

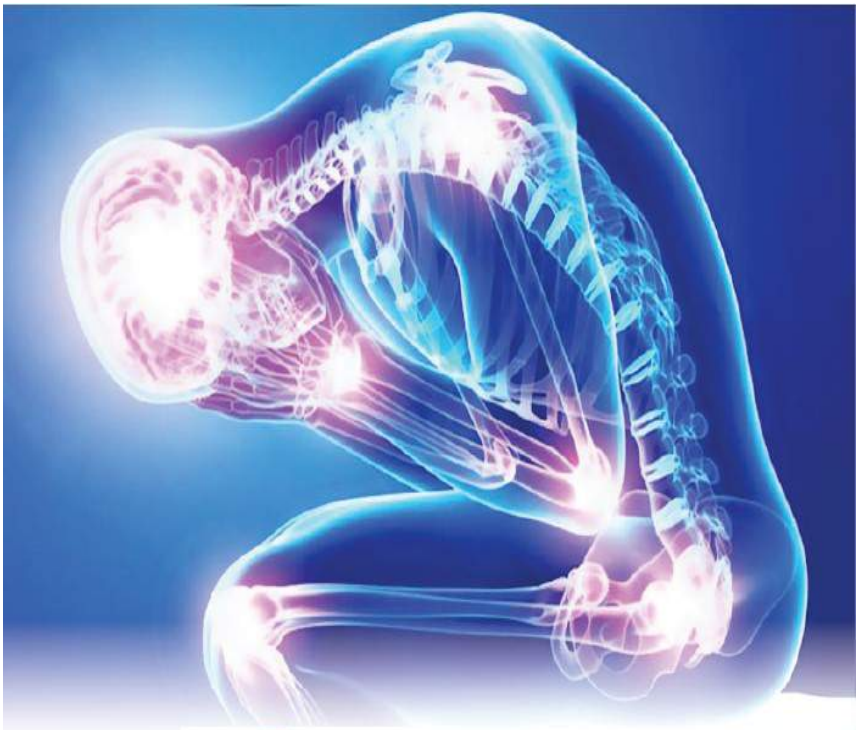


# Caribbean Association for Rheumatology

## 7th Annual CAR Meeting

6<sup>th</sup> – 7<sup>th</sup> May, 2016,

HYATT REGENCY HOTEL, TRINIDAD





## WELCOME

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Welcome to the 7<sup>th</sup> annual scientific meeting of the Caribbean Association for Rheumatology (CAR)! This is our first in Trinidad and the organization, as usual, has been splendid. We started on this journey in 2007. Our mission is "To form a group of rheumatologists and allied persons committed to the advancement of rheumatology and through collaboration, education, research and advocacy, improve the care of Caribbean patients with rheumatic disease."

Our group remained informal for several years but we have taken our mission seriously and, although there are few of us in the English-speaking Caribbean, we have embraced our colleagues across the region and beyond, and I believe we have all benefitted, though perhaps in different ways. I can say that patients in St. Lucia are better served because of our collaboration.

CAR was incorporated as a non-profit company in November 2014. We have three directors and will be electing officers for the first time, here in Trinidad. Our meetings are always stimulating. The science is good and the meeting provides a friendly forum for discussion of interesting and difficult cases. This year we have added a component of CME for General Practitioners. Our aim is to educate health professionals so that we may all understand the importance of patient-centred, multidisciplinary care, early diagnosis and rapid rheumatology referral where indicated. We need to share care with our colleagues and be accessible to them. This is the model of cost-effective care, essential for our region.

I look forward to interacting with you all, learning, sharing and growing together. Research and advocacy are elements of our mission that we need to address and I have no doubt we will. Thank you for coming.

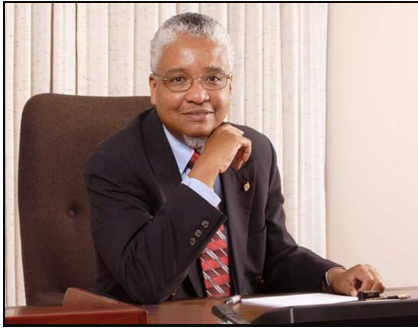
Enjoy!

**Amanda King**

Director, CAR

# Prof. E. Nigel Harris—Keynote Speaker

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**Professor Eon Nigel Harris** served as Vice Chancellor of the University of the West Indies (UWI) from October 1, 2004 to April 30, 2015 and on his retirement was named Vice Chancellor Emeritus. A Guyanese by birth, Professor Harris now serves as Chancellor of the University of Guyana. Professor Harris graduated magna cum laude, Phi Beta Kappa from Howard University, with a degree in Chemistry and proceeded on a fellowship to Yale

University, where he received a Master of Philosophy degree in Biochemistry. He earned his medical degree from the University of Pennsylvania, completing this within three years and again graduating with honours.

He then returned to the Caribbean where he completed his residency in internal medicine at the University of the West Indies at Mona and was awarded the post-graduate degree, Doctor of Medicine (DM). He is internationally known for his work as a Rheumatologist. With Doctors Aziz Gharavi and Graham Hughes in London, he helped to define a disorder which they called the Antiphospholipid Syndrome and devised a diagnostic test (the anticardiolipin test) for it. For this work he shared with Dr Graham Hughes, Dr Aziz Gharavi and others, the Ceiba-Geigy Prize. Over 150 papers, editorials, reviews and chapters on this subject have been published by Professor Harris.

