is near completion. GHASSA also assists in the roll out of various treatment protocols using unique educational tools such as ECHO - a revolutionary medical educational and care delivery program training primary care clinicians to provide specialty care services. A program using ECHO for treating patients with Chronic HBV and HCV infections is currently underway. ECHO might provide a useful program for the screening and treatment of HCC in SSA. Guidance for the diagnosis of IBD in SSA under the SSA Crohns and colitis working group of GHASSA is eagerly awaited.

In addition we have begun to include endoscopic workshops in our meetings in South and Sub Saharan Africa and these include programs in basic and advanced endoscopy.

All our programs in South Africa continue. These include a strong presence at SAGES and meetings devoted to various interest groups of which the Hepatology and IBD interest groups are the most successful.

With the establishment of GHASSA the Gastroenterology Foundation of South Africa becomes the Gastroenterology Foundation of Sub Saharan Africa.

Grateful thanks to our trustees for their commitment and to our sponsors for their ongoing support.



Chris Kassianides  
Chairman

Gastro Foundation Weekend for Fellows 2018

	<b>Base 1 &amp; 4 Medical</b> Ally & Bobat Venue : Manor House	<b>Base 2 &amp; 5 Medical</b> Spearman, Gogela & Sonderup Venue : Conference Centre	<b>Base 3 &amp; 6 Medical</b> Watermeyer & Epstein Venue : Manor House
Saturday 08:45 & 12:15	Team 1	Team 3	Team 2
Saturday 09:45 & 14:00	Team 2	Team 1	Team 3
Saturday 11:15 & 15:30	Team 3	Team 2	Team 1

	<b>Base 1, 3 &amp; 5 Surgical - Colorectal</b> Thomson & Warden Venue : Conference Centre	<b>Base 2, 4 &amp; 6 Surgical - Colorectal</b> Boutall & Levin Venue : Conference Centre
Saturday 08:45 & 14:00	Team 4 Colorectal A	Team 4 Colorectal B
Saturday 09:45 & 12:15	Team 4 Colorectal B	Team 4 Colorectal A
Saturday 11:15 & 15:30	Team 4 Colorectal A	Team 4 Colorectal B

	<b>Base 1, 3 &amp; 5 Surgical - HPB</b> Krige & Jonas Venue : Conference Centre	<b>Base 2, 4 &amp; 6 Surgical - HPB</b> Ramos & Burmeister Venue : Conference Centre
Saturday 08:45 & 14:00	Team 5 HPB A	Team 5 HPB B
Saturday 09:45 & 12:15	Team 5 HPB B	Team 5 HPB A
Saturday 11:15 & 15:30	Team 5 HPB A	Team 5 HPB B

	<b>Base Paed Gastro</b> Venue : Manor House
Saturday 08:45 - 16:30	Team 6

**SUNDAY 4 February 2018**

- 06.45 Challenges in private practice : breakfast discussion with Dr Chris Kassianides.  
Venue : Hotel breakfast area
- Plenary **Chair:** Prof Jake Krige
- 08.30 Prof Tim Noakes - Growing academic champions
- 09.15 **Sunday bases:** (rotating hourly)
- . Medtronic - RFA Barretts (Naayil Rajabally & Galya Chinnery) / wet lab (2 stations)
  - . Olympus - Colonoscopy techniques (Dion Levin, Adam Boutall, Claire Warden)
  - . Olympus - EUS and ERCP (Sandie Thomson, Sean Burmeister, Eduard Jonas) (3 stations)
  - . Tecmed - manometry (1 station - demo Sassa Botha)
  - . Fibroscan (Neliswa Gogela)
- 12.15 Interactive feedback- Sandie Thomson
- 13.15 Prizegiving & Close

*If you are not rushing to catch a plane, please do stay for a picnic lunch*

Our thanks to Medtronic (RFA base), Tecmed (Manometry base) and Surgical Innovations/Olympus (colonoscopy technique and EUS/ERCP bases) for providing the equipment and support for these hands-on bases

MEDICAL	MEDICAL	MEDICAL
<b>Team 1</b>	<b>Team 2</b>	<b>Team 3</b>
<b>YELLOW</b>	<b>GREEN</b>	<b>PURPLE</b>
Preetha Thomas Melvin Mbao Colin Rush Chikezie Nkanwo Cathrine Gounden Dinen Parbhoo Ahmed Almradi	Nimrod Mokhele Sam Mashoeshoe Didi Mokgoko Khalid Coovadia Mohamed Alshmandi Yesenia Greeff	Mirthe van der Valk Zaid Gulamnabi Gasim Ibrahim Gasim Portia Ngwata Kelibogile Motumise Vikash Lala Tendai Machiridza
SURGICAL	SURGICAL	PAED GASTRO
<b>Team 4</b>	<b>Team 5</b>	<b>Team 6</b>
<b>BLUE - COLORECTAL</b>	<b>RED - HPB Team A</b>	<b>PINK</b>
<b>Team A</b> Kamel Al Awadhi Leony Fourie Richard Spence <b>Team B</b> Veneshree Naidoo Thendo Sumbana Lizelle Human	Ben Jugmohan Rashid Nashidengo Ahmed Elrahman Mazwi Pungutche Parveen Karjiker <b>Team 5</b> <b>ORANGE - HPB Team B</b> Onesai Chihaka Zain Ally Hendri Pretorius Pascale Tinguely Chun-yen Wu	Lindo Radebe Christopher Eke Rachel Mlotha-Mitole Zeenaat Gaibee



