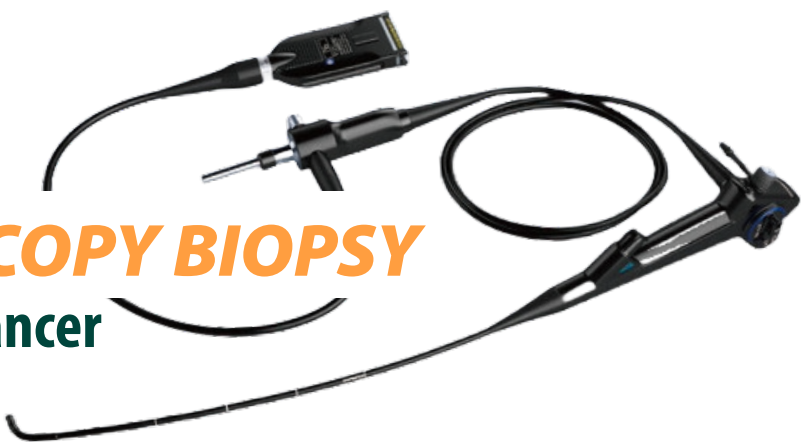


# What's up, Doc?

No.8 - September/ 2023

## FV Hospital Applies *FLEXIBLE NASOPHARYNGOSCOPY BIOPSY* For Early Diagnosis Of Throat And Larynx Cancer



FV's Otorhinolaryngology (ORL or ENT) Department has implemented the flexible nasopharyngoscopy biopsy to assist in diagnosing cancer in the throat, larynx, tongue base, and vocal cords. This technique offers several advantages: it's minimally invasive, safe, and cost-effective for patients.

Importantly, FV Hospital is a pioneer among specialised multi-disciplinary hospitals in applying this technique. The Olympus ENF-VT3 flexible nasopharyngoscopy biopsy is the world's first endoscope fitted with a head that can move in four directions. The addition of a 70-degree right-left tilting angle to the previously available 130-degree up-down angle significantly improves access to damaged areas. Doctors can now control the endoscope with one hand instead of needing both hands to move it left or right. The flexible nasopharyngoscopy biopsy has a slender design and a small diameter, making it suitable for all patients. The endoscope is equipped with a high-quality camera and incorporates NarrowBand Imaging (NBI) optical technology, allowing for the observation of the smallest changes in mucous membranes and tissue structures, as well as blood vessels on the surface of the examined area. Additionally, the ability to focus closely allows for observations from just 2 mm away in situations requiring higher precision and better detail, such as examining small variations and mucosal lesions.

This technique's advantage lies in its ability to easily sample tumours during endoscopy and provide accurate biopsies of desired locations, avoiding overly invasive procedures such as surgical biopsies. Endoscopy is performed by ENT specialists in a dedicated operating room, without the need for hospitalisation or general anaesthesia and typically takes around 20 to 40 minutes to complete. As a result, patients can easily undergo the procedure while avoiding the negative impacts of anaesthesia and save on costs.

At the ENT Department, after clinical examination by a specialist, patients with suspected tumours or malignant lesions will be counselled and recommended to undergo soft endoscopy with biopsy to make a definitive diagnosis. This saves diagnostic time and avoids missing the golden treatment period.

At FV Hospital, patients will experience state-of-the-art medical equipment and advanced techniques that provide rapid, accurate, and maximally safe diagnoses. The highly skilled medical team with many years of experience will directly conduct examinations, consultations, and procedures to ensure that patients feel as comfortable and reassured as possible.

 To book an appointment with Otorhinolaryngology (ORL or ENT) Department, FV Hospital, please contact: (028) 54 11 34 41 or (028) 54 11 33 33, ext. 7711

## Beauty Enhancement With *AUTOLOGOUS FAT GRAFTING*

*Safe, Minimally Invasive and Natural*

At  Lifestyle

**A**utologous fat grafting is a technology that's popular within the beauty community as it can be applied to various body areas, ensuring safety and sustainability, particularly in rejuvenating and maintaining natural beauty.

