

What's up, Doc?

No 5 - June/ 2024

SPECIALIST LEVEL I

PHAM THE KIEN
MD, MSc

**JOINING FV HOSPITAL'S
BONE & JOINT CENTRE**



Specialist Level I, Pham The Kien, MD, MSc, graduated from the University of Medicine and Pharmacy in Ho Chi Minh City in 2020 and subsequently excelled in becoming a resident doctor in Orthopaedics. In December 2023, Dr Pham The Kien completed his residency and earned his Master's degree in Medicine and Specialist Level I certification in Orthopaedics.

During his residency, Dr The Kien had numerous opportunities to learn and participate in the treatment of common musculoskeletal disorders. Despite being a young doctor, he has undergone specialised training in arthroscopic surgery and shoulder arthroplasty in Germany. He aims to

further develop this expertise within the Orthopaedics Department at FV Hospital, in addition to diagnosing and treating other common conditions such as trauma and degenerative musculoskeletal diseases.

In June 2024, Dr Kien formally became a member of the Bone & Joint Centre at FV Hospital, bringing his optimal treatment and care quality to patients, dedicating time and support to patients from the consultation phase throughout their treatment journey.



To book an appointment with Specialist Level I, Pham The Kien, MD, MSc - Bone & Joint Centre, FV Hospital, please call: (028) 54 11 33 33 – Ext 1226



NGUYEN HUU NHAN
MD, MSc

**JOINING FV HOSPITAL'S
GASTROENTEROLOGY &
HEPATOLOGY DEPARTMENT**

Nguyen Huu Nhan, MD, MSc graduated from Pham Ngoc Thach University of Medicine in 2010 and received his Master's in General Internal Medicine in 2017. In addition, Dr Huu Nhan actively participated in fellowships in gastroenterology, including upper gastrointestinal endoscopy, colonoscopy and endoscopic intervention, Endoscopic Retrograde Cholangiopancreatography (ERCP), early cancer diagnosis and intervention via endoscopy, diagnosis, and treatment of viral hepatitis, liver fibrosis assessment, diagnosis and treatment of metabolic liver diseases/fatty liver disease, and gastrointestinal tract diseases.

With 14 years of experience in Gastroenterology & Hepatology, Dr Nhan believes "Medicine is an extraordinary profession, aiming to bring about good physical and mental health for patients and customers. Therefore, doctors must always put patients at the center, continuously updating their knowledge and advancing techniques based on evidence-based medicine to provide optimal healthcare services through appropriate and effective treatment solutions."

Dr Nhan specialises in treating the following conditions:

- Gastrointestinal tract diseases: gastric ulcers, H. pylori infection, gastroesophageal reflux disease, ulcerative colitis, pancreatitis, chronic hepatitis B, C, cirrhosis, and complications of cirrhosis...
- Metabolic-associated fatty liver disease
- Diagnostic and therapeutic gastrointestinal endoscopy
- Endoscopic mucosal resection (EMR) for early gastrointestinal cancer.

Beyond physical treatment, Dr Nhan hopes that his dedicated consultation before, during, and after treatment will help patients better understand their health issues, ease their minds, and speed up recovery.

Before joining FV Hospital, Dr Nhan worked at several major healthcare providers, including: Head of Gastrointestinal Endoscopy Unit at American International Hospital (from 03/2022); Victoria Healthcare International Clinic (2018 - 2021); Hoan My Saigon Hospital and Clinic (2014 - 2018); Nguyen Tri Phuong Hospital (2011 - 2013)



To book an appointment with Nguyen Huu Nhan, MD, MSc - Gastroenterology & Hepatology Department, FV Hospital, please call: (028) 54 11 33 33 – Ext 1234, 1164



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FV HOSPITAL'S TRADITIONAL MEDICINE DEPARTMENT

UTILISES LASER ACUPUNCTURE AND ACUPOINT INJECTION THERAPY TO TREAT VARIOUS MUSCULOSKELETAL AND NEUROLOGICAL CONDITIONS

Traditional Medicine Department at FV Hospital has recently introduced two new techniques: Laser Acupuncture and Acupoint Injection Therapy, to treat musculoskeletal and neurological conditions, along with existing methods such as acupuncture, thread embedding acupuncture therapy, and moxibustion.

Laser acupuncture – Modern technology combined with traditional methods

Laser acupuncture combines traditional acupuncture methods with the accuracy of a laser beam. This method, in addition to accurately targeting acupoints and providing similar effects to traditional acupuncture, also offers several outstanding advantages, such as:

- Non-invasive, painless, with no bruising or bleeding at the acupoint
- No risk of broken needles or infection
- Suitable for patients who fear pain, especially children
- Easy and flexible used to treat various areas of the body, especially regions with many blood vessels and nerves, such as the palms, soles, finger joints, and wrists
- Safe with no side effects

The laser acupuncture method works by delivering low-power laser light energy through the skin, which is absorbed into the tissue. The low power of

the laser does not generate heat, ensuring comfort for the patient during treatment.

