



www.sicot.org

June 2009 - No. 117

# SICOTNEWS

Société Internationale de Chirurgie Orthopédique et de Traumatologie  
International Society of Orthopaedic Surgery and Traumatology

## Country to country: Afghanistan



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## What investigation would you recommend?



Fig. 1



Fig. 2

A six-year-old girl was presented to the children's orthopaedic department with bone pain in projection to the diaphyseal region of the left tibia. Her parents reported two subsequent fractures of the left tibia one and two years before which were treated by casting (Figs. 1 and 2).

The X-ray at time of presentation showed an osteolytic lesion with widening of the diaphysis, cortical thinning and residuals from the previous fractures (Fig. 3).

### Comment:

There are several differential diagnoses to be considered which could be the reason for the pathological fractures: enchondroma, aneurysmal bone cyst, adamantinoma and fibrous dysplasia.



Fig. 3

## What investigation would you recommend?

- Physical examination
- Special blood tests
- MRI
- CT-Scan
- Scintigraphy
- Bone biopsy

To find out the answer and to read further comments, please go to the SICOT website:

[http://www.sicot.org/?id\\_page=190](http://www.sicot.org/?id_page=190)

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## SICOT opens dialogue with AAOS and EFORT on Global Challenges in Orthopaedic Surgery

During the 2009 AAOS Annual Meeting in Las Vegas, the SICOT leaders joined with both presidential lines of AAOS and EFORT to discuss urgent matters and potential unity roles of orthopaedic societies. The main topics were the establishment of collaboration within trauma care advocacy, fundraising for strategic actions, outreach programmes and evidence based orthopaedics.

### Outreach Programmes

SICOT was kindly invited by AAOS to discuss an agenda set by the two presidents. AAOS has had an international programme for developing countries. The programme has stalled due both to lack of financial resources and to poor contacts in recipient countries. Their international activities are run by an international committee, which is changing its chairman this year. Prof Miguel E. Cabanela is leaving office and is being replaced by Dr Jesse B. Jupiter, an American SICOT member. The aim is to strengthen dialogue and create sufficient financial and human resources for our Education Centres in developing countries. The plan is to enlarge the current programme in Africa where young orthopaedic surgeons on a fellowship receive education in a committed regional university centre, such as our Education Centre at Assiut University in Egypt. We want to establish Centres in Nigeria and Tanzania to exchange 'know-how' and skills as a first step. To improve the programmes, E-learning and Internet2-based teaching conferences will be added. Visiting Professors will add to the attractiveness of the programmes at the Centres. The SICOT Foundation, OREF, WOC and Orthopedics Overseas are natural resources for a combined fundraising activity which will improve the chances of getting external funding from large foundations.

### Trauma Care Advocacy

The global burden of trauma is increasing. Despite this, health care providers have not yet been able to allocate adequate resources to this very important problem. SICOT has joined WHO and the Bone and Joint Decade in a new effort to define the minimal requirements for good trauma care. We want to set standards in areas with limited resources and influence the national health authorities to make that possible. A brilliant WHO initiative headed by Prof Musafir from Brazil will set milestones for the initiative at an upcoming meeting in Brazil during October 2009. That will be followed by a UN assembly of health ministers and opinion makers (SICOT and others) in Moscow later in December 2009. SICOT is planning a long-term activity in this triennium directed at trauma care, headed by our Trauma Committee. The SICOT Triennial World Congress in Prague 2011 will be the venue to evaluate the programme, with the participation of the involved organisations and scientific societies, at a major Trauma Symposium.

### Evidence Based Medicine

As a leading scientific society, SICOT cannot ignore the major threats to future health care. Orthopaedics and musculoskeletal diseases consume more than 17% of health care budgets around the world. The average in the population of industrial countries is increasing. This creates a greater burden on health budgets and thus increased competition among medical disciplines. We all must work together to create evidence based orthopaedics. At present, orthopaedic research is far behind cardiovascular research in creating randomized prospective studies. They are cornerstones in the establishment of evidence based medicine. We need to focus on treatment guidelines and, as a scientific society, facilitate the process.

The combined role of AAOS, EFORT and SICOT is to create more financial resources and to promote the scientific process during our meetings. We are going to get together with EFORT in Vienna in June 2009 to discuss this topic further. Plenary talks on evidence based topics of paediatric orthopaedics are planned for Pattaya AIC 2009.

