



# WELCOME TO DAY 1

## APLAR 2024 26<sup>th</sup> Asia-Pacific League of Associations for Rheumatology Congress

Suntec, Singapore | 21-25 August 2024



## APLAR 2024 COMMENCEMENT Building Momentum for Innovation and Collaboration

by Marjorie Faye Nierra, MD

The 2024 Asia Pacific League of Associations for Rheumatology (APLAR) Congress kicked off with a dynamic opening, featuring groundbreaking research, clinical advancements, and the latest developments in rheumatology. The exhibition hall was abuzz with energy as industry leaders and healthcare professionals engaged with updated concepts and exchanged innovative ideas.



The day began with an inspiring opening ceremony, during which the prestigious APLAR Master Award was presented to Professor Ester Penserga in recognition of her outstanding contributions to rheumatology. Prof. Penserga is celebrated for her pioneering research, dedication to patient care, and leadership within the global rheumatology community.

This was followed by plenary sessions focusing on the evolving landscape of rheumatology. Dr. Ernest Choy discussed the transformative potential of Artificial Intelligence (AI) in rheumatology, emphasizing its role in improving diagnostics, predicting patient outcomes, and personalizing treatment plans. Dr. Lai-Shan Tam presented data on how systemic inflammation contribute to cardiovascular disease, underscoring the need for integrated care approaches to manage these risks effectively.



Throughout the day, attendees engaged in interactive workshops, including hands-on ultrasound sessions and discussions on the latest imaging techniques. The afternoon sessions delved into emerging therapies, with experts discussing the future of biologics and small molecules in treating complex rheumatic conditions.



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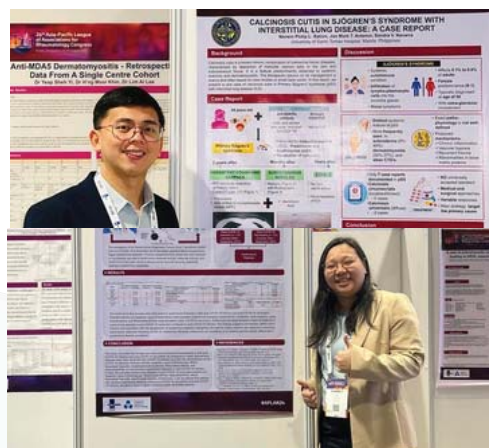
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### APLAR 2024 Highlighting the Researches of UST Hospital COMMENCEMENT Rheumatology Fellows

by Marjorie Faye Nierra, MD

The 2024 Asia Pacific League of Associations for Rheumatology (APLAR) Congress featured a remarkable showcase of research, including contributions from the Rheumatology fellows of the University of Santo Tomas (UST) Hospital. They presented a diverse range of research findings that provided fresh insights into the complexities of autoimmune diseases.



Dr. Norwin Bation presented a case report on "Calcinosis Cutis in Sjögren's Syndrome with Interstitial Lung Disease," shedding light on this rare complication.

Dr. Kimberly Yu offered two significant studies: one on the "Incidence of Autoimmune Diseases in Patients Post-SARS-CoV-2 Infection and Vaccination," and another on the "Factors Affecting Continuity of Care in Transitioning Pediatric to Adult Lupus," providing an integrative review of management strategies.

Dr. Jan Mark Antenor's research included a detailed analysis of "Clinico-pathologic Profiles of 13 Lupus Nephritis Patients with Repeat Kidney Biopsies," which illuminated disease progression and treatment outcomes. He also explored "Clinico-histopathologic Correlations in Filipinos with Lupus Nephritis" through a retrospective cohort study.

Dr. Kristin Medrano-Babad focused on two critical areas: "Renal Involvement in Granulomatosis with Polyangiitis," and "Causes of Mortality in Systemic Lupus Erythematosus" that highlighted fatal complications that may influence disease management.



The first day set the tone for an exciting and informative congress, with more sessions scheduled to explore advancements in pediatric rheumatology, patient care, and the integration of digital health in rheumatology practice. APLAR 2024 is a pivotal event for the global rheumatology community.



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## DAY 2: Rheumatology Revelations

by Fyanne Patricia K. Lim

Day 2 of APLAR 2024 was filled with insightful discussions, groundbreaking research, and key presentations that captivated the global rheumatology community.

The sessions were dedicated to enhancing our understanding of autoimmune diseases, reproductive health, crystal induced arthritis, inflammatory arthropathies, osteoarthritis and osteoporosis. Experts delved into the pathophysiology of these conditions, discussing how a better grasp of underlying mechanisms can inform more effective treatment strategies. The sessions also explored the role of emerging biomarkers in disease prediction and monitoring, highlighting the importance of personalized approaches in managing these complex diseases.

