

What's up, Doc?

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DR BASMA M'BAREK PARTICIPATED IN PRESENTING A REPORT AT THE OESOPHAGEAL CANCER CONFERENCE

Dr Basma M'Barek, Head of Hy Vong Cancer Care Centre, FV Hospital, delivered a noteworthy presentation at the "Updates in the Advancement of Surgery and Management of Oesophageal Cancer" conference held by Cho Ray Hospital on September 23, 2023, in Da Nang. This conference was a significant event, gathering many national and international leading cancer experts.

Attending the conference as one of four international presenters, Dr Basma's talk "Techniques and Results of Neoadjuvant Chemoradiation Therapy for ESCC" was focused on updating advancements in the treatment and management of oesophageal cancer. Dr Basma's presentation notably explained in detail the role and application of preoperative radiation therapy in the treatment of oesophageal cancer, including squamous cell carcinoma.

Through research and practice at FV, Dr Basma reported that providing concurrent chemo-radiation for four weeks, followed by a waiting period of four

to six weeks before surgery, has significantly improved treatment efficacy without increasing toxicity.

Dr Basma M'Barek's presentation was highly regarded by her colleagues for its practicality and applicability. Deputy Director of Cho Ray Hospital, Lam Viet Trung, MD, PhD, mentioned that through clear explanations and detailed data regarding concurrent chemo-radiation for squamous cell carcinoma, Dr Basma has successfully convinced many surgeons to have more confidence in this new technique. This is particularly true when the hospital is able to utilise new machinery and technologies to significantly improve the accuracy and effectiveness of radiation therapy.

This conference has attracted the participation of speakers from Japan, Australia, and hundreds of experts and doctors from all over Vietnam, contributing to creating a large international forum for exchanging knowledge and experience in the treatment and management of oesophageal cancer.



FV HOSPITAL SHARES EXPERIENCE IN MODERN CARDIOVASCULAR DISEASE TREATMENT TECHNIQUES AT THE HANOI CARDIOLOGY CONFERENCE

On September 30th, two doctors from FV Hospital participated in the 2023 Hanoi Cardiology Conference in the roles of chairperson and presenter, respectively: Ho Minh Tuan, MD, PhD, Head of Cardiology Department and Nguyen Viet Quynh Thu, MD, MSc, Specialist Level II, Head of Dietetics & Nutrition Department.

The conference, organised by the Hanoi Cardiology Association in collaboration with Hanoi Heart Hospital, was titled "New Cardiovascular Horizons" and was attended by nearly 2,000 professors, doctors, pharmacists, and medical experts from Vietnam, the United States, France, Singapore, Japan, and South Korea.



During the conference, Ho Minh Tuan, MD, PhD, was invited as a chairperson for session F03, which focused on "Surgical management of AMI." He presented a report titled "Management of ST elevation AMI with ventricular septal rupture" in this session. Additionally, Dr. Tuan delivered another notable presentation: "Treatment of Hypertrophic Cardiomyopathy with Severe Heart Failure by Alcohol Septal Ablation."

Nguyen Viet Quynh Thu, MD, MSc, Specialist Level II presented her talk Titled "Nutrition in Obese Patients with Cardiovascular Complication" during another conference session.

In the presentation during Session F03, Dr Tuan elaborated on the treatment of patients with septal rupture following myocardial infarction. This is a rare cardiac complication, occurring in only about 1 in 500 to 600 heart attack patients. However, without intervention, the one-month survival rate for such patients is only six per cent. Dr Tuan's method, performing a percutaneous coronary intervention through the skin, is considered a modern and less risky alternative to the traditional surgical approach.

In his other presentation related to heart failure, Dr Tuan discussed cases of successful treatment at FV for patients with heart failure caused by hypertrophic cardiomyopathy. He shared the latest updates in using a percutaneous coronary intervention technique called "branch puncture" to address the blockage. Approximately 46 per cent of patients with hypertrophic cardiomyopathy are at risk of heart failure. Dr Tuan emphasised that this procedure is highly regarded as it helps reduce the risk of heart failure for patients with hypertrophic cardiomyopathy. Heart failure is a complex condition with various causes, making it a significant challenge in today's medical field.

In her presentation, Dr Nguyen Viet Quynh Thu discussed the "connection" between obesity and heart diseases. She outlined methods to evaluate overweight and obese individuals and provided detailed information on nutrition for obese patients, especially those with heart-related complications. Dr Thu emphasized that obesity



(with a BMI of 29 kg/m2 or higher) not only carries a high risk of heart disease (34%) but is also a contributing factor to various other health issues such as diabetes (61%), hypertension (17%), gallstones (30%), and more.

In addition, Dr Thu proposed the weight control and obesity treatment process being applied at FV. This process combines dietary regimens, exercise programmes, and, in some cases, stomach reduction surgeries. So far, the obesity treatment strategies at FV have yielded good results, helping patients control their weight and the complications caused by obesity.



