

What's up, Doc?

No 8 - December / 2024

We are very proud that you chose to be working with FV Hospital over the past years. To make your life easier and your collaboration with FV Hospital more effective and more enjoyable, based on the results of the study we conducted, we have decided a number of improvements and initiatives:

1. We convince the Board to allocate a budget to organise social events, like luncheons, between external doctors and their colleagues from FV.
2. We have simplified the admission process and increased the support we offer you:
 - Online anaesthesia consultation for non-severe cases
 - Online admission will be possible for most patients
 - We have removed the requirement to be admitted the night before the surgery for a large number of procedures, patients will have to come early before the surgery to be checked by one of our anaesthetists.
 - We are going to have more doctors to assist you during your procedures and during the hospitalisation of your patients
 - Some of you have implants and some special consumables preferences that we will accommodate as much as we can

In addition, to celebrate the end of the Year of the Dragon, we offer you the possibility to **double your reward points** to be able to receive the most exquisite rewards of the FVH Partners Rewards Programme. From 1st November, 2024, to 31st January, 2025, for any patient that you will treat at FV Hospital you will receive twice the normal reward points.

★ Special promotions

★ During this period, FV is also introducing various attractive promotions for your patients, including:

- ★ Enjoy up to 25% off when you join the FV membership programme
- ★ Register for a Health Check-Up Programme at FV and receive an instant 15% discount, plus a free 10% discount voucher valid for your next health check-up, valid for three years
- ★ 30% discount on cosmetic surgery packages and skin and laser services at FV Lifestyle Clinic
- ★ 15% discount on orthodontic services, corrective jaw surgery, dental implants, veneers, and dental crowns, teeth whitening services using Zoom White Speed lamp or take-home trays
- ★ 25% discount on refractive surgery services (Myopia - Hyperopia - Astigmatism) and 30% discount on presbyopia surgery at FV
- ★ We signed with VNPAY so patients will be offered the possibility of paying instalments over a period of 12 months and FV will finance the interest payments for the first 3 months
- ★ FV is going to expand Social Insurance benefits to the entire hospital between January and December 2025.

CELEBRATION OF EXCELLENCE

HONORING ACTIVE DOCTORS OF THE FVH PARTNERS PROGRAM IN 2024

OCTOBER



DOCTOR'S NAME	SPECIALITY
TRAN QUANG THUAN	Oncology
LE MINH QUANG	General Surgery
HUYNH THI HIEU	Obstetrics & Gynaecology



DOCTOR'S NAME	SPECIALITY
BUI CHI THUONG	Obstetrics & Gynaecology
HUYNH THI HIEU	Obstetrics & Gynaecology
NGUYEN LE VU HOANG	ENT

NOVEMBER

DOCTOR'S NAME	SPECIALITY
ROBERT RICHE	Obstetrics & Gynaecology
TRAN QUANG THUAN	Oncology
TRUONG CHI CONG	Accident & Emergency

DOCTOR'S NAME	SPECIALITY
BUI CHI THUONG	Obstetrics & Gynaecology
DINH THE HUY	ENT
PHAM TRINH QUOC KHANH	Cosmetics & Plastic Surgery



DELIVERS THE SAME INTERNATIONAL STANDARD CARE
AS SOUTHEAST ASIA'S LEADING HOSPITALS

at **HALF** the cost

CONSIDER FV BEFORE SEEKING TREATMENT ABROAD

(*) FV provides up to **20%** subsidy for patients without private health insurance.

HOTLINE: (028) 5411 3333

FV Hospital is a leading international hospital in the region, offering world-class services at competitive rates. For many years, FV has maintained fixed service fees in Vietnam that are only 50% lower than those charged by hospitals of similar standard in Southeast Asian countries, such as Bumrungrad, Bangkok Hospital, and Samitivej (Thailand); Prince Court and Gleneagles (Malaysia); Makati Medical Centre and St. Luke's (Philippines). Remarkably, these fees are just one-third of those in hospitals in Singapore. Moreover, FV subsidises up to 20% of listed service fees for patients without private health insurance (*), regardless of their social insurance status. Starting January 2025, FV will also introduce an instalment payment programme for hospital fees and services for all patients.

even amid financial challenges. This commitment is driven by the collective dedication of the hospital's leadership and finance teams, ensuring that more Vietnamese people can receive high-quality medical care locally, without the need to seek treatment abroad.

