

What's up, Doc?

No.1 - February/ 2023

PHAM TRINH QUOC KHANH MD, PHD, OFFICIALLY JOINS PLASTIC SURGERY & COSMETICS TEAM OF FV LIFESTYLE



Dr Pham Trinh Quoc Khanh has 34 years of experience in the field of plastic surgery and aesthetics procedures. Dr Quoc Khanh has operated on thousands of patients, restoring functionality after injuries and accidents while ensuring a harmonious look, and enabling clients to achieve their desired body contours, ensuring every patient feels fully confident in their appearance.

After graduating as a general practitioner from the prestigious University of Medicine in Ho Chi Minh City in 1989, Dr Quoc Khanh chose Trung Vuong Hospital as his workplace for the next few decades. In 2000, Dr Quoc Khanh obtained a Master of Medicine degree, also from the University of Medicine HCMC. In 2009, he completed a PhD in Medicine, majoring in burns, awarded by the Ministry of Education and Training. Dr Quoc Khanh understood that care for burns,

plastic surgery and cosmetics needed to be treated as a specialised unit and pioneered the Department of Burns, Plastic & Reconstructive Surgery at Trung Vuong Hospital, where he held a position as Head of Department from 2012 until the present. Due to his valued contributions and applied research in the medical field, Dr Quoc Khanh was certified as Associate Professor of Medicine by the State Council for Professorship Titles in 2018.

In December 2022, Dr Quoc Khanh officially joined the plastic surgery team at FV Lifestyle, FV Hospital, where he will perform a full suite of services: Facial plastic surgeries (eyes, nose, mouth, chin), Breast surgeries and implants (bag placement, delayed breast reconstruction, breast enlargement), Abdominoplasty, Post-burn reconstructive surgery, Tissue expansion reconstruction to treat large, hairless scalp lesions, Treatment of chronic wounds (diabetic ulcers, pressure ulcers, venous ulcers), Surgical repair of congenital anomalies (lack of/ excess fingers, cleft lip and palate, pigment reduction, neurofibromatosis), Non-invasive rejuvenation techniques such as: thread stretch, filler injection, Botox injection, lasers treatments. Dr Khanh is also an expert in handling cosmetic surgery complications for customers who have been treated at other clinics.

After working for many years in the medical field, addressing wounds and providing aesthetic treatments, Dr Quoc Khanh believes that a beautiful face or body is always in harmony with a person's natural attributes and proportions. At FV Hospital, Dr Quoc Khanh will offer safe, appropriate treatments based on his clients' anthropometric indices so that they can feel more confident in their appearance. He also hopes to contribute to the development of FV Lifestyle's offering and FV Hospital's specialty of Plastic and Reconstructive Care to serve patients with special needs more effectively.



To book an appointment with Dr Pham Trinh Quoc Khanh, FV Lifestyle, FV Hospital **please call: (028) 54 11 33 33, ext 7000**

DUONG BICH THUY MD, PHD, AN EXPERT IN INFECTIOUS DISEASES, OFFICIALLY JOINS FV HOSPITAL

Dr Duong Bich Thuy, now working at the Infectious Disease Department, FV Hospital, received a PhD in Clinical Medicine from the University of Oxford, UK, in 2018. She graduated from Pham Ngoc Thach University of Medicine in 2007 and became a resident doctor in Infectious Diseases, University of Medicine and Pharmacy, Ho Chi Minh City, in 2010. Dr Bich Thuy says her special interest in her discipline came from the realisation that she, her family and her loved ones lived in a tropical country, where a variety of infectious diseases that requires special care and treatment are prevalent. In addition, she found this was an interesting specialty in which medical students, staff and health professionals, not only in Vietnam but also worldwide, wanted to collaborate to conduct in-depth research.

With nearly 15 years of working in the infectious diseases field, Dr Duong Bich Thuy has experience in treating a variety of infectious diseases, such as Dengue fever, influenza, measles, chickenpox, and meningitis. Dr Thuy has a passion for infection control and treating unexplained fevers, difficult-to-treat infections caused by resistant Gram-negative and Gram-positive bacteria, and the novel infectious disease COVID-19. The infectious disease specialty includes the prevention, diagnosis, and treatment of viral hepatitis A, B, and C; and treatment of infections in patients with cirrhosis, and opportunistic infections in patients with HIV/AIDS and sexually transmitted diseases (STDs).