**Cody Bünger**  
SICOT President



# Afghanistan

**Prof Mohd. Mussa Wardak (centre)**

*SICOT member & Director and Head Dept. of Orthopaedics, Al-Haj Prof Mussa Wardak Hospital, Kabul*

**Prof Najibullah Waziri (right)**

*Chief and Head Dept. of Orthopaedics, Wazir Akbar Khan Govt. Hospital, Kabul*

**Dr Emal Wardak (left)**

*SICOT member & Consultant Orthopaedic Surgeon, Wazir Akbar Khan Govt. Hospital and Wardak Hospital, Kabul*

Welcome to beautiful Afghanistan, a land which is not very big but we guess very famous due to its unfortunate geo-political position on the map of the world. As everyone knows, this nation has been bleeding for the past three decades, not through its own fault but because it has been used as a window for big games.

Afghanistan is located in central Asia, also called the Heart of Asia, and it is a multi-ethnic and multilingual country. Over past centuries, waves of migrating people have passed through the region described by the historian Arnold Toynbee as a "roundabout of the ancient world" leaving behind a mosaic of ethnic and linguistic groups. In modern times, as well as in antiquity, vast armies of the world passed through this region of Asia, temporarily establishing local control and often dominating ancient Afghanistan. This country has some of the most beautiful sites in the world and enjoys a very rich, old history.

The country is landlocked and on the map it resembles an irregularly shaped leaf hanging from the Wakhan Corridor which borders China, at its stem. It shares its borders with six countries, from the east in a clockwise direction are the People's Republic of China, the Islamic Republic of Pakistan, the Islamic Republic of Iran, Turkmenistan, Uzbekistan and Tajikistan. It entered the South Asian Association for Regional Cooperation (SAARC) bloc as a much-needed bridge between South and Central Asia in terms of trade, security and defence cooperation in 2005.

About two-thirds of Afghanistan is mountain and these mountains form the centre of the country, running generally in a north-east to south-west direction. It has some of the tallest peaks of the world, for example, Noshdaq (7,450 metres) and the Hindu Kush (7,000 metres). The central part of Afghanistan is high and rock covered. There is limited forest development in the eastern part of the central highlands. Western Afghanistan is subdivided into the southern deserts and the northern grasslands.

Afghanistan has a harsh climate of the continental type and the severity of winter is accentuated by the high altitude of much of the country. Summers are warm everywhere, except in the highest areas and at lower levels temperatures sometimes rise very high indeed. Winter and spring are the seasons of changeable weather and most of the annual

precipitation occurs during these seasons. The country really enjoys all four seasons starting from the showers of rain in the spring, warm summers, windy autumns and snowy, beautiful winters.

Geologically, the country is notable for the richness of its unexploited mineral and oil resources and for its numerous earthquakes. The outstanding mineral resources include copper, iron, lead, zinc, mercury, tin, chromium, lithium, tungsten, niobium, gold, and uranium. However, there are more, as well as a variety of precious stones. Afghanistan also boasts deposits of combustible hydrocarbons, including coal, lignite, peat, and oil.

Agriculture is the main occupation for the Afghan people and traditional handicrafts, like woollen carpets and dry fruit, are the major products exported to other countries.

We have seven government medical colleges in the country and two private medical colleges which opened very recently. Up to now, education and health facilities are totally free of charge to the public, but lack a proper infrastructure and faculty due to the continued instability and tiring war, in the country.

The history of Orthopaedics and Traumatology in Afghanistan is not very old. It started functioning as an independent department in the 1970s, and the founder or father of modern Orthopaedics and Traumatology in Afghanistan is known to everyone. He is Prof M. Mussa Wardak. He is the only Academician in his field in Afghanistan and he is the creator of orthopaedic education and training in the country.

