Dear Colleagues

As my term as President is slowly coming to an end, I would like to take this opportunity to summarise some of the events and achievements of IFSO over the last year.

You may all recall I originally planned a Strategic Planning Conference, to be held prior to the European Chapter Meeting in Lausanne, Switzerland. Unfortunately this had to be postponed due to the volcanic ash eruption. Finally we were able to hold the Strategic Planning Conference at the Las Vegas Meeting of ASMBS in June this year. A summary of that Meeting can be found in the members area of the IFSO website.

A summary of the questionnaires that were sent out to the Presidents and Members of Executive prior to the Meeting are also available on the website, for your information. The aim of the questionnaire was to find out what the member Societies felt about IFSO; what makes IFSO unique; what is its raison d’etre/purpose; what would be the short and long term goals of IFSO.

The questionnaire also asked what are IFSO’s strengths and weaknesses and what are the opportunities and threats for IFSO; what we can do to enable IFSO to achieve its goals. Furthermore, we asked what IFSO should do for the individual Societies and Chapters.

The main topics discussed at the IFSO Strategic Planning Conference were ways in which IFSO can achieve its aims. These can be summarized in the following:

- Educational
- Standards
- Finances
- Structure and Management of the Organisation
- Statutes and By-Laws

**Education**

IFSO functions as a forum for the sharing of information via the Journal, meetings, and informs members of what is going on in the bariatric world. IFSO is able to serve the needs of its member Societies and its individual Members. And thus IFSO does so via its Chapters and Societies and thus a need to strengthen the Chapters and individual Societies.
The Journal is both a healthy revenue stream for the Society and a vehicle for professional standards. It is also a source of ongoing education to Members.

Other educational objectives can be obtained via the Chapter Meetings and Annual Scientific Meetings.

The aim of education is to maintain the standards of practice and to define parameters regarding ethics and treatment, thus IFSO should become the focal source for international consensus on bariatric treatments, and IFSO should have a full set of position statements on bariatric topics.

Furthermore, IFSO should be providing the structure for a mentoring program to various member Societies.

**Finances:**
Finances are maintained by the annual revenue via membership, journal, meetings, from the Chapters and interest from money invested. This will vary from year to year, and is often dependent on the numbers attending the Annual Scientific Meeting.

**Management:**
The structure and management of the organisation is that the aim of IFSO would be to move towards a full-time Secretariat, which needs to have a very strong sub-committee structure and may need an Executive Director in due course. Thus there are a number of changes to the by-laws that are included in the Strategic Planning document, and this will be discussed at the General Council Meeting.

**So, what are the priorities for immediate action?**

**The Chapters** - To focus on Chapter support and development; support a regular Chapter Presidents’ teleconference.

**The Committees** – To move forward with energizing the Committees; engage and communicate with Committee Chairs; and seek new members.

**The Secretariat** – To move forward to obtaining a full-time Secretariat and focus on maintaining effective and efficient communication across the IFSO community.

As a result of the Planning Conference we now have a document that we can use as a basis for planning the next four years of IFSO. Part of this is to incorporate a lot of new, younger members, who until now haven’t had an opportunity to serve IFSO.

We should expand the organisation by expanding the Committee system, which we aim to do in the near future.

IFSO is now an organisation consisting of 46 national bodies and we welcome recent Societies from Hungary, Romania and Taiwan to the organisation.

**Scholarships** - There have been three scholarships awarded (from Germany, India and Australia), after we sent letters to all the Presidents requesting nominations. From those that came in on time, three were selected to attend the IFSO Annual Scientific Meeting. The scholarship was for $US2,000 and free registration. We look forward to these scholarship holders being involved in the organisation in the future.

**“Obesity Surgery” Journal** - Under the excellent editorial management of Professors Nicola Scopinaro and Henry Buchwald, the “Obesity Surgery” Journal has continued to prosper and
produce high quality papers. Although it did drop a little in its impact factor, it is still the premier monthly journal in bariatric surgery. It is also a good source of income for the Society.

I would like to take this opportunity to thank “The Springer” executive team, under the leadership of Victoria Ferrara, for their professionalism and efficiency in producing our highly regarded “Obesity Surgery” Journal.

