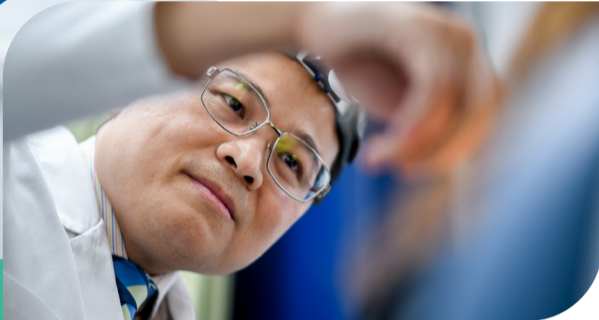


What's up, Doc?

No 6 - July / 2024



VO CONG MINH
MD, PHD
METICULOUS AND DEDICATED
TO EVERY PATIENT HE TREATS



Enthusiastic in his pursuit of both medical practice and scientific research, Vo Cong Minh, MD, PhD, Head of Otorhinolaryngology Department at FV Hospital, always prioritises the least invasive treatment options possible to help patients experience less pain, heal quickly, and maintain normal physiological functions, post-surgery. Throughout his 20 years of wearing the white coat, Dr Vo Cong Minh has adhered to an unwavering professional principle: always consider the best options for the patient.

Dedicated to the field of Otolaryngology, Vo Cong Minh, MD, PhD, constantly hones his knowledge and skills while staying up to date

with the latest technological advancements. He aims to elevate medical standards in Otolaryngology in Vietnam to be on par with advanced countries in the region and around the world.

To achieve this, besides his clinical work, he utilises his limited free time to attend numerous advanced training courses abroad, including: Otolaryngology, Head and Neck Surgery and Facial Plastic Surgery, University of Tennessee, Memphis, Tennessee, USA (2003); Basic & Advanced Sinus Surgery, Young Sinus Surgeons' Forum, St. Luke's Medical Centre, Manila, Philippines (2013 & 2014); Otolaryngology – Head and Neck Surgery, University of Texas Health Science Centre, San

Antonio, USA (2015); Endoscopic Sinus and Skull Base Surgery, North Neurosciences Hospital, Chapel Hill, North Carolina, USA (2015).

As an international hospital, FV is well-connected to leading experts around the world who help doctors to introduce advanced treatment methods to Vietnam. Dr Minh revealed that in the near future, the Ear Nose Throat (ENT) department plans to collaborate with a team of leading doctors in Singapore on cochlear implantation techniques for hearing-impaired patients - a method currently limited to only a few domestic top-tier facilities. Dr Minh says combining and exchanging expertise with international medical institutions will also enable the hospital to perform major surgeries and treat complex medical conditions. This will diversify healthcare services, elevate medical standards, and bring substantial benefits to patients.



To book an appointment with Vo Cong Minh, MD, PhD - Head of Otorhinolaryngology Department, FV Hospital, please call: (028) 54 11 33 33 – Ext 1382, 7711



DR
HUYNH HUU DANH
SPECIALIST LEVEL I

ENDOVASCULAR-INTERVENTIONAL RADIOLOGIST JOINS THE IMAGING DEPARTMENT AT FV HOSPITAL

Dr Huynh Huu Danh graduated from Pham Ngoc Thach University of Medicine in 2016 and received a Radiology specialist level I degree in Diagnostic Imaging in 2022. Additionally, Dr Danh has continued to enhanced his knowledge and skills through numerous prestigious training courses both domestically and internationally.

Dr Danh completed a short-term training course in Paediatric neurosurgery at Children's Hospital No.2 in 2017. Following this, he attended a short-term training course in Neurosurgery at 115 People Hospital in 2017. In 2018,

he was certified for Endovascular intervention at 115 People Hospital, participated in an interventional radiology training course at King Hamad University Hospital, Bahrain in 2019, and completed a Summer stroke course in 2020.

Dr Danh possesses solid expertise in neurosurgical conditions, particularly vascular disorders such as arteriovenous malformations, brain aneurysms, and moyamoya disease. From July 2024, Dr Huynh Huu Danh officially joined the Imaging Department at FV Hospital, where he will be responsible for consultation and diagnosis of patients requiring intervention.

Dr Danh will perform interventional procedures, provide preoperative embolisation, and assist with CT and MRI readings and collaborate with other specialties within the hospital. Previously, Dr Danh worked at 115 People Hospital and the City Children's Hospital.

Dr Danh had successfully performed numerous complex interventional techniques, including b-AVM endovascular embolisation, sclerotherapy for venous malformations, vascular embolisation for cancer patients, acute thrombectomy, and many other interventional procedures with very low complication rates. Dr Huynh Huu Danh also successfully intervened to save a 3-year-old boy who suffered a stroke at the City Children's Hospital.



