



Organizer:

Host Organizer:



# 14TH CONGRESS OF ASIA PACIFIC LEAGUE OF ASSOCIATIONS FOR RHEUMATOLOGY

11-15 July 2010, Hong Kong Convention and Exhibition Centre

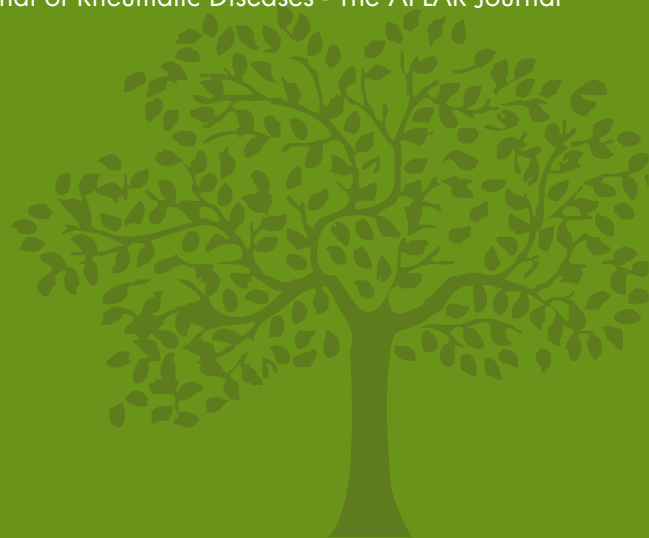
## Era of biologics in the Asian Pacific region



Delegates will receive complimentary subscription to International Journal of Rheumatic Diseases - The APLAR Journal  
Important Deadlines:

**Abstract Submission: 28 February 2010**  
**Early Bird Registration: 30 April 2010**

For further information, please visit:  
[www.aplar2010.com](http://www.aplar2010.com)



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# WELCOME MESSAGES

## Welcome Message from the President of APLAR



It is my great pleasure and honor to invite you to attend the 14th congress of APLAR held in July 11th – 15th at Hong Kong Convention and Exhibition Center.

On behalf of the Executive Committee and all the members of national societies of APLAR, I would like to express my sincere gratitude to the organizing committee of Hong Kong Society of Rheumatology for hosting this outstanding meeting.

The last meeting, 13th APLAR congress, was successfully finished in 2008 in Yokohama, Japan. More than 3,000 participants from 80 countries took part in this global forum.

For the past 40 years, APLAR congress is rapid progress not only clinical practice but various research areas of basic and clinical medicine in the field of Rheumatology.

Undoubtedly, the 14th APLAR congress is subjected to outstanding programs of many world-famous distinguished speakers, symposiums for clinical trials of many new biologics, translational researches, oral presentation, and some attractive programs for all the participants. This biannual congress of APLAR will provide every attendants of an excellent opportunity to exchange ideas as well as to be friendship each other.

We are extending a warm welcome to all participants in this exclusive meeting in Hong Kong.

Please join and take pleasure in our congress ceremony!

**Ho-Youn KIM MD**  
President of APLAR

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## Welcome Message from the Immediate Past President of APLAR



As the immediate-past president of APLAR and someone who was brought up in Hong Kong, I have double pleasure to invite you to the 14th APLAR Congress of Rheumatology to be held in July 2010 in Hong Kong.

The APLAR Congress of Rheumatology is a primary platform for the promotion of the diagnosis and management of rheumatic diseases in Asia. It allows clinicians and scientists from the region to showcase their research achievements, and encourages sharing of information with the rest of the world on the burden and management of musculoskeletal diseases. It also provides a great opportunity for medical and allied health personnel to interact with patients and stakeholders of health funding bodies and the industries. The Congress has grown steadily and significantly over the years both in the number of participants and abstracts and the scope of the scientific programs. It is indeed an honor

of Hong Kong that APLAR has selected this vibrant city to host the 14th APLAR Congress of Rheumatology. The intended program will cover a broad range of topics on basic science, translational medicine and clinical innovations, with an emphasis on the role of biologic therapies in the management of rheumatic diseases.

Located in the south coast of China, Hong Kong is one of the two special administrative regions of China, and a gateway to the rest of the country. It is one of the world's leading financial centres, and is proud of the high quality and efficient health care system that it provides its citizens. Medical research has a long history in Hong Kong, particularly, there is a rich pool of clinical and research expertise in the field of rheumatology. Besides the above, Hong Kong is one of the most unique cities in the world where East meets West, a meeting which is reflected in its inhabitants, their customs, economic infrastructure, education and culture. On one street corner, there may be traditional Chinese shops selling Chinese herbal medicine or Buddhist paraphernalia, but around the next, one may find theatres showing the latest Hollywood blockbuster, an English-style pub, or a Catholic Church.