FV has long partnered with renowned surgical experts from around the globe to enhance patient care in Vietnam. These collaborations bring world-class expertise directly to FV, with notable contributions from specialists such as Prof. Donald Tan, a global leader in corneal transplantation; Dr Stephane Guero, a distinguished French hand surgeon; Dr McKay McKinnon, a renowned American reconstructive surgeon; and, most recently, Dr Su Jang Wen,

Over the past 21 years, FV Hospital has provided up to USD 85 million in subsidies to support hospital fees for millions of patients - an initiative that remains largely unknown to many. These pricing support programmes underscore FV's steadfast commitment to offering affordable access to internationally standardised healthcare,

MBBS, MMed, a thoracic surgery and lung cancer specialist from Singapore. Additionally, FV is a proud member of Thomson Medical Group, one of the region's leading healthcare organisations specialising in obstetrics and gynaecology. This partnership not only enhances staff training and upgrades FV's Obstetrics Department but also fosters collaborations with Singaporean specialists. Together, these initiatives ensure that FV patients benefit from cutting-edge, effective medical solutions.

Instead of dealing with the hassle of obtaining visas, plane tickets, and travel expenses, patients can receive international-quality healthcare at FV. This not only saves time and money but also allows them to stay close to their loved ones, benefiting from the support and encouragement of family and friends.

Additionally, in 2025, FV plans to gradually expand its collaboration with Vietnam's Social Insurance system, allowing patients with state health insurance to access all services across hospital departments.

(*) FV subsidy program applies to all patients, regardless of whether they have state health insurance. However, it excludes FV membership programmes, general health check-up packages, and implant materials.



**FV HOSPITAL
ACCELERATES
INITIATIVES TO BRING
SINGAPOREAN MEDICINE
TO VIETNAM**



With the shared commitment of enhancing healthcare service quality and treatment capabilities, FV Hospital has expanded its collaboration with Singapore's leading medical institutions, bringing top surgical experts from Singapore to Vietnam. This partnership provides opportunities for knowledge exchange, advanced technology transfer, and local treatment of complex medical conditions locally in Vietnam.

Through this partnership, Singaporean doctors not only actively participate in patient care but also contribute to Continuous Medical Education (CME) programmes and specialised symposiums. These initiatives provide the Vietnamese medical community with access to advanced techniques, opportunities to enhance professional skills, and the ability to achieve improved treatment outcomes. Notable symposiums recently organised by FV include:

- **"Comprehensive Approach for Treatment of Snoring and Sleep Apnoea Syndrome"** - A medical symposium held in Can Tho, featuring Dr Barrie Tan, a leading ENT and head and neck surgeon from Singapore.
- **"Multidisciplinary Approach in the Treatment of Gastrointestinal and Hepatobiliary Diseases"** - A medical symposium with Dr Jarrod Lee, Founder & CEO, GutCARE - the first and largest gastroenterology practice group in Singapore.
- **"Early Screening and Management of Early Lung Cancer"** - A medical symposium with in-depth presentations by Dr Su Jang Wen, MBBS, MMed, a renowned thoracic surgery and lung cancer expert from Singapore.

In mid-August 2024, FV Hospital, in collaboration with O2 Healthcare Group, established a Regional Thoracic Surgery Centre in Vietnam. This state-of-the-art facility provides advanced diagnostic

and surgical services for complex conditions, including lung cancer, mediastinal tumours, oesophageal cancer, pneumothorax, and more. This milestone allows Vietnamese patients to access world-class healthcare locally at reasonable costs, eliminating the need to travel abroad for treatment.