In early 2023, Dr Duong Bich Thuy decided to join FV Hospital's Infectious Disease Department because FV offers a world-class working environment and is the only private hospital in southern Vietnam to establish this specialised department. FV is staffed by highly qualified experts with extensive interdisciplinary expertise, incorporating a team of experienced, enthusiastic clinical pharmacists and infection control experts; FV is also equipped with modern laboratories. All patients who visit FV will receive comprehensive treatment promptly, with experts administering the right medicine at the right dose as part of a suitable regimen to minimise the cost of care for the patient. Dr Thuy looks forward to continuing to develop FV's Infectious Disease Department as an eminent Southwest Asian centre for the consultation and treatment of infection-related issues in the future.

Dr Duong Bich Thuy will be an important factor in helping FV's Infectious Disease Department team to develop and provide patients with comprehensive, effective diagnosis and treatment solutions.



To book an appointment with Dr Duong Bich Thuy, Infectious Disease Department, FV Hospital, **please call: (028) 54 11 33 33, ext 1329**



Dr MA LE QUAN JOINS THE NEUROLOGY TEAM AT FV HOSPITAL

Dr Ma Le Quan graduated in 2003 with a General Medicine degree from Pham Ngoc Thach University of Medicine, subsequently working at the Emergency Department of People's 115 Hospital, specialising in the treatment of neurological conditions. She regularly received patients who were critically ill and at risk of death, or had lifelong disability. Her experiences made Dr Le Quan feel that she needed to extend her degree of specialty so that she could help more patients, and she decided to study neurology more deeply. In 2009, Dr Le Quan graduated with a master's degree, majoring in Neurology, from University of Medicine and Pharmacy, Ho Chi Minh City, and is currently continuing to study for a Specialty Degree Level II in this major.

Dr Le Quan participated in a fellowship in Electroencephalography of Epilepsy, Malaya University, Kuala Lumpur, in 2017. This course helped Dr Quan locate abnormal epileptic locations, capture seizures and classify them for a more accurate diagnosis.

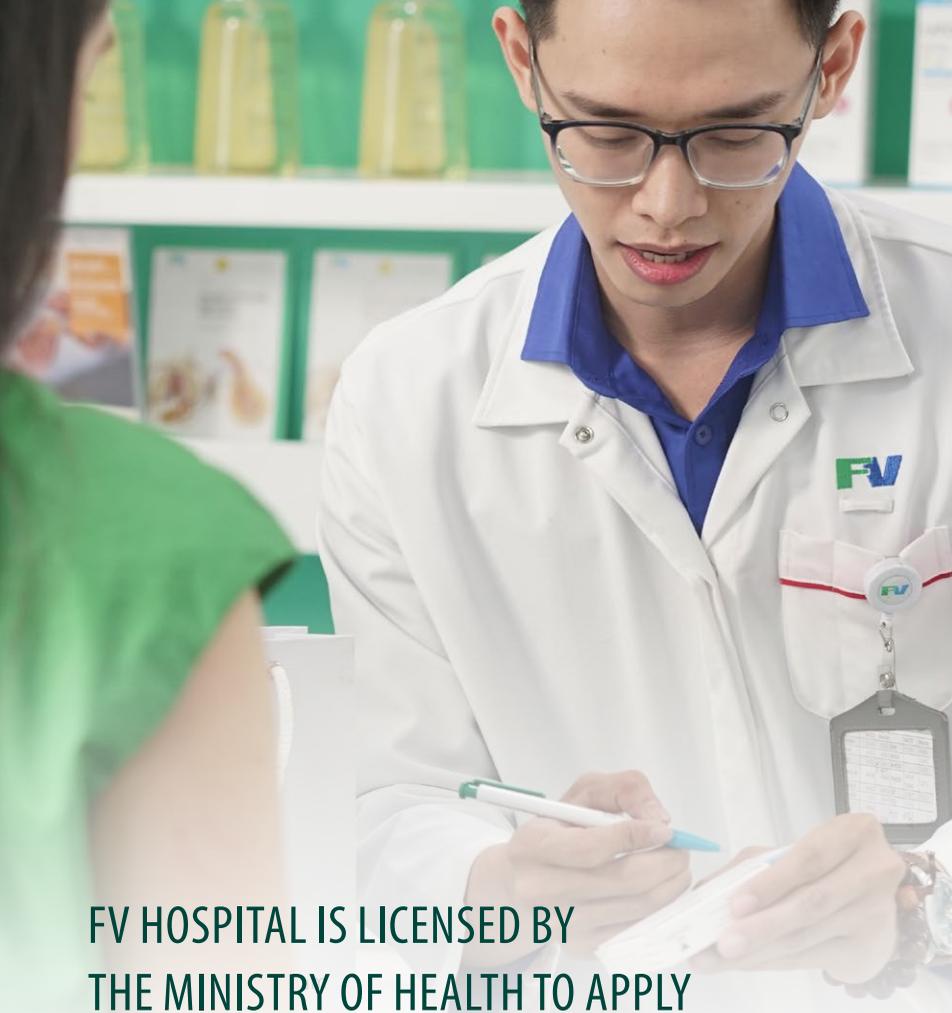
Drawing on many years of experience treating conditions within the fields of epilepsy and general neurology, Dr Ma Le Quan specialises in treating epilepsy, general neurological diseases, stroke, migraine and peripheral neuropathy. She has treated many patients for these diseases so that they become symptom-free and can live healthy, normal lives.

