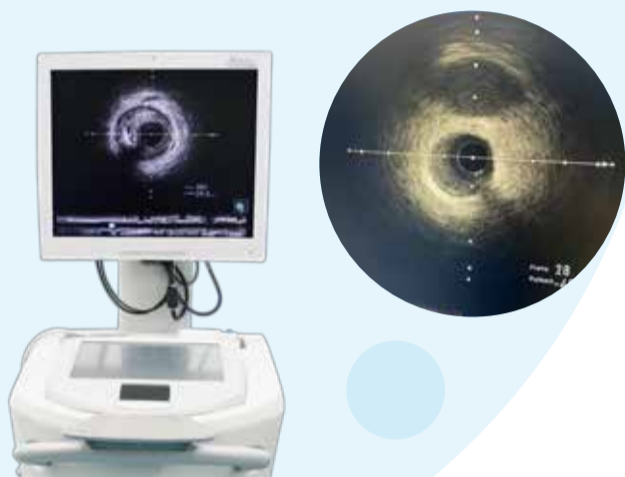


# What's up, Doc?

No.7 - September/ 2020

## FV HOSPITAL PROVIDES FINANCIAL SUPPORT TO CARDIOVASCULAR

Intervention Patients For Intravascular Ultrasounds  
Until 30/10/2020



From now until the end of October 30th, 2020, FV Hospital has launched a programme to cover the costs of Intravascular Ultrasounds (IVUS), worth up to 50 million VND, for the first eight patients who are advised to and agree to undergo a cardiovascular intervention within FV Hospital's own Cathlab. The Intravascular Ultrasound (IVUS) at FV uses a very small ultrasound probe, about 1 mm, to produce HD quality images. It is inserted into the lumen of the coronary artery, to the damaged location to help the doctor assess the condition of the patient's coronary from the inside. When compared to other ultrasound methods and conventional coronary angiography, IVUS has numerous advantages:

- Diagnoses accurately the position, diameter and the length of coronary artery injury.
- Supports in choosing appropriate treatment for coronary artery injuries.
- Optimizes the results of a coronary angioplasty.
- Reduces the risk of thrombosis in stents.
- Reduces re-narrowing after intervention and the rate of mortality due to coronary artery disease.
- Reduces the long-term treatment fee for patients.

*\* Please note: This programme may end before the announced end date if the programme receives its maximum number of patients who fulfil the criteria beforehand*



For more information about the programme and to book an appointment with cardiovascular doctors, please contact: **028 5411 34 67**

## FV'S DIETETICS & NUTRITION UNIT

# SUPPORT PATIENTS TO HELP THEM RECOVER FASTER

FV's Dietetics & Nutrition Unit provides nutritional consultation and examination services that are suitable to each patient's specific disease or condition. Through the research and analysis of the nutrition, such services are able to support patients recover quicker, maintain healthy activities and control their body weight. Nutritional specialists are able to give comprehensive instructions for patients to set meal plans, choose an appropriate menu, select food, keep track of calories through calculating, as well as provide knowledge about different groups of food.



### Nutrition consultation for outpatients

• Setting a meal plan can help patients in a number of ways, such as: lose weight, avoid the risk of obesity, malnutrition or lack of nutrients for children and adults. They can also support; sedentary people, people who want to do physical activities and athletes; people who are elderly, pregnant or lactating women; those who have cancer or other chronic diseases such as, diabetes, cardiovascular problems, high blood pressure, kidney failure, malnutrition, food allergies, anorexia or have problems with their digestive system, blood fat, among others

### Nutritional care for inpatients

For hospitalized patients, based on the kind of disease, nutritional specialists of FV Hospital will monitor, adjust and apply appropriate diets for patients who have special nutrition needs or are required to diet to recover quickly.



To book an appointment with Dr Nguyen Viet Quynh Thu, Head of FV's Dietetics & Nutrition Unit, please contact: **(028) 54 11 33 33, ext 1419**



**Dr Nguyen Viet Quynh Thu** has over 15 years of experience in the nutrition sector for internal medicine, and currently now works as the Head of Dietetics & Nutrition Unit of FV Hospital. In addition to the role of the doctor, Dr Thu also organizes and teaches many training courses about Nutrition for medical staff, participating in setting up nutritional treatment forms and regimens in hospitals. Dr Quynh Thu also actively communicates and educates about nutrition through patient clubs and communities, takes part in television programmes on nutritional consultation, and writes articles on nutrition topics.

## SUCCESSFUL TREATMENT FOR PATIENT WHO LOST THE FUNCTION OF SMELL DUE TO LONG TERM SINUSITIS

Patient N.V.T., a 46-year-old man from Ho Chi Minh City, had suffered from multiple sinusitis conditions for many years and recently lost his ability to smell..