I would like to reiterate the Executive has met on a number of occasions via teleconference or at Chapter Meetings such as Las Vegas in June, due to the cancellation of the Meeting being held in Europe because of volcanic ash.

The reports from the four Chapters of IFSO – European, Latin American, Asia-Pacific and, North American – are summarized later in this newsletter. I would like to thank the Presidents and Executives of the Chapters for their support in maintaining the standards and in helping IFSO to achieve its goals, and for communicating with all national Societies in their regions.

Following the Las Vegas Conference in June, we had a transition of the Secretariat. I would like to take this opportunity to thank Ms Ngwebifor Fobi for her work as Secretariat from September 2009 to June 2010; for helping to keep the organisational structure going; for her work on website maintenance; for helping all member Societies receive the “Obesity Surgery” Journal and SOARD, a task which has never been easy.

The Secretariat is now situated in Naples, Italy under the auspices of Manuela Mazzarella, who can be contacted by email secretariat@ifso.com. Manuela has spent the last two months setting up the infrastructure and lists of members, communicating with all members and doing so extremely well. This will certainly make it easier for the incoming President, Dr Karl Miller and his Executive.

I want to take this opportunity to thank all the members and the Societies’ Presidents, Chapters’ Presidents and their Executives. We look forward to meeting everybody at the forthcoming Annual Scientific Meeting in Longbeach, California in one week.

I feel that IFSO as an organisation will continue to grow but it will only do so with the help of individual Members and Societies. Therefore I ask you all to get involved in national, regional and international committees.

Wishing you all well in the coming year.

With warmest regards,

Harry Frydenberg  
President, IFSO 2009-2010
Long Beach is warming up to the arrival of Bariatric Surgeons from all over the world who will attend the IFSO2010 Congress at the Long Beach Convention Center. The highlights of the congress include metabolic surgery, particularly the surgical treatment of diabetes type 11 and the increasing popularity of the Sleeve Gastrectomy as a stand alone operation for morbid obesity. Post graduate courses on Metabolic Surgery, Sleeve Gastrectomy and allied health will be on Friday and Saturday and the Plenary sessions will be on Sunday, Monday and Tuesday. The Congress will bring together more than a thousand participants to Long Beach.

The ASMBS Foundation will have a Walk from Obesity on Saturday morning from 7AM to 9 AM. The opening ceremony and reception is on Saturday from 6:30 to 9:30 PM and the closing Gala will be on Monday September 6, 2010.

We welcome all participants to the Congress and hope you leave with a memorable impression of the IFSO2010 Congress and Long Beach.

MAL Fobi FASMBS
IFSO2010 Congress President

For more information www.ifso2010.com
SACO *Sociedad Argentina de Cirugía de la Obesidad* is glad to inform you about the following activities:

- **“Bariatric Psychology Course” Part II, pre and post surgery, 3-4 December 2010, Buenos Aires, Argentina**

- **1st Congress of Bariatric and Metabolic Surgery and Related Diseases and the IV International Symposium, a Multidisciplinary approach – November 2011, Buenos Aires, Argentina**

**Australia & New Zealand**

OSSANZ Obesity Surgery Society of Australia and New Zealand is glad to announce its

- **23rd Scientific Meeting that will be held in Hobart, Tasmania, Australia, 10-12 November 2010**

Fore more information please visit: [www.ossanzconference.com.au](http://www.ossanzconference.com.au)

The Conference theme ‘The Changing Shape of Bariatrics’ will explore current trends, issues and technologies in obesity surgery and allied health. We invite bariatric surgeons, practitioners & allied health professionals from around Australia, New Zealand and the Asia Pacific region to come to the conference to learn and contribute to knowledge and understanding of the changing nature of bariatrics. The scientific program will include keynote presentations by national and international leaders, oral papers, video presentations, posters and educational breakfast sessions. The OSSANZ Conference 2010 committee is pleased to host this event in the picturesque city of Hobart and look forward to welcoming you to the OSSANZ Conference in 2010.

Kind regards, Lilian Kow – OSSANZ President
Estimados colegas,

Es un grato honor para nosotros, extenderles una invitación al IV Congreso Latinoamericano de Cirugía Bariátrica y Metabólica, que se llevará a cabo en la Ciudad de Cartagena de Indias – Colombia del 15 al 18 de marzo del año 2011.