The 14th APLAR Congress of Rheumatology promises to be a great meeting for clinicians and scientists involved in the management of people with rheumatic diseases, and an excellent opportunity for them and their family to visit this fascinating city of Hong Kong. Join us in 2010.

**Prof. C S LAU**  
Immediate Past President, APLAR 2006 - 2008



# WELCOME MESSAGES

## Welcome Message from the Chairman of Host Organizing Committee



Welcome to Hong Kong and welcome to the 14th Asia Pacific League of Associations for Rheumatology (APLAR) Congress, which will be held in the Hong Kong Convention and Exhibition Centre from 11 to 15 July 2010.

The biennial APLAR Congress is the premiere educational event in rheumatology in the Asia Pacific region. We envisage that the 2010 APLAR Congress will attract broad interest as many new treatment modalities have become available for inflammatory arthritis and connective tissue disease. The meeting will concentrate on new insights on pathogenesis and therapeutics of rheumatology and related sub-specialties. Internationally recognized keynote speakers will discuss recent advances in arthritis care and selected abstracts will be presented.

Concurrent symposia on rehabilitation and nursing care for arthritis patients will be held during the Hong Kong Congress. Members of the allied health professionals, including nurses, physiotherapists, occupational therapists, will discuss new development in the treatment and care of patients suffering from rheumatic disease.

Hong Kong is easily accessible by air from almost all Asia Pacific countries. Delegates from Mainland China can travel to Hong Kong by train. An attractive social program will enable our delegates and their family members to enjoy the city, where the East meets the West. Hong Kong is a vibrant cosmopolitan city with unique opportunities for sightseeing, shopping, dining and entertainment.

The Hong Kong Society of Rheumatology would like to warmly invite you to participate in the 14th APLAR Congress and looks forward to welcoming you to Hong Kong in 2010.

**Dr. T H CHAN**  
Chairman, APLAR 2010 Organizing Committee

## Welcome Message from the President of the Hong Kong Society of Rheumatology



I would like to welcome you all to the 14th Asia Pacific League of Associations for Rheumatology (APLAR) Congress which will be held in the Hong Kong Convention and Exhibition Center from 11th to 15th of July, 2010.

Since its establishment in 1988, the Hong Kong Society of Rheumatology has been promoting rheumatology in Hong Kong. Our missions are to foster interest in the Rheumatology specialty among rheumatologists, non-rheumatology specialists, nurses, allied health care professionals and the public; improve the standard of care of patients with rheumatological disorders; and to liaise with organizations, associations, societies and medical schools in Hong Kong, mainland China, Taiwan, other Asia Pacific countries and overseas countries. These are achieved through regular scientific symposia, educational courses for doctors, trainees, specialists, health care professionals and the public, joint activities with

societies, organizations and patients' self-help groups of our locality and other geographical areas. We are also publishing a biannual Hong Kong Bulletin on Rheumatic Diseases and have established a scholarship for rheumatology fellows to attend overseas training in rheumatology. We also conduct audits on the quality of the rheumatology service and make recommendations for the management of different rheumatic conditions.

We are honored to host the APLAR 2010 Congress in Hong Kong. This 2-yearly meeting provides an opportunity for clinicians and scientists from the Asia Pacific region to exchange their research data and ideas. Through review lectures, courses, workshops and scientific symposia, we hope the APLAR 2010 will provide rheumatologists and other physicians a useful update on the pathogenesis, pathophysiology and therapeutics of various autoimmune diseases and chronic arthritic conditions. Programs for nurses and allied health care professionals will also be arranged. A number of renowned speakers from mainland China, Taiwan, other countries of the Asia Pacific region and western countries have been invited and sessions on clinical and basic research abstracts will provide young fellows and investigators chances to present their hard works and collaborate with others.

Hong Kong is a city where the eastern and western culture meets. It is also a wonderful place for sightseeing, shopping, eating and leisure. We look forward to meeting you all in Hong Kong in year 2010.

