

What's up, Doc?

No.7 - August/ 2022



DOCTOR SPECIALISATION LEVEL I

NGUYEN THI NGOC BICH

Joins The General Practice, Family Medicine And Check-Up Department Of FV Hospital

Doctor Nguyen Thi Ngoc Bich graduated from University of Medicine and Pharmacy, Ho Chi Minh City in 2008 and Specialisation Degree Level I, Internal Medicine in 2013 from the same school. Doctor Ngoc Bich has also participated in fellowships in: Intensive Care, Cho Ray Hospital (2015); Rehabilitation, Hospital for Rehabilitation and Professional Diseases (2020); Cardiopulmonary resuscitation (CPR),

Trung Vuong Hospital (2020); Haemodialysis, Nguyen Tri Phuong Hospital (2022).

With 14 years of experience in internal medicine, Dr Ngoc Bich specialises in monitoring, treating and controlling chronic conditions such as High Blood Pressure, Diabetes, Chronic Heart Failure, Digestive, Respiratory. She has a proven history helping patients control their disease effectively. Driven with the belief that "seeing patients as relatives", Dr Ngoc Bich has successfully treated and helped many cases.

Dr Ngoc Bich previously used to work at the Internal Medicine Department, District 2 Hospital (2009); Intensive Care Department, Cu Chi General Hospital (2009-2015); Internal Medicine Department, Viet Phuoc Clinic (2013-2015); Intensive Care - Emergency Department, Becamex International Hospital (2015-2020); Intensive Care - Emergency Department, Hoan My Thu Duc General Hospital (2020-2022). In August 2022, Doctor Ngoc Bich decided to join the team as a Senior Consultant, General Practice, Family Medicine and Check-Up Department, FV Hospital with the desire to work in an international standard environment.



To make an appointment with Dr Nguyen Thi Ngoc Bich, FV's General Practice, Family Medicine and Check-Up Department **please contact: (028) 5411 3333**

MASTER, DOCTOR NGUYEN XUAN VINH

Joining FV's General Practice, Family Medicine And Check-Up Department

Master, Doctor Nguyen Xuan Vinh graduated from University of Medicine and Pharmacy, Ho Chi Minh City, in 2006 and a Master of Internal Medicine in 2013 also from the same school. Besides, Doctor Xuan Vinh also attended fellowships such as: First Aid for Coma - Poisoning - Metabolic Disorders at Pham Ngoc Thach Medical University in collaboration with French University in 2009; Epidemiological Research, HCMC University of Medicine and Fukushima Medical University, Japan in 2011; Tuberculosis and Pneumonia Management, Central Chest Institute of Thailand, 2014.

With 16 years of experience in the treatment of general medicine such as: Cardiology, diabetes, musculoskeletal, neuroendocrine, digestive, family medicine and especially in sports treatment to help soft tissue injuries. He also provides advice on appropriate exercise regimens for each patient.



Previously, Dr Nguyen Xuan Vinh has worked at the Emergency Department, Thong Nhat Hospital (2006-2008); Intensive Care Unit, Thong Nhat Hospital (2008-2016); Intensive Care Unit, University Medical Center, Ho Chi Minh City (2016-2017); Director of Nguyen

Tat Thanh University General Clinic (2018-2019); Head of Emergency Department, Than Dan Hospital (2019-2022).

From August 2022, Dr Nguyen Xuan Vinh decided to join the team of Senior Consultant, General Practice, Family Medicine and Check-Up, FV Hospital. At FV, Dr Nguyen Xuan Vinh wishes to bring to patients effective treatment methods for the control of medical diseases through consultation and individualisation in treatment, putting the patient at the centre for their care.



To make an appointment with Dr Nguyen Xuan Vinh, FV's General Practice, Family Medicine and Check-Up Department **vui lòng liên hệ: (028) 5411 3333**

FV HOSPITAL OFFICIALLY ESTABLISHES THE INFECTIOUS DISEASES DEPARTMENT



In July 2022, FV Hospital officially established the Infectious Diseases Department. This new department aims to enhance treatment efficiency, strengthen the safety barrier for patients and medical staff, and contributing to the fight against antibiotic resistance in the community.

FV's Infectious Diseases Department is led by Dr Vu Truong Son as Head of Department, with the participation from leading infectious and antibiotic doctors in Ho Chi Minh City, clinical pharmacy experts, microbiology experts, bacteriologists, and experienced infection control nurses.

The Infectious Diseases Department provides state-of-the-art clinical services for the diagnosis and treatment of infectious diseases and medical conditions caused by infectious agents (viruses, bacteria, parasites, or fungi), consisting of:

- Outpatient counselling services for patients with community-acquired infections, tropical diseases, HIV, infections in immune-compromised patients (including patients with HIV, malignancy, or organ transplant).