En este evento, que es de la mayor importancia para nuestra región, tendremos la oportunidad de escuchar a las figuras más destacadas de nuestro continente en el área de cirugía Bariátrica y Metabólica, al igual que a profesores invitados de otras partes del mundo. Haremos énfasis en las discusiones y en las mesas redondas para poder aprender de nuestra experiencia latino-americana.

Ya la Cirugía Bariátrica es reconocida por toda la comunidad científica como la mejor opción terapéutica en el manejo de la obesidad severa actualmente, pero todavía nos queda un largo camino para lograr este mismo objetivo con las enfermedades metabólicas.

Las bellas playas del Caribe colombiano y su cálido clima nos permitirán compartir agradables momentos donde podremos intercambiar opiniones sobre este tema que tanto nos apasiona.

Los invitamos a conocer y disfrutar de nuestro país en el marco del encuentro regional más importante del continente en el tema de la Cirugía Bariátrica y Metabólica.

Dr. Rami Mikler – Dr. Nathan Zundel Presidentes
IV Congreso Latino-Americano de Cirugía Bariátrica y Metabólica
The Deutsche Gesellschaft für Chirurgie der Adipostitas is glad to announce the

6th Frankfurter Meeting "Surgery for Obesity and Metabolic Disorders", 18-19 November 2010, Zoo Palais, Frankfurt am Main, Germany

Since 1999 new techniques and scientific results concerning the field of obesity surgery and especially the field of laparoscopic obesity surgery have been discussed in Frankfurt. Although the meeting was popular for its special location in the Frankfurt Townhall Römer, the happening in 2010 will take place in a new surrounding and new structures. In the heart of Frankfurt we found the "Palais am Zoo" to be an adequate surrounding for the growing number of participants for our meeting. As in the past years Prof. Weiner cordially invites colleagues from Germany, Europe and all over the world to come and join the very dedicated meeting of laparoscopic surgery in obesity and metabolic disorders. We offer close contacts to international experts, round table meetings and post-graduate courses. As in the last years we will have live-surgery transmissions from several OR in the US (Miami, Fort Lauderdale, and Boston, New York) & Germany (Hamburg), an industry exhibition and a high quality programme. Additionally we offer this year a poster session for free abstracts. The official congress language is English. Programme and more information on: www.frankfurter-meeting.de

....and the World Congress 2011 in Hamburg, Germany
The 2011 meeting in Hamburg, Germany, is starting to come into shape. Professor Rudolph Weiner will be the congress president and organiser. For the first time live surgeries from University hospital Hamburg (4 OR) will be transmitted during the IFSO-congress. Apart from sharing information and experience in surgical treatment of morbid obesity, you will find Hamburg a wonderful place to visit. With 1.8 million inhabitants it is the second largest city in Germany and offers extraordinary features to its guests. With its reputation as being the "gate to the world", Hamburg offers arts and culture at its finest, superior and entertaining theatre, excellent restaurants, exquisite shopping facilities, exciting night life and many historical landmarks due to its 1.200 year old historical background. Everybody who has visited Hamburg is enthusiastic about its flair and maritime charms.

Live-translation in SPANISH and PORTUGUESE

For more information please visit:
www.ifso2011.de

Congress Highlights

- Allied Health
- Anesthesiological aspects of obesity surgery
- Bariatric Surgery
- Childhood Obesity
- Complications and their management
- Diabetes
- Education and training in surgery for obesity and metabolic disorders
- Endoluminal techniques in the treatment of obesity and metabolic disorders
- Intensive Care aspects of obesity surgery
- Live surgery from University hospital Hamburg (4 OR)
- Metabolic Disorders
- Metabolic Surgery
- Monogenetic defects and obesity surgery
- N.O.T.E.S.
- Nutritional defects - prevention and treatment
- Restoration of restriction
- Teaching and Novelties
- Postoperative Care
- Psychological aspects of obesity and obesity surgery
- Single Port Incision Laparoscopic Surgery (SILS)
- Teaching and Center of Excellence
- Video sessions
Russia

The Annual 2010 Workshop on Obesity Surgery will be held in October 14-15, 2010 in Moscow.