Building on the success of its collaboration with O2 Healthcare Group, FV Hospital is further expanding its network by partnering with renowned doctors and medical centres from Singapore. Key areas for future development include:

- **Cardiac Interventions and Electrophysiology:** With Dr John Wang from PanAsia Surgery Group.
- **Vascular, Spine, and Neurosurgery:** Attracting top specialists from Ascle Healthcare Group and PanAsia Surgery Group.
- **Urologic, Liver, and Head and Neck Cancer Surgery:** Led by experts such as Dr Jay Lim and Dr Jarrod Lee.
- **General Surgery:** Featuring Dr Melvin Look from PanAsia Surgery Group.

These experts will handle complex cases across specialised fields, including TAVR cardiac interventions, electrophysiology, vascular surgery, spine surgery, neurosurgery, pelvic floor surgery, urologic cancer surgery, head and neck surgery, liver disease treatment, cancer surgery, and general surgery.

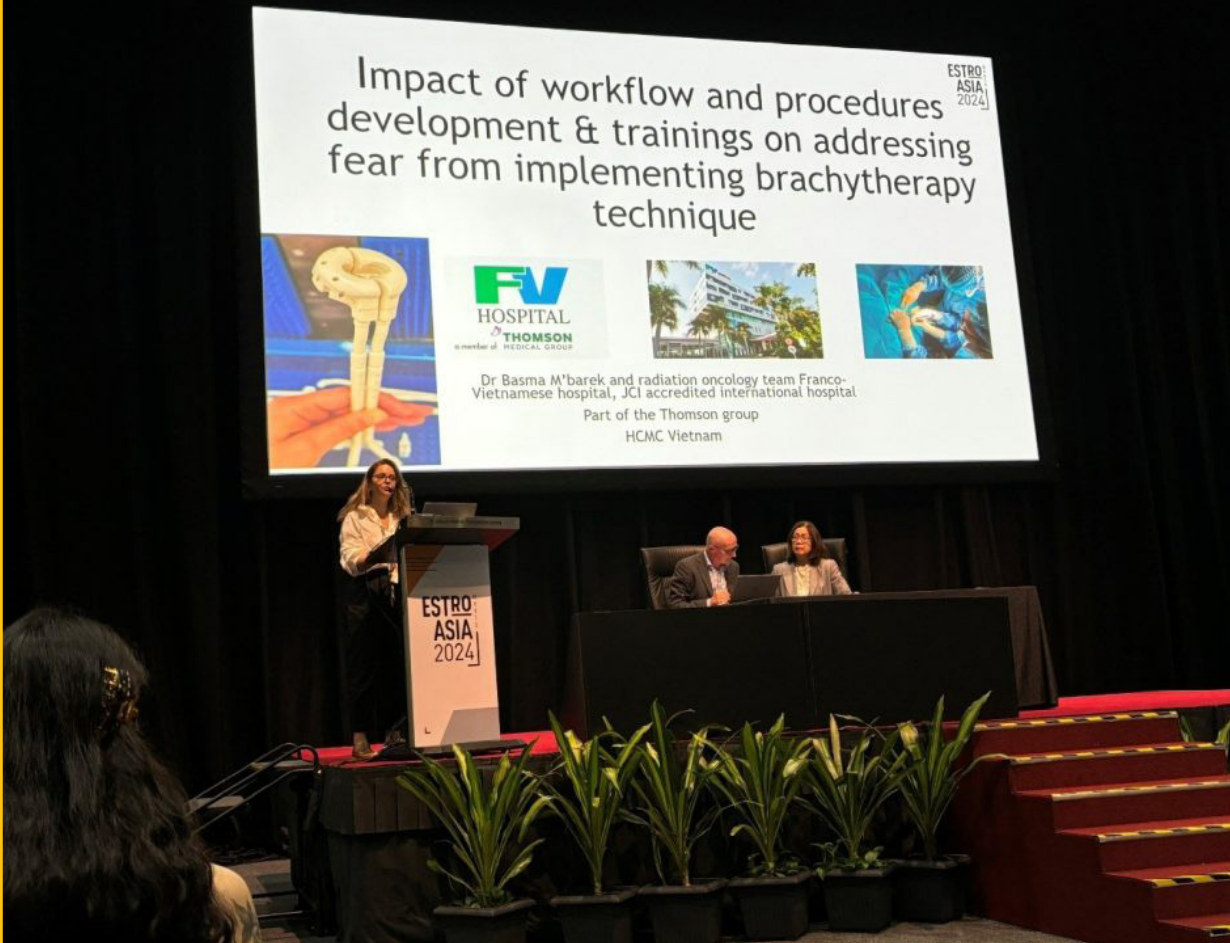
Beyond the practical benefits for patients, the strategic collaboration between FV Hospital and Singaporean medical institutions provides Vietnamese doctors with opportunities to access modern medical practices, learn directly from international experts, and apply advanced technologies. This initiative not only enhances professional standards but also strengthens the integration and development of Vietnam's healthcare sector.