**Dr. C C Mok**  
President, Hong Kong Society of Rheumatology



The theme of APLAR 2010 is

## **“Era of biologics in the Asian Pacific region”**

Hong Kong, a city where the East meets the West, is an excellent place for exchange of clinical and research experience in the Asian Pacific region. The major advancement in the management of rheumatological diseases in the past decade is brought about by the emergence of the biological agents. Currently, there are more than 30 biologics that have either been incorporated into routine clinical protocols or are still undergoing their last phase of clinical trials in various rheumatic diseases. With the huge population in Asia, we are anticipating an exponential increase in the utilization of these biological agents in the coming years. The success of these agents has also led to an increase in basic scientific research into the mechanisms and pathogenesis of diseases. The APLAR 2010 Congress is designed to provide a balanced program that will meet the needs of the clinical rheumatologists and basic scientists. Emphasis will also be placed on the Asian Pacific experience of the management of major rheumatic diseases like rheumatoid arthritis, systemic lupus erythematosus, ankylosing spondylitis, psoriatic arthritis and osteoporosis. Review courses, workshops, plenary and concurrent sessions, as well as scientific abstract presentation will be organized to provide mentorship and stimulate critical thinking and discussion on various clinical and basic science topics.

We hope that the APLAR 2010 Congress will bring new insights and knowledge to the adult and pediatric rheumatologists, scientists, nurse specialists, occupational therapists, physiotherapists and other allied health professionals.



# PROGRAM AT A GLANCE

## **Day 1, July 11 (Sunday)**

Pre-congress review courses:

1. ACR review course for clinicians
2. APLAR basic science course
3. APLAR ultrasound course

Opening Ceremony

Welcome Reception

## **Day 2, July 12 (Monday)**

Plenary session: Rheumatoid Arthritis (RA)

Concurrent sessions (morning and afternoon)

Oral abstract presentation

Meet-the-expert sessions

Workshop: common algorithms for reading hand, large joint and spine X-rays

Pharmaceutical company-sponsored symposium

## **Day 3, July 13 (Tuesday)**

Plenary session: Systemic Lupus Erythematosus (SLE)

Concurrent sessions (morning and afternoon)

Oral abstract presentation

Meet-the-expert sessions

Workshop: interpretation of DXA results

Pharmaceutical company-sponsored symposium

Congress Dinner

## **Day 4, July 14 (Wednesday)**

Plenary session: Ankylosing spondylitis

Concurrent sessions (morning and afternoon)

Oral abstract presentation

Meet-the-expert sessions

Workshop: Musculoskeletal MRI

Pharmaceutical company-sponsored symposium

## **Day 5, July 15 (Thursday)**

Plenary session: Osteoporosis

Concurrent sessions (morning)

Closing ceremony (noon)



# SCIENTIFIC PROGRAM

## ● Plenary sessions

### **Rheumatoid Arthritis (RA) basic + clinical** .....

- Overview of biological therapies for rheumatoid arthritis
- Is remission of rheumatoid arthritis possible?
- BAFF, IL-17 in inflammatory arthritis: potential for future therapeutic targets

### **Systemic Lupus Erythematosus (SLE) basic + clinical** .....

- Therapies of SLE: what have we achieved and what are our future targets?
- Novel biomarkers for the management of SLE
- B cell therapies for SLE: what is the future?

### **Osteoporosis + immunology** .....

- Osteoporosis: the scope of problem in Asia Pacific region
- Update on the treatment for osteoporotic fractures
- Regulatory mechanisms in the pathogenesis of autoimmune diseases

### **Spondyloarthropathy** .....

- Update on the therapies of ankylosing spondylitis
  - Classification criteria of ankylosing spondylitis
  - Immunopathogenesis of ankylosing spondylitis
- .....

## ● Concurrent sessions

### **Clinical**

#### **Rheumatoid Arthritis (RA)** .....

- Biological therapies for rheumatoid arthritis: beyond TNF blockade
- Role of MRI in rheumatoid arthritis
- Summary of recent randomized controlled trials on the treatment of early RA
- Rehabilitation modalities in RA

#### **Systemic Lupus Erythematosus (SLE)** .....

- Basic mechanisms of atherosclerosis and the role of the immune system
- Current and future therapies of lupus nephritis
- Future directions on basic research, assessment and treatment trials for NP SLE
- Update on biological and targeted therapies in SLE
- Incidence and prevalence of SLE in Asian Pacific region

#### **Ankylosing Spondylitis (AS)** .....

- Genetics of spondyloarthropathies in Asian populations
- Cost-effectiveness of anti-TNF treatment in AS