DR LY QUOC THINH PARTICIPATED IN PRESENTING A REPORT AT

THE OBSTETRIC ANAESTHESIA & INTENSIVE CARE CONFERENCE

On 7th October, 2023, the 2023 Obstetric Anaesthesia and Intensive Care Conference was jointly organised by Tu Du Hospital and the Ho Chi Minh City Society of Anaesthesiology and Intensive Care. Dr Ly Quoc Thinh, Specialist Level II, Head of Anaesthesiology, Intensive Care & Pain Control Department, FV Hospital, participated in presenting a report at the conference.

With 14 reports and the participation of over 400 invited guests, including physicians and experts in the fields of anaesthesia and obstetrics, the conference provided new scientific knowledge and practical experience in healthcare, particularly for pregnant and obstetric patients. Dr Thinh's presentation on the topic "Chronic Pain after Surgery" offered insights into postoperative care for many patients.

Through this report, Dr Thinh also hopes that his colleagues and patients will pay more attention to this issue, particularly in identifying high-risk patients and establishing pain management methods before,



during, and after surgery. Early treatment can assist patients in reducing functional limitations, minimising psychological impact, and ultimately reducing the costs of healthcare and the burden of medical care.

For many years, with active collaboration from the Pain Clinic, patients who are being treated in various specialties at FV Hospital, such as Obstetrics & Gynaecology, General Surgery, and Physiotherapy & Rehabilitation, have received timely support when experiencing postoperative pain.

In addition to establishing a comprehensive process for post-operative pain management, collecting high-quality data for research in the field of pain management is also a priority for FV Hospital. With its strengths in multiple specialties and being a pioneer in pain treatment, FV aims to contribute insights and develop new treatment methods through conferences, ultimately delivering more effective treatments and improving the quality of life for patients.



FV HOSPITAL PERFORMS A SURGERY FOR STAGE 3 BLADDER cancer IN A 63-YEAR-OLD PATIENT



In September 2022, patient N.V.H. (63 years old, from Dong Thap province) visited FV Hospital with severe pain caused by bladder cancer. Dr Do Quang Minh, Head of Urology and Andrology, FV Hospital, examined the patient and determined that the cancer had progressed to stage 3, invading the urethra and the prostate gland. Without surgical intervention, the tumour would continue to grow, causing urinary obstruction and intense pain for the patient.



Six years ago, N.V.H. frequently urinated blood, and after seeking medical attention, N.V.H. was diagnosed with bladder cancer and doctors recommended he have surgery. However, N.V.H. was hesitant to undergo surgery due to fear of the procedure and sought alternative treatments at different hospitals.

Eventually, N.V.H. decided to proceed with treatment after multiple delays. He underwent three cycles of chemotherapy at Hy Vong Cancer Care Centre. Subsequently, Dr Minh and the medical team performed surgery to remove the bladder, conduct lymph node dissection, and eliminate all cancerous cells. A urinary diversion was created by redirecting urine to an artificial bladder made from a section of the small intestine. Following the surgery, N.V.H.'s health stabilised, and he was scheduled for follow-up appointments every three months.

"Cystectomy surgeries for bladder cancer at FV are typically supported by multiple specialties. Specifically, the small intestine resection and anastomosis are performed by the general surgery team to ensure patient safety and conserve the main surgeon's energy for the most complex aspects. Therefore, complications are rare in bladder cancer surgeries at FV," explains Dr Minh.

FV Hospital is a multi-specialty hospital equipped with modern equipment adhering to international healthcare standards (JCI). The treatment of bladder cancer at FV involves a multidisciplinary approach, with collaboration between the Urology and Andrology Department and Hy Vong Cancer Care Centre, increasing the chances of recovery and reducing duration of treatment.

Notably, Dr Do Quang Minh is a highly experienced expert in the field of urologic oncology and has successfully performed surgery and treatment for over 300 cases of bladder cancer.



To book an appointment with the Urology & Andrology Department - FV Hospital, please call (028) 54 11 33 33 - Ext 1032



FV HOSPITAL APPLIES RADIOFREQUENCY ABLATION (RFA) TECHNOLOGY IN THE TREATMENT OF CHRONIC PAIN

The Pain Clinic at FV Hospital has recently introduced Radiofrequency Ablation (RFA) technology, which is a minimally invasive procedure that uses high-frequency radio wave-generated heat to target and disrupt pain-signalling nerves. This technique is commonly used to treat chronic pain conditions in the spinal area, such as back pain caused by disc or facet joint issues, as well as peripheral nerve areas like the knee, hip, and shoulder joints. RFA is also used to treat various neuropathic pain conditions, including post-herpetic neuralgia, nerve compression pain, and neuropathic pain due to nerve disorders.