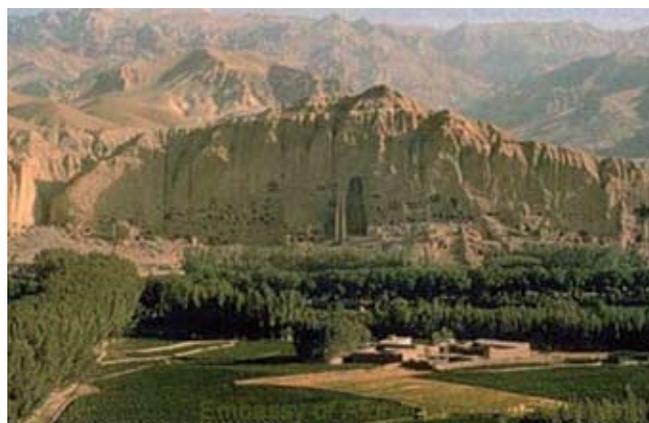
Orthopaedic and trauma care in the world is needed more in areas where there is war and instability and Afghanistan is one of them. Afghanistan is a country heavily seeded with land mines. Therefore, orthopaedic surgeons have more than usual challenges here. The health care services in general are not very effective and are not able to meet the demand because of inadequate numbers of well trained staff, specialists and infrastructure. Although the government has initiated postgraduate programmes in district level hospitals, they will not help if there is not enough trained medical staff to train the new doctors. At present, we have only one dedicated hospital for the speciality of orthopaedics in the country's government sector which trains orthopaedic residents for a period of four years to become orthopaedic specialists.

It is known as the Wazir Akbar Khan Hospital in Kabul. It is maintained with the generous help of the United States and Japan. We have a paediatric orthopaedic section at the Indra Gandhi Hospital in Kabul which is managed by the Government of India.

At present, we do not have any national orthopaedic body to represent us, but we are working on one and any help in any form in this regard will be greatly appreciated.

Education meetings, seminars, workshops and scientific publications are few due to lack of funds and sponsors. Big multinational companies have yet to come to Afghanistan and this is yet another reason for the non-availability of quality orthopaedic implants and instruments. To increase the awareness of our colleagues, we publish quarterly a multilingual journal under the name of "Health in Afghanistan", which is also available online at <http://www.mussawardak-hospital.com>.

SICOT is very important to us in that we need scientific support more than any other country in this world. By being actively involved with SICOT, our orthopaedists will have increased knowledge and with SICOT we can start an education centre as in Lahore. In collaboration with SICOT we can organise great research and hold scientific meetings in the field of warfare traumatology and neglected orthopaedic injuries. We have a very large number of these cases. We could develop exchange programmes to provide great experience of these conditions.



Bamiyan Valley



Shrine of Hazrat Ali, Mazar-e Sharif

We would like to take this opportunity to ask the orthopaedic world to help us shape the orthopaedic specialty in Afghanistan, so that the people of this region are treated properly, cost effectively and well in trained hands.

<p><b>State:</b> Islamic Republic of Afghanistan (divided into 34 provinces)  <b>Capital:</b> Kabul  <b>Official languages:</b> Dari and Pashto  <b>Religion:</b> Islam  <b>President:</b> Mr Hamid Karzai, the first democratically elected president  <b>Size:</b> 652,000 sq km (251,672 sq mi)  <b>Population:</b> 26 million settled people and 1.5 million nomadic  <b>Birth rate:</b> 49 births/1,000 population  <b>Death rate:</b> 20 deaths/1,000 population  <b>Life expectancy at birth (total population):</b> 43 years  <i>(Source: Central Statistics Organisation CSO Afghanistan and WHO (World Health Organisation) for 2008/09)</i></p>	
<p><b>Total no. of registered doctors:</b> 4,574  <b>No. of specialists:</b> 1,800  <b>No. of orthopaedic surgeons:</b> 120  <b>No. of hospital beds (per 10,000 population):</b> 10  <i>(Source: Ministry of Public Health and WHO)</i></p>	



# SICOT Danish Travelling Fellowship 2009 Report

### **Dr Yu Wang**

*Attending spinal surgeon, Spine Unit, Orthopaedic Department, Peking University First Hospital  
Research assistant, Orthopaedic Department E, Aarhus University Hospital*

I was fortunate to be supported by SICOT to complete 3 months of orthopaedic technique training at Aarhus University Hospital, headed by Prof Cody Bünger. During this period I operated as the first assistant. Most of the operations were corrections of spinal deformities including scoliosis, some SP osteotomies and closing wedge osteotomies. The rest consisted of lumbar prosthesis insertions, 360 degree lumbosacral fusion and TLIFs. I got much experience in correcting deformities of the spine using the techniques of rod rotation, application of long arm pedicle screws, utilization of pedicle or lamina hooks

and cantilever bending. I also saw neuromuscular cases and learned much about them. The entire experience will have a very positive effect on the rest of my career. It will certainly benefit my patients. During the same Fellowship period I advanced a study project on computer assisted spinal surgery under the instruction of Prof Bünger, which included evaluation of the accuracy and efficiency of the newest navigation system, percutaneous 360 degree lumbosacral fusion using navigation, and the application of navigation for closing-wedge osteotomy. These studies will be finished within 3 years.