During almost two decades working at People's 115 Hospital, Dr Le Quan was a doctor at the Emergency Department from 2004 to 2010, then worked at the Department of General Neurology from 2010 to 2020, and most recently held a position at the Outpatient Department of this hospital from 2020 to 2022. In December 2022, Dr Quan joined the team of senior consultants at the Neurology Team - Internal Medicine Department, FV Hospital.

Working at FV, Doctor Le Quan hopes to provide accurate, timely diagnoses to bring about the highest possible treatment efficiency. Dr Quan is also excited to be working in a comfortable examination environment with modern facilities and to be able to spend enough time consulting with and supporting patients to give them hope for the future, easing their worries and symptoms during the treatment process.



To make an appointment with Dr Ma Le Quan The Neurology Team - Internal Medicine Department, **please call: (028) 54 11 33 33, ext 1541**



FV HOSPITAL IS LICENSED BY
THE MINISTRY OF HEALTH TO APPLY

A FREE, PARTIAL MEDICINE SUPPORT PROGRAMME

FOR SEVEN TYPES OF MEDICATION

USED TO TREAT CANCER,

PULMONARY FIBROSIS

AND RETINAL ISSUES

To partially support medicine costs for all patients, FV Hospital has obtained permission from the Ministry of Health and cooperated with reputable pharmaceutical companies to create the Free Partial Medicine Support Programme, applied to certain medicines, with no limit on the number of medicines purchased. The programme has been approved by the Ministry of Health to be applied at a handful of hospitals in Vietnam, including FV Hospital, to help reduce the burden of treatment costs on patients and help them to adhere to treatment regimens, improving treatment efficiency and quality of life.

The medicines supported under the programme are very expensive and are not covered by Health Insurance. The seven types of medicines approved by the Ministry of Health for coverage under this programme include:

1 Tagrisso (Osimertinib): Indicated for patients diagnosed with locally advanced or metastatic non-small cell lung cancer with mutation-positive EGFR or EGFR T790M, and in adjuvant treatment for adult patients with stage IB-IIIa non-small cell lung cancer (NSCLC) with epidermal growth factor receptor (EGFR) deletion mutations on exon 19 or exon 21 L858R point mutation after complete tumour resection. Patients who buy one course of Tagrisso will receive one additional course of medicine, free of charge. Application period: from June 5, 2020, to the end of the programme.

2 Imfinzi (Durvalumab): Indicated for patients with inoperable stage III non-small cell lung cancer that has not progressed after chemotherapy and radiotherapy. Patients who buy one course of Imfinzi medicine will receive one additional course of medicine, free of charge. Application period: is from April 6, 2022, to December 1, 2025.

3 Lynparza (Olaparib): Indicated for patients with ovarian cancer and breast cancer. Patients who buy one box of Lynparza will receive one additional box of medicine, free of charge. Application period: from April 6, 2022, to December 31, 2025.

4 PERJETA (Pertuzumab): Indicated for HER2-positive breast cancer patients. Patients who buy two bottles of Perjeta will receive one additional bottle, free of charge. Application period: from August 19, 2022, to December 31, 2023.