To book an appointment with FV hospital, please call: (028) 54 11 33 33

HY VONG CANCER CARE CENTRE AT FV HOSPITAL PARTICIPATES IN ESTRO ASIA 2024 AND PRESENTS AT THE AMERICAN SOCIETY FOR RADIATION ONCOLOGY (ASTRO)

Recently, at the ESTRO Asia 2024 Conference, Dr Basma M'Barek, Head of FV Hospital's Hy Vong Cancer Care Centre and a leading expert in radiation therapy, delivered a presentation on her experiences in establishing and implementing brachytherapy techniques at FV Hospital. This milestone represents a significant advancement in the quality of cancer treatment in Vietnam.

Dr Basma shared the challenges and successes experienced during the integration of brachytherapy into clinical practice, emphasising its vital role in treating various cancers, particularly gynaecological and prostate cancers. The advanced technique optimises radiation doses to target tumours while minimising damage to surrounding organs, delivering significant benefits to patients. Notably, FV Hospital remains the only private hospital in Vietnam equipped to perform brachytherapy.



Dr Basma's team also contributed to the conference with four poster presentations, which sparked engaging discussions on the latest research advancements in the field of radiation oncology.

Furthermore, Dr Basma reached a significant milestone with the acceptance of one of her poster presentations at the prestigious American Society for Radiation Oncology (ASTRO) conference. ASTRO is a globally recognized event in radiation oncology, attracting over 11,000 participants from more than 80 countries. Her poster, titled "Peer Review as a Method for Improving and

Harmonizing Treatment Plans in a Multinational Radiation Oncology Team", focused on enhancing treatment quality through peer review processes.

The participation of Dr Basma and the FV team at ESTRO Asia 2024 and ASTRO 2024 highlights the Hy Vong Cancer Care Centre's leadership in radiation oncology while also paving the way for innovative approaches to improving patient care in Vietnam. These proposals and ideas hold great potential for effective implementation, offering significant benefits to cancer patients at FV Hospital and nationwide.

To book an appointment with Hy Vong Cancer Care Centre, FV hospital, please call: (028) 54 11 33 33 - Ext 5000

FV HOSPITAL INTRODUCES WATER LABOUR SERVICE FOR A GENTLE, SAFE, AND COMFORTABLE DELIVERY EXPERIENCE

FV Hospital has introduced the Water Labour service, offering expectant mothers a gentle, safe, and comfortable childbirth experience without the need for pain relief medications. This modern birthing support method uses warm water baths to promote relaxation and reduce pain during labour, providing comfort for the mother while ensuring safety for the baby.

Benefits of Water Labour

- Water Labour, inspired by hydrotherapy, helps mothers feel more relaxed, reduces psychological stress, and provides optimal conditions for a natural and smoother delivery process.
- Research shows that water pressure significantly alleviates the pain of uterine contractions during labour. This method promotes relaxation, enhances satisfaction with the birthing experience, shortens the labour duration, and reduces the need for epidural anaesthesia.

