



**Asian Pacific American Medical Student Association**  
*Facing the Health Care Challenges of the Asian Pacific Islander Community*

## **Fourth Annual National APAMSA Hepatitis B Conference**

October 31, 2009



### **ABSTRACT**

This report presents a summary of the Fourth annual APAMSA Hepatitis B Conference held at Boston, MA.

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## Introduction

Boston, MA- On October 31, 2009, over 90 premedical, medical and dental Asian Pacific American Medical Association (APAMSA) students from all over the country attended the Fourth Annual National APAMSA Hepatitis B Conference. APAMSA students learned about the epidemiology, pathophysiology, prevention and treatment of Hepatitis B as well as the advocacy and policy efforts for this deadly disease from prominent, national leaders in hepatology. In addition, APAMSA members were able to attend the American Association for the Study of Liver Diseases (AASLD) National Convention, also hosted in Boston.

Chronic Hepatitis B is the silent killer of Asian Americans (AA). Hepatitis B affects one out of ten AA, and two out of three AA who test positive do not even know they were positive. For the past several years, APAMSA members have been fighting against hepatitis B. Educational seminars for the medical and local communities were hosted in cities such as Boston, Baltimore, San Francisco, Houston, and Portland. Screening and treatment clinics have been held in Philadelphia, San Francisco, New York City as well as Houston, and have helped more than hundreds of patients.

## Opening Remarks

*Shelly Choo, National APAMSA President  
Johns Hopkins School of Medicine*

Ms. Shelly Choo welcomed the conference attendees to the 4<sup>th</sup> Annual National APAMSA Hepatitis B Conference. She reviewed the unique challenges of addressing the Asian American Native Hawaiians and other Pacific Islander (AA/NHOPI) communities such as the linguistic and cultural barriers. The AA/NHOPI community, more so than any other minority groups has the unique challenge of overcoming multiple language and different cultural barriers. She emphasized the unique role of APAMSA members in providing cultural competent and linguistically appropriate care to communities we have already volunteered with. Fighting Hepatitis B requires for a multi-prong approach with patient care, advocacy, research, and policy.

## Session 1

### Hepatitis B

*Anna Lok, MD*

*University of Michigan Medical Center*

APAMSA has a duty to make sure that APAMSA family members are aware of and tested for Hepatitis B. Four hundred million people are chronic carriers; about 75% of HBV carriers live in Asia, and 0.5 to 1 million deaths per year due to HBV.

Unfortunately, many immigrants are infected before coming to the US, and do not manifest symptoms of liver disease until later.



The Center for Diseases (CDC) has updated their recommendations on who should be screened. The new guidelines include: Regions with 2% or more prevalence, individuals born outside the screen, those who are donating blood/tissue, pregnant females, injection drug uses, individuals receiving cytotoxic or immunosuppressive therapy should be screened.

Typical symptoms of chronic Hepatitis B include feeling tired, nausea, and jaundice. If the person is infected earlier, the chances of developing chronic hepatitis is higher. In addition, liver function tests (LFTs) are often not performed during routine blood work or regular patient check-ups. However, even if LFTs are regular, they may still be infected with HepB.

Dr. Lok also reviewed the serological markers of HBV infection. The best test is serum HBV DNA levels which communicates how active the virus is and how infective the person is. Performing serial reading (at least three results) is important since at any one time, the results may appear to be within normal limits. Dr. Lok reviewed the treatments for Hep B. For the past ten years, safer, more effective drugs, so more people are treated. Hepatitis B is deadly disease but can be prevented.

## Session 2

### Hepatitis B: A Pandemic Fueled by Global Indifference

Sam So, MD, FACP

Stanford University School of Medicine

Hepatitis B infection is endemic in many parts of the world, leading to significant mortality due to progression to liver cancer and cirrhosis without the appropriate treatment. The current situation is a result of the failure to capitalize on knowledge gains in the past decades such as the development of a vaccine, and causes workplace and school discrimination in many countries. Current efforts to eliminate HBV globally is being approached from all sides, with various cities and community organizations working together to provide education and vaccinations in the U.S. and abroad, advocacy to end workplace and school discrimination, and efforts to increase awareness among U.S. lawmakers. Next year will be an exciting year for HBV efforts, with an IOM report due out in January, the Liver Cancer bill introduced in the House, and discussion of the subject by the WHO for the first time since the 1990s.