In 2011 the 6th Russian Symposium on bariatric and metabolic surgery is planned in Kaliningrad, on the Baltic Sea, within June 30 to July 2 (www.bareo.ru)

The next joint meeting of Bariatric Surgeons from Ukraine and Russia will be organized in Ukraine on September 22-24th.

Spain

The Annual 2009 Meeting of SECO was held in Valencia in March 2009, 9th-11th, with the attendance of 350 people.

SECO Sociedad Española de Cirugía de la Obesidad is glad to inform you about the implementation of its new training program of the Bariatric Surgery for those surgeons interested in performing Bariatric Surgery. The program is divided in 5 phases:

✓ Phase I: on line theoretical curse.
✓ Phase II: course on experimental surgery in the lab with live animal models of the different bariatric surgical procedures.
✓ Phase III: attending courses with human live surgery and lectures related with those most important aspects of metabolic and bariatric surgery.
✓ Phase IV: fellowship program attending those units with SECO recognition as Center of Excellence.
✓ Phase V: mentoring those units and surgeons in their own working center during their first procedures.

4th International Meeting of Morbid Obesity Surgery, 14-15 October 2010, Auditorium Fundacion Mutua Madrilena, Madrid, Spain

www.4cursomm-obesidad.pacifico-meetings.es
The EU-Chapter of IFSO includes societies for surgery of obesity and metabolic disorders from Europe, North Africa, Middle East and Israel. In 2010 Lithuania became a member of the EU-Chapter. There are 24 countries now.

The 4th IFSO EC congress 2010 was well organized by Michel Suter from 22nd till 24th of April in Lausanne (Switzerland). The volcanic outburst in Iceland caused a dramatic travel chaos. All transatlantic flights were annulled and a number of presenters were not able to come personally to the meeting, but the organizing committee established in a short time a live-transmission. Finally, the congress was a great success.

The next EU-Chapter meeting will be organized in 2012 in Barcelona. In 2014 the Benelux Society will be responsible. The presidency undertook Rudolf A. Weiner (Germany) from Luc Lemmens (Belgium). The next president of the EU-Chapter in the period from 2010-2014 will be Yury Yashkow (Russia).

In Europe, Middle East and Africa, IFSO European Chapter (IFSO-EC) will supervise and endorse the Centre of Excellence program for Bariatric and Metabolic Surgery. Institutions and Surgeons that could be certified by an independent company, the European Accreditation Council for Bariatric Surgery (EAC-BS), as offering outstanding management to their morbidly obese patients, would be approved as Centers of Excellence by IFSO-EC. Since the acceptance of a Center Of Excellence program for IFSO EC in Capri 2008, this EU COE program is now finalized. The endorsement of IFSO was approved by the General IFSO Council.

There are now 45 institutions that have been provisionally accepted. These institutions are required to enter details in the database. After 6 months or 1 year, depending on the center, they can apply for full acceptance. This will lead to site visits and then they can be accredited center of excellence.

Every bariatric unit who is interested in taking part of this program can find all necessary information on [www.eac-bs.com](http://www.eac-bs.com) and can apply for membership.

There are number of national registries (i.e. UK and Germany with more than 10,000 patients, which should be coordinated with the EU registry [www.nbsr.org.uk](http://www.nbsr.org.uk)).
December 2009

Dear Colleagues

It is with great pleasure that I write to all of you the first newsletter for our newly formed IFSO-APC chapter. IFSO-APC was the latest and largest chapter of IFSO to be inaugurated in March 2009 in Cairns, Australia. This chapter currently has 9 nation members including Australia, India, Japan, Kuwait, New Zealand, Philippines, Saudi Arabia, Taiwan and UAE. ISFO-APC is unique in that it will have the largest number of members and the most colorful mix of nations. It is therefore not surprising that it has taken us till now to be agreeing to come together as a Chapter and to agree in harmony our principles and plans for the future of our Chapter. It is anticipated that over the next year, we will be welcoming more nation members to this chapter.

During our inaugural meeting in Cairns, an executive committee consisting of representatives from the different nations was established. The IFSO Asia Pacific Chapter Constitution which was officially approved by IFSO was agreed upon by the members attending. I would like to summarize the visions and plans of this IFSO-APC chapter and I will endeavour to try and bring some of these visions during my term as President.