Although the patient had been examined at many hospitals, his condition did not improve. Moreover, his disease had severely worsened, causing him to lose his sense of smell. After undergoing an examination with Dr Nguyen Truong Khuong, Head of ORL Department at FV Hospital, it was diagnosed that the reasoning behind the patient losing his ability to smell was because of his number 01 nerve was pinched due to his sinusitis and nasal polyps conditions. Dr Khuong recommended that the best course of action to treat the condition was to undergo surgery.

Having suffered with the condition for eight years, Mr N.V.T. agreed and decided to undergo the surgical procedure. The patient went under anaesthesia and underwent surgery through an endoscopic method. As the patient had polyps growing in his nose, Dr Nguyen Truong Khuong used a polyp cutter before beginning surgery on the patient's jaw, frontal sinus, sinus and sieved sinus to treat the patient's sinusitis. After two hours, the operation was deemed to be a success. After the procedure, the patient's symptoms improved significantly. With now unblocked nasal passages, the patient no longer suffered from headaches and was able to smell again.

According to Dr Nguyen Truong Khuong, "In the case of Mr N.V.T., the cause of the loss of ability to smell was due to chronic multiple sinusitis, causing nasal polyps, and compressing the olfactory nerve function, leading to loss of smell and an unimproved sinusitis. This also made the patient feel he was suffering from a headache and stuffy nose. Although the disorder did not seriously affect the patient's health, it affected his daily life and as a result reduced his quality of life. Therefore, in such circumstances where using medicine for treatment does not work, surgery is deemed the optimal solution".



To book an appointment with Dr Nguyen Truong Khuong, Head of ORL of FV Hospital, please contact: **(028) 54 11 33 33, ext 7711**



## FV HOSPITAL WARMLY WELCOMES DR PHAM MANH TUAN TO INTERNAL MEDICINE DEPARTMENT

Dr Pham Manh Tuan graduated from Pham Ngoc Thach University of Medicine in 2009, and obtained a Specialisation Level I Degree in Haematology & Blood Transfusion from the same university in 2017. Moreover, Dr Pham Manh Tuan has also participated in many advanced training courses for Paediatric Haematology and Oncology in the USA and France.

With over 10 years of experience in the field of Haematology, Dr Pham Manh Tuan is highly recognised in the clinical field of acute leukaemia, thrombocytopenia and polycythaemia vera. Over this time, he has provided for numerous successful treatments for many patients, bringing them a better quality of life.

Dr Pham Manh Tuan worked in the Haematology Department at the Blood Transfusion and Haematology Hospital, Ho Chi Minh City, from 2010 to 2020. In September, 2020, Dr Pham Manh Tuan joined FV Hospital working within the Haematology Unit of the Internal Medicine Department. We wish Dr Manh Tuan all the best in supporting the Internal Medicine Department and in bringing many new and effective treatment methods for our patients.



To book an appointment with Dr Pham Manh Tuan, Internal Medicine, FV Hospital, please contact: **(028) 54 11 33 33, ext 1419**

## FV HOSPITAL TREATS

### HELICOBACTER PYLORI CONDITION WHICH RESISTS MEDICINE

Ms.P, a 53-year-old patient, had been suffering from gastritis inflammation which had resisted any medical treatment. The patient's disease was caused by Helicobacter pylori bacteria (H.pylori) and thanks to the support of Dr Le Thi Thanh Truc, Gastroenterology & Hepatology Department, FV Hospital, the patient recovered from her condition through following an antibiotic graph. Before visiting FV's Gastroenterology & Hepatology Department, Ms.P was diagnosed with a H.pylory infection which caused medicine-resistance. She was subsequently treated at many hospitals, however had no success. When Dr Thanh Truc made a clinical examination, she administered gastroscopy combined with a biopsy of the bacteria. This was designed to determine the sensitivity and resistance to antibiotics of the bacteria to choose the appropriate medicine for treatment.

Based on the antibiotic graph, it was fortunately found that Ms.P was still sensitive to three antibiotics and as a result, Dr Truc established a 4-medicine treatment regimen with two antibiotics. After four weeks of treatment, Ms. P was found to be negative of H.pylori following a breathing test.

Dr Le Thi Thanh Truc shared that H.pylori bacteria, which causes medicine resistance, is very difficult for treatment. Without the proper methods and the compliance of the patient, the bacteria can "neutralize" all antibiotics and mucosa living in the gastric region. This is the reason for ulcers as well as stomach cancer. The case of Ms.P was particularly unique as she had a background disease of glomerular damage, due to nephrotic syndrome, so the use of antibiotics had to be used very carefully. The antibiotics had to be an effective treatment for the gastro issues yet not cause any nephrotoxicity. In addition, Ms.P also had an allergy to certain medicines, so the doctors were required to choose suitable antibiotics carefully, give correct instructions for ensuring good nutrition and encourage the patient not to over worry over the treatment



To book an appointment with Dr Le Thi Thanh Truc, Gastroenterology & Hepatology Department of FV Hospital, please contact: **(028) 54 11 33 33, ext 1234**