## Session 3

### Challenges & Opportunities: The Nation's Fight Against Hepatitis B

Corinna Dan, RN, MPH

Policy Fellow

Association of Asian Pacific Community Health Organizations (AAPCHO)

Corinna Dan, a public health trained RN, is currently an AAPCHO/CAPAC (Assoc. of Asian Pacific Community Health Organization and Congressional Asian Pacific American Caucus) Hepatitis B fellow. Her mission has been to catalyze Hepatitis B awareness and screening at the national level by mobilizing key stakeholders like the CDC, NIH, and community organizations. While the movement has made great strides (Hepatitis B was brought to the attention and commented on by the President for the 1<sup>st</sup> time!), several obstacles still stand in the way of Hep B eradication: lack of awareness (general population, Capitol Hill, and even physicians), denial (from stigma and false sense of health when asymptomatic), and the disparate lack of funding for screening initiatives. The government has yet to understand the urgency and significance of Hep B, demonstrated by the fact that only 18 million dollars are allocated for Hep B initiatives, compared to 600+ million for HIV. Estimates suggest that Hep B costs the US 1 billion/yr. to treat, grossly disproportionate compared to the cheaper screening and vaccination paradigm.

Current efforts, including CDC immunizations, Office of Minority Health, NIH Hep B Consensus Conference, remain underfunded and lack standardized guidelines. In summary, while science has created a cost and health-effective vaccine, there is yet much to do in the realm of advocacy, policy, and awareness.

How to respond to these challenges:

-Action Alert: House Bill 3974 Viral Hepatitis and Liver Cancer Prevention Act 2009-

-Generate Awareness an Understanding: “World Hepatitis Day” May 19, 2010 & Hepatitis Awareness Month May 20



## Informal Lunch Discussions:

| <b>Discussionist</b>           | <b>Location</b>   |
|--------------------------------|---|
| <i>Steven Han, MD, AGAF</i>    | <i>Associate Clinical Professor of Medicine and Surgery<br/>David Geffen School of Medicine at UCLA</i>   |
| <i>Alexander Kuo, MD</i>       | <i>Assistant Clinical Professor of Medicine<br/>Medical Director, Hepatology<br/>Acting Medical Director, Liver Transplant Program at UCSD Medical Center</i> |
| <i>Joseph Lim, MD</i>          | <i>Assistant Professor of Medicine at Yale University School of Medicine<br/>Director of Yale Viral Hepatitis Program</i>                                     |
| <i>Naok Tsai, MD</i>           | <i>Director of Liver Center, Hawaii Medical Center</i>  |
| <i>Paul Kwo, MD,</i>           | <i>Associate Professor of Medicine, Indiana University School of Medicine</i>   |
| <i>Daryl Lau, MD, MSc, MPH</i> | <i>Associate Professor of Medicine, Director of Translational Liver Research<br/>Harvard Medical Center</i>   |
| <i>Raymond Chung, MD</i>       | <i>Associate Professor of Medicine, Harvard Medical School<br/>Director of Hepatology and Liver Transplant, Massachusetts General Hospital</i>                |
| <i>Han Conjeevaram, MD, MS</i> | <i>Associate Professor of Medicine, Division of Gastroenterology, University of Michigan</i>  |
| <i>Ray Kim, MD</i>             | <i>Associate Professor of Medicine, Mayo Clinic</i>   |
| <i>Albert Min, MD</i>          | <i>Professor of Clinical Medicine, Director of Hepatitis Research<br/>Division of Digestive Diseases, Beth Israel Medical Center</i>                          |
| <i>Raj Reddy, MD</i>           | <i>Professor of Medicine: Director of Hepatology<br/>Medical Director of Liver Transplantation</i>  |
| <i>Kyong-Mi Chang, MD</i>      | <i>Associate Professor GI Division, Department of Medicine, University of Pennsylvania</i>  |

## Session 4:

### Afternoon Visit to Association of American Study of Liver Diseases (AASLD)

All conference attendees were able to visit a poster session and/or a lecture on hepato-cellular carcinoma at the AASLD Conference due to the generosity of Dr. Anna Lok and the AASLD Conference Organizers, particularly Ms. Patricia McFadden.