*Dr Yu Wang and Prof Cody Bünger*

I appreciate very much the great opportunity which has been provided to me by SICOT. I will benefit a lot from it, and I hope that more young orthopaedic surgeons can also benefit from the SICOT Travelling Fellowships in the future.

Congratulations to Dr Ghulam Shabbir from Pakistan who has been selected for the 2009 SICOT International Travelling Fellowship and to Dr Cosmas O. Ihezue from Nigeria selected for the SICOT German Travelling Fellowship.

Dr Shabbir will be spending three months at the "Alessandro Manzoni" Hospital in Lecco, Italy, working under the tutorship of Prof Maurizio A. Catagni.

Dr Ihezue will be spending three months at the Orthopaedics Department of the University of Würzburg, Germany, headed by Prof Dr Maximilian Rudert.

For more information about the SICOT Travelling Fellowships, please visit the SICOT website:  
[http://www.sicot.org/?id\\_page=162](http://www.sicot.org/?id_page=162)

# Preliminary programme at a glance

(at 8 May 2009)

	Hall A1	Hall A2	Hall A3	Pattaya 11
<b>Thursday, 29 October 2009</b>				
09.00-15.50	<b>Pre-Conference Course</b>			
17.30	<b>Opening Ceremony &amp; Welcome Reception</b>			
<b>Friday, 30 October 2009</b>				
08.00-09.30	<b>Joint - High Performance Knee</b>	<b>Spine</b>	<b>Trauma - Humerus</b>	<b>Research</b>
09.30-10.00	Plenary lecture: <b>"EVOLUTION OF TRAUMA SURGERY" Suthorn Bavonratanevech (Thailand)</b>			
10.00-10.30	<i>Coffee break/Poster discussion</i>			
10.30-12.00	<b>Arthroplasty - Hip</b>	<b>Spine</b>	<b>Knee Trauma &amp; Knee Osteotomy</b>	<b>Trauma - Ankle</b>
12.00-13.30	Lunch workshop: <b>Servier</b>	Lunch workshop: <b>Novartis</b>	Lunch workshop: <b>TRB</b>	Lunch workshop: <b>Zimmer</b>
13.30-15.00	<b>Hand</b>	SICOT/IGASS*: <b>Spine - Low Back Pain (Evidence Based Medicine)</b>	<b>Knee</b>	<b>Composite Tissue Allotransplantation</b>
15.00-15.30	<i>Coffee break/Poster discussion</i>			
15.30-17.30	<b>Total Hip Arthroplasty</b>	<b>Spine</b>	<b>Research - Tissue Engineering</b>	<b>Composite Tissue Allotransplantation</b>
<b>Saturday, 31 October 2009</b>				
08.00-09.30	<b>Total Hip Arthroplasty</b>	<b>Ankle</b>	SICOT/IFPOS*: <b>Paediatrics</b>	<b>Trauma - Deformity Correction</b>
09.30-10.00	Plenary lecture: <b>"COMPLICATIONS AND REVISION RATES OF SPINAL FIXATION LOCKING MECHANISMS – TAPER LOCK AND SET SCREW/ROD CONSTRUCTS" Oheneba Boachie-Adjei (United States)</b>			
10.00-10.30	<i>Coffee break/Poster discussion</i>			
10.30-12.00	<b>Total Hip Arthroplasty</b>	<b>Degenerative Diseases - Spine</b>	SICOT/IFPOS*: <b>Paediatrics</b>	<b>Tumour</b>
12.00-13.30	Lunch workshop: <b>Pfizer</b>	Lunch workshop: <b>TRB</b>		Lunch workshop: <b>Smith&amp;Nephew</b>
13.30-15.00	<b>Total Knee Arthroplasty</b>	<b>Trauma</b>	SICOT/IFPOS*: <b>Paediatrics</b>	<b>Tumour</b>
15.00-15.30	Plenary lecture: <b>"NONOPERATIVE TREATMENT OF CLUBFEET: WHAT'S THE EVIDENCE?" José Morcuende (United States)</b> <b>"PEDIATRIC PELVIC OSTEOTOMIES: INDICATIONS, CONTRAINDICATIONS AND TECHNIQUES" George Thompson (United States)</b>			
15.30-16.00	<i>Coffee break/Poster discussion</i>			
16.00-17.30	<b>Total Knee Arthroplasty</b>	<b>Trauma</b>	SICOT/IFPOS*: <b>Paediatrics</b>	<b>Residents' Paper Contest (RCOST only)</b>
<b>Sunday, 1 November 2009</b>				
08.00-09.30	<b>Trauma - Foot Injury</b>	<b>Sports Medicine - Multiple Ligament Reconstruction</b>	<b>Trauma - Polytrauma &amp; Trauma Management</b>	<b>Shoulder &amp; Upper Extremities</b>
09.30-10.00	Plenary lecture: <b>"A DIRECT ANTERIOR APPROACH FOR HIP ARTHROPLASTY – TECHNIQUE, POTENTIAL, AND CRITICAL VALUATION" Martin Krimer (Austria)</b>			
10.00-10.30	<i>Coffee break/Poster discussion</i>			
10.30-12.00	<b>Best Papers Session</b>	<b>Trauma - Tibia</b>	<b>Foot</b>	<b>Arthroplasty - Shoulder &amp; Elbow</b>
12.00-13.30		Lunch workshop: <b>American Taiwan</b>		
13.30-15.00	<b>Total Knee Arthroplasty</b>	<b>Trauma - Foot</b>	<b>Trauma - Hand &amp; Forearm</b>	<b>Infection</b>
15.00-16.30	<b>Closing Ceremony</b>			

