



## Weston Medical Education Foundation of India

Office No:- 99,9th Floor, Kalpataru Avenue, Opp. ESIC Hospital, Kandivali (East) , Mumbai -400101.

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# GASTRO SUMMIT

28<sup>th</sup> & 29<sup>th</sup> December, 2024 at Unwind Resort, Indore, Madhya Pradesh

The " GASTRO SUMMIT " convened in Unwind Resort, Indore, Madhya Pradesh, orchestrated by the esteemed Weston Medical Education Foundation of India. This gathering aimed to amalgamate the expertise of Gastroenterologist and general physicians from across India, fostering a dialogue on the intricacies of managing Advances in Acid-Related Disorder Management and its associated complications.

"During the CME, Weston Medical Education Foundation of India emphasized the essential role of such events in bridging the gap between cutting-edge research and everyday medical practice, ensuring wider access to knowledge for the benefit of all doctors and their patients."

**Total Participants:** 12 distinguished participants

### EXPERT

#### Faculties:

- Dr. Rohit Jain
- Dr. Atul Shonde
- Dr. Ravindra Kale
- Dr. Aproorva Choudhry
- Dr. Arun Singh
- Dr. H.P. Yadav



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### AGENDA

**DAY 1 - 28<sup>th</sup> December, 2024**

**Time: 02:00 p.m. to 9:00 p.m.**

Topics	Speaker	Timings
<b>Welcome Note</b>	<b>WMEFI</b>	02:00 p.m. to 02:15 p.m.
Understanding Reflux Esophagitis (RE): Clinical Challenges and Patient Insights	Dr. Rohit Jain	02:15 p.m. to 03:00 p.m.
Vonoprazon: From Concept to Clinical Benefits	Dr. Atul Shonde	03:00 p.m. to 03:45 p.m.
Vonoprazan: A Novel Potassium-Competitive Acid Blocker (PCAB) for RE Management	Dr. Ravindra Kale	03:45 p.m. to 04:30 p.m.
Discussion on Patient Cases and Outcomes		04:30 p.m. to 05:15 p.m.
<b>Tea Break</b>		05:15 p.m. to 06:00 p.m.
Meal-Independent Acid Suppression with Vonoprazan	Dr. Aproorva Choudhry	06:00 p.m. to 06:45 p.m.
Addressing Tolerability Issues in Long-Term PPI Use	Dr. Arun Singh	06:45 p.m. to 07:30 p.m.
Pharmacological Innovations in Acid-Related Disorders	Dr. H.P. Yadav	07:30 p.m. to 08:15 p.m.
Discussion on the Session		08:15 p.m. to 09:00 p.m.

**DAY 2 - 29<sup>th</sup> December, 2024**

**Time: 09:30 a.m. to 12:30 p.m.**

Topics	Speaker	Timings
Understanding the Role of Diet in GI Health	Dr. Arun Singh	09:30 a.m. to 10:15 a.m.
Recent Breakthroughs in the Management of Inflammatory Bowel Diseases	Dr. Ravindra Kale	10:15 a.m. to 11:00 a.m.
Discussion on Translating Evidence to Practice	Dr. H.P. Yadav	11:00 a.m. to 11:45 a.m.
Discussion on the Session		11: 45 a.m. to 12:30 p.m.
<b>Vote of Thanks</b>		<b>WMEFI</b>



## Summary of CME

### Day 1:

#### Understanding Reflux Esophagitis (RE): Clinical Challenges and Patient Insights

**Speaker:** Dr. Rohit Jain

The session begins with Dr. Rohit Jain providing an in-depth analysis of reflux esophagitis (RE), a condition where the lining of the esophagus becomes inflamed due to the backward flow of stomach acid. He highlights the challenges in diagnosing RE, as its symptoms often overlap with other GI disorders. Dr. Jain discusses the complexity of distinguishing between heartburn, chest pain, and other esophageal conditions, making accurate diagnosis crucial. The speaker also emphasizes how patients' perspectives, including their lifestyle habits, diet, and symptom experiences, play a significant role in shaping treatment decisions. Dr. Jain concludes by stressing the need for ongoing research to develop more precise and personalized treatments for RE.