# SCIENTIFIC PROGRAM

## **Psoriatic Arthritis (PSA)** .....

- Targeted therapies in PSA and future directions
- Atherosclerosis and PSA

## **Gouty arthritis** .....

- Novel approaches to the management of gouty arthritis

## **Pediatrics** .....

- Gene hunting for SLE
- Indications and safety of biological therapies in pediatric rheumatic diseases

## **Sjogren's syndrome** .....

- Biological therapies for Sjogren's syndrome

## **Osteoarthritis (OA)** .....

- Disease modifying therapies for osteoarthritis
- A comparison of modern guidelines for the management of OA

## **Systemic sclerosis** .....

- Novel therapeutic approaches to systemic sclerosis
- Update on the treatment of pulmonary hypertension in systemic sclerosis

## **Myositis** .....

- Interferon-mediated mechanisms in the pathogenesis of IIM: implications for therapeutic intervention
- Update on the treatment of IIM

## **Pregnancy and rheumatic diseases** .....

- Disease activity, pregnancy and rheumatic diseases: an overview

## **Fibromyalgia** .....

- Understanding fibromyalgia: the disease and its impact on patient, health care and society

## **Osteoporosis** .....

- Update on the treatment and prevention of glucocorticoid induced osteoporosis

## **Behcet's** .....

- Novel therapies of BD

## **Antiphospholipid syndrome** .....

- Antiphospholipid syndrome: the Asian experience

## **Systemic vasculitides** .....

- Update on the current therapeutic modalities in systemic vasculitides



# SCIENTIFIC PROGRAM

## **Orthopedics**

- Bone and joint decade – the impact of translational research in musculoskeletal disorders

## **Allied Health**

- Exercises for people with osteoarthritis
- Life style re-design for people with Rheumatoid Arthritis
- Pain Management – alternatives to pharmacological approach

## **Basic science**

### **Systemic lupus erythematosus**

- Regulatory T cell in lupus
- New genes in lupus

### **Rheumatoid arthritis basic**

- Dendritic cell types and function in RA
- The role of Th1 and Th17 in arthritis

### **Ankylosing Spondylitis basic**

- Genes in ankylosing spondylitis

### **Sjogren's syndrome**

- The role of B cell in autoimmunity
- Immune dysregulation and therapeutic targets in scleroderma

### **Osteoimmunology**

- Costimulatory signals in osteoclastogenesis

### **Immunology of dendritic cells basic**

- Dendritic cell in rheumatic diseases

### **Immunology of B cells**

- Regulatory B cells in autoimmune disease

### **Regulatory cells in the control of autoimmunity**

- Regulatory CD4+ T cell
- Regulatory CD8+ T cell

### **Novel cytokines**

- Novel cytokines in autoimmune diseases

### **Infection and innate immunity basic**

- The role of infection in autoimmune diseases



# CALL FOR PAPERS

## Call for Papers

The Scientific Program Committee cordially invites prospective authors to submit abstracts for presentations. All abstracts will be considered for oral or poster presentations.

Authors must submit abstracts online at [www.aplar2010.com](http://www.aplar2010.com). Please note that only electronic submissions will be accepted. In case you do not have any Internet access, please contact the Congress Secretariat.

**The online abstract submission will be opened in 1 November 2009. Deadline for Abstract Submission is 28 February 2010.**

## Abstract Categories

### 1. BASIC AND TRANSLATIONAL RESEARCH

- 1.1. Genomics, genetic basis of disease, HLA/T cell recognition
- 1.2. Cytokines and inflammatory mediators
- 1.3. Autoantibodies
- 1.4. Cartilage and synovial-like fibroblasts
- 1.5. Stem cells and mesenchymal cells
- 1.6. Inflammatory and crystal-induced arthritis: pathogenesis and animal models
- 1.7. SLE, Sjögren's, systemic vasculitis and antiphospholipid syndrome - pathogenesis and animal models
- 1.8. Inflammatory myopathies and scleroderma: pathogenesis and animal models
- 1.9. Basic and translational research in pediatric rheumatology
- 1.10. Innate immunity