° International Group for Advancement in Spinal Science

\* International Federation of Paediatric Orthopaedic Societies

# Faculty

(at 8 May 2009)

Dr Saw AIK (Malaysia)  
Prof Ahmet ALANAY (Turkey)  
Dr Emmanuel AUDENAERT (Belgium)  
Prof David BARRETT (United Kingdom)  
Prof Dr Rainer BAUMGART (Germany)  
Prof Suthorn BAVONRATANAVECH (Thailand)  
Dr Thami BENZAKOUR (Morocco)  
Dr Vassilios BITOUNIS (Greece)  
Dr Oheneba BOACHIE-ADJEL (United States)  
Dr Darrel BRODKE (United States)  
Dr Laszlo BUCSI (Hungary)  
Prof Cody BÜNGER (Denmark)  
Dr S. CHHABRA (India)  
Dr Thitima CHINACHOTI (Thailand)  
Dr Pascal CHRISTEL (Saudi Arabia)  
Prof Ian DICKENSON (Australia)  
Dr Michael DIEFENBECK (Germany)  
Dr Erik ERIKSEN (Norway)  
Dr Serge FERRARI (Switzerland)  
Dr John FISHER (United Kingdom)  
Dr Peter GHOSH (Australia)  
Dr Johan Carel GOSLINGS (Netherlands)  
Prof Dariush GOURAN SAVADKOOHI (Iran)  
Prof Thamer A. HAMDAN (Iraq)  
Prof Rune HEDLUND (Sweden)  
Dr Dankward HÖNTZSCH (Germany)  
Dr Gamal HOSNY (Egypt)  
Dr Jushin ISHII (Japan)  
Prof Ching-Chuan JIANG (Taiwan)  
Dr Gang I'll KIM (Korea)  
Dr Wolfgang KLAUSER (Germany)  
Dr Shoichi KOKUBUN (Japan)  
Prof Dr Martin KRISMER (Austria)  
Dr Marco LANZETTA (Italy)  
Prof Wichien LAOHACHAROENSOMBAT (Thailand)  
Dr Viroj LARBPAIBULPONG (Thailand)  
Dr Myung Chul LEE (Korea)  
Dr Burkhard LEEB (Austria)  
Prof Luis LOPEZ-DURAN STERN (Spain)  
Dr Sratwadee LORSOMRADEE (Thailand)  
Prof Keith Dip-Kei LUK (Hong Kong)  
Dr Derek MCMINN (United Kingdom)  
Assoc Prof José MORCUENDE (United States)  
Dr Hung NGUYEN NGOC (Vietnam)  
Prof Dr Ulrich NÖTH (Germany)  
Dr V. PATHMANANTHAN (Malaysia)  
Dr Dominique POITOUT (France)  
Dr Kandiah RAVEENDRAN (Malaysia)  
Dr Yong G. RHEE (Korea)  
Prof Dr Maximilian RUDERT (Germany)  
Prof Galal Zaki SAID (Egypt)  
Prof Ifran SALEH (Indonesia)  
Dr Federico SANTOLINI (Italy)  
Dr Carlos SATIZABAL AZUERO (Colombia)  
Dr Tetsuro SATO (Japan)  
Prof Frédéric SCHUIND (Belgium)  
Prof Shantharam SHETTY (India)  
Dr Katsuji SHIMIZU (Japan)  
Dr Scott SIGMAN (United States)  
Dr Theodor SLONGO (Switzerland)  
Prof Chadwick SMITH (United States)  
Dr Wade SMITH (United States)  
Dr Petchara SUNDARATHITI (Thailand)  
Dr Wee Fu TAN (Singapore)  
Dr Yasuhisa TANAKA (Japan)  
Dr Aree TANAVALLEE (Thailand)  
Dr George THOMPSON (United States)  
Dr Masahiro TOBE (Japan)  
Prof Tomas TRC (Czech Republic)  
Dr Garnet Donald TREGONNING (New Zealand)  
Dr Alfred TRIA (United States)  
Prof Dick VAN DER JAGT (South Africa)  
Prof Vo VAN THANH (Vietnam)  
Prof Vilmos VECSEI (Austria)  
Prof Gershon VOLPIN (Israel)  
Prof James WADDELL (Canada)  
Prof Saranatra WAIKAKUL (Thailand)  
Dr Thanet WATTANAWONG (Thailand)