- Management of complex infectious diseases such as pneumonia, tuberculosis, meningitis and encephalitis, bone infections, endocarditis, viral hepatitis, skin and soft tissue infections, parasitic and fungal infections, diseases sexually transmitted diseases (STDs) and other infections.
- International travel health consultation (health check-up, travel vaccination advice before going abroad and monitoring patients with illness due to travel).
- Administer immunisations for adults.
- Ensure proper use of antibiotics according to FV's antibiotic stewardship program.
- Support activities related to COVID-19.
- Assist doctors in the treatment of complicated infections in hospitalised patients.
- Assist in the care of hospitalised patients with unusual infections.
- Directing epidemiological studies and infection control.
- Prescribing exposure prophylaxis after suspected exposure to a body fluid or blood-borne pathogen.



Doctor Vu Truong Son
Head of FV's Infectious
Diseases Department

To schedule an appointment at the Infectious Diseases Department,
please contact: (028) 5411 3333, ext 1329

Time:

- Morning: 8:00 - 12:00, Tuesday, Thursday & Saturday
- Afternoon: 13:00 - 17:00, from Monday - Friday

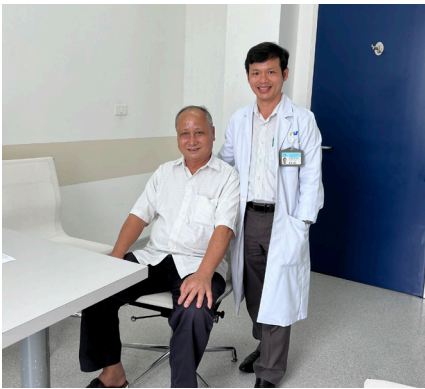
Treatment of IIIB STAGE STOMACH CANCER For A 72-Year-Old Patient

The case of a 72-year-old patient N.H.T, residing in Long An Province transferred to FV with abdominal pain, bloating, upper abdominal pain with recurrent vomiting. At FV, he was examined and ordered a CT scan by Specialist Level II, Dr Phan Van Thai - Head of General Surgery Department of FV Hospital. The result showed a large tumour in the stomach causing partial stenosis (food difficult to pass through the duodenum and stagnate), causing the stomach to become distended and causing vomiting; the tumour had spread to the surrounding lymph nodes. The patient was transferred to the operating theatre for surgery by Dr Thai.

The surgery took place quickly; Dr Phan Van Thai and his team conducted anaesthesia, utilising the laparoscopic method to cut out of the stomach and carefully removed all the surrounding lymph nodes (the principle of curettage D2 node). With skilful hands and many years of experience in handling stomach tumours, Dr Phan Van Thai and his team, removed the part of the stomach containing the tumour and all the clusters of lymph nodes around the stomach, the surgery was successful completed in four hours. Along with the combination of a good postoperative recovery, only 10 days after surgery; the patient's condition was stable and was able to eat, drink and walk. Following receipt of the biopsy results, it was determined to be IIIB stage gastric cancer (pT4aN3aM0). After surgery, the patient's condition has completely improved and is healthy enough to perform further adjuvant treatments.

Dr Thai shared that the patient was admitted to the hospital when the cancer was at a rather late stage with many clusters of metastatic lymph nodes around the stomach. The meticulousness to avoid missing lymph nodes and especially the care taken to avoid breaking the lymph nodes is very important to help curative treatment as well as reduce cancer recurrence.

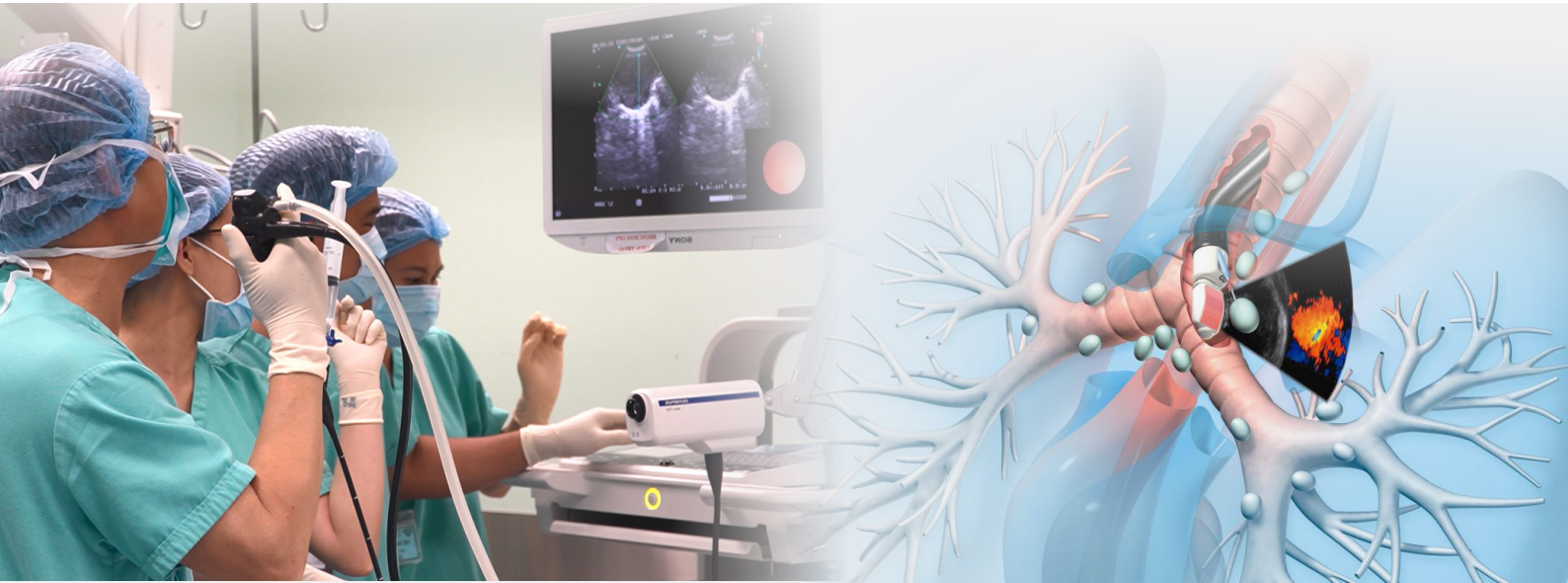
The earlier the cancer is diagnosed, the lower the recurrence rate and the higher the survival rate, but unfortunately, cases of early detection are quite rare. The 5-year survival rate after surgery and other supportive treatment for gastric cancer stage IA is 90%, IB is 85%, IIA is 74%, IIB is 62%, IIIA is 48%, IIIB is 28%, IIIC 13%, IV 4%. It is really a challenge to save the patient, so after more than 5 years, the patient is still living healthy; it is good news for both the patient and the doctor