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#### Vonoprazon: From Concept to Clinical Benefits

**Speaker:** Dr. Atul Shonde

Dr. Atul Shonde introduces Vonoprazon, a novel potassium-competitive acid blocker (PCAB), detailing its development from the initial concept to its clinical applications in treating acid-related disorders. He explains the unique mechanism of action of Vonoprazon, which works by selectively blocking the potassium-binding sites of the proton pump in the stomach lining, offering a more potent and consistent suppression of gastric acid compared to traditional proton pump inhibitors (PPIs). Dr. Shonde provides an overview of preclinical and clinical trials that demonstrate Vonoprazon's ability to provide long-lasting acid control, even in patients who have previously failed PPI therapy. Dr. Shonde concludes by emphasizing how Vonoprazon represents a significant advancement in the pharmacologic treatment of acid-related GI diseases, addressing some of the limitations of traditional therapies.

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#### Vonoprazon: A Novel Potassium-Competitive Acid Blocker (PCAB) for RE Management

**Speaker:** Dr. Ravindra Kale

Dr. Ravindra Kale's session delves deeper into the mechanism of Vonoprazon as a potassium-competitive acid blocker and its role in managing reflux esophagitis (RE). He begins by comparing Vonoprazon to traditional PPIs, noting that while both drugs reduce gastric acid secretion, Vonoprazon



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offers several advantages, including faster onset and more consistent acid suppression, regardless of food intake. Dr. Kale highlights that this meal-independent suppression provides greater flexibility for patients, making treatment simpler and more adaptable to daily routines. The session concludes with a discussion on how Vonoprazon can become a cornerstone in managing chronic acid-related disorders, offering a promising alternative for patients who require ongoing therapy.

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### Discussion on Patient Cases and Outcomes

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#### Meal-Independent Acid Suppression with Vonoprazon

**Speaker:** Dr. Arun Singh

Dr. Arun Singh's presentation focuses on one of the key benefits of Vonoprazon—its ability to provide meal-independent acid suppression. He explains how this pharmacological property is a game-changer in the treatment of acid reflux disorders, offering patients the convenience of taking their medication at any time of the day, without having to consider food intake. Dr. Singh emphasizes that this feature improves patient compliance and convenience, which are often hindered by the strict dosing schedules associated with traditional PPIs. Dr. Singh concludes by highlighting the potential of Vonoprazon to improve the overall treatment experience for patients.

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#### Addressing Tolerability Issues in Long-Term PPI Use

**Speaker:** Dr. Arun Singh

Dr. Arun Singh opens the session by addressing the growing concern of tolerability issues in long-term use of proton pump inhibitors (PPIs). He discusses common side effects of prolonged PPI use, including nutrient deficiencies, gastrointestinal infections, and the risk of bone fractures. Dr. Singh highlights how long-term PPI therapy can lead to rebound acid hypersecretion once treatment is discontinued, making it difficult for patients to manage their symptoms after stopping medication. He emphasizes the need for alternative therapies, such as Vonoprazon, that have a safer long-term use profile. Dr. Singh concludes by discussing how Vonoprazon could be a valuable alternative for patients requiring long-term management of acid-related disorders, with fewer risks and improved patient outcomes.

