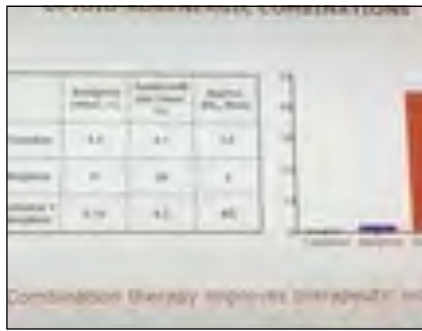
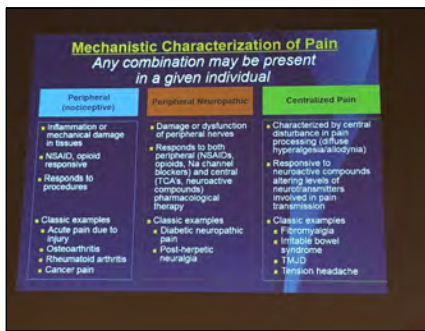

A report of IASP World Pain Congress 2016

September 26-30, 2016

Dr Kristie Tsang

Attracted more than 4400 participants from all over the world, the 16th World Congress of Pain in Yokohama, Japan, was the first time that IASP held a congress in Asia. There were 8 plenary sessions, more than 70 workshops/symposia and more than 1500 poster presentations. Whether you are a researcher looking for breakthrough results, a clinician focusing on updated knowledge or a trainee just entering the pain management field, you would be satisfied.





The first plenary session “Individual Difference in Pain: Understanding the Mosaic that Makes Pain Personal” was presented by Distinguished Professor Roger Fillingim from the University of Florida. The pain experience is complex and sculpted by dynamic interactions among multiple biological and psychosocial factors. These biopsychosocial influences produce robust inter-individual differences in responses to pain and its treatment. Numerous individual difference variables such as sex, race, age, genetic factors, can interact with each other to affect pain responses. Professor John Cryan from Ireland discussed disturbance of the microbiota early in life inducing enduring effects on pain response which have key implications for developing novel therapies for disorders of the brain-gut axis such as irritable bowel syndrome. Dr Emeran Mayer speculated that alternations in the gut microbiome may play a pathological role in human brain diseases, including autism spectrum disorder, anxiety, depression and chronic pain. Ongoing studies of the gut microbiome and brain imaging studies looking at the effect of gut microbiome modulation on brain response to emotion-related stimuli are seeking to validate these speculations.

Each Congress badge contained a radio frequency identification (RFID) chip, and the specially-marked scanning towers positioned outside session rooms tracked attendance. At the end of the congress, delegates can download a report of continuing education credit. The conference offered simultaneous translation for Japanese delegates who attended Refresher Courses and Plenary Lectures. It also offered Japanese summer kimono for rent by the delegates to wear during the Welcome Reception. What a Japanese touch!

I am very happy to catch up with my former colleagues in the meeting and enjoyed sightseeing in Yokohama . In the Cup Noodles Museum, you can mix and match various soups and ingredients in a cup designed by you, to make your very own cup noodles.

Yokohama Chinatown is the largest chinatown in Japan, where there are more than 500 Chinese restaurants and shops. The foods in Japan are so “Oishii” - means delicious in Japanese! Looking forwards to join the IASP World Pain Congress again!