How Water Labour is Performed

At FV Hospital, Water Labour is conducted under the close supervision of a team of highly skilled doctors and midwives. When labour begins, the expectant mother is transferred to a delivery room equipped with a specially designed warm water bath, maintained at a consistent 37°C. The medical team carefully monitors the progress of the labour through clinical signs to ensure the safety of both mother and baby. If any abnormalities arise, immediate medical intervention is provided to safeguard the health of both the mother and the child.

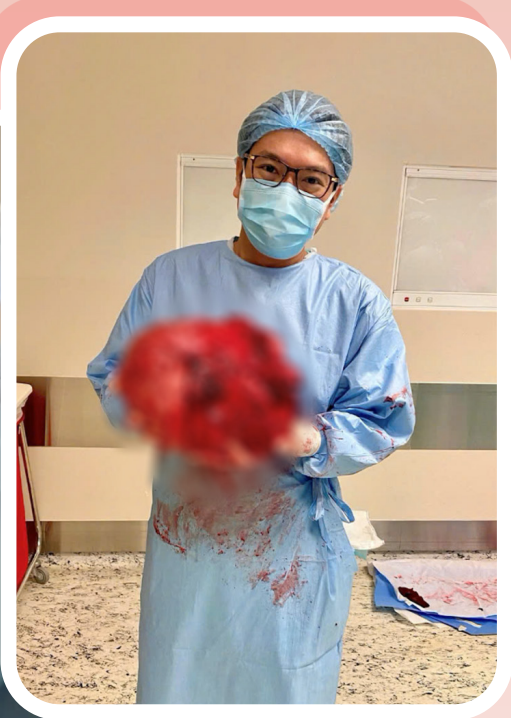
According to Dr Vo Trieu Dat, Head of Obstetrics & Gynaecology at FV Hospital, Water Labour is suitable for mothers with normal pregnancies and no serious medical conditions, such as preeclampsia, foetal compression, or other risk factors. Before proceeding with this method, the doctor will conduct a thorough examination and consultation to ensure it is safe for both mother and baby.

Professional Support Team

FV Hospital's Water Labour service is supported by a highly skilled team of doctors and experienced midwives who provide continuous support throughout the labour and delivery process. With state-of-the-art medical equipment and fully equipped facilities, the service ensures that mothers experience the safest and most comfortable childbirth experience.

With the introduction of the Water Labour service, FV Hospital provides expectant mothers an additional pain management option for a safe, natural, and more comfortable childbirth. This service is an ideal choice for those seeking a drug-free and nature-friendly birthing experience.

To book an appointment with Obstetrics & Gynaecology Department, FV hospital, please call: (028) 54 11 33 33 - Ext 1101,1304



HEALTHY BABY DELIVERED AT FV HOSPITAL DESPITE 8 KG FIBROID COMPLICATION

FV Hospital recently performed a successful caesarean section on a patient with an 8-kg uterine fibroid. The patient, B.S., a 37-year-old Cambodian woman, was first diagnosed with multiple uterine fibroids in April 2023. At that time, the largest fibroid had already grown to approximately 2 kg, and doctors recommended a hysterectomy. However, the patient delayed treatment due to work commitments and returned to Cambodia.

In June 2023, the patient returned to FV in an emergency condition with severe abdominal pain and was found to be about 8 weeks pregnant. Doctors suspected complications from the uterine fibroids and advised termination of the pregnancy, followed by surgery to address the fibroids. However, the patient did not return for the scheduled follow-up.

To book an appointment with Dr Vo Trieu Dat – Head of Obstetrics & Gynaecology Department, FV Hospital, **please call: (028) 54 11 33 33 - Ext 1101,1304**

In April 2024, the patient returned to FV Hospital, now pregnant with her second child. Doctors expressed concern as the fibroid had continued to grow, heightening the risk of complications for both the mother and the baby. Despite these risks, the pregnancy progressed smoothly, with no abdominal pain or bleeding. Understanding the patient's strong desire to become a mother, Dr Vo Trieu Dat, Head of Obstetrics & Gynaecology at FV Hospital, and the obstetrics team closely monitored her health and ensured proper nutrition for the developing foetus.