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#### Pharmacological Innovations in Acid-Related Disorders

**Speaker:** Dr. H.P. Yadav

Dr. H.P. Yadav presents the latest pharmacological innovations in the treatment of acid-related disorders, such as GERD, reflux esophagitis, and peptic ulcers. He introduces new drug classes and their mechanisms, focusing on emerging therapies like potassium-competitive acid blockers (PCABs),



including Vonoprazon. Dr. Yadav discusses how these new treatments are designed to offer superior acid control and fewer side effects compared to traditional therapies like PPIs. He reviews the clinical evidence supporting the efficacy of these innovations and how they address some of the unmet needs in acid reflux treatment. The session also covers the importance of ongoing research into long-term treatment and tolerability of acid-suppressing drugs, and the need for therapies that offer flexibility and patient-centered care.

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## Day 2:

### Understanding the Role of Diet in GI Health

**Speaker:** Dr. Arun Singh

Dr. Arun Singh begins this session by explaining the critical relationship between diet and gastrointestinal (GI) health, focusing on how certain foods can either exacerbate or alleviate GI disorders. He discusses the impact of various dietary components—such as fats, fibers, and sugars—on gut microbiota, inflammation, and intestinal permeability, which all play pivotal roles in conditions like GERD, IBD, and irritable bowel syndrome (IBS). Dr. Singh highlights how a personalized approach to diet can aid in managing these conditions, emphasizing the importance of understanding individual triggers and intolerances in patients. He concludes by discussing the need for collaborative care, where dietitians, gastroenterologists, and patients work together to develop sustainable and effective dietary plans.

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### Recent Breakthroughs in the Management of Inflammatory Bowel Diseases (IBD)

**Speaker:** Dr. Ravindra Kale

Dr. Ravindra Kale takes the stage to explore the latest advancements in the management of inflammatory bowel diseases (IBD), which include Crohn's disease and ulcerative colitis. He begins by discussing recent breakthroughs in pharmacological treatments, including biologics and targeted therapies that have significantly altered the landscape of IBD treatment. Dr. Kale explains how anti-TNF agents, IL-12/IL-23 inhibitors, and Janus kinase (JAK) inhibitors have revolutionized care, offering new hope for patients who previously had limited options or did not respond to conventional therapies. He reviews the clinical evidence behind these drugs and discusses their mechanisms of action, efficacy, and safety profiles. The session concludes with an exploration of the need for a multidisciplinary approach, where gastroenterologists, dietitians, and psychologists collaborate to optimize patient care.

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### **Discussion on Translating Evidence to Practice**

**Speaker:** Dr. H.P. Yadav

Dr. H.P. Yadav leads this important discussion on translating clinical research and evidence into everyday practice. He begins by outlining the challenges healthcare professionals face when trying to incorporate cutting-edge research and new treatment guidelines into clinical practice, especially in rapidly evolving fields like GI health. Dr. Yadav emphasizes the need to bridge the gap between clinical trials and real-world settings, ensuring that innovations like Vonoprazon or new biologics for IBD are implemented effectively and safely for patients. He discusses the importance of clinical judgment and how evidence-based medicine must be adapted to suit individual patient circumstances. Dr. Yadav also discusses the role of continuing education, peer collaboration, and real-time data collection in ensuring that healthcare professionals remain up-to-date and responsive to the latest evidence. He concludes by stressing the importance of patient-centered care, where evidence is applied in a way that is tailored to meet the unique needs of each individual.

- **In the end of this CME, the Weston Medical Education Foundation of India extended, its sincere vote of thanks to the attending delegates and acknowledged the academic industry partners for their valuable support and contribution to the success of this event.**

- 1. La Renon Healthcare Pvt. Ltd. (Platinum Sponsor)**
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### Photos of CME





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### Registration Counter







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### Lecture on Addressing Tolerability Issues in Long-Term PPI Use





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### Lecture on Understanding Reflux Esophagitis (RE): Clinical Challenges and Patient Insights





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Lecture on Vonoprazan: A Novel Potassium-Competitive Acid Blocker (PCAB) for RE Management



