

What's up, Doc?

Successful Surgery For A 16-Year-Old With

RARE CONDYLAR FRACTURES AFTER A FALL

A 16-year-old French boy was recently admitted to FV Hospital with severe trauma to many areas of his jaw and teeth. Nguyen Thanh Tung, PhD, MD, who heads FV's Maxillofacial & Dental Department and directly examined the patient, said that through imaging tests, it was apparent that the patient had broken both condyles in the lower jaw, the jaw bone to the right side of his chin, his upper front teeth, and was experiencing a misaligned bite and limited jaw movement.

Due to head trauma, the patient felt dizzy and nauseous, so doctors of FV's Maxillofacial & Dental Department and Neurosurgery departments worked together to monitor him for two days, planning to perform face and jaw surgery once the patient was stable.

The prognosis for the surgery was also complicated because the injured area had many nerves and blood vessels. If the surgery was not skilfully performed, it

could easily lead to complications after surgery, such as facial paralysis, mouth distortion and broken bones that could not be returned to their original position. If the broken bone became further displaced, this could cause damage to a large blood vessel resulting in bleeding that would be very difficult to stop.

The operation ultimately lasted more than six hours, with very little blood loss. After surgery, the surgical area did not require drainage, the patient recovered quickly and responded well to care, with no complications nor any sign of temporary facial paralysis. By the evening of the same day, the patient was awake and his follow-up examination the next day showed that the swelling had lessened and surgical incisions were starting to heal. After one week, the patient was progressing well and was able to remove the fixed jaw frame that had been installed to practice jaw movements.

Dr Tung said that most accidents affecting the face often break the chin bone, accompanied by a fracture of the condyle. In this patient's case, it was unusual that the chin region was fractured and both sides of the condyle of the lower jawbone were broken; the degree of dislocation and displacement inward was also quite rare. The surgical team was forced to operate quickly to minimise the risk of complications of prolonged jaw stiffness and sequelae related to jaw function, as well as impaired aesthetics. A fortunate detail in this case is that because the patient is only 16 years old, his bones are still growing, giving him the ability to recover faster.



 To book an appointment at the Maxillofacial & Dental Department, please contact **(028) 54 11 33 33, ext 3344/ 3345**

FV Hospital Obstetrics And Gynaecology Implements SALINE INFUSION SONOHYSTEROGRAPHY (SIS) Technique

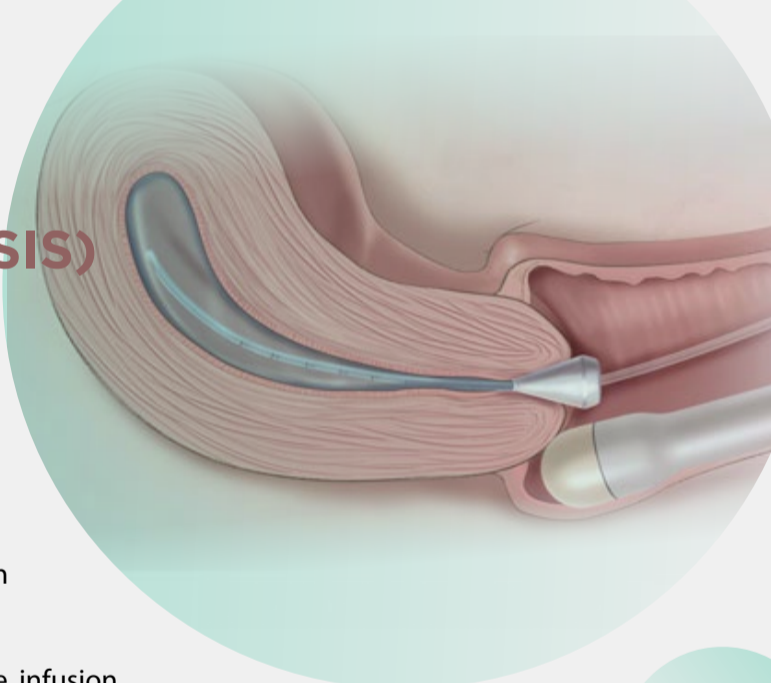
In 2022, as part of its ongoing commitment to offering the most effective methods of diagnosis and treatment, FV Hospital's Obstetrics and Gynaecology Department began deploying saline infusion sonohysterography (SIS). This technique involves pumping physiological saline through a tube to examine the uterus under ultrasound to diagnose abnormalities in the uterus and both fallopian tubes.

