



NESA Days 2006 – Optimizing Endoscopy

Concise conference report

Hilton Hotel Berlin - January 19-21, 2006 - www.nesa-days.com

The NESA Days 2006 started on Friday evening (January 19) with a festive Get-Together accompanied by live songs of Marlene Dietrich. The conference was officially opened on Saturday morning with greeting words of Dr. Francesco De Meo, Director of the NESA, Prof. h.c. Dr. Michael Stark, President of the NESA, Prof. Dr. Albert Vetter, President of the German Association of Obstetrics and Gynaecology, Prof. Dr. Oktay Kadayıfçı, President of the Turkish Society of Perinatology and NESA's representative in Turkey, and Prof. Dr. Svend Schulze, President of the Danish Surgical Society. All speakers stressed the importance of interdisciplinary thinking in the field of surgery. On Saturday evening, the participants of the conference as well as diplomats and representatives of medical and local organisations enjoyed a dinner and a concert of the “Comedian Harmonists”.

During the conference, the participants had the opportunity to have a test drive on a DaVinci system. The exhibitors World of Medicine, Polydimensions, Karl Storz, BATU, Stryker, Richard Wolf, the HELIOS Research Center and the HELIOS academy presented their work or medical instruments.

The NESA Days 2006 can be considered as having been a very successful conference not only because of the quality of the lectures and of extensive exchange of ideas but also because of its international character, its 200 participants coming from 23 European and non-European countries. The feedbacks received by the organisers praised, beside the high level of the presentations, a very motivating and constructive atmosphere during the different sessions and the informal talks.

The **“NESA Days 2007, The Second Annual Scientific Meeting of the New European Surgical Academy”** will take place in Istanbul, September 1 – 3, 2007.

The scientific programme

The conference started with a plenary session. Prof. Liselotte Mettler from the University Hospital of Kiel hold a lecture about “the Past and present of gynecological endoscopy”, Prof. Farr Nezhat from the Mount Sinai Hospital in New York spoke about “Complications in laparoscopic surgery” and Dr. Albert Schaeffer reviewed the planning of surgical procedures with modern computer sciences. The lecture of Prof. Arie Admon from the Technion Institute in Haifa about “the proteome and the MHC-peptidome of human cancer cells” awoke a great interest. In the following discussion, it was suggested that Proteomics might be used in addition to histological examinations in endoscopical operations or replace them in the future.

The plenary session was followed by an interdisciplinary session with state-of-the-art lectures about the following topics: “The role of endoscopy today”, “new developments in endoscopy”, “the future of endoscopy” and “alternatives to traditional methods”. Besides these lectures, there were sessions with a specific focus, like otolaryngology, gynaecology, urology, gastroenterology, “the use of endoscopy in malignancies” and “modifications of techniques in use”. A session about “Organisation and quality management” was well visited and caused many discussions and exchanges of ideas.

A big emphasis was given to the prevention of complications in operative laparoscopy and to alternatives to endoscopical procedures such as **focused**

ultrasound for the treatment of uterine and breast tumors, the use of **cryotherapy** to reduce the size of fibroids or a modified vaginal hysterectomy (the so-called “**Ten Step Vaginal Hysterectomy**”) as a valid alternative to the endoscopic hysterectomy.

Throughout the whole conference, the emphasis was also placed on advances in technology such as the radius surgical system, the 3-dimensional “Insect Eye” laparoscopic imaging system, a computer-generated 3-dimensional animation of a surgical procedure and the Transanal Endoscopic Microsurgery (TEM). The conference ended with interdisciplinary sessions concerning creative thinking and controversial issues.

A workshop about “multimodal postoperative analgesia and recovery” chaired by anaesthesiologists from different countries showed great advances towards painless recovery and safety of endoscopical procedures. A very interesting round table demonstrated the transition from surgery to minimal invasive and non-invasive procedures.

The main message of this endoscopical conference is that Endoscopy, vaginal and rectal approaches are going to replace Open Surgery in the next years. It seems that the only laparotomy of the future will be the cesarean section.

The interdisciplinary character of the conference gave birth to a variety of new ideas and research projects such as the use of a colposcopy-like instrument to detect early malignancies in otolaryngology or the use of Proteomics for the diagnosis in endoscopical operations. **It seems that the interdisciplinary concept of the NESA proved to be fruitful, as surgeons from different disciplines could profit from new ideas and techniques developed in other professions.**

Prize for the best presentation

As there were many excellent lectures, it was difficult to attribute the prize for the best presentation at the end of the conference. After many consultations, it was decided to divide the prize between three speakers for the originality and innovative character of their presentations:

- 1) **Kai Kuhnt** (Borna) for his lecture on “Resection of the neurovascular bundle as second step procedure in case of positive margins after nerve-sparing laparoscopic prostatectomy”
- 2) **Georg Slavka** (Vienna) for his presentation about “Laparoscopic hysterectomy - A computer-generated 3-dimensional animation of a surgical procedure”
- 3) **Soren Meisner** (Copenhagen) for his lecture about “Endoscopic placement of Self Expanding Metal Stents - first choice treatment of colo-rectal obstruction: Technique and results from a single center”

Invited speakers

Arie Admon
Dan Benhamou
Zion Ben-Rafael
Peter Biro
Christoph E. Broelsch
Gerhard Buess
Rabih Chaoui
Michelle Fynes
Claudio Giorlandino
Werner Grünberger
Liselotte Mettler
Parwis Mir-Salim
Farr Nezhat
Moshe Zvi Papa
Gralf Popken
Marc Possover
Arie Rosen
Klaus Schaarschmidt
Carsten Schmidt
Jörg Schmidt
Achim Schneider
Elizabeth A. Stewart
Albert Tuchmann
Klaus F. Wagner
Errico Zupi

International Scientific Committee

Zion Ben-Rafael
Peter Biro
Christoph E. Broelsch
Gerhard Buess
Rabih Chaoui
Gian Carlo Di Renzo
Jacques Donnez
Michelle Fynes
Werner Grünberger
Albert Huch
Oktay Kadayıfçı
Liselotte Mettler
Nor Ashikin Mokhtar
Farr Nezhat
Kypros Nikolaides
Marc Possover
Rudolf Roka
Arie Rosen
Herbert Stark
Errico Zupi