Dr Daniel Bialeoko, Head of the Plastic Surgery & Cosmetics Department (FV Lifestyle Clinic) at FV Hospital, stated that using autologous fat grafting is a cosmetic procedure that involves injecting fat harvested from the individual's own body to fill, enhance or reduce wrinkles in other places.

Fat will be harvested from areas with excess fat accumulation on the body such as the abdomen, thighs, buttocks, or hips through minimally invasive procedures. Subsequently, the harvested fat will undergo centrifugation to remove impurities such as blood. The fat tissue will be further processed to select healthy fat cells that meet the standards for cosmetic enhancement. These carefully extracted healthy fat cells will then be grafted to the targeted body area requiring augmentation. The quality of the purified fat tissue will determine the compatibility of the fat cells with the new body region.

Currently, autologous fat grafting is widely applied in anti-aging technology. Aging of the face is not only due to sagging skin and muscles but also the loss of muscle volume. According to Dr Daniel Bialeoko, merely achieving skin tightening is not sufficient in anti-aging treatments. This approach can lead to the loss of elasticity in the skin and muscle tissue, and even result in skin atrophy or deformation after tightening. Furthermore, excessive skin stretching can impede blood flow to the treated area, potentially leading to skin necrosis. Despite its minimal invasiveness, autologous fat grafting can address the limitations associated with surgical aesthetic procedures, such as those for eyelids. Historically, when the patient had bags under the eyes, they would have them removed by surgery. However, if the elasticity of the lower eyelid is weak, they might be at risk of the eyelids turning outwards, exposing the eyeball. That's why, instead of removing the eyelid tissue, doctors will sometimes inject filling substances, with autologous fat being one of the latest options. For breast and buttock size augmentation, autologous fat grafting helps to reduce problems related to artificial implant materials which must be changed every 10 years.



Although it's a minimally invasive method, the procedure of autologous fat grafting for filling various skin areas must be performed by highly skilled, experienced doctors to avoid complications such as fat necrosis, which can result when an excessive amount of fat is injected into the body or when fat is improperly placed, either too superficially or too deeply. Injecting fat into blood vessels can cause vessel occlusion that could lead to death. There are recorded cases of patients experiencing severe complications like vessel occlusion after undergoing fat grafting procedures at unlicensed clinics and those with poor attention to safety.



Dr Daniel Bialeoko advises that prior to undergoing autologous fat grafting, patients should undergo mammography to screen for breast cancer. In France, women aged 40 and above are advised against receiving breast augmentation through autologous fat grafting.

At FV Hospital, aesthetic procedures using autologous fat grafting are carried out in a Joint Commission International (JCI)-accredited hospital setting, equipped with modern facilities and a highly skilled team of doctors. Notably, Dr Daniel Bialeoko, Head of the Plastic Surgery & Cosmetics Department (FV Lifestyle Clinic), is a cosmetic and reconstructive surgeon with 37 years of experience in France. He has a special interest in researching minimally invasive aesthetic methods that yield natural, harmonious results for clients.

 To book an appointment with FV Lifestyle Clinic, FV Hospital, please contact: (028) 54113480 or Hotline: 0903 013 500



## FV DOCTORS WORK TO SAVE THE LIFE OF A FRENCH PATIENT WITH A



# STOMACH PERFORATION

**P**atient Kong Kham Pravong, a French national, was brought to FV Hospital's Accident & Emergency Department in a critical condition marked by abdominal infection, severe malnutrition, and gastrointestinal bleeding, with a survival prognosis of only 20 percent. Before arriving, Mr Kong had undergone two surgeries in Cambodia to repair a perforated stomach, had his spleen removed, and had a feeding tube placed. However, complications arose. His family decided to seek treatment at a reputable hospital, and after much consideration, they chose FV Hospital.

Medical tests revealed that Mr Kong had an abdominal infection and a large hole in his stomach that measured seven centimetres in length, extending from the pylorus to the posterior wall of the stomach. He also presented with compression in the lower oesophagus-gastric junction and the pyloric canal, and leakage from the site of the feeding tube insertion. Additionally, Mr Kong was suffering from severe malnutrition and a severe fungal infection, and had significant muscle wastage. The medical team assessed his chances of survival at only 20 to 30 percent.