Compared with hysterosalpingography (HSG), intrauterine infusion ultrasound has many advantages, including simplicity of procedure, reasonable cost and a high degree of safety because it does not require radiation yet is highly accurate, especially in cases of intrauterine tumours, and also yields fewer false positives.

Doctor might recommend an ultrasound to investigate the uterus for:

- Abnormalities which are difficult to investigate by routine ultrasound, such as submucosal fibroids, endometrial polyps, uterine malformations
- Menorrhagia of unknown causes, especially in perimenopause and menopause
- Amenorrhea secondary to uterine adhesions
- Evaluation of uterine and endometrium abnormalities before and/or after hysteroscopy procedures
- Unexplained infertility or repeated miscarriages
- Patients taking tamoxifen or hormone replacement therapy

A uterine pump ultrasound is usually performed just after menstrual shedding as the uterine cavity is usually free from blood clots and the endometrium is less developed at this time. If performed late in the menstrual cycle, thickening of the endometrium can lead to false positives. However, in cases of menstrual disorders, the ultrasound can be performed at any time, and any blood clots will be carefully evaluated and differentiated from solid tumours through animation. The procedure will not be performed on patients who are pregnant or suspected of being pregnant, or have signs of pelvic inflammatory disease.



Some cases may present difficulty when inserting the catheter through the cervical opening, such as: cervical stenosis, patients who have never given birth, patients who have had cones or cervical cauterisation and patients who are premenopausal or postmenopausal.

Currently, FV Hospital's modern Obstetrics and Gynaecology Department, staffed by a team of highly qualified doctors and nurses with many years of experience, is one of the few centres equipped with ultrasound technology to pump water into the uterus. FV Hospital's Obstetrics and Gynaecology Department provides a full range of services, including pregnancy, delivery, and postpartum care; contraception; medical and surgical treatment of gynaecological cancer, pelvic floor conditions, urinary incontinence and infertility.

 To book an appointment at the FV's Obstetrics and Gynecology Department, please contact : **(028) 54 11 33 33, ext 6000**

STRATEGIES FOR MANAGING & CARDIOVASCULAR COMPLICATIONS IN

OBESITY



On the afternoon of September 16th, 2022, FV Hospital successfully hosted the CME training programme “Strategies For Managing Obesity And Cardiovascular Complications In Obesity”, held both as an in-person event at the Auditorium, Third floor, F Building, FV Hospital, and streamed online via Microsoft Teams. The programme attracted more than 200 participants, including doctors, nurses and other medical staff in HCMC and Hanoi.

At the beginning of the training session dietician Gail A. Cresci, PhD, RD, presented the topic “Gut Microbiota and Obesity: The roles of Prebiotics and Probiotics”, in which she outlined the association between obesity and the appearance of intestinal dysbiosis, compared with cases seen in non-obese patients. Dr Nguyen Viet Quynh Thu, Head of FV’s Nutrition and Dietetics Department, followed with her presentation “A nutritional approach to weight loss” on how to define situations, assess various causes of obesity, and described some nutrition-focused methods, complications and consequences around programming to help individual patients to control their weight. Dr Quynh Thu emphasised that the complications of obesity impact many organs in the body and cause a variety of conditions.

In her presentation “Experiences in the field of weight management in the Philippines”, Eliza Mei Perez Francisco, PhD, MD, presented insights around how to determine the role of each member in inter-disciplinary weight management teams. Presentations “Obesity and Cardiovascular Disease” by Dr Ho Minh Tuan and “Obesity and Varicose Veins” by Dr Luong Ngoc Trung explored the close links between obesity and cardiovascular diseases.

With practical clinical experience in the process of obesity treatment for patients at Hanoi Medical University Hospital, Dr Nguyen Thuy Linh shared with CME a clinical case of a patient with obesity level 3. It helped participants understand the diagnostic methods; nutritional treatment and diet management to help patients return to normal weight and improve quality of life.