## Session 5:

### Chapter Presentation: Hepatitis B Initiatives

Anita Chong, Feng Li, and Stephanie Tang  
Ohio State University Medical College

The chapter at Ohio State University Medical College started “Train the Trainer” program in summer, 2008. They invite different cultural community leaders (religious or non-religious) and educate them to do more screenings in their communities. They also give presentations to communities with general information on causes of hepatitis, epidemiology, etc.

They have at least two screenings held per year for high-risk populations. So far, they’ve had three screenings at Asian Health Fair, Asian Festival, and Chinese Restaurant Workers with the average outcome around 15% positive. After the screening, the participants receive through mail: letter describing results, translated brochures, and vaccination vouchers for their family members.

They cooperate with OSU Division of Gastroenterology, Asian Free Clinic in Columbus, Asian American Community Services, and OSU Reference Lab, which provide translators and lab work needed to screen for hepatitis B. Some of the challenges they have had are application to drug assistance programs and appropriate follow-up care. Some of their funding sources include Alumni Society Grants (year round), Pharmaceutical grants, National APAMSA grants, community grants, donations, and fundraising events (dodge ball tournament). They publicize their screens by making posters and posting them on the newspaper or around restaurants or through the community leaders. They are planning to implement evaluations from participants.

### Closing remarks

*Sam Li, University of Texas Houston*

*Shelly Choo, Johns Hopkins School of Medicine*

It is critical to follow up with the patients if they are tested positive from hepatitis B screenings. They need to have their primary doctors to monitor them. APAMSA conference is to motivate leaders from each school and have them share with their classmates. When you go back to your school, motivate your classmates (Asian or non-Asian) and share with your chapter members what you have learned at the conference. APAMSA is to help medical students learn how to treat Asian patients.

Come up with detailed plans for what you want to accomplish in your community regarding hepatitis B. Help APAMSA come up with “industry-smart” plans with your own input. Transition from one generation of leaders to the next has always been a big issue for APAMSA. Each chapter should make efforts to pass down all the

knowledge to the next generation by setting up a systemic structure, rather than making it informal.

**APAMSA Hepatitis B Chapter of the Year & Jade Ribbon Chapter Award:**  
Jefferson Medical College,  
Philadelphia Pennsylvania



# Appendix 1: Program Agenda

THE ASIAN PACIFIC AMERICAN  
MEDICAL STUDENT ASSOCIATION  
WELCOMES YOU TO THE

**Hep B**  
Help Beat this cycle.

4th Annual Hepatitis B  
Conference  
Boston, MA  
October 31st, 2009




\*Please note agendas are subject to change; every effort will be made to keep sessions and associated times as they appear.

## program agenda

|                  |  |
|------------------|--|
| 8:15 - 8:45 AM   | Registration/Breakfast   |
| 8:45 - 9:00 AM   | Welcome: Shelly Choo, APAMSA President   |
| 9:00 - 10:00 AM  | Anna Lok, M.D., F.R.C.P. (University of Michigan)                                    |
| 10:00 - 11:00 AM | Sam So, M.D. (Stanford University)   |
| 11:00 - 12:00 PM | Corinna Dan, RN, MPH<br>(HepB Policy Fellow, AAPCHO)                                 |
| 12:00 - 1:30 PM  | Lunch and Breakout Sessions  |
| 1:30 - 3:30 PM   | Concurrent Session 1: Visit to AASLD<br>Concurrent Session 2: HepB Guide Focal Group |
| 3:30 - 4:15 PM   | Closing: Shelly Choo, APAMSA President<br>Sam Li, APAMSA Hep B Director              |

## speakers



Anna Lok, M.D.  
University of  
Michigan  
Medical Center



Sam So, M.D.  
Stanford  
University/  
Asian Liver Center  
Director



Corinna Dan, RN, MPH  
Asian Pacific  
Community Health  
Organizations,  
Hepatitis B Fellow