Currently, laser acupuncture is often recommended for the treatment of conditions such as:

- Pain: neck and shoulder pain, periarthritis of the shoulder, lower back pain, functional headache
- Inflammatory Conditions: lateral epicondylitis, plantar fasciitis, periarthritis of the shoulder, sacroiliac arthritis, rheumatoid arthritis
- Neurological Disorders: post-stroke paralysis, spinal cord injury paralysis, facial nerve paralysis, trigeminal neuralgia, carpal tunnel syndrome, sciatica
- Functional Disorders: rhinitis-sinusitis, insomnia, bronchial asthma, gastroesophageal reflux disease, functional dyspepsia, gastritis, vestibular disorder, bed-wetting in children
- Laser acupuncture is suitable for the elderly, those with chronic conditions such as diabetes, those who are advised to limit pain medication, and patients who are afraid of needle acupuncture

However, this method is not recommended for patients who have pre-cancerous or cancer, epilepsy, heart failure, hyperthyroidism, or those who have undergone treatment with immunosuppressants or high doses of corticosteroids for an extended period.

Utilising the effectiveness of Western medicine in acupoint injection therapy

Acupoint Injection Therapy involves injecting prescribed intramuscular medications (such as Meloxicam, B vitamins, Nucleo CMP forte) into acupuncture points for therapeutic purposes. When the medication is injected into the corresponding acupuncture points on the body, it transmits stimulation impulses to the cerebral cortex, which then reflects back to various levels of the nervous system to regulate the functions of internal organs. Due to

the pharmacological effects of the medication and the conduction effects along the meridians, the medication is absorbed more quickly by the body, exerting a stronger impact on the affected organs and aiding in faster recovery.

Therefore, this method offers several advantages over traditional methods:

- With the same dosage of medication, if injected into acupoints, the pharmacological effects are stronger compared to non-acupoint injection
- With the same type of medication, if injected into acupoints, a smaller dosage can achieve pharmacological effects equivalent to a larger dosage
- Combining medication with acupuncture allows for simultaneous management of various symptoms of the disease

Acupoint injection therapy is recommended for treating various conditions such as:

- Neurological disorders: migraine, cerebral circulation insufficiency, sciatica, post-stroke patients, trigeminal neuralgia
- Sprains, osteoarthritis, joint dislocation, chronic joint inflammation
- Combining acupoint injection therapy with acupuncture is highly effective in treating chronic conditions such as asthma, post-stroke recovery, mild to moderate disc herniation, post-herpetic neuralgia, and facial nerve palsy

At FV Hospital, Laser Acupuncture and Acupoint Injection Therapy, and other traditional medicine treatments are performed by Dr Diec Kha Han, Specialist Level I, Head of Traditional Medicine with nearly 20 years of experience in Traditional Medicine. In addition, the Traditional Medicine Department is equipped with modern facilities. For instance, FV utilises the Lightneedle 600 standard laser machine from Reimers & Janssen, a leading German manufacturer specialising in non-invasive medical devices and laser technology in medicine.



To book an appointment with Dr Diec Kha Han, Specialist Level I
- Head of Traditional Medicine, FV Hospital,
please call: (028) 54 11 33 33 – Ext 1226



FV APPLIES

ALCOHOL SEPTAL ABLATION METHOD

To treat **HYPERTROPHIC CARDIOMYOPATHY**



To book an appointment with Ho Minh Tuan, MD, PhD - Head of the Cardiology Department, FV Hospital, **please call: (028) 54 11 33 33 – Ext 1216, 1165**

Patient N.Q.T, a 68-year-old from Binh Dinh, was diagnosed with hypertrophic cardiomyopathy in 2007. Over 17 years, the patient endured persistent arrhythmia, shortness of breath, and chest pain.

In June 2024, patient N.Q.T. decided to visit FV Hospital for a consultation with Ho Minh Tuan, MD, PhD, Head of Cardiology. Dr Tuan observed that the patient's heart muscle thickness had reached 23 mm, obstructing the left ventricular outflow tract and was causing a grade 4 mitral valve regurgitation. If left untreated, these symptoms could worsen, potentially leading to sudden death.

Dr Tuan explained that there are two treatment options for hypertrophic cardiomyopathy: open-heart surgery to remove the thickened heart muscle and a less invasive procedure to reduce the thickness of the heart wall using alcohol septal ablation method. For patient N.Q.T. condition, Dr Tuan recommended the alcohol septal ablation method.