### 2. CLINICAL RESEARCH

- 2.1. Rheumatoid arthritis - prognosis, predictors and outcome
- 2.2. Rheumatoid arthritis - clinical aspects and co-morbidity
- 2.3. Rheumatoid arthritis - anti-TNF $\alpha$  therapy
- 2.4. Rheumatoid arthritis - non-TNF $\alpha$  biological therapies
- 2.5. Rheumatoid arthritis - non biologic treatment
- 2.6. SLE, Sjögren's and antiphospholipid syndrome – therapies
- 2.7. SLE, Sjögren's and antiphospholipid syndrome - clinical aspects, comorbidities and complications
- 2.8. Spondylarthropathies - clinical aspects and co-morbidity
- 2.9. Spondylarthropathies - biological and non-biological therapies
- 2.10. Psoriatic arthritis
- 2.11. Osteoarthritis
- 2.12. Osteoporosis
- 2.13. Metabolic bone diseases and crystal-induced diseases
- 2.14. Systemic vasculitis
- 2.15. Scleroderma, myositis and related syndromes
- 2.16. Infection-related rheumatic diseases
- 2.17. Fibromyalgia
- 2.18. Soft tissue rheumatism
- 2.19. Pediatric rheumatology
- 2.20. Behcet's disease and miscellaneous rheumatic conditions
- 2.21. Imaging techniques and diagnosis
- 2.22. Epidemiology, health care system and pharmacoconomics
- 2.23. Rehabilitation for rheumatic diseases
- 2.24. Advances in pain management

### 3. ALLIED HEALTH RESEARCH TOPICS

- 3.1. Nursing
- 3.2. Physiotherapy
- 3.3. Occupational therapy
- 3.4. Psychological intervention and miscellaneous forms of care
- 3.5. Alternative medicine (eg. acupuncture)

## Awards & Travel Grants

Young Investigator Awards will be presented to clinicians and researchers younger than 40 years of age for recognition of their outstanding original researches.

A number of travel grants will be awarded to delegates who have submitted abstracts of outstanding quality and have requested sponsorship to attend the Congress. Supporting documents, including reference letters from the head of department or division, can be faxed or emailed to the Congress Secretariat quoting the abstract number and the name of the applicant. Delegates who have already received sponsorship from other organizations and/or commercial companies to attend the Congress are not eligible for application of travel grant. Travel grants awardees will have to pay the Congress registration fee and the grant will be granted during the Congress.

# REGISTRATION



## Registration Fees

Category	Early Bird (before 15 April 2010)		Regular (after 15 April 2010)	
	<b>Full Delegate</b>			
• Participant (MD)	HK\$3,700	US\$470	HK\$4,500	US\$570
• Participant (MD) - Developing countries*	HK\$2,340	US\$300	HK\$2,730	US\$350
• Allied Health Professional/ Trainee/ Student	HK\$1,560	US\$200	HK\$1,950	US\$250
<b>Day Registration</b> (for Hong Kong Delegate only)	MD - HK\$1,500 per day Allied Health Professional/ Trainee/ Student – HK\$800 per day			
<b>Accompanying Person</b>	HK\$780(US\$100)			

\* For definition of developing countries, please refer to the congress website.

## Entitlement

Programme	Full Delegate	Day Registration	Accompanying Person
Opening Ceremony and Welcome Reception	✓	On Registered day only	✓
Scientific Sessions (excluding pre-congress ultrasound course)	✓		-
Technical Exhibition	✓		✓
Coffee / Tea breaks	✓		-
Congress satchel, abstract book and proceedings	✓	✓	-
Certificate of Attendance	✓	✓	-
IJRD subscription for 2 years	✓	-	-

Please note that registration fees **do not** include pre-congress ultrasound course, congress dinner, accommodation, airport transfer and optional tours.



# GENERAL INFORMATION ABOUT HONG KONG

## Congress Venue

14th Congress of Asia Pacific League of Associations for Rheumatology (APLAR 2010) will be held at the Hong Kong Convention and Exhibition Centre (HKCEC). It is just a few minutes' walk from a wide range of hotels, and is readily accessible by various means of public transport.

Address: 1 Expo Drive, Wanchai, Hong Kong  
(Harbour Road Entrance)

Tel: (852) 2582 8888

Fax: (852) 2802 0000

Website: [www.hkcec.com](http://www.hkcec.com)



## Accommodation

Hotel accommodation is available at a special rate for APLAR 2010 participants. The room rate ranges from USD 50 to over USD 300 per night. Most of the hotels are within walking distance of the congress venue while some are conveniently located along major public transport routes.