## breakout sessions

**Steven Han, M.D., A.G.A.F.**  
Associate Clinical Professor of Medicine and Surgery at the David  
Geffen School of Medicine at UCLA

**Alexander Kuo, M.D.**  
Assistant Clinical Professor of Medicine; Medical Director,  
Hepatology; Acting Medical Director, Liver Transplant  
Program at UCSD Medical Center

**Joseph Lim, M.D.**  
Assistant Professor of Medicine at Yale University School of  
Medicine, Director of Yale Viral Hepatitis Program

**Naoky Tsai, M.D.,**  
Director of Liver Center, Hawaii Medical Center

**Paul Kwo, M.D.**  
Associate Professor of Medicine, Indiana University  
School of Medicine

**Daryl Lau, M.D., M.Sc., M.P.H.**  
Associate Professor of Medicine, Director of Translational  
Liver Research, Harvard Medical School

**Raymond Chung, M.D.**  
Associate Professor of Medicine, Harvard Medical School  
Director of Hepatology and Liver Transplant, Massachusetts  
General Hospital

**Hari Conjeevaram, M.D., M.S.**  
Associate Professor of Medicine, Division of Gastroenterology  
University of Michigan

**Ray Kim, M.D.**  
Associate Professor of Medicine, Mayo Clinic

**Albert Min, M.D.**  
Professor of Clinical Medicine, Director of Hepatitis Research  
Division of Digestive Diseases, Beth Israel Medical Center

**Raj Reddy, M.D.**  
Professor of Medicine, Penn, Director of Hepatology  
Medical Director of Liver Transplantation

**Kyong-Mi Chang, M.D.**  
Associate Professor GI Division, Department of Medicine,  
UPENN, Pennsylvania

## thank you sponsors!



and the  
Hilton Boston  
Back Bay  
40 Dalton Street,  
Boston MA

\*Funding to host this conference  
received from independent educational,  
healthcare, or community health initiative  
grants from the listed organizations.

The Asian Pacific American Medical  
Student Association would like to  
thank you for being a part of the 4th  
Annual Hepatitis B Conference.

- Conference Organizers

Shelly Choo  
Sam Li  
Tristen Chun  
John Pham

## Appendix 2: Hepatitis B Conference Attendees

| Name               | School                  | Graduation Year | E-mail                       |
|--------------------|-------------------------|-----------------|------------------------------|
| May Kong           | Albert Einstein         | 2012            | mkong@aecom.yu.edu           |
| Carol Cao          | Albert Einstein         | 2011            | carolyc@gmail.com            |
| Brian Yuen         | Albert Einstein         | 2013            | byuen@aecom.yu.edu           |
| Danny Nhan         | Albert Einstein         | 2013            | dnhan@aecom.yu.edu           |
| Elaine Chang       | Baylor                  | 2012            | elaine2.72@gmail.com         |
| Peter Koon         | Baylor                  | 2011            | peterkoon24@gmail.com        |
| Chueh Lien (Julia) | Brandeis University     | 2010            | clien@brandeis.edu           |
| Cindy Kim          | BU SOM                  | 2012            | cindykim@bu.edu              |
| Tristen Chun       | BU SOM                  | 2011            | tristen.chun@gmail.com       |
| Elinor Zhou        | Columbia                | 2013            | zhou.elinor@gmail.com        |
| Nasen Zhang        | Columbia                | 2012            | nz2167@columbia.edu          |
| Nayoung Yi         | Columbia                | 2013            | ny2183@columbia.edu          |
| Michele Lee        | Columbia                | 2013            | michele.lee@post.harvard.edu |
| Victoria Kim       | Duke                    | 2011            | victoriامي@gmail.com         |
| Rachelle Rebong    | Duke                    | 2011            | rachelle.rebong@gmail.com    |
| Francis Deng       | Harvard College         | 2010            | fdeng@fas.harvard.edu        |
| Frank Chen         | Harvard College         | 2010            | fwchen@fas.harvard.edu       |
| Jenny X. Chen      | Harvard College         | 2010            | chen18@fas.harvard.edu       |
| Kate Xie           | Harvard College         | 2010            | katexie@fas.harvard.edu      |
| Daniel Kim         | Harvard College         | 2010            | dkim@college.harvard.edu     |
| David Yang         | Harvard College         | 2010            | ddyang@college.harvard.edu   |
| Ada Lio            | Harvard College         | 2010            | lio@fas.harvard.edu          |
| Huy Nguyen         | Harvard College         | 2010            | hnguyen@fas.harvard.edu      |
| Wendy Ying         | Harvard College         | 2010            | wying@fas.harvard.edu        |
| Allen Ho           | Harvard Med             | 2012            | Allen_Ho@hms.harvard.edu     |
| Qian Yang          | Harvard Med             | 2012            | Qian_yang@hms.harvard.edu    |
| Timothy Yiu        | Harvard Med             | 2012            | Timothy_yiu@hms.harvard.edu  |
| Andrew Sun         | Harvard Med             | 2012            | Andrew_sun@hms.harvard.edu   |
| Bao Truong         | Harvard Med             | 2012            | Bao_truong@hms.harvard.edu   |
| Wataru Ebina       | Harvard Med             | 2012            | Wataru_ebina@hms.harvard.edu |
| Ran Liang          | Harvard Med             | 2012            | Ran_liang@hms.harvard.edu    |
| Sean Wu, MD        | Harvard Medical Faculty |                 | SMWU@partners.org            |