To book an appointment with Imaging Department, FV Hospital, please call: (028) 54 11 33 33 – Ext 1201, 2222



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FV HOSPITAL

6 Nguyen Luong Bang St., Phu My Hung, Dist.7, HCMC
Tel: (028) 54 11 33 33
Accident & Emergency: (028) 54 11 35 00

FV SAI GON CLINIC

3rd floor Bitexco Financial Tower, 2 Hai Trieu St.,
Ben Nghe Ward, Dist.1, HCMC
Tel: (028) 62 90 61 67 - Fax: (028) 62 90 61 68
Email: saigonclinic@fvhospital.com



“KNIFELESS SURGERY” FOR EFFECTIVE AND SAFE TREATMENT OF HYPERTHYROIDISM



Ms NTL (residing in Ba Ria – Vung Tau) experienced fatigue, weight loss despite increased appetite, and prolonged insomnia. She visited multiple healthcare facilities but her condition remained undiagnosed. Over time, her health deteriorated further. It wasn’t until she sought treatment at FV Hospital that doctors conducted tests and diagnosed her with hyperthyroidism, a condition whose symptoms are often confused with other illnesses.

According to Dr Nguyen Van Te, Head of Nuclear Medicine Department at FV Hospital, hyperthyroidism is a condition where the thyroid gland produces an excessive amount of thyroid hormone, leading to and increased metabolism.

In cases requiring precise diagnosis of the underlying cause of hyperthyroidism, the doctor may recommend a thyroid scan utilising nuclear medicine. The patient receives a small dose of radioactive tracer, typically ^{99m}Tc, this is injected into a vein. As the tracer circulates in the bloodstream, it accumulates in thyroid tissue and emits signals detected by a gamma camera. This imaging technique allows the doctor to accurately assess thyroid function, identify thyroid disorders at early stages, and facilitate timely treatment. The amount of radiation used in these scans is minimal; it naturally clears from the body through excretion and poses no harm to the body.

After being diagnosed with hyperthyroidism, patients are typically treated with thyrostatic medications for 18-24 months, at personalised dosages. The medication is discontinued once the hyperthyroidism is controlled.

In cases where the goiter is excessively large or the patient does not respond to medications, doctors may recommend surgical removal of the goiter or use nuclear medicine techniques – specifically, treatment with radioactive iodine-131 (I-131).

The procedure for treating hyperthyroidism with I-131 is relatively simple: the patient is prescribed and takes the medication as directed by the doctor. I-131 concentrates in the thyroid gland to destroy abnormal cells. This method is likened to “non-surgical surgery”, as it is easy to administer, highly effective, has minimal side effects, and is cost-effective. Patients typically do not need hospitalisation but are advised to limit close contact with others (maintaining a distance of over 1 meter) for about a week. It is crucial that patients do not become pregnant before treatment and for 6-12 months after taking the radioactive medication.

In nuclear medicine, I-131 is also recommended for treating thyroid cancer after surgical removal of the differentiated thyroid cancer (papillary or follicular types). Its purpose is to destroy remaining thyroid tissue, eliminate thyroid cancer cells, and prevent recurrence. Patients may require isolation either at home or in the hospital depending on the dosage used. This method boasts a success rate of up to 90%.

According to Dr Te, patients may develop hypothyroidism after treatment for thyroid disorders using either surgical or nuclear medicine methods. However, simply supplementing with thyroid hormone orally as prescribed by the doctor allows patients to return to normal life.



To book an appointment with Dr Nguyen Van Te - Head of Nuclear Medicine Department, FV Hospital, **please call: (028) 54 11 33 33 – Ext 1254, 3000**

HO MINH TUAN MD, PHD

CARDIOVASCULAR SPECIALIST AT FV HOSPITAL ASSISTS TAM ANH GENERAL HOSPITAL IN TREATING HYPERTROPHIC CARDIOMYOPATHY WITH ALCOHOL SEPTAL ABLATION

On 21st June, 2024, Ho Minh Tuan, MD, PhD, Head of the Cardiology Department at FV Hospital, successfully assisted the team at Tam Anh General Hospital in performing an alcohol septal ablation procedure for patient H.T.D, a 73-year-old resident of An Giang, suffering from obstructive hypertrophic cardiomyopathy.

The patient was admitted with symptoms of fatigue and shortness of breath. Previously, the patient had been diagnosed with hypertrophic cardiomyopathy, hypertension, and heart failure. After a period of medical treatment, the doctors at Tâm Anh General Hospital recommended septal ablation using absolute ethanol to reduce the thickness of the 25 mm hypertrophic myocardium.