**SICOT warmly thanks all members of the Scientific Board who kindly donated their time to review the abstracts submitted for the Sixth SICOT/SIROT Annual International Conference. The complete list of peer-reviewers can be found at: [http://www.sicot.org/?id\\_page=221](http://www.sicot.org/?id_page=221)**

# Pre- and Post-Conference Tours

## CHIANG MAI - Pattaya – Chiang Mai – Pattaya (3 days / 2 nights)

### ITINERARY:

#### Day 1

- Transfer from the **Royal Cliff Hotel in Pattaya** to Bangkok International Suvarnabhumi Airport, departure to Chiang Mai.
- Arrival at Chiang Mai airport and transfer to hotel.
- **PM:** Visit to the sacred mountaintop temple of Wat Phra That Doi Suthep and a picturesque Meow hill tribe village.
- Overnight stay at hotel.

#### Day 2

- American breakfast.
- Visit to a jungle area north of the city to see elephants at work. The programme includes a demonstration of how trained elephants are used to help in lumber work. Stops are made at the Queen Sirikit Botanic Garden, and at an orchid nursery.
- **PM:** At leisure.
- Khantoke Dinner, a typical northern Thai meal with local variety shows.
- Overnight stay at hotel.

#### Day 3

- American breakfast.
- **AM:** At leisure.
- Transfer to airport for flight to Bangkok.
- Arrival at Bangkok International Suvarnabhumi Airport and, if necessary, transfer to the Royal Cliff Hotel in Pattaya is provided.

**Tour price:** THB / person (based on twin share and min. 2 pax)

Hotel	1 pax	2 pax	Single supplement
Royal Princess Chiang Mai	22,300	11,600	2,600

**Domestic airfare** (subject to change):

Bangkok – Chiang Mai – Bangkok: THB 7,000 (round trip)

## CHIANG RAI - Pattaya – Chiang Rai – Pattaya (3 days / 2 nights)

### ITINERARY:

#### Day 1

- Transfer from **Royal Cliff Hotel in Pattaya** to Bangkok International Suvarnabhumi Airport, departure to Chiang Rai.
- Arrival at Chiang Rai airport and transfer to Hotel.
- **PM:** Visit to Wat Rong Khun or the “White Temple” decorated with small pieces of mirrored glass, which add significantly to the temple’s spacious and airy feel. The mural painting inside is also wonderful.
- Transfer to the statue of King Mengrai, who built Chiang Rai City. After that, a visit to the famous temple, Wat Phra Kaeo, where the much venerated Emerald Buddha image was once enshrined.
- Return to hotel.
- Overnight stay at hotel.

#### Day 2

- American breakfast.
- Boat trip up the famous Mae Kok River to visit an elephant training village and the Karen, the most populous hill tribe in Thailand. We then proceed to a Lahu village upstream to visit a remote tribe and hot spring before taking a boat back to Chiang Rai.
- Return to hotel.
- Overnight stay at hotel.