The advantage of Radiofrequency Ablation (RFA) is its quick recovery time and reduced need for pain medication, as it provides long-lasting pain relief. RFA can provide pain relief for one to three years or even eliminate pain altogether, depending on the patient's response, allowing them to resume normal activities. The procedure is performed using a small, minimally invasive needle-like electrode that leaves minimal scarring and promotes faster recovery compared to open surgery, minimising the risk of complications. The procedure typically takes 15 to 30 minutes to complete, depending on the treatment location

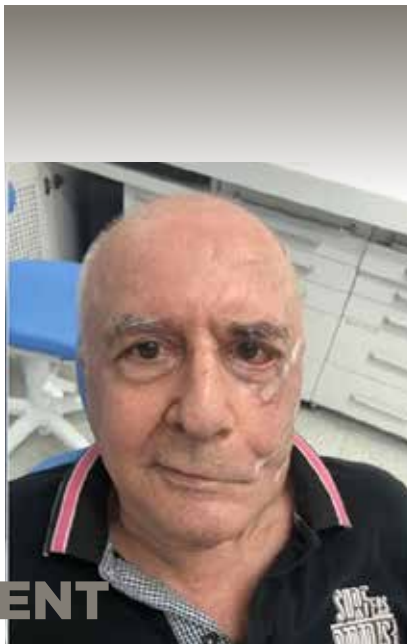
and the number of times it must be performed. RFA is known for its ability to deliver controlled heat without damaging the surrounding healthy nerves. Although RFA is generally safe, there are potential risks and complications, including infection at the needle insertion site (so strict aseptic conditions must be followed), skin burns if the procedure is not done correctly, misplacement of the needle or choosing an incorrect heat level, nerve damage, allergic reactions, temporary pain exacerbation, and more, which is why it should be performed in healthcare facilities that meet the required standards.

At FV Hospital, RFA procedures for treating chronic pain are conducted by pain specialists trained abroad under the guidance of Head of the Pain Clinic, Dr Louis Brasseur, an international expert with decades of experience in accurately determining the location and temperature of the nerves that need to be ablated, ensuring a sterile environment, and using the necessary equipment to prevent complications. These procedures take place in sterile operating rooms that meet the JCI healthcare standards, which are internationally recognised for their medical quality.

 To book an appointment with the Pain Clinic - FV Hospital, **please call (028) 54 11 33 33 - Ext 1294**



RESTORATIVE FACIAL SURGERY FOR A PATIENT WITH FACIAL NERVE PARALYSIS



In August 2023, Mr Engelmann came to FV Hospital with the hope of improving his facial paralysis issue. In 2018, Mr Engelmann had a malignant tumour in the parotid gland, a salivary gland that sits just in front of the ears, on the left side of his face. After surgery to remove the tumour, he experienced a complication known as facial nerve paralysis, which left the left side of his face partially paralysed and drooping significantly. This had a profound impact on his ability to communicate and eat. The sagging facial muscles also prevented him from fully closing his left eye, leading to complications such as dry eyes and constant tearing.

Identifying this as a complex case, doctors at FV Hospital convened a consultation to determine the best course of action. Lam Hoai Phuong, MD, PhD, a Senior Doctor in the Department of Oral & Maxillofacial Surgery-Dental Surgery at FV Hospital and a leading expert in facial reconstructive surgery in Vietnam with over 41 years of experience, assessed that the treatment for this patient required temporalis muscle flap surgery.

"This patient's condition, if left untreated, would lead to persistent redness and tearing of the eye due to the patient's inability to close it. Consequently, the patient's eyes would gradually become dry, leading to a loss of vision," says Dr Hoai Phuong. This was a complex surgical procedure that demanded the skill, precision, and accuracy of FV's experienced medical team, and the active support of advanced medical equipment and techniques. Doctors carefully evaluated

potential risks that could arise during the surgery due to the patient's advanced age, previous surgical history, and medical conditions, such as a history of cerebrovascular events in 2002 and the insertion of three stents, which necessitated anticoagulant medication. These factors increased the risk of bleeding during the surgery.

On August 24, 2023, Dr Hoai Phuong and the surgical team operated meticulously for over six hours, closely monitoring physiological indicators throughout the procedure to prevent bleeding. The patient's temporalis muscle was transplanted downward, the lower eyelid was elevated, and the entire temporalis muscle portion was connected to the lower eyelid to reduce the risk of exposure.

After the surgery, Mr Engelmann showed significant improvement in his facial appearance. After one week, he received guidance from experts on physical therapy to stimulate the facial muscles. His face became more natural and harmonious, his eyes closed relatively well, and he no longer experienced excessive tearing, drooling, or food spilling out of his mouth.

 To book an appointment with Oral & Maxillofacial Surgery - Dental Surgery Department, FV Hospital, **please call (028) 54 11 33 33 - Ext 3344, 3345**