Hallym University Kangnam Sacred Heart Hospital Newsletter
"Begin your healthy and joyful life with us"
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Introduction of Departments and Faculty

Otorhinolaryngology

My name is Dong Jin Lee, the chief of the thyroid /head & neck surgery at Otolaryngology, Hallym University Kangnam Sacred Heart Hospital. We treat patients with various head & neck diseases based on a myriad of clinical experience.

Thyroid Cancer

With easy access to ultrasound, a number of patients are being diagnosed with thyroid cancer more than before. It is reported that thyroid cancer has a good prognosis and develops slowly. Still, the patients should be treated appropriately. Otherwise, they would suffer from local recurrence and metastasis.

Our otolaryngology team applies robotic thyroidectomy the most actively among university hospitals. As it is performed through an armpit incision, it does not leave a scar on the patient's neck. The robot assisted thyroidectomy is superior to other surgical methods in terms of surgery results as well as cosmetic aspects.

Head and Neck Cancer

The region of the head and neck has various important structures. Given that, the cancer in it should be removed completely and at the same time, critical parts of nerves, blood vessels and structures must be preserved.

Our team also collaborates with the team of plastic surgery for various reconstructive surgeries. Considering more effective treatments we may perform subsequently after surgery, we closely work together with the team of Hematology and Radiation Oncology.

Through multidisciplinary approaches with multiple clinical departments, we provide the best treatments to the patients with tongue cancer, tonsil cancer, laryngeal cancer, hypopharyngeal cancer, salivary gland cancer, and esophageal cancer, occurring in the head and neck. We are proud of a high rate of full recovery after we effectively perform surgery, chemotherapy, and radiation therapy.

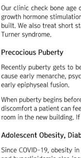
Voice Disorders

There are many different elements which can cause a sudden change in voice. When a change in voice occurs, an appropriate diagnosis must be carried out through various tests and effective treatment is also essential.

The department of otolaryngology has a state-of-the-art voice test system besides the treatment room, in which outpatients can directly take stroboscopy and cervical ultrasound. Also a voice therapist is effectively involved in the treatment, providing satisfying results to many patients with voice disorders.

Compared to disorders in the ears and nose, those in the head and neck require emergency treatment in most cases and are complicated to be treated including cancer or infection in the head and a deep part of the neck.

Our team of otolaryngology at Hallym University Kangnam Sacred Heart Hospital performs the best treatment based on abundant clinical experience.



Obstetrics and Gynecology

My name is Ji-Eun Song, specialized in maternal fetal medicine at Obstetrics and Gynecology, Hallym University Kangnam Sacred Heart Hospital. I provide medical service mainly for high-risk mothers with symptoms of preterm labor, cervical incompetence, premature membrane rupture, placenta previa, gestational hypertension, gestational diabetes, multiple fetuses, and postpartum hemorrhage.

High-Risk Maternal & Noenatal Care Center

Our team operates a variety of specialized clinics for high-risk maternal diseases, which encompasses cervical incompetence clinic, preterm labor clinic, placenta previa clinic, gestational diabetes, hypertension clinic, and plural fetal clinic. As connected with the high-risk neonatal care centre, our team is capable of quick diagnosis, treatment, and immediate care for newborns.

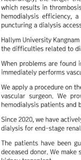
High-Risk Maternal Intensive Care Unit

When a high-risk pregnancy requires staying at the hospital with different types of diseases, specialized treatment for each individual disease is available in the intensive care unit for high-risk mothers. Specialists in high-risk pregnancy are available 24/7 to provide intensive treatment for each disease.

Emergency Treatment Center for Postpartum Haemorrhage

Before babies are born, unpredictable postpartum haemorrhage(PPH) can often occur. The key to PPH is immediate and accurate diagnosis and treatment.

We have systematically established a multidisciplinary collaboration with specialists in obstetrics & gynecology, anesthesiology & pain medicine, and interventional radiology, so that we can quickly find, diagnose, and treat the causes of postpartum hemorrhage. Also, emergency vascular procedures and other emergency surgery can be efficiently performed.



Pediatric & Adolescent Medicine

I am Hye Jin Lee in charge of Endocrinology and Metabolism at Pediatric & Adolescent Department, Hallym University Kangnam Sacred Heart Hospital. I mainly take care of growth and puberty assessment, childhood and adolescent diabetes, and thyroid diseases. Most endocrine diseases in children and adolescents require continuous management. We explain from a child's perspective and try to provide parents with a comfortable consultation.

Short Stature

Many parents worry when their children look short or seemingly grow slower than others. Most of them grow normally, but if a child's height is below the 3rd percentile of his/her peers or his/her growth rate is less than 4 cm per year, he/she needs to see a doctor to find the cause such as growth hormone deficiency.

Our clinic check bone age on the day of the initial hospital visit so that patients can save time and energy. When a growth hormone stimulation test is required, a patient can take it in a comfortable patient room in the building newly built. We also treat short stature related to children born small for gestational age or chromosomal diseases such as Turner syndrome.

Precocious Puberty

Recently puberty gets to begin earlier. Especially in girls, precocious puberty is on the rise. Precocious puberty can cause early menarche, psychosocial problems, and other related issues besides shortening the final adult height by early epiphyseal fusion.

When puberty begins before age 8 in girls and before age 9 in boys, it is necessary to assess precocious puberty. The discomfort a patient can feel against blood draw can be reduced with GnRH stimulation test in the pediatric blood test room in the new building. If necessary, brain MRI and pelvic ultrasonography can also be performed.

Adolescent Obesity, Diabetes, Hyperlipidemia

Since COVID-19, obesity in childhood and adolescence has increased significantly. The incidence of type 2 diabetes and hyperlipidemia also increased.

