

# Report

## Singapore Young Ambassador – 14<sup>th</sup> Triennial Congress APOA

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The Asia Pacific Orthopaedic Association (APOA) is an organization of orthopaedic surgeons mainly from the Asia-Pacific region. It was founded as the Western Pacific Orthopaedic Association in 1962 and now has over 1500 individual members.

Members come from some 40 countries from around the world, but mainly from the 17 Member Chapters. These are Australia, Bangladesh, China, Hong Kong, India, Indonesia, Japan, Korea, Malaysia, Myanmar, New Zealand, Pakistan, Philippines, Singapore, Taiwan, Thailand, Vietnam, Turkey and Sri Lanka.

I have the honor of representing Singapore as her Young Ambassador to the 14<sup>th</sup> Triennial Congress Meeting in Kuala Lumpur, Malaysia. There were representatives from Vietnam, Bangladesh, Taiwan, Hong Kong, Australia and the Philippines. The meeting was held in Shangri-La Hotel and Mutiara Hotel from 5<sup>th</sup> to 10 September 2004.

The meeting saw a myriad of speakers and topics being covered. This ranges from 3D radiological imaging to navigational surgery. The meeting provided a great

opportunity for meeting old friends from neighbouring countries as well as showcasing the orthopaedic work being done in the Asia-Pacific region.

The highlight of the meeting for me was to see a heated debate between Dr Simon P Frostick and Dr Peter Campbell in their management of various shoulder conditions. These ranges from rotator cuff disease to multi-directional instability. The arguments threw up many new ideas as well as rehashed old ones.

I presented a review of deep vein thrombosis in Asia and the incidence of deep vein thrombosis in Singapore following hip fracture. The floor almost unanimously agreed that the incidence was low in Asia. Most express their reluctant to start chemical prophylaxis in their practice due to the not uncommon incidence of haematoma, bruising and bleeding. The additional cost was also a factor.

I would like to thank my Malaysian colleagues for their kind hospitality and SOA for giving me a chance to interact with other orthopaedic surgeons from the region.