

What's up, Doc?

No.3 - April/ 2022



FV Hospital Officially Announces Ownership of THE AMERICAN CHIROPRACTIC CLINIC (ACC)

On 6th April 2022, FV Hospital held a ceremony to officially announce taking ownership of the American Chiropractic Clinic (ACC). This is the first milestone in new chapter of acquisitions for FV of the hospital's ongoing development and long-term growth strategy. As part of the change, Dr Jean Marcel Guillon, CEO of FV Hospital, assumes new responsibilities as President & Legal Representative of ACC.

ACC currently operates four clinics: two in Ho Chi Minh City, one in Hanoi and one in Da Nang City. Services offered by ACC include chiropractic, flat feet orthotics, treatment for scoliosis, sports injury prevention and treatment, manual therapy, physical therapy, and specialised rehabilitation, including stroke and pulmonary rehabilitation. ACC's team is comprised exclusively of overseas doctors from the U.S., New Zealand, France and Korea, all specialising in Chiropractic Practice.

With modern treatment methods, using a combination of Chiropractic and Rehabilitation physiotherapy exercises, the procedures at ACC not only address pain, but also restore the spinal structure damage, working towards the balance of the whole body. More than 95% of patients are completely cured thanks to modern treatment methods, featuring the following advantages:

- Benign method, no drugs, no surgery.
- Non-invasive conservative therapy, direct impact on the cause of pain.
- Treatment regimens individually designed for different degrees and conditions.
- Safe and suitable for the elderly, pregnant women or children.
- The most modern machinery and equipment system in Asia, contributing to speeding up the recovery.

After merging into FV, ACC will support many specialties of FV such as Orthopaedics, Neurosurgery, Paediatrics, Obstetrics and Gynaecology, Cardiology, Internal Medicine, Oncology, and Covid recovery. Additionally, FV and ACC will expand and develop new treatment services for patients, such as sports medicine to the athletes of Vietnam.

The acquisition of ACC is an expansion for FV into a new healthcare field that meets the diverse needs of patients' treatment, helping our patients have more choices in medical examination services and treatment. With ACC foundation, facilities and a brand that has been built for more than 15 years and was the first chiropractic clinics licensed by the Ministry of Health. ACC wishes to continue to expand providing high-quality therapeutic services that can reach more people in many provinces and cities across the country. By merging with FV, ACC also has access to further resources to develop and expand development.

Dr Jean Marcel Guillon shared, "ACC patients with spondylitis need to be treated first by specialists at FV to improve their condition, and then continue to receive rehabilitation therapy with doctors at ACC. Or, after treatment at FV, patients who need rehabilitation or chiropractic treatment to be effective will be referred to ACC, because FV does not perform these therapies while ACC has highly experienced doctors. Therefore, it can be affirmed that the above strategic merger and acquisition will help our community and patients receive comprehensive health care and many effective treatment options that meet international standards.



FV Hospital Applies

CARDIO-PULMONARY EXERCISE TESTING (CPET)

FOR EARLY DIAGNOSIS OF HEART AND RESPIRATORY DISEASE

Cardio-Pulmonary Exercise Testing (CPET) is a test that simultaneously evaluates the cardiovascular and respiratory systems during strenuous exercise, helping to detect cardiac abnormalities through measuring pulse and respiration, and is a tool to diagnose bronchospasm during exercise. The combination of respiratory and cardiovascular outcome data will also help doctors to provide a prognosis for patients, especially if they have heart and lung disease at the same time thus avoiding complications and dangerous conditions such as stroke, heart failure, etc.

Your doctor may order a cardiopulmonary stress test when:

- Evaluation of unexplained exercise intolerance
- Shortness of breath, when no specific cause can be determined from other laboratory test results
- Evaluation of patients with cardiovascular disease
- Evaluation of patients with respiratory diseases: chronic obstructive pulmonary disease, interstitial lung disease, peripheral artery disease, cystic fibrosis, exercise-induced bronchospasm and many other conditions.
- Preoperative assessment: lung cancer resection, lung volume reduction surgery, pre-implantation assessment or cardiopulmonary transplant, etc.
- Pulmonary rehabilitation exercise assessment
- Assessment of mobility

Not all patients with dyspnoea need to perform this test. However, if a normally healthy person encounters cardiovascular and respiratory problems during strenuous exercise, this test can be performed, especially for patients recovering from COVID-19 as it

can detect abnormalities earlier than ECG and respiratory function measurement at rest. This method can also be applied to people who want to play intense sports or need to increase mobility.

The process of performing the test will take about 60-90 minutes to perform, including preparation and exercise time, with steps: spirometry, measuring the ability to diffuse gas across the alveolar membrane (DLCO), and pedal exercise with a bicycle. The equipment will determine by gender, weight, height, age, and gradually increase the body's mobility from light to moderate intensity, heavy intensity to maximum. After that, the patient will reach the recovery stage. Doctors and nurses will monitor changes based on these stress test parameters to provide results.

Notes before performing exercise cardiopulmonary measurement:

- Do not eat for 2-3 hours before the test.
- Do not smoke, drink caffeinated beverages or alcohol for 12 hours before the test.
- You can still take your current medications unless otherwise directed by your doctor
- Wear athletic shoes and clothing appropriate for exercise.
- Bring your previous ECG, echocardiography, spirometry results and any prescription or medication you are taking.

With the utilisation of the new generation Vyntus One Cardiopulmonary Stress Monitor, FV Hospital has an additional effective solution to help patients find the cause of shortness of breath as well as potential cardiovascular - respiratory diseases during exertion that was not detected by previous methods.

Many World Leading Experts RETURN TO WORK AT FV

After a temporary delay due to the COVID-19 pandemic affecting cooperation and travel, starting from May 2022, doctors who are world leading experts will return to work at FV, bringing patients many opportunities for successful medical examination and treatment and helping to restore the body's normal functions.

Doctors cooperate with FV in many medical specialities such as:



Professor, Dr Donald Tan, former President of the World Corneal Association from Singapore, will directly examine and perform corneal transplant surgery for patients with corneal ulcers, corneal dystrophy, and apical corneas or corneal scarring.



Dr Stéphane Guero who is known as the "magician of the hands" has surgically treated many cases of children with deformities in the hands or feet.



Associate Professor Mahen Nadarajah MD, PhD, will providing services for the Department of Neurosurgery - FV Hospital to help screen and treat patients at risk of stroke and cerebrovascular diseases such as vascular malformations, cerebral aneurysms and spinal diseases by endovascular intervention, which is minimally invasive and safe.



Dr Nikolle Tan Cataract and retina surgery specialist with nearly 20 years of experience specialising in the treatment of complex retinal disorders and cataracts.

FV Hospital has just proven its standards by being certified to meet the international medical quality standards JCI (Joint Commission International) for the third time, FV is also equipped with modern machinery and equipment staffed by experienced anaesthetic and surgical teams who follow the strictest infection prevention procedures and provide professional post-operative care to help our patients recover faster. These are just some of the reasons that FV is the first choice of international doctors who come to cooperate and work in Vietnam.