In order to improve lifestyle and manage blood sugar and cholesterol, relevant education is provided by a nutritionist and a nurse specialized in diabetes. We have implemented an inpatient program specified as insulin treatment for type 1 diabetes and outpatient clinic based education program for type 2 diabetes and obesity. A continuous blood glucose monitoring is also added to the program.

Thyroid Disease

Thyroid diseases including congenital hypothyroidism, Hashimoto's thyroiditis, and Graves' disease require regular blood test and medication treatment. A thyroid function test is required when you have one of symptoms as follows,

- Hypothyroidism: TSH elevated in the inherited metabolic disorder test, slow growth rate, delayed development, and constipation
- Hyperthyroidism: weight loss or palpitations
- Goiter: swelling in front the neck

Nephrology

My name is I am Do Hyoung Kim, a specialist of Nephrology in Internal Medicine, Hallym University Kangnam Sacred Heart Hospital. Our team actively serves hemodialysis patients at the Dialysis Vascular Access Center to help their managing dialysis access as well as at the Organ Transplant Center for organ transplantation.

Dialysis Access Problem

Dialysis access is essential for hemodialysis patients like a lifeline. Dialysis access, which are absolutely necessary during the hemodialysis, require at least 2 punctures site per dialysis, 6 per week, and 25 to 30 per month.

The punctured dialysis access is temporarily damaged and then repaired, of which the process is repeated. Therefore, when performing hemodialysis, a different area is punctured each time from the previous dialysis. However, in the end, just as things wear out with prolonged use, frequent use of dialysis access can damage blood vessels and cause problems.

Accordingly, the longer the dialysis period, the more damaged both arteriovenous fistula and arteriovenous graft, which results in thrombosis and stenosis. This develops difficulties in treating hemodialysis patients: a decrease in hemodialysis efficiency, a delay in hemostasis time, an alarm on the dialyzer during dialysis, and difficulty in puncturing a dialysis access.

Hallym University Kangnam Sacred Heart Hospital is operating the Dialysis Vascular Access Center in order to address the difficulties related to dialysis access, which frequently happen to hemodialysis patients.

When problems are found including hemostasis delay, blood flow decrease, or dialysis access thrombosis, our team immediately performs vascular ultrasound for accurate diagnosis. .

We apply a procedure on the same day in the interventional nephrology, radiology or do surgery collaborated with the vascular surgeon. We provide the best treatment for dialysis patients by accurately addressing problems in hemodialysis patients and by establishing cooperative relationships with local clinics.

Since 2020, we have actively performed kidney transplantation surgery and provided a new life to patients undergoing dialysis for end-stage renal disease.

The patients have been guided to sign up for the transplantation program to have the kidney donation from the deceased donor. We make sure the health of the dialysis patient through examination and diagnosis to prepare for a kidney transplant.

Our team is committed to helping dialysis patients to have a new life working together with the specialists in nephrology, transplant surgery, urology, diagnostic laboratory medicine, anesthesia & pain medicine, and radiology as well as with an organ transplant coordinator and the social work team.

Faculty News

The team of prof. Hyong Nyun Kim of Orthopedic Surgery develops ankle osteochondral lesion fixation with minimal incision without osteotomy

The team led by prof. Hyong Nyun Kim of Orthopedic Surgery has developed a method to fix and heal talus dissociative osteochondral lesion, a cartilage disease that occurs in the ankle. Through this procedure, the patient's own cartilage on the lesion site can be used with a minimal incision without osteotomy.

The current surgical approach is arthroscopic microfracture, in which the lesion is not regenerated into hyaline cartilage of articular cartilage but into fibrocartilage autologous osteochondral transplantation. So, there is a possibility that the cartilage can be deteriorated over time. Autologous osteochondral transplantation uses cartilage harvested from the knee. However, this new procedure uses the patient's own ankle cartilage as it is.

It can be the best surgical method given that it is not cut out from the knee cartilage and its shape is the same as the original. Still, it is a relatively difficult surgery compared to autologous osteochondral transplantation. However, this new procedure is proven to provide better prognosis including better functional recovery after surgery.

The team of Prof. Joong Il Kim's of Orthopedic Surgery reveals the correlation between thigh muscles and artificial joint surgery

Joong Il Kim and Hojung Jeong, orthopedic surgeons, discovered for the first time the relationship between the quality of thigh muscle and the knee functional recovery after arthroplasty.

Prof. Kim's team analyzed 92 patients who underwent knee arthroplasty at Hallym University Kangnam Sacred Heart Hospital for degenerative arthritis of the knee. It was found that muscle quality affects the clinical outcome after surgery. According to the study, patients with high-quality thigh muscles have showed faster recovery of their knee function after surgery than those without them.

Prof. Bo Young Chung of Dermatology won the 32nd Science and Technology Excellence Paper Award

Professor Bo Young Chung of Dermatology was awarded the 32nd Science and Technology Excellence Paper Award.

She identified the cause of psoriasis, a chronic inflammatory skin disease. She has been studying the interaction between dioxin-induced aryl hydrocarbon receptor activation and autophagy, after which she presented the paper at the Korean Academy of Dermatology.

As the first research which revealed that the interaction between aryl hydrocarbon receptor activation and autophagy caused by environmental pollutants leads to psoriatic skin inflammation, it has played a critical role to identify the cause of psoriasis accompanying the cardiovascular inflammation and arthritis. It is expected to be of great help in the development of medication in the future.

Hallym University Kangnam Sacred Heart Hospital

Hallym University Kangnam Sacred Heart Hospital 1, Singil-ro, Yeongdeungpo-gu, Seoul 07441, Korea | https://kangnam.hallym.or.kr/eng