#### Day 3

- American breakfast.
- **AM:** At leisure.
- Transfer to airport for flight to Bangkok.
- Arrival at Bangkok International Suvarnabhumi Airport and, if necessary, transfer to the Royal Cliff Hotel in Pattaya is provided.

**Tour price:** THB / person (based on twin share and min. 2 pax)

Hotel	1 pax	2 pax	Single supplement
Dusit Island Resort	37,500	18,900	3,800

**Domestic airfare** (subject to change):

Bangkok – Chiang Rai – Bangkok: THB 7,500 (round trip)

## CHIANG MAI / CHIANG RAI - Pattaya – Chiang Mai – Chiang Rai – Pattaya (4 days / 3 nights)

### ITINERARY:

#### Day 1

- Transfer from **Royal Cliff Hotel in Pattaya** to Bangkok International Suvarnabhumi Airport, departure to Chiang Mai.
- Arrival at Chiang Mai airport and transfer to Hotel.
- **13.30:** Visit to the sacred mountaintop temple of Wat Phrathat Doi Suthep and a picturesque Meo hill tribe village.
- **17.30:** Return to hotel.
- Overnight stay at hotel.

#### Day 2

- American breakfast.
- **08.00:** Visit to an elephant training camp to see a demonstration of elephants at work (elephant ride is optional and not included in this programme).
- **PM:** Visit to the famous Thai Celadon Kiln to see exquisite high-fired stoneware being handmade using traditional methods. We can observe Thai silk and cotton being woven on handlooms by the pretty girls of Sankamphaeng, and the colourful paper and parasol makers of Bo Sang. Here, lacquerware and silverware is also produced and teakwood is carved.
- Return to hotel.
- Overnight stay at hotel.

#### Day 3

- American breakfast.
- **08.00:** Departure from Chiang Mai to Thaton landing on the Mae Kok River. Scenic trip by long tail boat to Chiang Rai, making stops at various hill tribe villages along the way.
- Lunch at a local restaurant.
- **PM:** Visit to the border town of Mae Sai, Thailand's northernmost point and an ancient Thai-Burmese trading post. We then proceed to the Golden Triangle, the point where the borders of Thailand, Myanmar (Burma) and Laos meet. Visit also the Opium Museum.
- Return to hotel.
- Dinner and overnight stay in Chiang Rai.

#### Day 4

- American breakfast.
- Check-out from the hotel. Transfer to Chiang Rai airport.
- Arrival at Bangkok International Suvarnabhumi Airport and, if necessary, transfer to the Royal Cliff Hotel in Pattaya is provided.

**Tour price:** THB / person (based on twin share and min. 2 pax)

Hotel	1 pax	2 pax	Single supplement
Chiang Mai Plaza & Dusit Island	38,000	19,900	3,100

**Domestic airfare** (subject to change):

Bangkok – Chiang Mai: THB 3,500

Chiang Rai – Bangkok: THB 4,000

## PHUKET - Pattaya – Phuket – Pattaya (3 days / 2 nights)

### ITINERARY:

#### Day 1

- Transfer from the **Royal Cliff Hotel in Pattaya** to Bangkok International Suvarnabhumi Airport, departure to Phuket.
- Arrival at Phuket Airport and transfer to Hotel.
- **PM:** Sightseeing tour of Phuket.
- Overnight stay at hotel.

#### Day 2

- American breakfast.
- Full-day tour to Phang Nga Bay to see the Muslim stilt village, a beautiful grotto, and the James Bond Island. Lunch is included.
- Overnight stay at hotel.

#### Day 3

- American breakfast.
- Transfer to Phuket Airport for flight to Bangkok.
- Arrival at Bangkok International Suvarnabhumi Airport and, if necessary, transfer to the Royal Cliff Hotel in Pattaya is provided.

**Tour price:** THB / person (based on twin share and min. 2 pax)

Hotel	1 pax	2 pax	Single supplement
Seaview Patong Hotel	20,300	12,500	4,100

**Domestic airfare** (subject to change):

Bangkok – Phuket – Bangkok: THB 8,000 (round trip)

## SAMUI - Pattaya – Samui – Pattaya (3 days / 2 nights)

### ITINERARY:

#### Day 1

- Transfer from **Royal Cliff Hotel in Pattaya** to Bangkok International Suvarnabhumi Airport, departure to Samui Island.
- Arrival at Samui Airport and transfer to hotel.
- **PM:** At leisure.
- Overnight stay at hotel.

