

# What's up, Doc?

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## FV HOSPITAL APPLIES PLATELET-RICH PLASMA (PRP) TO TREAT JOINT DISEASE



To offer shorter, painless treatment without any side effects, FVH is using the US-made Arthrex Double Syringe System to apply platelet-rich plasma (PRP) in the treatment of joint injuries. This method is also known as biological orthopaedics, combining advanced technology and the human body's natural healing ability.

The biological effects of PRP on tissue renewal are significant, with published works indicating that platelet-rich plasma offers excellent pain relief in the treated area.

PRP has become a recommended method of treatment for arthritis and skin diseases due to a number of advantages:

- No side effects
- Increases soft tissue and bone regeneration
- Supports angiogenesis (the development of new blood vessels)
- Increases collagen synthesis and skin rejuvenation
- Increases blood coagulation (decreasing surgery-related bleeding)
- Reduces the negative impacts of glucocorticoids on healing (glucocorticoids can cause rupturing of wounds along surgical incisions, increase the risk of wound infection, and delay healing of open wounds)

## DR PHAN VAN THAI IS APPOINTED ACTING HEAD OF FV'S GENERAL SURGICAL DEPARTMENT

Dr Phan Van Thai graduated from Hue University of Medicine in 1998, obtained Specialist Level 1 Degree at Hue University of Medicine in 2011 and the Specialist Level 2 Degree at HCMC University of Medicine in 2014.



From May, 2018, Dr Phan Van Thai has acted as the head of the General Surgical Department. Since his first days working at FVH, Dr Phan Van Thai has been recognised by the hospital's directors' board, management board, patients and colleagues for his numerous talents as a physician and medical ethics.

During his 15 years with FVH, he has become known as a skillful, devoted surgeon who can perform specialised techniques such as colorectal surgery, liver surgery, gastrointestinal endoscopic surgery, pancreatic surgery and thyroid surgery.

- Reduces risk of infection by increasing the white blood cell count
- Assists early wound closure and rapid healing of scars
- Reduces the risk of infection as PRP is extracted from the patient's own blood.

PRP therapy is very effective in the treatment of arthropathy (joint disease), especially in cases of joint degeneration and trauma. It helps to alleviate pain, increase mobility and reduce the threat of stroke during treatment. By offering this new approach, FV Hospital hopes that more patients suffering from joint problems can enjoy living pain-free at an affordable cost.

## FVH SUCCESSFULLY PERFORMS NARROWED ARTERY INTERVENTION ON A 78-YEAR-OLD FEMALE PATIENT

Recently, FVH's Cardiovascular Department admitted Nguyen Thi Ky, 78, with chest pain and shortness of breath. The patient underwent electrocardiogram and echocardiography. The results showed that she was suffering from myocardial ischemia, heart muscle contractions and suspected narrowing of the coronary arteries (heart blood vessels). Immediately, Ms Thi Ky was assigned an emergency coronary artery surgery.

Her tests revealed that the narrowing was severe - the capacity of her coronary artery had shrunk by 80 per cent. Dr Do Thanh Long and Dr Huynh Ngoc Long performed a cardiovascular intervention operation, placing a drug-coated stent at the narrowed artery during a 45-minute procedure.

Ms Ky's condition improved and she was discharged from hospital two days following surgery. Ky still has had frequent examinations at FVH and no longer experiences chest pain. Her blood pressure is now stable.

According to Dr Do Thanh Long, without timely intervention, the narrowed artery can be clogged, leading to heart attack and even death. FVH launches its international-standard \$1.6 billion Cathlab Heart Intervention Centre. This new Cathlab improves FV's patient capacity and the quality of diagnosis and treatment of cardiovascular-related diseases.

The Cathlab's multifunctional features can be applied to the Cardiology Department, Blood Vessel Department, Cancer departments and other departments related to image diagnostics.

Dr **Do Thanh Long** graduated from Can Tho University of Medicine in 2001 and obtained a Geriatrics Specialist Level 1 at HCMC University of Medicine in 2006. Dr Do Thanh Long has also completed advanced training courses in cardiovascular care, echocardiography, resuscitation and cardiology interventions. With 20 years of experience and expertise in ischemic heart disease, heart failure, echocardiography and cardiovascular interventions, Dr Thanh Long joined FVH in 2017 and became a senior doctor the hospital's Cardiovascular Department.



