



# APCDS 2024

1<sup>st</sup> Asian Pacific Celiac Disease Symposium & Brainstorming Session  
on the Opportunities and Challenges in Asian Pacific Region

with

Workshop for

Dietitians

Pathologists

Patients

March **08-10**, 2024 | Le Meridien, New Delhi

*Organised by:*



*Endorsed by:*

ISSCD



under the aegis of  
Gastroenterology Research and Education Society (GRES)





# 1<sup>st</sup> Asian Pacific Celiac Diseases Symposium

March 08 – 10, 2024 | New Delhi | [www.apcd-india.com](http://www.apcd-india.com)

The APCDS 2024 was a resounding success, bringing together professionals, researchers, and thought leaders from the fraternity. The conference served as a platform for robust discussions, knowledge exchange, and collaboration. Attendees had the opportunity to engage with cutting-edge research, explore emerging trends and build valuable connections.

The symposium is being organized by AIIMS in collaboration with Asia Pacific Association of Gastroenterology (APAGE) and International Society for the Study of Celiac Disease (ISSCD).

**Mission** : Discover, Collaborate and Advocate

## **Objectives of the conference:**

- Increasing awareness about Celiac Disease in Asia Pacific Region.
- Optimising the care of patients with Celiac Disease
- Identifying and discussing the strengths, weaknesses, opportunities and threats in the diagnosis, management and treatment of Celiac Disease

## **Conference Highlights:**

- Participation of Gastroenterologists, pathologists and dieticians from 16 countries
- Brainstorming sessions with International and National Gastroenterologists, Pathologists and Dietitians- the three pillars of Celiac Disease on Challenges and Opportunities in Celiac Disease in the Asian-Pacific region.
- Workshop for Pathologists on Reporting of small intestinal mucosal biopsies
- Workshop for Dietitians on Counselling and Implementation of Gluten Free Diet
- Exclusive workshop for Patients with Dietitians for educating and creating awareness about Celiac Disease and Gluten Free diet.
- Resolving patient queries, busting common myths.
- Launch of Celiac Care application for self-monitoring and empowering patients with celiac disease
- Brainstorming sessions with experts and young faculty on Celiac Disease in India.

## **Press conference and brainstorming session on March 8<sup>th</sup>, 2024:**

The conference kickstarted with brainstorming session on March 8<sup>th</sup>, 2024 with a press conference which was attended by the nationals and online media covering the emerging challenges and opportunities in epidemiology, diagnosis, criteria and management.

The press conference was followed by Brainstorming session on discussing the challenges and opportunities in Celiac Disease in the Asian-Pacific Region.





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The Brainstorming session on **Opportunities and Challenges of Celiac disease in Asian Pacific Region** witnessed a full attendance with intense discussions. The discussion lasted for 3 hours with a group photo and welcome dinner for the brainstorming attendees. More than 40 experts attended the session.







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## Main Conference Scientific Program

The program was scheduled on March 9th and 10th at Sovereign Hall. Important topics covered were **Epidemiology, Pathogenesis, Clinical Manifestations, Diagnosis, Transition of care, Treatment of celiac disease, NRCD, Emerging Therapies, Regulatory and other issues, NCGS, Future of Celiac Disease.**

Each session was balanced having lecture, hot topics and panel discussions also giving an opportunity to the young faculty to present with senior ones. The program also had an active participation from the chairpersons who put across their thoughts on the topic giving an experienced overview to the entire discussion.







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## Participation

The conference witnessed a huge participation of more than 470 celiac enthusiasts from around the globe. The halls were full and bustling with energy and enthusiasm throughout the conference.

<b>Gastroenterologists</b>	International (16 countries) Faculty+ Participants	23
	National faculty	135
	Residents+ Delegates	144
<b>Pathologists</b>	Faculty+ Participants	45
<b>Dietitians</b>	Faculty+ Participants	70
<b>Patients</b>	Patients Forum	70
<b>Total</b>		<b>487</b>







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## Workshop for Dietitians: Counselling & Implementation of Gluten Free Diet

The workshop on counselling and implementation of a gluten-free diet convened dietitians to explore best practices in supporting individuals with gluten-related disorders, such as celiac disease and non-celiac gluten sensitivity.