|                  |                             |           |   |
|------------------|-----------------------------|-----------|---|
| Dung Nguyen      | Jefferson                   | 2012      | todungn@gmail.com                       |
| Albert Bui       | Jefferson                   | 2012      | Albert.Bui@jefferson.edu                |
| Siyi Zhang       | Jefferson                   | 2012      | Siyi.Zhang@jefferson.edu                |
| Jaeyoon Chung    | Jefferson                   | 2012      | Jaeyoon.Chung@jefferson.edu             |
| Bing Shiu        | Jefferson                   | 2012      | Bing.Shue@jefferson.edu                 |
| Kathleen Wang    | Jefferson                   | 2012      | Kathleen.Wang@jefferson.edu             |
| Aaron Yung       | Jefferson                   | 2012      | Aaron.Yung@jefferson.edu                |
| Nance Yuan       | Johns Hopkins               | 2012      | coout@yahoo.com                         |
| June Peng        | Johns Hopkins               | 2012      | jpeng@jhmi.edu                          |
| Shelly Choo      | Johns Hopkins               | 2011      | shelly@jhmi.edu                         |
| Allison Kwong    | Mount Sinai                 | 2012-2013 | allison.kwong@gmail.com                 |
| Wei He           | Mount Sinai                 | 2012-2013 | m3moire@gmail.com                       |
| Kim Chiang       | Northwestern                | 2012      | kim.f.chiang@gmail.com                  |
| Anita Chong      | Ohio State                  | 2012      | Anita.chong@osumc.edu                   |
| Stephanie Tang   | Ohio State                  | 2012      | stephsitang@gmail.com                   |
| Feng/Jimmy Li    | Ohio State                  | 2012      | feng.li@osumc.edu                       |
| Solina Tith      | Oregon Health and Science U | 2011      | solina.tith@gmail.com                   |
| Anne Liu         | Stanford                    | 2013      | anneliu9@stanford.edu                   |
| Clark Zhang      | Stanford                    | 2014      | clark.x.zhang@gmail.com                 |
| Kathe Supavong   | Texas COM                   | 2011      | supavong@gmail.com                      |
| Tram Tran        | Texas COM                   | 2011      | ttran@hsc.unt.edu                       |
| Connie Huang     | Temple                      | 2013      | tuc33631@temple.edu                     |
| Kent Cabatingan  | Toledo                      | 2013      | Kent.Cabatingan@rockets.utol<br>edo.edu |
| Juan Hernandez   | U of Arizona                | 2010      | juanhl@email.arizona.edu                |
| Vanessa Tang     | U of Arizona                | 2013      | vjtang@email.arizona.edu                |
| Charlie Lee      | U of Michigan               | 2013      | clee0217@gmail.com                      |
| Yushen Qian      | U of Michigan               | 2013      | yushenq@gmail.com                       |
| John Pham        | U of Toledo                 | 2011      | John.Pham@utoledo.edu                   |
| Michael Zhang    | U of Washington             | 2013      | myzhang@u.washington.edu                |
| Olivia Twu       | UCLA                        | 2012      | oliviatwu@gmail.com                     |
| Paul Nguyenfa    | UCLA                        | 2013      | pnguyenfa@gmail.com                     |
| Zachary Sun      | UCLA                        | 2017      | zachary.sun@gmail.com                   |
| Esther Nie       | UCLA                        | 2013      | esther.nie@yale.edu                     |
| Roland Palvolgyi | UCLA                        | 2013      | roland.palvolgyi@gmail.com              |
| Tony Hung        | UCLA                        | 2012      | tonyhung21186@yahoo.com                 |
| Steven Lau       | UCSD                        | 2013      | s.k.m.lau@gmail.com                     |
| Kevin Phan       | UCSD                        | 2013      | kevinphan87@gmail.com                   |
| Leslie Sheu      | UCSF                        | 2012      | Leslie.Sheu@ucsf.edu                    |