## Passport and Visa

Visitors must hold a valid passport, endorsed where necessary for Hong Kong. Hong Kong has a liberal visa policy, allowing visa-free entry to nationals of more than 170 countries and territories. For country-specific visa information, please visit [www.immd.gov.hk/ehhtml/hkvisas\\_4.htm](http://www.immd.gov.hk/ehhtml/hkvisas_4.htm). For delegates from countries for which visas are required for entry to Hong Kong, please check with the Chinese Embassy or Consulate in your country.

For delegates traveling to other cities in China, an entry visa to China is required. Please obtain your visa from the Chinese Embassy or Consulate within your current place of residence. The travel documents must be valid for at least 6 months from the date of traveling.

## Climate

Hong Kong has a sub-tropical climate with seasonal changes. In July, the temperature ranges from 26°C to 33°C. Humidity can reach nearly 86 per cent. An umbrella or hat can protect you from the intense sunshine. Go to [www.hko.gov.hk](http://www.hko.gov.hk) for weather forecast before deciding what to pack.

## HONG KONG



Hong Kong consists of Hong Kong Island, the Kowloon Peninsula, the New Territories and more than 260 Outlying Islands in the surrounding waters of the South China Sea. Visitors will be amazed by the pace in this exciting City of Life and will remember this fabulous Pearl of the Orient for a long time. Tour programmes for various locations will be made available to you as participants and accompanying persons.

### Hong Kong Island

Victoria Peak is Hong Kong's premier tourist attraction. The breathtaking panorama of Victoria Harbour and the Kowloon Peninsula from this 373-metre-high vantage point should not be missed. Ocean Park is Hong Kong's ever-popular homegrown theme park and fun suitable for the whole family. It is a combination of spectacular oceanariums, exhilarating rides and endearing animals within one complex. Highlights include: Panda Habitat, Sea Jelly Spectacular and Ocean Theatre.





# GENERAL INFORMATION ABOUT HONG KONG

## Kowloon

In Chinese, Kowloon means “Nine Dragons”. It is the place to find specialist street markets selling everything from clothes and flowers to goldfish and jade. The waterfront of Tsim Sha Tsui is a must-see, with its magnificent view across Victoria Harbour of the stunning Hong Kong Island skyline.



## New Territories



A tour around the New Territories shows you the rural aspect of Hong Kong. You will also be surprised at how well-preserved some small villages remain in remote parts of the New Territories.

## Lantau Island

Lantau Island is the biggest outlying Island in Hong Kong. Take a cable car from Tung Chung to Ngong Ping, from where the world’s tallest outdoor bronze Buddha statue gazes serenely over the Po Lin Monastery. Revel in the astounding views over the South China Sea from your cable car on the Ngong Ping Skyrail as it climbs 5.7 km from Tung Chung. You and your family will have another magical journey at Hong Kong Disneyland through four themed lands and two Disney-style hotels. Apart from the warm welcome of Mickey Mouse, you can discover your own sense of adventure in this fairy tale kingdom.



## Discover More

Hong Kong has long been the primary gateway to China; home to an ancient and rich culture as well as stunning natural beauty. Some of the world’s greatest sites - the Great Wall, the Silk Road, the Cosmopolitan Shanghai, the Terracotta Warriors at Xian and Las Vegas style casinos at Macao are all within reach of Hong Kong.



Hong Kong has more to explore and discover, please visit the website of the Hong Kong Tourism Board at [www.discoverhongkong.com](http://www.discoverhongkong.com) for the most updated tourist information.



# SPONSORSHIP AND EXHIBITION

APLAR 2010 is one of the major international rheumatology congresses. It offers an excellent opportunity to the healthcare industry and related parties to promote their products and services to a targeted audience of key decision makers.

As a sponsor or exhibitor of the congress, your company will be able to enjoy special privileges and gain maximum company exposure. Please contact the congress secretariat ([sponsor@aplar2010.com](mailto:sponsor@aplar2010.com)) for details of the sponsorship and exhibition opportunities available. Other suggestions for sponsorship are welcome.

Organizer:

**Asia Pacific League of Associations for Rheumatology**

<http://www.aplar.org>

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Host Organizer:

**The Hong Kong Society of Rheumatology**

<http://www.rheumatology.org.hk>

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Co-organizer:

**School of Nursing, Hong Kong Polytechnic University**

<http://nhs.polyu.edu.hk>

**Enquiry:**

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**APLAR 2010 Congress Secretariat**

**c/o International Conference Consultants Ltd**

Unit 301, The Centre Mark, 287-299 Queen's Road Central, Hong Kong.

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