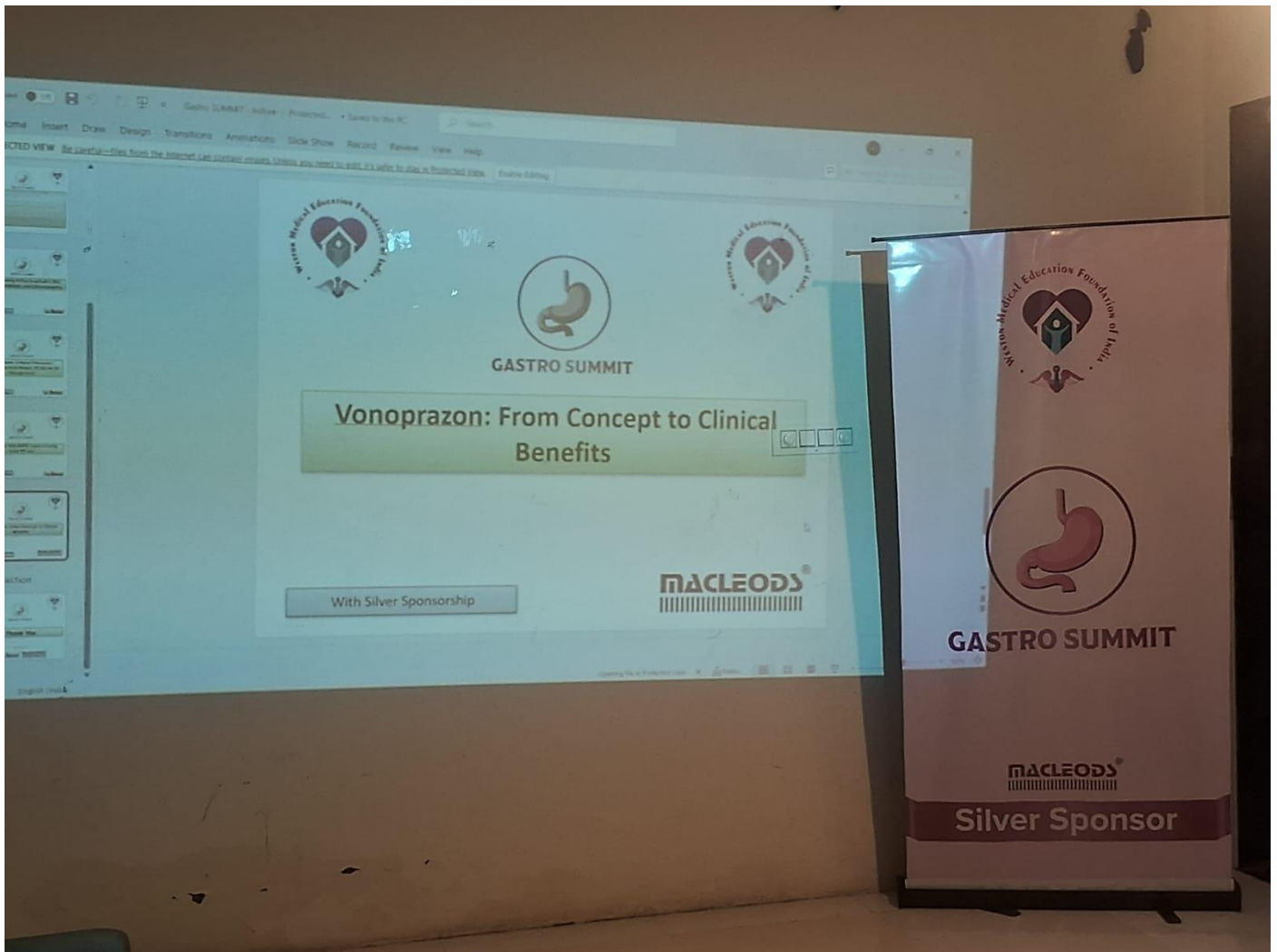


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### Lecture on Vonoprazon: From Concept to Clinical Benefits