IFSO APC is to focus on the issues facing bariatric surgery activities in Asia Pacific. This is essential because, to quote an example, the definition of obesity differs not only amongst nations but also amongst races. In Japan, we are a monoracial nation of Mongolians. Obesity in Japan is defined as BMI $\geq 25$ as agreed by the Japan Society of Obesity in comparison to BMI $\geq 30$ in the Western world. This is because of genetic differences: Japanese people are more prone to developing Type 2 DM at a lower threshold of obesity. It has been agreed with the WHO that the ideal body weight of people of Asian-descent be re-defined as BMI between 18.0 to 23.5.

Based on such genetic differences, it is essential for IFSO-APC to take on the role and lead the region in the establishment of guidelines for Bariatric Surgery specific to the Asia-Pacific population. To do so, I propose that member nations of IFSO-APC should work together to come up with
common guidelines. To quote an example, the Japanese Society for the Surgery of Obesity (JSSO) established “The Japanese Guideline for Bariatric Surgery-2009” whereby the indication of bariatric surgery was settled as follows:

BMI $\geq 35$ or BMI $\geq 32$ with severe diseases associated

I believe this criterion should be the indication of bariatric surgery for Asian people and also form the basis for the establishment of guidelines under the banner of IFSO-APC. I would like to ask the Executive Committees of bariatric/obesity societies in the Asia Pacific region to help establish the IFSO-APC guidelines for bariatric surgery as a priority.

Once established, the IFSO-APC guidelines for bariatric surgery would help set the standards for not only surgeons but also for health services (public or private) in the Asian countries. This may provide at least the minimum of standards for the provision of bariatric surgery in the Asian countries. I do not believe IFSO-APC is ready to be in the position to set the standards to guide the process of credentialing and defining the scope of clinical practice in the Asian countries as yet.

IFSO-APC should also function as the guide to the establishment of new procedures. As a newly formed Chapter, we can learn from the experiences of our colleagues in the USA especially how the epidemic of obesity in the mid 1980’s resulted in many surgeons confused as to which operation was “more ideal”. There were many unregulated statements and declarations regarding bariatric surgery from multiple meetings or groups, resulting in “double standards”. This finally resulted in the establishment of “the Guidelines for Bariatric Surgery of AS(M)BS in 2005 for the USA. Furthermore, there were several non-authorized operations without enough examination or discussion, resulting in unpleasant lawsuits due to the unsatisfactory post-operative results.

I believed “Surgical treatment for morbid obesity should consist of skillful surgery and good postoperative follow-up”. This should be the fundamental concept of our IFSO-APC Guidelines.

According to IFSO guidelines, the activities of the IFSO-APC Chapter consists of the following:

1. Driving and coordinating scientific collaboration among various national Asia Pacific bariatric surgical organizations on AP level.
2. Collaboration with world-wide scientific and public organizations predominantly specialized in bariatric care.
3. Endorsing and participating as AP organization in bariatric surgery scientific activities, such as AP bariatric congresses, national meetings, etc...
4. Collaboration with other non-surgical obesity focused organizations, such as IASO, IOTF and relevant patient advocacy groups.
5. Collaboration with AP payer’s / health care providers organizations namely on the
issue of health economic, safety and effectiveness aspect of bariatric surgery.

6. Holding an official IFSO Asia Pacific Chapter Congress every year when the IFSO Congress is being held out of Europe.

Based on the above, IFSO-APC would function as the authority in bariatric surgery in the Asia-Pacific region. This is to avoid confusions and misunderstanding amongst all IFSO members as well as patients. Bariatric surgery has expanded exponentially in the last decade in Asia. The practice of bariatric surgery in the Asia Pacific is unique in that the patient population is genetically different from our Western counterparts as well as the presentation of the metabolic conditions and the food consumption pattern. It is imperative that we come together to unite in our understanding of the obesity epidemic. Hence it is the vision of the IFSO-APC Chapter to bring all the countries belonging to IFSO in the Asia Pacific region together to form common guidelines and unite in the practice of bariatric surgery. It is common sense that conducting many individual meetings without common goals by each country would lessen the impact of decisions and guidelines and eventually result in further confusion.