5 KEYTRUDA (Pembrolizumab): Indicated for Vietnamese and foreign patients suffering from malignant melanoma, non-small cell lung cancer, classical Hodgkin lymphoma, urothelial carcinoma, head and neck cancer, gastric cancer, highly unstable microscopic cell cancer, cervical cancer, and hepatocellular carcinoma (HCC). Patients who buy one bottle of KEYTRUDA will receive one additional bottle, free of charge. Application period: from August 1, 2022, to December 31, 2023.

6 Eylea (Aflibercept): Indicated for patients with retinopathy. Patients who buy one bottle of Eylea will receive one bottle for free. Application period: from September 26, 2022, to September 26, 2024.

7 OFEV (Nintedanib): Indicated for patients who require treatment for idiopathic pulmonary fibrosis (IPF), other advanced fibrotic interstitial lung (ILDs) with progressive phenotype, and systemic sclerosis interstitial lung disease (SSc-ILD). It is used in combination with decetaxel for the treatment of locally advanced, metastatic non-small cell lung cancer (NSCLC) or recurrent NSCLC that is an adenocarcinoma histologically following first-line chemotherapy. Patients who buy two bottles of OFEV will receive one additional bottle, free of charge. Application period: from November 9, 2022, to December 31, 2025.



Terms and conditions:

- The programme is applied to all patients who are examined at FV and have a prescription from a doctor for one of the seven medicines described above.
- Patients will be provided the terms and conditions and application period of the programme before making a decision.
- The patient will sign an agreement when participating in the programme.
- The programme is applied until patient stops their treatment according to their doctor's direction, or when they decide to stop participating in the programme, or when the program expires

Over the years, FV's Hy Vong Cancer Centre, Ophthalmology & Refractive Surgery, Pulmonology and Internal Medicine departments have continuously developed and improved the quality of examination services. FV Hospital has also constantly updated and applied the world's most advanced methods and techniques to help optimise treatment efficiency. A team of experienced, dedicated doctors and nurses invest a great deal of time in understanding each case and caring for the patient. Each patient is consulted individually so that a personalised treatment regimen can be developed depending on their condition, stage of disease, and medical history. FV's international-standard treatment environment and modern facilities help patients to feel secure in treatment, think positively and stay hopeful to overcome their illness.



FV HOSPITAL ACHIEVES

GCP

CERTIFICATION

for developing scientific research and increasing treatment options for patients

In January 2023, FV Hospital was officially awarded the certification of "Good Clinical Practice (GCP)" by Vietnam's Ministry of Health, providing many opportunities to deliver new-generation medicines completely free of charge to patients. GCP certification also gives doctors more confidence in the use of clinically relevant scientific research. FV Hospital is one of the few private hospitals in Vietnam to achieve GCP certification. To achieve this certificate, the hospital has developed nearly 40 key procedures, including patient selection and consultation, patient management and safety, and patient protocols for the Pharmacy Department and Laboratory.

Seeking to cooperate with the world's largest, most reputable pharmaceutical companies in clinical trials for cancer medicines, FV Hospital's HyVong Cancer Care Centre has promoted the hospital's application for GCP certification. After participating in clinical pharmacology tests, FV Hospital further expanded the scope of its research participation.

"We hope that we will have the opportunity to participate in trials for both medical biological products and biosimilar medicines. From that base, more specialties will be able to participate in clinical trial research," says Ms Nguyen Thi Ly, FV Hospital's Medical Office Manager.

Achieving GCP certification is significant for FV Hospital, especially with regards to advancing scientific research and reducing the pressure of treatment costs on patients. Accordingly, patients who participate in the clinical trial process are guaranteed their benefits, provided with full information about the trial programme. Patients engaging in the programme will have all their treatment costs covered by the sponsoring unit during the research period.