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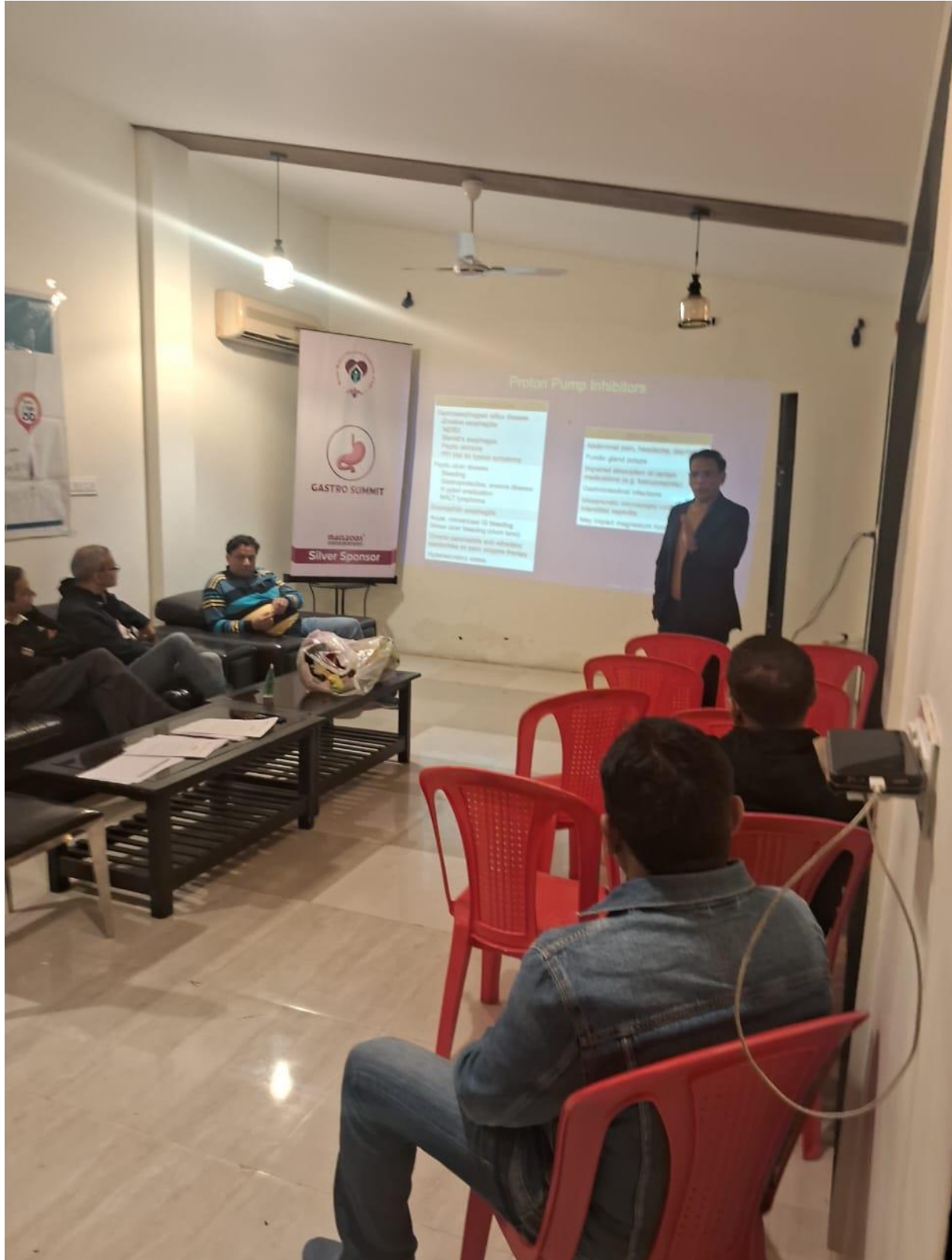