**PROFESSOR T.D. NOAKES, OMS**

MBChB, MD, DSc, PhD(hc), FACSM, (hon) FFSEM (UK), (hon) FFSEM (Ire)  
Prof Noakes studied at the University of Cape Town (UCT), obtaining a MBChB degree and an MD and DSc (Med) in Exercise Science. He is now an Emeritus Professor at UCT, following his retirement from the Research Unit of Exercise Science and Sports Medicine. In 1995 he was a co-founder of the now prestigious Sports Science Institute of South Africa (SSISA). He has been rated an A1 scientist by the National Research Foundation of SA (NRF) for a second 5-year term. In 2008 he received the Order of Mapungubwe, Silver, from the President of South Africa for his "excellent contribution in the field of sports and the science of physical exercise".

Prof Noakes has published more than 750 scientific books and articles. He has been cited more than 16 000 times in scientific literature and has an H-index of 71. He has won numerous awards over the years and made himself available on many editorial boards.

He has authored many books. In 2003 he received the UCT Book Award for *Lore of Running* (4th Edition), considered to be the "bible" for runners. Since 2011 he has written his autobiography, *Challenging Beliefs: Memoirs of a Career*, published *Waterlogged: The serious problem of overhydration in endurance sports* (in 2012), published *The Real Meal Revolution* (in 2013), co-authored with Jonno Proudfoot, David Grier and Sally-Ann Creed, and following that the child-focused version of this book, *Raising Superheroes* (in 2015). The latter two are now also published overseas. In 2014 he co-wrote *Always Believe in Magic*, with Kevin Musikanth and Jonathan Kaplan, which is the story of the UCT Ikey Tigers journey to winning the 2014 Varsity Cup. *The Banting Pocket Guide* was published in 2017, co-authored with Bernadine Douglas and Bridgette Allan and most recently he has co-authored *Lore of Nutrition* with Marika Sboros. This details his journey from prosecution to innocence.

Following the publication of the best-selling book, *The Real Meal Revolution*, he founded The Noakes Foundation, the focus of which is to raise funding to support high quality research of the eating plan described in the book.

He now devotes a majority of his time to promoting the low carbohydrate high fat diet, especially for those with insulin resistance, and on raising funds for research through The Noakes Foundation.

He is highly acclaimed in his field and, at age 68, is still physically active, taking part in races up to 21kms.

**Guest Speaker** Prof Tim Noakes

**Faculty**

- Dr Chris Kassianides - Chairman
- Dr Bilal Bobat
- Prof Rob Brown
- Dr Ronaldo De Lacy
- Dr Liz Goddard
- Prof Jake Krige - Trustee
- Prof Etienne Nel
- Prof Mark Sonderup
- Prof Sandie Thomson - Trustee
- Prof Gill Watermeyer

- Prof Reid Ally - Trustee
- Dr Adam Boutall
- Dr Sean Burmeister
- Dr David Epstein
- Dr Neliswa Gogela
- Prof Eduard Jonas - Trustee
- Dr Dion Levin
- Prof Jose Ramos - Trustee
- Prof Wendy Spearman
- Dr Claire Warden

**FRIDAY 2 February 2018**

- 10.00 Welcome :** Dr Chris Kassianides, Gastro Foundation  
**Chair: Sandie Thomson**
- 10.15 UEGW 2017 endoscopy videos and topics of general interest  
 "whatsapp" in gastrointestinal endoscopy  
 . ERCP in the elderly  
 . Papillary adenoma : Ampulectomy with pancreatic stenting  
 . ERCP complications  
 . Zenker's diverticulum  
 . Residual Barrett's (C5M6) after EMR of T1a AC : RFA ablation  
 . Widespread early Barrett's adenocarcinoma : EMR  
 . Peutz Jeghers syndrome, sb polyps  
 . Should every H. pylori positive person undergo eradication treatment
- 12.00 HCC - new frontiers in treatment Prof Eduard Jonas
- 12.30 Lunch / Mosque**
- Colonoscopy Basics**  
 Adam Boutall / Dion Levin  
 . Indications  
 . Consent  
 . Complications  
 . Preparation
- 15.00 Tea**  
 . Getting to the caecum  
 . Tooting  
 . Polyps
- 17.00 Break (photographs)
- 18.00 Team Quiz : Quizmasters Prof Sandie Thomson & Prof Jake Krige
- 19.00 Dinner : Hotel venue**