The assessment delegation from the Department of Science, Technology and Training, Ministry of Health, during a work session at the end of 2022

PNEUMEX PNEUBACK

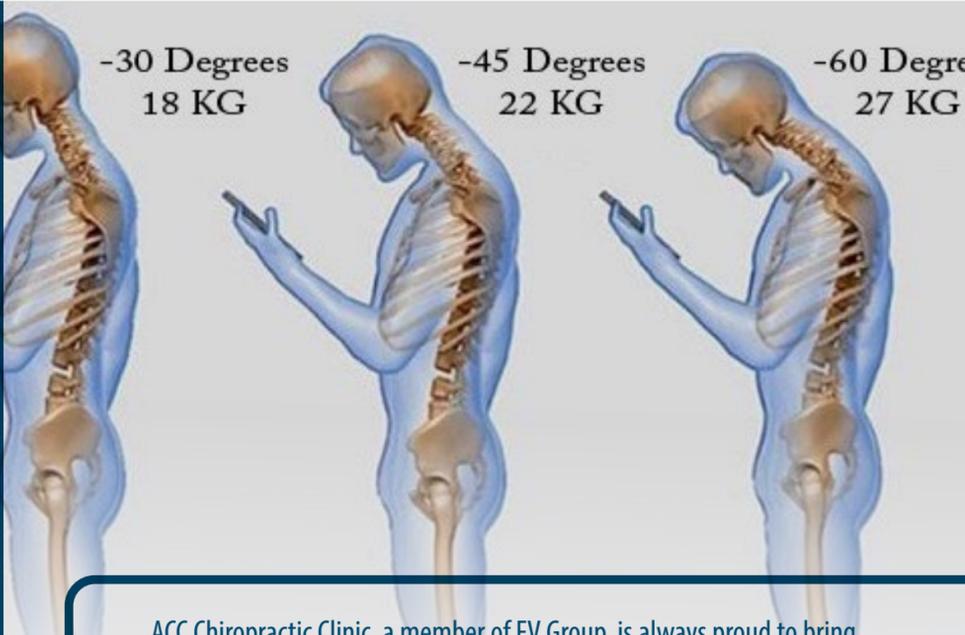
**AN OPPORTUNITY TO COMPLETELY
TREAT DISC HERNIATIONS**

Many people believe that disc herniations are neither preventable nor reversible. This is not true. When treating a patient for disc herniation, doctors will prescribe many different methods, including microsurgery to remove the disc nucleus, ultrasound or laser therapy, spinal decompression and spinal manipulation etc. All these methods are effective in reducing pain and even reducing the size of the protruding disc. However, the effects of conducting these methods last only for a short time of only a few weeks extending up to a few months. When the disease recurs, the condition is typically worse than before.

Dr Marc Tafuro, Chiropractic Adjustment, ACC Chiropractic Clinic, a member of FV Group, says that treatment methods to reduce the size of a disc herniation are effective in reducing pain at first but the disease usually returns as most treatments focus on solving the symptom of pain without treating the cause of the disease, namely weak muscles

due to a sedentary lifestyle. That's why treatment methods can easily fail. Therefore, it is necessary to consider methods to strengthen the spinal erector muscle group that supports spinal discs.

At ACC Chiropractic Clinic, doctors use a combination of precise spinal manipulation methods, physiotherapy with the most advanced technology and the world-class famous Pneumex PneuBack programme to strengthen the spine. Pneumex PneuBack is an advanced method available in the US and other developed countries that brings significant effectiveness in the treatment of herniated discs and spondylolisthesis, and rehabilitation for patients who have lost the ability to walk. This therapy is successful when other decompression methods do not work. The Pneumex PneuBack is designed to strengthen the muscles that support the spinal discs and promotes not only a quick recovery but also a prolonged treatment effect, allowing the disc to return to its pre-injury state. In some cases, the disc can return to its original state.



ACC Chiropractic Clinic, a member of FV Group, is always proud to bring to patients the best medical examination and treatment services with long-term effectiveness, limiting the use of medicines and need for surgery. ACC is staffed by a team of physiotherapists from Germany and the Philippines, rich in experience and expertise, that provides patients with effective, long-term rehabilitation physiotherapy methods. ACC Clinic always puts the patient's health as its top priority and is constantly improving its team's expertise and updating facilities with the latest technologies to provide patients with safe, effective care. Every piece of ACC's physical therapy equipment is the latest US model, all highly appreciated by medical experts around the world for their effectiveness and patient safety.

Please contact us to book an appointment with our doctors in HCMC:

ACC 99 Nguyen Du, District 1, HCMC:

(028) 3939 3930

ACC 1F, Tan Da Court, 86 Tan Da, District 5, HCMC

(028) 3838 3900

ACC Hanoi, 44 Nguyen Du, Hai Ba Trung District, Hanoi,

(024) 3265 6888

ACC Danang, 112 – 116, September 2nd, Hai Chau District,

(0236) 3878 880