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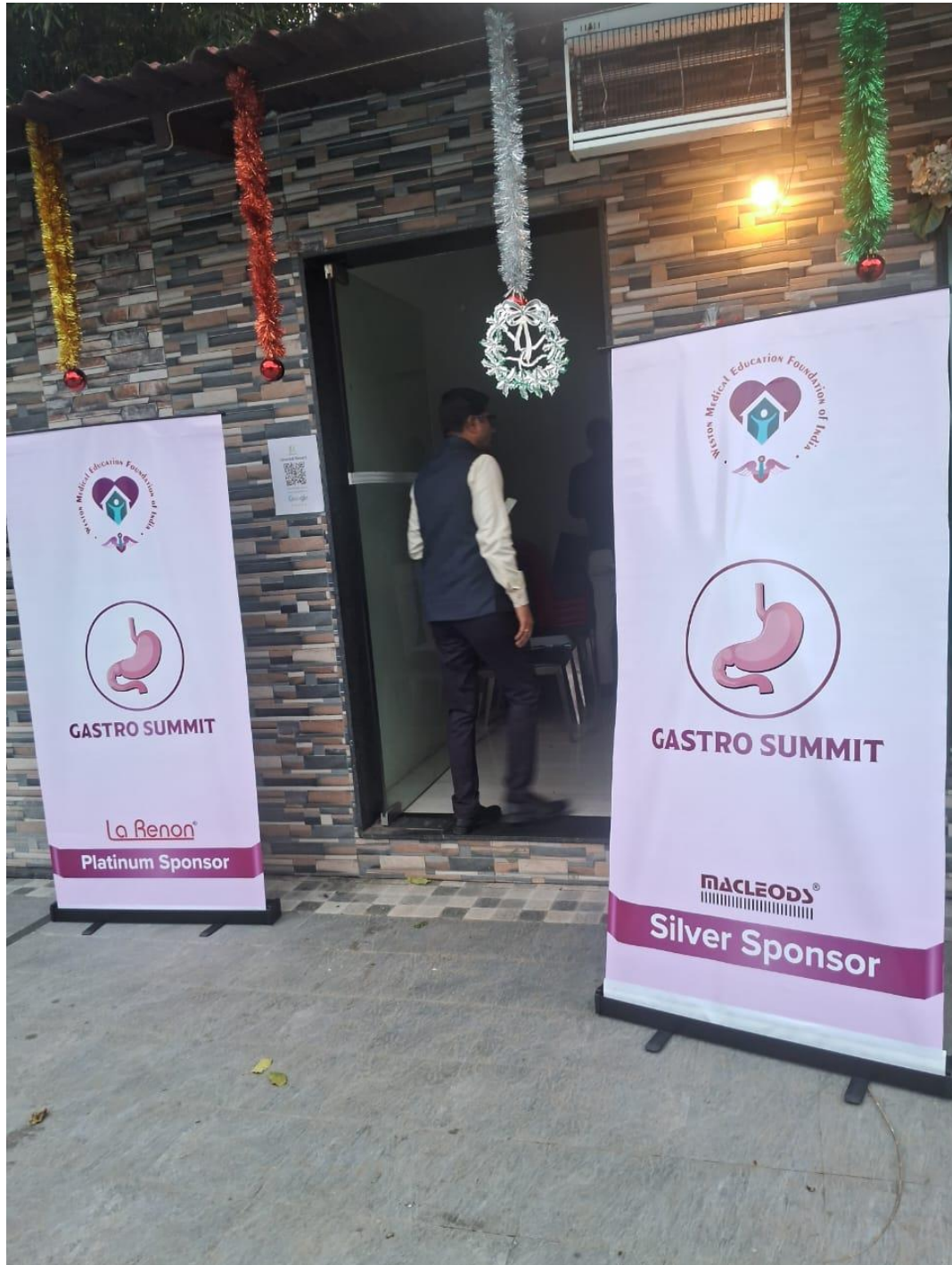




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