A multidisciplinary team meeting was convened, attended by FV's Medical Director and specialists from General & Thoracic Surgery, Anaesthesiology & ICU, Dietetics & Nutrition, and Infectious Disease departments. Based on clinical findings, the team unanimously agreed that rapid surgical intervention was the only chance to save the life of this 66-year-old man.

"The patient's abdomen was severely infected, and gastrointestinal fluids had spread throughout the abdominal cavity. Because the stomach was deformed, contracted and necrotic around the perforation site, we decided to completely remove the stomach, reposition the upper oesophageal stump, create a gastrostomy for feeding and a duodenostomy and jejunostomy, and establish abdominal drainage for the patient," explains Dr Tiem.

Following surgery, Mr Kong received extensive postoperative care involving multiple specialties, including nutrition management, monitoring of the enteric system, infection control, and more, with the active involvement of both nurses and doctors.

However, one month later, the doctors discovered a leakage in the patient's colonic flexure. Faecal material was leaking from a perforation in the colon into the upper abdomen, while the oesophageal stump and duodenal stump were also leaking into this area. "This was dangerous because the area that we were diligently protecting from infection was being contaminated. Therefore, we were forced to perform a second surgery," says Dr Phan Van Thai, Head of the General & Thoracic Surgery Department.

In cases of colonic fistula in the abdominal cavity, surgical correction involves the widening of the incision to release the colon segment containing the perforation. However, due to the patient's weakened condition after undergoing multiple surgeries, this conventional approach to access the site would likely compromise the protective abdominal wall that the medical team had worked diligently to maintain over the previous month. This could lead to the risk of a dangerous abdominal infection spreading, potentially resulting in a life-threatening situation.

While surgery is considered the major factor in saving the patient's life, Dr Tiem says that Mr Pravong's successful recovery after surgery was greatly dependent on post-operative care, which was conducted with utmost diligence and caution. Each day, two nurses and one caregiver changed the bandages three times, performed irrigations, and drained fluids through the catheters. They also rotated Mr Kong to prevent bedsores and ensured that he received the correct doses of antibiotics and antifungal medications.

In addition, nutrition plays a crucial role in recovery. Mr Kong was fed intravenously and through a feeding tube, with the dosage carefully calculated by the Dietetics & Nutrition Department.

Cases like this are very prone to infection, so the team must be attentive and carefully observe every little detail: from stool colour, urine colour, skin colour, to the placement of the tubes and IVs

Mr Kong Kham Pravong's treatment is not yet complete. FV doctors estimate that in about a year, when his physical condition has improved, he will need to undergo another surgery to re-establish his digestive tract, reconnecting the oesophagus to the small intestine. At that point, he will be able to eat through his mouth and have regular bowel movements through the anus.



To book an appointment with General & Thoracic Surgery Department, FV Hospital, **please contact:**  
**(028) 54 11 33 33, ext. 1250, 1519, 1528**





# FV DOCTORS PERFORM

## EYE SURGERY

*For 5-Year-Old Girl With*

CONGENITAL HEART DISEASE  
WHO IS CONGENITALLY  
DEAF-MUTE

Five-year-old Le Ngoc Minh Thu, weighing 14 kilograms, was born deaf and with hypertrophic cardiomyopathy. She was also at risk of blindness due to detached retinas and cloudy lenses, but recently had her sight restored and made a heart-warming recovery, thanks to the efforts of leading experts from three medical facilities

To book an appointment at FV Hospital, **please contact: (028) 54 11 33 33**

Patient Thu’s mother - said that doctors discovered that Thu had congenital heart disease five days after her birth. The family later found that their baby could not hear and so was unable to learn to speak like normal children. Unfortunately, after taking her daughter for an eye examination, the doctor diagnosed Thu with cataracts and retinal detachment in both eyes. Without timely surgery, Thu was at risk of becoming permanently blind. Fortunately, during a visit to the European Eye Centre, patient Thu was examined by Dr Jan Dirk Ferwerda, a leading expert in ophthalmology from the Netherlands. He decided to refer Ms Thuy to FV hospital because he believed that only FV would have the necessary equipment and staff to perform the surgery.