IFSO-APC should be seen as a way of uniting all countries belonging to IFSO in the Asia Pacific region. All conferences should utilize the IFSO logo for better impact and be preplanned to avoid too many competing meetings. Meetings in the region should be for the accumulation and analysis of data and discussion of content and for the formation of common guidelines for the Asia Pacific region.

The executive committee of IFSO-APC is pleased to announce the second meeting of IFSO-APC to be held in Rusutsu, Hokkaido in Japan. This meeting will be co-hosted by JSSO. Professor Iwao Sasaki, Chairman of JSSO and I, Isao Kawamura, will be conveners for the event.

Hokkaido in February is an ideal time for skiing. In particular, the powder snow in the Rusutsu area is excellent for winter sports activities. The hotel reserved for this meeting was used a few years ago as the press center at the Toyako Summit and hence the facility is known for its excellence. The facility includes spa and swimming pool and the manager of the hotel would like to provide these services at very reasonable prices.

I would like to invite all the members of IFSO-APC, individual members of IFSO and potential bariatric/obesity society members to attend this meeting. We hope to be able to bring together experts from within the region and beyond to provide a stimulating and exhilarating meeting and also to strengthen our relationship in the Asia Pacific region.

Isao Kawamura (President of IFSO-APC)
During the last year the American Society for Metabolic and Bariatric Surgery (ASMBS) has continued to pursue its core missions of education and research. The annual meeting of the ASMBS is the primary event for carrying out this mission. The meeting in Las Vegas was attended by a record number of 2500 attendees. As in the past, the meeting was composed of a mix of primary research and postgraduate courses on a variety of topics, from clinical or applied bariatric surgery and related obesity care to research methodology. In addition, the ASMBS continues to advance its online educational presence with the comprehensive Obesity Compendium including eight learning modules with over 26 hours of continuing education that encompass all disciplines.

The ASMBS has been increasingly active the area of advocacy for access to bariatric surgical and related healthcare services. The Society has increased its involvement in lobbying the U.S. Congress and Executive branch in Washington, D.C., primarily by providing educational materials and direct meetings with select leaders. Advocacy at the state and local levels has also been accomplished whenever issues of access to bariatric surgery (insurance coverage) have arisen. The ASMBS State Chapters program continues to grow and there currently 17 active chapters. Our advocacy effort involves a continual campaign to overcome prejudice against obese persons and provision of effective treatment and included a close cooperation with The Obesity Society and the Obesity Action Coalition.

The Society was very pleased to learn that the Society’s journal, SOARD, received its first rating of 3.8, which placed it 9th among the 166 journals in the Surgery category on the 2009 Journal Citation Reports®.

We have many projects and initiatives underway and look forward to another productive year.
The International Federation for the Surgery of Obesity and metabolic disorders (IFSO) encourages all IFSO Member Societies to take advantage of the reduced group subscription rate to *Obesity Surgery*, IFSO’s official journal. The benefits of subscribing to the journal through IFSO include:

- A full year’s subscription (12 issues) at the low rate of only **US $80** (including shipping and handling)
- Online access to the current year’s subscription as well as all previous years.

Becoming a member of IFSO you can subscribe the Journal SOARD Surgery for Obesity and Related Diseases at the discounted rate of **US $90**
“Individual Members” are those Surgeons or Allied Health Practitioners who are members of their National Societies and their dues of **US $20** have been paid either through their Society or individually.

“Affiliated Individual Members” are those from Countries who do not have their own Societies. Only these members can pay their dues directly to IFSO.

The reduced subscription rate of **US $80** to the Springer Journal *Obesity Surgery* is only one of the many benefits of IFSO membership. Further benefits include:

- An official IFSO Certificate of Membership
- Subscription to the Elsevier journal *SOARD* at a discounted rate of **US $90**.
- Use of the new website to advertise national society activities
- Links to national society websites on the IFSO website
- Reduced entrance fees to international and regional meetings
- Membership in a professional global network
- Regular e-newsletters
- Listing in the surgeon’s registry on the IFSO website

For details on how your National Obesity Surgery Society can become a member of IFSO, for Individual membership requests and for any other information feel free to contact:

**IFSO Executive Secretariat**  
**Manuela Mazzarella**  
Rione Sirignano, 5 – 80121 Napoli – Italy  
Ph. 0039 – 081 7611085  
Fax 0039 – 081 664372  
secretariat@ifso.com