At FV Hospital, in addition to modern equipment, FV also has a highly experience and dedicated team so that our patients can access advanced personalised treatment methods and continuously updated regimens to bring the best results and a healthy life for our patients.



To make an appointment with Specialist Level II, Dr Phan Van Thai, Head of General Surgery, **please contact: (028) 5411 3333, ext: 1250**



FV implements ENDOBRONCHIAL ULTRASOUND TECHNIQUE to help diagnose early and accurate stage of lung cancer

Endobronchial Ultrasound (EBUS) is a bronchoscopy technique combined with ultrasound to observe and evaluate parabronchial lesions such as paratracheal tumours, hilar nodes, and central lymph nodes, and ventricular or peripheral lung lesions where conventional endoscopy is difficult to reach. Ultrasound bronchoscopy has two types of probes: Radial probe EBUS-(RP-EBUS) for peripheral lung lesions and convex probe EBUS (CP-EBUS) for hilar, mediastinal, or paratracheal tumours.

Endoscopic ultrasound bronchoscopy with transbronchial lung biopsy (EBUS-TBLB, transbronchial lung biopsy) enables the physician to obtain samples from small opacities or tumours in the distal part of the lung during endoscopic techniques that is not possible with a normal bronchi biopsy. This technique is also used for high-risk patients with transthoracic lung biopsies or in inoperable patients. EBUS-TBLB is done using a small, flexible “endoscope” that is passed through the mouth into the airways that allows the doctor to see inside the lungs and perform the procedure. In this procedure, a radial ultrasound probe is used to help the physician pinpoint the bronchial branch leading to the tumour and ensure that the biopsy forceps reaches the tumour in the distal part of the lung. During the endoscopy, very small biopsy forceps are used to obtain a sample of body tissue by piercing the bronchus to reach nearby tumour tissue.

Ultrasonic bronchoscopy with transbronchial needle aspiration (EBUS-TBNA, transbronchial needle aspiration) allows doctors to obtain tissue samples without surgery. In this procedure, a convex ultrasound probe is used to help the physician determine the exact location and size of the mediastinal or hilar lymph nodes and to ensure that the biopsy needle is correctly inserted into the pathologic node to be examined. This method is used to take a sample of ganglion tissue from an area of the body called the mediastinum, which is the part of the ribcage that contains the heart, thymus, oesophagus, trachea, and nerves, inaccessible lymph nodes. In addition, this method also assists in:

- Determining the cause of enlarged lymph nodes in the mediastinum and/or hilum
- Tuberculosis or sarcoidosis
- Confirmed diagnosis of mediastinal and/or hilar lymph node metastasis from lung and extrapulmonary carcinoma
- Determine the exact stage of lung cancer so that the correct treatment can be administered

The ultrasound bronchoscopy method is currently a highly appreciated technique to help detect respiratory diseases accurately allowing for timely and effective treatment. the majority of the procedures are uncomplicated and are considered a safe procedure, rarely causing damage to the lungs.

At FV Hospital, this technique is currently being implemented in the Internal Medicine - Pulmonology Department by Dr Nguyen Van Tho, MD, PhD.



Make an appointment with Dr Nguyen Van Tho at the Internal Medicine Department - FV Hospital **please contact: (028) 5411 3333, ext: 1526**