"Reducing the thickness of the heart wall with bioethanol is a percutaneous catheter-based intervention. The patient receives a small peripheral blood vessel in the wrist or thigh. The doctor then threads a catheter equipped with a balloon containing

absolute ethanol to the blood vessel supplying the thickened heart muscle. Once the correct blood vessel is located, ethanol is injected to block the vessel, causing the thickened heart muscle to thin out," Dr Tuan explained.

Dr Tuan and his team performed the bioethanol injection procedure, which took about an hour. The patient remained awake under local anaesthesia. The results were remarkable: the thickened heart muscle was significantly reduced, and the mitral valve regurgitation was resolved. Patient N.Q.T. was discharged after two days, no longer experiencing chest pain or shortness of breath. The patient said he feels much more comfortable and at ease when breathing.

The challenge of the alcohol septal ablation method lies in the high skill level required: first, the interventional cardiologist must accurately locate the tiny blood vessel supplying the thickened heart muscle causing the obstruction. Once the correct vessel is found, it is confirmed by injecting contrast dye, which makes the thickened heart muscle "light up," indicating the correct location. Next, the interventional cardiologist inserts a special balloon catheter with a diameter of 1-3 mm containing absolute ethanol to occlude the blood vessel and inject the ethanol.

FV HOSTS THE CME TRAINING PROGRAMME

COMPREHENSIVE APPROACH
AND TREATMENT

Sleep apnoea is a common sleep-related breathing disorder often associated with metabolic diseases. Obese individuals are at a high risk for sleep apnoea, with a prevalence rate of 45%, leading to adverse cardiovascular outcomes and even sudden death.

To align with the latest global medical trends and update knowledge and more effective treatment methods for sleep-related disorders such as sleep apnoea and snoring, FV Hospital is organising a CME Training Programme: "Comprehensive Approach and Treatment of Snoring and Sleep Apnoea Syndrome". The event will take place from 8:30 AM to 1:00 PM on 20th July 2024, at the Grand Ballroom, 5th Floor, Sheraton Can Tho Hotel

The programme will feature speakers who are experts in various fields, including Otorhinolaryngology, General Surgery, and Dietetics & Nutrition, such as:

SNORING
& SLEEP APNOEA
SYNDROME

CAN THO | 20/07/2024

CHAIRMAN



Chau Chieu Hoa, MD, PhD
Director of Can Tho ENT Hospital



Dr Ho Le Hoai Nhan, Specialist Level II
Deputy Director of Can Tho ENT Hospital

ORGANISER



Vu Truong Son, MD, MSc
Deputy Medical Director, FV Hospital

MODERATOR - SPEAKER



Vo Cong Minh, MD, PhD
Head of Otorhinolaryngology (ORL or ENT) Department, FV Hospital
Topic:
ENT surgery for the treatment of Sleep Apnoea Syndrome

SPEAKER



Dr Barrie Tan
ENT - Head & Neck Surgery Specialist,
Gleneagles Hospital, Singapore
Topic:
Advanced Ear Surgery and Hearing Implants
– Latest Technology and Trends



Nguyen Thanh Tung, MD, PhD
Head of Oral & Maxillofacial Surgery - Dental Surgery Department, FV Hospital
Topic:
Maxillofacial surgery & Dental intervention in the treatment of Sleep Apnoea Syndrome



Specialist Level II, Phan Van Thai, MD, MSc
Head of General Surgery Department, FV Hospital
Topic:
Gastric sleeve surgery for the treatment of Sleep Apnoea Syndrome in obese patients



Specialist Level II, Nguyen Viet Quynh Thu, MD, MSc
Head of Nutrition & Dietetics Department, FV Hospital
Topic:
Nutrition and medicine for weight management in Obstructive Sleep Apnea

Please join us at the programme to update your knowledge and learn about new comprehensive diagnostic and treatment methods related to sleep disorders.

Click the link to register:
<https://forms.gle/AciPo2EPKRYQs9THA>

or Scan QR code



DISCOUNT INFORMATION

FOR PATIENTS

Applicable to _____

FV Partner
programme*

EXTERNAL DOCTORS – ED

- The Private Patients being non-insured patients shall be entitled to 20% discount on all FV surgical and obstetrical packages
- The Private Patients having a medical insurance with coverage limited to Vietnam shall be entitled to 10% discount on all FV surgical and obstetrical packages

REFERRAL DOCTOR – RD

- Provide patients referred with 5% discount on all inpatient services (excluding doctor fees, medications, consumables, implants, prosthesis, transplants, any equipment taken home, and non-medical supplies) except for patients referred for interventional cardiology
- Provide patients referred with 5% discount on treatment provided in the Oncology Department (excluding medications and consumables)

(*) To find out more about the terms and conditions of the programme, please contact Liaison Officer