**HPB - Endoscopy Masterclass**  
**Selected HPB cases from UEGW 2017**  
**Chair: Jose Ramos and Eduard Jonas**  
 14:00 Indeterminate hilar stenosis(Bismuth)  
 14:30 Hilar cholangiocarcinoma  
 14:50 Malignant distal biliary stenosis (pancreatic AC)  
 15:10 Chronic pancreatitis, solitary pancreatic stone  
**15:30 Tea**  
**Chair: Jake Krige & Sean Burmeister**  
 16:00 Borderline resectable pancreatic cancer  
 Jose Ramos  
 16:30 Topical cases in EUS Sean Burmeister



**Mission Statement**

The Gastroenterology Foundation of South Africa was established in 2006. The aim of the Foundation is to contribute towards the continuing medical education of Gastroenterologists and Hepatologists in South Africa. It is autonomous, directed by a group of trustees chosen from a broad spectrum of academic experience. In addition, the Foundation has successfully contributed to the postgraduate education of Gastroenterologists by assisting in the financing of fellowships abroad. Recently a major focus has been the post graduate education of GI trainees locally by hosting workshops in South Africa. Our aim is to fund a number of conferences annually updating all those interested in Gastroenterology and Hepatology in South Africa on recent advances in these specialties.

**SATURDAY 3 February 2018**

- 06.30 Early morning walk / run  
 Breakfast
- 08.30 Introduction - Prof Jake Krige

	Medical	Paeds Gastro
08.45	<b>Base 1</b> Prof Reid Ally & Dr Bilal Bobat Gastroenterology cases	<b>Base 1</b> Dr Etienne Nel Vomiting
09.45	<b>Base 2</b> Prof Mark Sonderup, Dr Neliswa Gogela & Prof Wendy Spearman Liver & other cases	<b>Base 2</b> Dr Ronaldo De lacy Chronic diarrhoea
10.45	<b>Tea</b>	<b>Tea</b>
11.15	<b>Base 3</b> Dr Gill Watermeyer & Dr David Epstein IBD	<b>Base 3</b> Dr Liz Goddard Malabsorption syndrome
12.15	<b>Base 4</b> Prof Reid Ally & Dr Bilal Bobat Gastroenterology cases	<b>Base 4</b> Prof Rob Brown Surgical dilemmas
13.15	<b>Lunch</b>	<b>Lunch</b>
14.00	<b>Base 5</b> Prof Mark Sonderup, Dr Neliswa Gogela & Prof Wendy Spearman Liver & other cases	<b>Base 5</b> Dr Ronaldo De lacy Persistently abnormal liver biochemistry
15.00	<b>Tea</b>	<b>Tea</b>
14.00	<b>Base 6</b> Dr Gill Watermeyer & Dr David Epstein IBD	<b>Base 6</b> Controversies in Paediatric Gastroenterology

	Surgical - HPB & upper	Surgical - Colorectal
08.45	<b>Base 1</b> Prof Jake Krige & Prof Eduard Jonas HPB	<b>Base 1</b> Prof Sandie Thomson & Dr Claire Warden Colorectal
09.45	<b>Base 2</b> Prof Jose Ramos & Dr Sean Burmeister	<b>Base 2</b> Dr Adam Boutall & Dr Dion Levin
10.45	<b>Tea</b>	<b>Tea</b>
11.15	<b>Base 3</b> Prof Jake Krige & Prof Eduard Jonas	<b>Base 3</b> Prof Sandie Thomson & Drv Claire Warden
12.15	<b>Base 4</b> Prof Jose Ramos & Dr Sean Burmeister	<b>Base 4</b> Dr Adam Boutall & Dr Dion Levin
13.15	<b>Lunch</b>	<b>Lunch</b>
14.00	<b>Base 5</b> Prof Jake Krige & Prof Eduard Jonas	<b>Base 5</b> Prof Sandie Thomson & Dr Claire Warden
15.00	<b>Tea</b>	<b>Tea</b>
15.30	<b>Base 6</b> Prof Jose Ramos & Dr Sean Burmeister	<b>Base 6</b> Dr Adam Boutall & Dr Dion Levin

- 16.30 Endoscopy quiz - Prof Sandie Thomson & Dr Galya Chinnery
- 17.30 Refreshment break
- 18.00 Gastro Foundation Chairman : Dr Chris Kassianides  
 Introduction: Prof Jake Krige  
 Guest lecture - Prof Tim Noakes  
 What makes a champion
- 19.30 Dinner - Venue : Eight Restaurant**