# FVH APPLIES URODYNAMICS SOLUTIONS IN DIAGNOSING URINARY DISEASES

Uroynamics, the study of how the bladder and urethra are performing, is a modern measurement system that enables accurate evaluation of urinary dysfunctions, helping doctors to diagnose diseases and offer treatment with an improved success rate.



FVH's urodynamic measurement system Aquarius LT Laborie 2017 offers six types of measurement: uroflowmetry, bladder pressure, electrocardiogram of the perineal region, urethral pressure, leak point pressure and the relation between pressure and urinary stream.

A cystometrogram (CMG) is used to evaluate the relation between pressure and volume of the bladder, bladder functions and pain. Urodynamic measurements are essential for doctors to diagnose urinary disorders. CMG is the only noninvasive urodynamic measurement. FVH's Urology Department is one of the few healthcare units in southern Vietnam to offer uroynamics by specialists.

FVH departments of Urology, Physical Therapy and Obstetrics and Gynaecology cooperate to treat pelvic floor disorders including frequent urination, urinary urgency, urinary incontinence, bowel incontinence, pelvic floor drops, dyspareunia and pelvic floor pain with experienced doctors such as Nguyen Van Nhan from France and Nguyen Thi Vinh Thanh, head of FV's Department of Obstetrics and Gynaecology.

At FVH, innovative medical and surgical treatments are indicated according to each patient's condition. Medical therapies may include the patient making behavioural changes, doing basic exercises and the insertion of a pessary.

Surgical treatments for urinary incontinence due to pressure in women include transobturator tape (TOT) and tension-free vaginal tape (TVT) sling procedures, both modern surgical methods applied widely in the US and Europe.

FVH also offers physical therapy through exercises and the use of equipment, helping patients to restore their body composition after pregnancy to maximise the efficacy of treatment for female pelvic floor disorders.

From July 10 to August 24, 2018, Dr Nguyen Van Nhan, a uroynamics expert from France, will offer consultations and treatments at FV Hospital's Urology Department.



Dr Nguyen Van Nha is the head of the Urology Department at CMUDD Grenoble Hospital, France, and was awarded a national medal by the French Minister of Health for his contributions to France's medical sector.

Dr Nhan has worked on more than 20,000 cases of uroynamics in France and is an expert in diagnosing urinary incontinence, a disorder occurring in children and adults, men and women. Urinary incontinence is most common in women aged 50 to 55 as a result of earlier pregnancies and hormonal changes during menopause that weaken the pelvic floor and supporting organs, making the urethral sphincter unable to close completely.

To make an appointment with **Dr Nguyen Van Nhan**, contact FVH Urology Department at **(028) 5411 3333** - ext **1032**

To make an appointment with **Dr Nguyen Thi Vinh Thanh**, contact FVH Department of Obstetrics and Gynaecology at **(028) 5411 3333** - ext **6000**



## FVH COLLABORATES WITH DR DONALD TAN A WORLD-LEADING CORNEAL SPECIALIST FROM SINGAPORE

From July 5 to July 8, 2018, Dr Donald Tan, former president of the Cornea Society, will offer corneal consultations and transplantations at FV Hospital's Ophthalmology Department. Dr Donald Tan is recognised among the world's leading specialists in eyes treatment. By applying advanced methods, such as anterior lamellar keratoplasty (when only the damaged cornea layers are replaced and healthy layers retained), he secures a treatment success rate of around 98 per cent, while complications are reduced and vision outcome is improved.

The corneas used at FV are imported from large cornea banks in the US and Singapore which are globally renowned for their high quality processes and techniques to preserve corneas. After transplantation, patients are cared for at FVH's Ophthalmology Department. Since his first corneal transplantation at FVH in May, 2016, Dr Tan has successfully treated more than 45 cases during his working trips to the hospital.

The collaboration between FVH and Dr Tan makes it possible for more patients to benefit from better eye sight, while helping them to save significantly on costs compared to seeking treatment overseas.

To make an appointment with Dr Donald Tan, please contact: **(08) 5411 3436**, ext **2000**.

## FVH PARTNER PROGRAMME

### Referral doctor

Doctors who are non - employed by FV hospital to refer patients for screening (imaging, laboratory), medical examination, appoint patients to treat at Internal Medicine, General Surgery or Oncology at FV

### External doctor

Doctors who are non- employed by FV hospital but have a right to nominate their patients to be admitted to FV and to use the facilities of the hospital to treat, operate or deliver their patient at FV