In his talk “Weight loss surgery”, Dr Phan Van Thai gave attendees a better understanding of why some obese patients are eligible for surgery, while others are not. Subsequent presentations included “Weight loss via thread embedding” from Dr Diec Kha Han; “Rehabilitation after surgery” presented by Dr Wade Brackenbury, and “Updates on general guidelines for treatment of neuropathic pain in medical practice” by Dr Nguyen Nam Binh.

Dr Nguyen Thuy Linh, who has practical clinical experience in obesity treatment for patients at Hanoi Medical University Hospital, shared details of a clinical case involving a patient with Class III Obesity, formerly known as morbid obesity—a complex chronic condition that can lead to several serious health issues. This talk helped participants understand diagnostic methods, nutritional treatment and diet management to help this category of patients to return to a normal weight and improve their quality of life.

Attendees departed after the four-hour workshop, armed with useful information on issues related to obesity treatment and management which they can apply in their own examination and treatment practice, ensuring patients benefit from improved treatment quality around the country.



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PNEUMEX

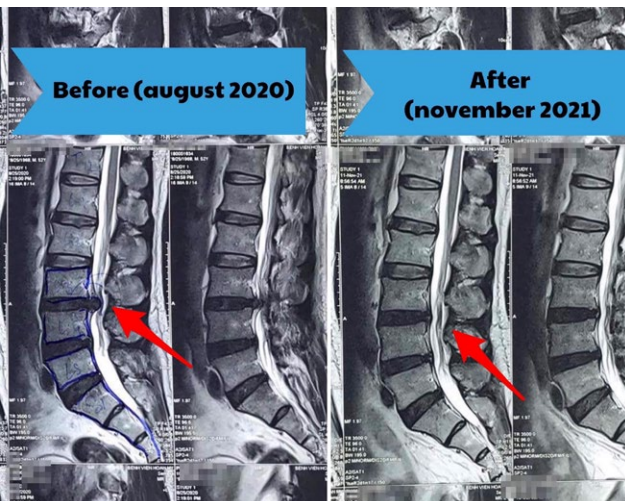
Advanced Technology For Rehabilitation



Disc syndromes, stroke and post-surgical orthopaedic issues are among the most common problems experienced by people all over the world. ACC Chiropractic Clinic—a member of FV Group—is the first clinic in Southeast Asia to implement Pneumex therapy, a seven-station rehabilitation system developed in the U.S. by an aerospace engineer. The Pneumex programme is an aggressive, documentable approach to proactive and reactive spinal care.

Pneumex equipment, applied under specialised training, supports the development of cutting-edge programmes which provide treatment across the entire spectrum of spinal care. For any goals related to rehabilitation, geriatric care, general fitness or specific professional athletic conditioning, Pneumex programming is able to produce effective results. Doctors, in consultation with physical therapists, can develop individualised treatment plans for patients experiencing:

- Acute and chronic back pain
- Disc herniations
- Osteoporosis
- Balance or coordination problems
- Diabetic neuropathies
- Orthopaedic conditions
- Stroke sequelae



The system can also be deployed as part of performance training for professionals and athlete individuals. A Pneumex programme may also include combined treatment of Active Therapeutic Movement (ATM2). The ATM2 device is a vertical treatment table with specialized belts that allow you to be safely supported while the specific body areas causing pain are comfortably compressed and positioned. Within minutes of using the ATM2, formerly painful movements can become completely pain-free!

For more information about Pneumex, please refer to:
<https://acc.vn/en/acc-combined-therapies/pneumex-pneuback/>

ABOUT



Established in 2006, ACC was the first qualified, fully licensed chiropractic clinic in Vietnam. On April 6th, 2022, ACC officially become a member of FV Group. ACC contributes to the community by providing patients access to effective personalised medical care of an international standard in Vietnam. Since inception, many patients suffering from acute and chronic spinal and musculoskeletal problems such as disc syndrome, spinal degeneration, back, neck, shoulder and knee pain, sciatica, sport injuries, scoliosis and foot problems have been successfully treated at ACC.



Contact us to book appointment with our doctors in HCMC:

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ACC 1F, Tan Da Court, 86 Tan Da, District 5, HCMC (028) 3838 3900