With his extensive experience and expertise in the treatment of cardiovascular diseases, particularly as one of the few doctors capable of performing alcohol septal ablation for hypertrophic cardiomyopathy in Ho Chi Minh City and Vietnam, Dr Ho Minh Tuan was trusted by Tam Anh General Hospital to assist and perform the intervention for patient H.T.D.

The procedure was conducted as a percutaneous catheter-based intervention, taking about one hour to complete and requiring only local anaesthesia, allowing the patient to remain conscious. Dr Tuan can gain access from a peripheral blood vessel in the wrist or thigh, threading a catheter with a balloon containing absolute ethanol to the blood vessel supplying the hypertrophic myocardium. Once the correct blood vessel was located, the ethanol was injected, causing the targeted thickened myocardium to thin out. Post-procedure results showed a significant reduction in the thickness of the hypertrophic myocardium and resolution of the patient's mitral valve regurgitation.

FV Hospital's clinical support to Tam Anh General Hospital exemplifies FV's readiness to collaborate in performing advanced techniques to provide optimal treatment opportunities for patients at any facility.

The Cardiology Department at FV Hospital is equipped with a modern Cathlab and a team of experienced doctors capable of comprehensive treatment for hypertrophic cardiomyopathy for all age groups, from children to the elderly. FV Hospital has successfully treated dozens of hypertrophic cardiomyopathy cases using alcohol septal ablation.



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

FV ORGANISED 'COMPREHENSIVE APPROACH FOR TREATMENT OF SNORING AND SLEEP APNOEA SYNDROME' MEDICAL SYMPOSIUM AT CAN THO



In Can Tho on 20th July, 2024, FV Hospital, in collaboration with Can Tho ENT Hospital and with the consultation of Thomson Medical Group (Singapore), organised the “Comprehensive Approach for Treatment of Snoring and Sleep Apnoea Syndrome” medical symposium. The training programme featured speakers who are specialists in ENT, maxillofacial surgery, general surgery, and nutrition such as: Chau Chieu Hoa, MD, PhD; Dr Ho Le Hoai Nhan, Specialist Level II; Vo Cong Minh, MD, PhD; Vu Truong Son, MD, MSc; Nguyen Thanh Tung, MD, PhD; Specialist Level II, Phan Van Thai, MD, MSc; Specialist Level II, Nguyen Viet Quynh Thu, MD, MSc. Notably, it included a presentation by Dr Barrie Tan, a renowned ENT - Head & Neck Surgery Specialist from Singapore.

The medical symposium attracted more than 300 doctors specialising in maxillofacial surgery, ENT, general surgery, and nutrition from 25 hospitals across Can Tho, Ca Mau, Ben Tre, An Giang, Tien Giang, Soc Trang,

Tra Vinh, Vinh Long, Long An, Kien Giang, and Dong Thap. The symposium garnered much interest and high praise for its professionalism in organisation and the quality of the presentations from the participating doctors, with Dr Barrie Tan's presentation standing out in particular.

At this medical symposium, experts presented several new and comprehensive treatment methods for the dangerous condition of “snoring and sleep apnoea.” This programme is part of a series of continuous medical education activities organised by FV Hospital, where participating doctors will receive official certificates and credits in accordance with the regulations.

According to the experts at the training programme, sleep apnoea is caused by various factors and requires accurate airway assessment and multidisciplinary collaboration for effective treatment. FV Hospital, with its multidisciplinary approach integrates

the ENT Department, Dietetics & Nutrition Department, and General Surgery for comprehensive management of this condition. Furthermore, as a member of the Thomson Medical Group, FV benefits from the on-going support and collaboration with top experts from Singapore to enhance its ENT treatment capabilities. Notably, in the near future, leading experts and doctors from Singapore will come to FV to directly treat patients in Vietnam.

In the near future, FV Hospital will regularly organise specific activities such as continuous medical education (CME) courses, medical symposiums to introduce the medical community to new methods and technologies in diagnosis and treatment. Additionally, FV will invite leading experts from various specialties, particularly in medical and surgical cancer treatment, maternal and child care, and infertility treatment. This will enable many Vietnamese people to access advanced medical care easily and at optimal costs.