He joined the University of Louisville, Kentucky, in 1987 and by 1993 became Professor of Medicine and Chief of the Division of Rheumatology. There he launched the Antiphospholipid Standardisation Laboratory which leads worldwide efforts in standardisation of the anticardiolipin test and distributing these standards to over 500 laboratories worldwide. He was one of the initial organizers of a series of International Conferences on Antiphospholipid Antibodies, beginning in 1984 and held every two years since in Europe, Jamaica, the USA and Japan.



## CONFERENCE PROGRAMME

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### Friday May 6

07:00am – 04:15pm

7:00am	<b>REGISTRATION</b>	
7:45	Opening Remarks	Dr. Amanda King
8:00	Systemic Lupus Erythematosus	Dr. Haramnauth Dyaanand
8:30	Lupus and Chikungunya	Dr. Christophe Deligny
9:00	Origins and Evolution of the Anti-phospholipid Syndrome	<b>Prof. E. Nigel Harris</b> <b>Guest Lecturer</b>
10:00	<b>BREAK</b>	
10:20	Interstitial Lung Disease, How to Diagnose Underlying Connective Tissue Disease	Dr. Christophe Deligny
10:50	Gastrointestinal Manifestations of Rheumatological Diseases	Dr. Maria Bartholomew
11:20	Renal Disease and Rheumatoid Arthritis	Dr. Stuart Richards
11:50	<b>LUNCH</b>	
1:00	Osteoporosis: An Update	Dr. Nicole Tilluckdhary
1:30	Autoimmune Neurological Illnesses	Dr. Aurore Fifi Mah
2:00	<b>BREAK</b>	
2:15	Case Presentations	Dr. Haramnauth Dyaanand
2:45	Case Presentations	Dr. Amanda King
3:15	Case Presentations	Dr. Nagy Bakir
3:45	Case Presentations	Dr. Nagy Bakir
4:15	Wrap-up	Dr. Lynda Tilluckdhary
<b>5:30-7:30PM</b>	<b>COCKTAIL RECEPTION</b>	



## CONFERENCE PROGRAMME

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### Saturday May 7

08:00am – 11:30am

8:00am	<b>REGISTRATION</b>	
8:30	CAR Annual General Meeting	
9:45	<b>BREAK</b>	
10:00	New treatment options for Rheumatic Arthritis	Dr. <i>Gustavo Citera</i>
10:30	Pediatric Rheumatology	Dr. <i>Nicole Johnson</i>
11:00	Importance of early treatment and adequate adherence in Rheumatic Arthritis	Dr. <i>JoseA GómezPuerta</i>
11:30	<b>CLOSING REMARKS AND LUNCH</b>	
5:30 pm	<b>DINNER</b>	

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### Rheumatology for General Practitioners/Internists

#### Saturday May 7

01:00pm – 05:00pm

1:15	Remarks and Introductions	
1:30	Approach to the Patient with Joint Pain	Dr. <i>Anishka Rolle</i>
2:00	Rheumatoid Arthritis	Dr. <i>Gail Kerr</i>
2:30	Inflammatory Back Pain	Dr. <i>Sharon Dowell</i>
3:15	<b>BREAK</b>	
3:30	Gout	Dr. <i>Steuart Richards</i>
4:00	Lupus	Dr. <i>Christophe Deligny</i>
4:30	Clinimetry/DAS28 Workshop	Dr. <i>Jose Gómez Puerta</i>
5:15	<b>CLOSING REMARKS</b>	
5:30 pm	<b>DINNER TO FOLLOW</b>	

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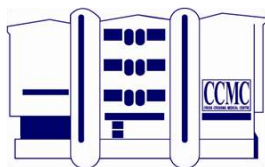
# NEW TREATMENT OPTIONS FOR RHEUMATIC ARTHRITIS

MAY 7, 2016

From 10:00 to 10:30

*Dr. Gustavo Alera*

## SUPPORTERS



Cross Crossing Medical Centre



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## Acknowledgments

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It has been my honour to be the Conference Chairperson for the CAR meeting 2016. This conference would not have been possible without the the hard work and assistance of Drs. Amanda King and Sharon Dowell; Mr. Hanif Smith and Ms Dionne Samuels of SMTC. Ltd; the Staff of Hyatt Regency Trinidad; Dr. Stacey Chamely, Dr. Lianne Conyette and Ms. Annalisa Ramnarine of the Trinidad and Tobago Medical Association (TTMA); the hardworking staff of Cross Crossing Medical Centre (CCMC) and most of all, to our generous sponsors.

We would like to specially thank all our speakers for sacrificing time from their busy work schedules and to you, our attendees for supporting our relatively new organization.

To keep up to date on changes and our CAR meeting in 2017, please check our website [caribrheum.org](http://caribrheum.org).

Kind regards,

**Dr. Lynda Tilluckdharry**

Conference Chairperson