Discussions emphasized the importance of accurate diagnosis and differentiation between these conditions to provide tailored dietary recommendation.

Effective counselling strategies for individuals transitioning to a gluten-free diet were explored. Participants learned about the psychological and emotional challenges associated with dietary changes and discussed approaches for providing empathetic, supportive counselling to help clients navigate lifestyle adjustments and cope with potential social and emotional implications.

Overall, the workshop provided dietitians with valuable insights, practical tools, and evidence-based strategies to enhance their counselling skills and support individuals effectively in adopting and maintaining a gluten-free lifestyle.



## Pathology Workshop “Interpretation and reporting of small intestinal mucosal biopsies”

The Pathology workshop focused on enhancing participants' skills in the interpretation and reporting of small intestinal mucosal biopsies, with a particular emphasis on diagnosing conditions such as celiac disease, histology of enteropathic disorders. This was a hands-on workshop where in the microscopes were provided by **Cilica**.

The participants also discussed on artificial intelligence & machine learning support in uniform reporting and decision-making pertaining to the subject. Overall enthusiasm of the attendees was evident with the active engagement and discussions.



## Workshop for Patients (Education and Counselling about Gluten Free Diet)

Voice of the patients were well captured in the conclave organized on 10th March. A forum in true sense by the patient, for the patient and of the patient. The conclave captured some important topics Gluten free diets, understanding food labels, practical tips for eating out and frequently asked questions by patients and many other topics benefitting the patients.





Other highlights of the conference were **Brainstorming session amongst young faculty** on Celiac Disease in India and **Celiac Care app launch**



The **Celiac Care application** has been developed keeping the patients with Celiac Disease in mind with a goal to empower them. The app aims to help patients improve their caloric intake, monitor their diet, increase their knowledge, attitude and practices related to gluten-free diet and encourage them to facilitate their adherence. The app also includes tests of adherence to gluten-free diet, symptoms rating scores along with other scores to help patient practice self-monitoring of the condition.

## Networking dinner

The dinner organised on March 9<sup>th</sup> at the Sovereign Hall had a good attendance with all unwinding after a day of meaningful discussions and talks.

Brian Silas's captivating performance added an extra layer of elegance and enjoyment to the event. His talent and artistry undoubtedly contributed to making the evening memorable for all the participants.

## Sponsors and Exhibitors

APCDS 2024 had a good participation from exhibitors showcasing the latest innovations. The industry came forward and supported the conference with their contributions and imparting information on recent developments in the field of medicine. Key contributors were Takeda, Celiac Disease Foundation, Sun Pharma, MSN Laboratories, Lupin and Dr Reddy's Laboratories.

## Acknowledgements

The success of the APCDS 2024 would not have been possible without the contributions of organizers, sponsors, speakers, and attendees. The organizing committee extends sincere gratitude to all those who played a role in making the conference a memorable and impactful event





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## Sponsors

The organising committee extends heartfelt gratitude to all the sponsors, whose immense contribution made the first APCDS a landmark success.

The banner features the APCDS India 2024 logo at the top left, followed by the event title and dates. It lists the Platinum Sponsor (Takeda), Silver Sponsors (Celiac Disease Foundation and Sun Pharma), and Other Sponsors (Dr. Reddy's, Lupin, and MSN). The website URL is at the bottom.

**APCDS INDIA . 2024**

**1<sup>st</sup> Asian-Pacific Celiac Disease Symposium**

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## Valedictory ceremony

APCDS 2024 New Delhi was a great event and was the result of unstinting efforts of the Organizing Committee, who have worked tirelessly for past many months witnessing many ups and downs. The Valedictory session had.

The conference concluded with great appreciation for the organizing committee and a debriefing session on the journey ahead.



**At the End, Journey finishes but memories remain.....**