Due to the very difficult nature of the surgery on a child with congenital heart enlargement, FV organised four inter-hospital consultations over the course of one week. All risks and plans to deal with dangerous situations were carefully calculated. Leading experts from many departments at FV and Children’s Hospital 1 were invited to participate in the consultations.

The biggest challenge for the treatment team was the anaesthesia and intensive care process. Patient Thu was severely underweight and had a congenital heart condition, which posed a significant risk of hypotension during the surgery. “The surgery on a child with complex congenital heart disease has many complications. Therefore, to ensure the safety of the child, we invited two leading experts in anaesthesia and intensive care related to heart surgery from Children’s Hospital 1 to discuss intervention options, and preoperative, intraoperative, and postoperative preparations. Everything had to be in place to ensure the best support possible for the patient,” said Dr Ly Quoc Thinh, Specialist Level II, Head of Anaesthesiology & ICU Department, FV Hospital.

FV Hospital assembled an extensive team to perform the surgery. Dr Ferwerda conducted the surgery, while Dr Ly Quoc Thinh collaborated with Ha Van Luong, Specialist Level I from the Anaesthesiology & ICU Department at Children’s Hospital 1, to provide anaesthesia. Additionally, Ho Minh Tuan, MD, MSc, Head of Cardiology, and Dr Nguyen Thi Tran Chau, Specialist Level II, Head of the Neonatal Intensive Care Unit Department, Children’s Hospital 1, worked alongside the anaesthesiology team to promptly handle any complications during surgery.

The entire medical team operated with the utmost caution and urgency, racing against time. Finally, after a tense four hours, the surgery was a success. Thu was taken off the ventilator and could breathe on her own in the recovery room. She continued to receive close monitoring in the intensive care unit. A day later, when her condition had stabilised, she was transferred to a regular ward, alleviating any remaining concerns shared by doctors. The recovery of patient Thu’s eyesight was a tremendous feat accomplished through the dedicated efforts of an expert team comprising various specialties at FV Hospital and their collaboration with leading experts from other centres.



# OVERVIEW OF KINESIOLOGY TAPE (KT TAPE) AND ITS BENEFITS

Kinesiology tape, also known as KT tape, is a therapeutic taping technique that utilizes elastic adhesive tape to help improve muscle function, reduce pain, and alleviate swelling in injured areas. The tape is applied specifically by lifting the skin at the cellular level, which can help reduce inflammation, enhance blood circulation, and stimulate the body’s natural healing process.

KT tape is made from thin, stretchable material to avoid restricting movements excessively, ensuring that users can move comfortably. It can be applied with various levels of tension, creating a lifting force on the underlying tissues and stimulating nerve endings. KT tape is a safe and effective method for managing injuries and various conditions, commonly used for:

- Strained muscles and sprains
- Joint pain
- Lower back pain
- Tennis elbow
- Shin splints
- Plantar fasciitis
- Post-surgery recovery

Kinesiology tape can also be used to support the performance of athletes dealing with injuries, with benefits including reduced muscle fatigue, improved range of motion, and injury prevention. Although KT tape can enhance joint stability by increasing the body’s awareness of movement, its stretchiness doesn’t provide strong mechanical stability. Therefore, for more severe conditions, the use of braces or sports tape maybe recommended.

KT tape works through various mechanisms, including:

- Improving circulation and lymphatic flow by lifting the skin, reducing inflammation, and promoting wound healing.
- Reducing pain: The tape can help to reduce pain by taking advantage of the pain gate control theory of “stimulating low threshold skin mechatronic receptors inhibit nociceptive fibers to reduce pain in the relevant dermis”
- Providing support and mobility for injured or weak muscles and joints, as well as helping to prevent injuries.
- Enhancing proprioception by transmitting signals to the brain about the position of muscles and joints.
- Kinesiology tape is most effective when used in conjunction with other treatment methods, such as physical therapy or exercise. It may not suffice as a standalone treatment.

Kinesiology tape is a safe and effective method for preventing various types of injuries and medical conditions. However, there are some potential risks associated with its use, including skin irritation, allergic reactions, tape displacement, etc.

This method achieves optimal results when combined with other treatments, such as physical therapy or exercise. Users should consult with a doctor or physical therapist before use.



To schedule an appointment with the ACC medical team, please contact:

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**