Unfortunately, the growing fibroid caused increasing difficulties with the patient's daily activities and drained her health. When the pregnancy reached 36 weeks, the doctors decided to perform surgery to deliver the baby and remove the fibroid. The surgery was conducted by a team of seven doctors, including three obstetricians, two anaesthesiologists, and two surgical assistants. Due to the fibroid's size and the uterus being thickened and hardened by 10 cm, Dr Dat made a T-shaped incision to access and deliver the baby. After 2 and a half hours, the baby was born healthy, weighing 2.4 kg. The 8-kg fibroid was removed, and the patient was transfused with nearly 1 litre of blood during the procedure.

After the surgery, the patient was closely monitored and recovered quickly. Within three days, she was able to walk normally and was discharged after nine days. The successful surgery brought immense joy to the patient's family and marked a proud achievement for the medical team at FV Hospital.

According to Dr Dat, caesarean sections for pregnant women with uterine fibroids require meticulous preparation, especially when the fibroid is large. "A fibroid-laden uterus tends to have increased blood vessel growth, and an improper incision can lead to severe bleeding, which can affect the patient's haemodynamics. There are also other unpredictable risks, so careful and meticulous preparation for the surgery is essential," Dr Vo Trieu Dat explained.

In November 2024, Dr Vo Trieu Dat was officially appointed as the Head of Obstetrics & Gynaecology Department at FV Hospital.

Dr Dat graduated from the University of Medicine and Pharmacy in Ho Chi Minh City in 2005 and earned his Master's Degree in Medicine in 2010. Additionally, Dr Dat has participated in numerous specialised courses in obstetrics and gynaecology, including ultrasound and colposcopy, and underwent a year of advanced training in Obstetrics and Gynaecology at Beaujon Hospital in Paris. Dr Dat joined FV Hospital in March 2009 and, after a brief hiatus, returned to FV in March 2018, where he has continued to work to the present day.

INTERVENTIONAL RADIOLOGY UNIT

IMPLEMENTS MULTIPLE TECHNIQUES TO TREAT COMPLEX CONDITIONS

Interventional Radiology unit at FV Hospital, led by Dr Huynh Huu Danh, Specialist Level I and Dr Nguyen The Hien, Specialist Level I, with support from international experts, has been operational for over three months. During this time, the unit has successfully implemented numerous advanced interventional techniques for treating complex conditions. These procedures have delivered promising outcomes for a variety of challenging cases, including:

- Transarterial Chemoembolization (TACE) for liver tumours
- Interventional treatment for cerebral aneurysms and arteriovenous malformations
- Mechanical thrombectomy for acute ischemic stroke
- Uterine artery embolization (UAE) for high-risk postpartum haemorrhage
- Sclerotherapy for venous malformations in children
- Intra-arterial chemotherapy (IAC) for retinoblastoma
- Prostate artery embolization (PAE) for benign prostatic hyperplasia (BPH)

Notably, four cases of intra-arterial chemotherapy (IAC) for retinoblastoma in children aged 2 to 3 years were successfully performed, with the most recent procedure being a prostate artery embolization (PAE) for benign prostatic hyperplasia (BPH).

The PAE procedure was performed by Dr Huynh Huu Danh on an 87-year-old male patient with a long history of BPH. The procedure was carried out under the guidance of Prof. Mark Ryan (*), an expert in interventional radiology from Trinity College Dublin and Beacon Hospital (Ireland).