#### Day 2

- American breakfast.
- A drive around the island and visit to various white sandy beaches such as Chaweng and Lamai.
- Visit to the strange rock formations aptly called “Grandma Rock” and “Grandpa Rock”. Here we can also observe how a trained monkey is used to pick coconuts from a tree, and visit the lovely cascading waterfalls of Hin Lad or Na Muang and a butterfly garden where more than 20 species of butterflies are kept, totalling 3,000 live specimens.
- Overnight stay at hotel.

#### Day 3

- American breakfast.
- Transfer to Samui airport for flight to Bangkok.
- Arrival at Bangkok International Suvarnabhumi Airport and, if necessary, transfer to the Royal Cliff Hotel in Pattaya is provided.

**Tour price:** THB / person (based on twin share and min. 2 pax)

Hotel	1 pax	2 pax	Single supplement
Chaweng Regent	23,800	14,100	5,900

**Domestic airfare** (subject to change):

Bangkok – Samui – Bangkok: THB 7,000 (round trip)

## SIEM REAP - Bangkok – Siem Reap – Bangkok (3 days / 2 nights)

### ITINERARY:

#### Day 1

- Transfer from your hotel in Pattaya to Bangkok International Suvarnabhumi Airport for flight to Siem Reap.
- Arrival at Siem Reap Airport. Welcome by our tour guide.
- Visit to the South Gate of Angkor Thom and the Elephants Terrace & Leper King.
- Lunch at a local restaurant.
- Visit to the Angkor Wat temple complex & Bakheng Mountain.
- Dinner at a local restaurant.
- Overnight stay at hotel.

#### Day 2

- Breakfast at hotel.
- Excursion to Banteay Srey & Banteay Samre temples.
- Lunch at a local restaurant.
- Visit to Preah Khan, Neak Pean, Ta som, East Mebon, Preah Rup.
- Dinner with show at a local restaurant.
- Overnight stay at hotel.

#### Day 3

- Breakfast at hotel.
- Visit to the floating & fishing village on Tonle Sap Lake.
- Lunch at a local restaurant.
- Visit to the Rolous group: Bakong, Preah Ko and Lolei temples.
- Departure to airport for flight to Bangkok.

**Tour price:** USD / person (min. 2 pax: private arrangement)

	Hotel	2 pax	Single supplement
<b>Option 1</b>	Empress Angkor: ROH room (3* hotel)	USD 425 / person	USD 59 / person
<b>Option 2</b>	Angkor Palace Resort & Spa: Deluxe room (4* hotel)	USD 538 / person	USD 162 / person

**International airfare** (subject to change):

Bangkok – Siem Reap – Bangkok (with Bangkok Airways): USD 355 / person (round trip)

**For more information, please visit [http://www.sicot2009thailand.org/social\\_program.html](http://www.sicot2009thailand.org/social_program.html)**

Presidents' Dinner

# Sixth SICOT/SIROT Annual International Conference

*Combined meeting with the Royal College of Orthopaedic Surgeons  
of Thailand (RCOST)*

29 October - 1 November 2009  
Pattaya, Thailand



**Date:** Saturday, 31 October 2009

**Time:** 19:30

**Venue:** Pattaya Exhibition and  
Convention Hall (Hall A1-3)

**Price:** EUR 60/person

The Presidents' Dinner will be hosted by the SICOT President, Prof Cody Bünger, and the Conference President, Prof Wichien Laohacharoensombat.

It will be held at the world-class Pattaya Exhibition and Convention Hall and will include an exquisite menu of authentic Thai cuisine.

This year, SICOT celebrates its 80th anniversary. To mark the occasion, Prof Charles Sorbie, SICOT President from 1996 to 1999, will highlight the historical events and successes of the Society during the Dinner.

The celebratory event promises to be an entertaining, memorable and unforgettable evening for everyone. Don't miss it!

Reservation and payment can be made via the online conference registration form for your country at <http://www.sicot.org> (International registration) or <http://www.sicot2009thailand.org> (South-East Asian registration). If you have already registered for the conference and you wish to attend the Presidents' Dinner, please send an e-mail to [congress@sicot.org](mailto:congress@sicot.org) (International registration) or [sicot2009@gmail.com](mailto:sicot2009@gmail.com) (South-East Asian registration).

**More information about Pattaya AIC 2009 is available on the SICOT website: <http://www.sicot.org>**

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