FV TEAM PARTICIPATES IN PROFESSIONAL ACTIVITIES OF THOMSON MEDICAL GROUP



LOWER ABDOMINAL PAIN THAT IS NON-GYNECOLOGICAL IN ORIGIN



SPEAKER

Doctor Stephen Chang
Medical Director and General Surgeon
GLAD Clinic

On 16th July 2024, more than 80 FV staff members participated for the first time in the regular professional activities organised by Thomson Medical Group. The training featured the topic “Lower abdominal pain that is non-gynaecological in origin” presented by Dr Stephen Chang, Medical Director and General Surgeon of GLAD Clinic. This is one of the continuous medical education and knowledge exchange activities between FV Hospital and Thomson Medical Group. This marks a significant milestone to realising the strategy of bringing Singapore medicine to Vietnam.



The programme attracted participation from gastroenterologists, general surgeons, obstetricians and gynaecologists, urologists, radiologists, general practitioners, nurses, and medical staff. The training session's content was designed to be detailed, scientific, and practical, providing doctors with a multidisciplinary and comprehensive perspective for diagnosing diseases, helping

to avoid misdiagnoses or omissions that could directly affect patients' health. Consequently, this facilitates the development of appropriate treatment and management plans.

This continuous medical training programme has provided valuable knowledge and experience for FV Hospital's medical team for diagnosing, treating, and managing cases of lower abdominal pain not caused by gynaecological issues. It also served as an opportunity for doctors and medical staff to learn, exchange and share experiences, contributing to the improvement of care and treatment quality at FV.

This training session marks a turning point for a series of other in-depth training sessions as part of Thomson's strategy to bring Singaporean medicine to Vietnam through FV Hospital. Upcoming training topics will focus on both medical and surgical cancer treatment, maternal and child care, infertility treatment, and many other important fields.

UPCOMING TRAINING PROGRAMMES




IRON DEFICIENCY ANAEMIA

Impact on WOMEN'S HEALTH

13 / 08 / 2024

SEE MORE



SPEAKER
Dr Lee Chun Tsu
Consultant
Centre for Clinical Haematology, Singapore



PALLIATIVE CARE & HOMECARE



Experience from Japan to Viet Nam

14:00 - 16:30, 14/08/2024

SEE MORE




Auditorium, 3rd Floor, F Building, FV Hospital



MATERNAL COLLAPSE & THE ROLE OF PERIMORTEM CAESAREAN

04 / 09 / 2024

SEE MORE



SPEAKER
Dr Sharon Foo
Consultant Obstetrician & Gynaecologist
Maternal Fetal Medicine Specialist
Thomson Specialists (Paragon Medical Centre)

FV HOSPITAL ORGANISING A MEDICAL SYMPOSIUM

MULTIDISCIPLINARY APPROACH IN THE TREATMENT OF

GASTROINTESTINAL & HEPATOBIILIARY DISEASES

To update the knowledge and modern medical trends in the treatment of gastrointestinal and hepatobiliary diseases within the medical community, and discuss the importance of a multidisciplinary approach to enhance diagnostic and treatment effectiveness, FV Hospital is organising a medical symposium titled "Multidisciplinary Approach in the Treatment of Gastrointestinal and Hepatobiliary Diseases". The event will take place from 08:30 to 13:30 on 24th August 2024, at Adora Grandview Convention Centre, 421 Ngo Gia Tu, Ward 9, District 5, Ho Chi Minh City.

The medical symposium will feature speakers who are experienced doctors from Gastroenterology, Surgery, Nutrition, and, notably, a Gastroenterology expert from Singapore.

CHAIRMAN - SPEAKER



Specialist Level II, Phan Van Thai, MD, MSc
Head of General Surgery Department, FV Hospital

Topic:
New updates in colorectal cancer surgery

MODERATOR - SPEAKER



Specialist Level II, Bui Nhuan Quy, MD, MSc
Head of Gastroenterology & Hepatology Department, FV Hospital

Topic:
Techniques in the treatment of Gastrointestinal and Hepatobiliary diseases at FV Hospital

SPEAKER



Dr Jarrod Lee
Founder & CEO, GUTCARE Singapore

Topic:
Colorectal cancer screening. Is 45 the new 50? What matters in 2024?



Ho Dang Quy Dung, MD, PhD
Head of Endoscopy Department, Cho Ray Hospital & President, Vietnamese Federation for Digestive Endoscopy

Topic:
Interventional EUS: Current status and future perspectives



Specialist Level II, Nguyen Viet Quynh Thu, MD, MSc
Head of Nutrition & Dietetics Department, FV Hospital

Topic:
Nutrition in the prevention of gastrointestinal cancer

The medical symposium promises to offer valuable insights and opportunities for professional exchange among top doctors and experts specialising in gastrointestinal and hepatobiliary diseases. We invite all interested physicians and healthcare professionals to register for participation.

Click the link to register:
<https://forms.gle/nStk2nKJ9f2BNBoy8>