|                   |              |      |                               |
|-------------------|--------------|------|-------------------------------|
| David Tseng       | UCSF         | 2013 | david.tseng@ucsf.edu          |
| Edward Len        | UMDNJ        | 2012 | lenek@umdnj.edu               |
| Lucy Gong         | USC Keck     | 2013 | lgong@usc.edu                 |
| Franchesca Hwang  | USC Keck     | 2013 | franchesca.hwang@gmail.com    |
| Andrea Lu         | USC Keck     | 2013 | andrealu@usc.edu              |
| Stephanie Tran    | UT Houston   | 2011 | Stephanie.F.Tran@uth.tmc.edu  |
| Sam Li            | UT Houston   | 2011 | utsamli@gmail.com             |
| Emory Hsu         | Vanderbilt   | 2012 | emory.l.hsu@Vanderbilt.Edu    |
| Van Thomas Nguyen | Vanderbilt   | 2013 | van.t.nguyen.1@vanderbilt.edu |
| Ellen Chang       | Washington U | 2013 | change@wusm.wustl.edu         |
| David Ying        | Washington U | 2013 | david.ying@gmail.com          |
| Carllin Man       | Wayne State  | 2012 | ichbin.cman@gmail.com         |
| Jonathan Fu       | Yale         | 2012 | jonathan.fu@yale.edu          |
| Timothy Law       | Yale         | 2013 | timothy.law@yale.edu          |
| Bingnan Zhang     | Yale         | 2013 | bingnan.zhang@yale.edu        |

### Appendix 3: Conference Organizers

Shelly Choo, Baltimore, MD  
Sam Li, Houston, TX  
Tristen Chun, Boston, MD

## Appendix 4: APAMSA Chapter Hepatitis B Events

### **Educational Events**

Temple University  
Oregon Health & Sciences University  
University of Pittsburgh School of Medicine  
Philadelphia College of Medicine  
Tufts University School of Medicine  
Boston University School of Medicine  
Jefferson Medical College  
Johns Hopkins School of Medicine  
University of Toledo College of Medicine  
David Geffen School of Medicine at UCLA  
David Geffen School of Medicine at UCLA- Pre- med  
Northwestern School of Medicine  
Rosalind Franklin University of Medicine and Science  
UCSF  
UCI  
Medical College of Wisconsin  
Stanford School of Medicine  
Saint Louis University School of Medicine  
Keck School of Medicine, University of Southern California  
Baylor College of Medicine

### **Screening**

University of Pennsylvania  
Mount Sinai School of Medicine  
New York Medical College  
NYU School of Medicine  
University of Pittsburgh School of Medicine  
Jefferson Medical College  
David Geffen School of Medicine at UCLA  
David Geffen School of Medicine at UCLA- Pre- med  
Northwestern School of Medicine  
Rosalind Franklin University of Medicine and Science  
UCSF  
UCI  
Medical College of Wisconsin  
Stanford School of Medicine  
Saint Louis University School of Medicine  
Keck School of Medicine, University of Southern California  
Baylor College of Medicine