### AYR Quiz: Philippine Representatives Shine



One of the most exciting events of the day was the Asia-Pacific Young Rheumatologists (AYR) Quiz Bowl. The Philippine representatives, **Dr. Antonio Lorenzo Quiambao** and **Dr. Lisa Traboco**, made the organization proud by securing 1st and 2nd places, respectively. Their remarkable performance was celebrated, highlighting the Philippines as a growing powerhouse in rheumatology.

### Poster Presentations: Showcasing Diverse Research



The USTH Section of Rheumatology showcased a wide range of case reports, case series and researches via poster presentations by **Dr. Fyanne Patricia Lim**, **Dr. Marjorie Faye Nierra** and **Dr. Kimberly Yu**.

- Variable Clinical Presentation of ANTI-MDA5 antibody Associated Dermatomyositis : A Case Series
- Antiphospholipid Syndrome in a Male with Systemic Lupus Erythematosus
- Seizures and Ischemic Stroke as a presentation of a Male HIV Patient diagnosed with Antiphospholipid Antibody: A Case Report
- Factors Contributing to Reversible Acute Kidney Injury in Hospitalized Lupus Nephritis Patients: A Single Center Experience
- Clinical Factors Resulting To Non -Response To Rituximab therapy In Systemic Lupus Erythematosus : A Single center Study

As the conference moves forward, participants look ahead to more learning opportunities and collaborative endeavors on Day 3.



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## APLAR 2024: Final Insights and Future Directions

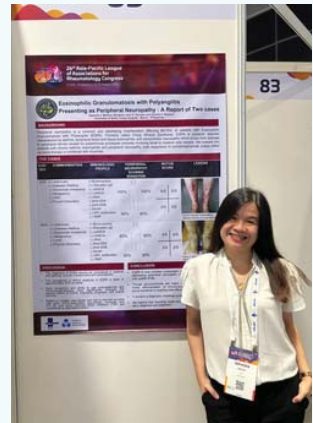
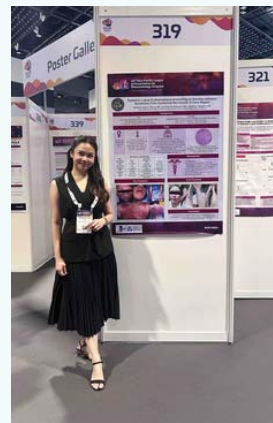
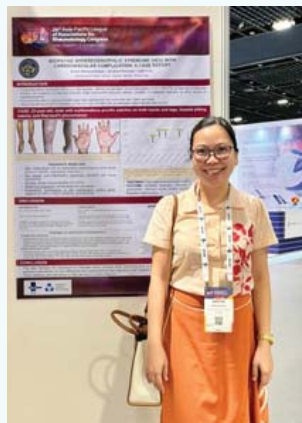
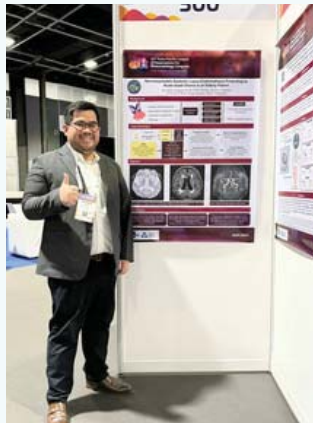
By: Kristin Medrano-Babad

The third and final day of APLAR 2024 was rich with learning opportunities, offering in-depth scientific sessions on various rheumatologic diseases, including systemic lupus erythematosus (SLE), psoriatic arthritis, vasculitis, and osteoporosis.



A highlight of the day was a debate on managing osteoporosis in chronic kidney disease (CKD), featuring Dr. Sumapa Chaiamnuay and our very own Dr. Julie Li-Yu. They provided valuable insights into when to treat or not to treat patients with CKD-mineral and bone disorder (CKD-MBD).

The UST Hospital Rheumatology Fellows—Drs. Carmi Mae Baladad-Pedregosa, Jan Mark Antenor, Kristin Medrano-Babad, Marjorie Faye Nierra, and Sephora Matilos—also showcased their research posters during the event, contributing to the knowledge exchange.



APLAR 2024 concluded with a closing ceremony, where APLAR President, Prof. Tsutomu Takeuchi, and Congress Chair, Dr. Hwee Siew Howe, delivered final remarks. The fellows-in-training expressed their deep gratitude for the opportunity to participate in this prestigious convention and to learn from leading experts in the field of Rheumatology.