PAE is a widely used treatment for BPH, serving as an alternative to traditional prostate surgery (TURP) or laser surgery. The procedure is performed in the Cathlab under local anaesthesia, eliminating the need

for general anaesthesia. Following the intervention, no complications were observed, and the patient was discharged the next day after monitoring. One week post-procedure, the patient reported significant improvements, including fewer daily urination episodes, reduced nocturia, stronger urine flow, and a decrease in the International Prostate Symptom Score (IPSS) from 17 pre-intervention to 10 post-intervention. Additionally, the quality of life score improved from 5 before the procedure to 2 afterward.

During the PAE procedure, the interventional radiologist accesses the femoral artery and threads a catheter into the internal iliac arteries on both sides. Using a Digital Subtraction Angiography (DSA) machine for guidance, the physician advances a microcatheter into the prostate arteries. Once correctly positioned, embolization material is injected to block the blood vessels, effectively cutting off the blood supply to the prostate gland.

The prostate tissue will shrink over 2-3 weeks, and lower urinary tract symptoms typically improve within approximately two weeks.

FV Hospital's Imaging & Interventional Radiology Department, equipped with an experienced medical team, state-of-the-art technology, and support from international experts, consistently delivers exceptional treatment outcomes using advanced



techniques. The Interventional Radiology Unit remains dedicated to being a trusted healthcare partner, fostering collaborations with medical organizations and specialists to further enhance expertise and improve treatment outcomes.

() Prof. Mark Ryan is a renowned expert in the treatment of cancer and vascular diseases using minimally invasive methods such as chemoembolization and tumour ablation. With over 20 years of experience in research and teaching, he has authored over 170 scientific papers, accumulating over 2,650 citations. Prof. Ryan has been a featured speaker at several international conferences, including CIRSE, ECR, and WCIO. He also serves as a member of scientific review committees and as an expert advisor for several leading interventional radiology organisations in Europe.*

To book an appointment with Imaging & Interventional Radiology Department, FV Hospital, **please call: (028) 54 11 33 33 - Ext 1101,1304**



FV HOSPITAL LAUNCHES REMOTE PRE-ANESTHESIA CONSULTATION SERVICE – SAFE, CONVENIENT AND COST-EFFECTIVE

FV Hospital now provides remote pre-anaesthesia consultation services for patients undergoing simple, low-risk outpatient procedures in specialties such as ENT, Gastroenterology & Hepatology, and Oral & Maxillofacial Surgery - Dental Surgery. This service is available for patients with ASA scores of 1 or 2. The programme provides a convenient option for external & associate doctors while ensuring time savings for patients without compromising safety.

With this service, patients no longer need to visit the hospital for a pre-surgical consultation. Instead, they can connect with their doctor through an online video call, ensuring all necessary information is gathered and professional guidance can be delivered conveniently and efficiently.

During the consultation, the doctor assesses the patient's health status and provides crucial instructions for surgical preparation, helping to minimise potential risks associated with anaesthesia.

Remote Pre-Anaesthesia Consultation Process at FV Hospital

- **Appointment Scheduling:** Patients can book their pre-anaesthesia consultation through the Medical Secretary of FV Hospital's Pre-Anaesthesia Department.
- **Remote Pre-Anaesthesia Consultation:** Using FV Hospital's Telemedicine Service via Zalo, patients will connect with the doctor for a video consultation. During the call, the doctor will gather details about the patient's medical history, current health concerns, and any questions about the upcoming surgery.
- **Consultation and Evaluation:** The doctor will evaluate the patient's health and provide essential pre-surgical instructions and recommendations. If any additional tests are needed, the doctor will guide the patient on how to proceed.
- **Surgical Planning:**
Based on the consultation, the doctor will advise on preparation steps for the surgery, ensuring the patient feels confident and ready. Upon hospital admission for surgery, patients will undergo a final pre-anaesthesia assessment to address any remaining risks.

At FV Hospital, experienced anaesthesiologists and surgeons offer direct consultations and health assessments. Patients receive expert care and guidance from medical professionals, ensuring exceptional support no matter where they are.

To book an appointment with Pre-Anaesthesia Department, FV hospital, please call: (028) 54 11 33 33 - Ext 1537