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Deputy Minister of Health and the world's leading professor discuss solutions to prevent stroke in Vietnam

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This afternoon - 6/12, Prof. Dr. Tran Van Thuan - Deputy Minister of Health received and worked with Prof. Dr. Valery Feigin - Director of the National Institute of Stroke and Applied Neuroscience of Auckland University of Technology (New Zealand) to discuss intervention solutions to prevent stroke and non-communicable diseases.

Attending the meeting with the Deputy Minister of Health, Chairman of the National Medical Council Tran Van Thuan were representatives of Departments and Departments under the Ministry of Health and the Stroke Center (Bach Mai Hospital).

The burden of stroke is increasing globally, Vietnam has about 200,000 cases per year, more than cancer

Speaking at the meeting, Prof. Dr. Tran Van Thuan, on behalf of the leaders of the Ministry of Health, welcomed Prof. Dr. Valery Feigin and his colleagues visited and worked at the Ministry of Health of Vietnam.



GS. Dr. Tran Van Thuan - Deputy Minister of Health, Chairman of the National Medical Council spoke at the meeting.

The Deputy Minister of Health also congratulated Prof. Dr. Valery Feigin and domestic and foreign experts successfully organized the seminar "Innovations in cardiovascular health care and stroke treatment" which took place on the afternoon of December 5 within the framework of this year's VinFuture Science and Technology Week taking place in Hanoi.

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the cordial welcome of Deputy Minister Tran Van Thuan and the Ministry of Health of Vietnam for him personally as well as the members of the delegation.

Information with Deputy Minister Tran Van Thuan and the Ministry of Health of Vietnam, Prof. Dr. Valery Feigin said that at the seminar "Innovations in cardiovascular health care and stroke treatment", experts emphasized that in the last 10 years, the incidence of new and existing strokes globally has increased rapidly. Many people are disabled or die from stroke and increase by 89% in 30 years.

According to Prof. Dr. Valery Feigin, 30-40% of stroke patients have many bad habits in daily life such as eating a lot of salt, smoking, etc. The best strategy is to change your lifestyle and activities to reduce the rate of stroke.

"Clinical trials in [New Zealand](#) show that when intervention to increase awareness and change people's behavior, it helps reduce the incidence of new cases in the community by 40-50%" - Prof. Dr. Valery Feigin said.



GS. Dr. Valery Feigin - Director of the National Institute of Stroke and Applied Neuroscience of Auckland University of Technology (New Zealand) said.

In Vietnam, the rate of stroke patients is increasing and getting younger, each year about 200,000 cases are recorded (more than cancer), which not only affects patients and their families but also affects economic and social factors. The burden of stroke in Vietnam is 5 times higher than in New Zealand.

Many patients with subjective [hypertension](#)... leading to the risk of stroke

Prof. Alta Schutte, University of New South Wales and George Institute for Global Health (Australia), a member of the VinFuture Preliminary Review Board, said that one of the approaches to stroke control is to control hypertension.

"In fact, the rate of stroke has been statistically more than 70% related to blood pressure, so it must be controlled, especially increased blood pressure. It is worth mentioning that the percentage of people with high blood pressure but do not know they have the disease. In addition, there is a very large percentage of people with high blood pressure who are not controlled. In



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According to this expert, the current situation of hypertensive patients in many countries, when doctors prescribe and recommend drugs, but patients do not take drugs, do not take the right dose; to see stability is to stop the drug... Meanwhile, high blood pressure is only effectively controlled when the drug is taken correctly and in the right dose.



TS.BS. Nguyen Minh Hang - Deputy Director of the Department of Preventive Medicine, Ministry of Health spoke at the meeting.

According to Assoc. Prof. Dr. Mai Duy Ton - Director of the Stroke Center, in Vietnam, stroke in young people is increasing, which is greatly related to high blood pressure. Many people, when the doctor prescribes and takes medicine, find that their blood pressure is stable, they quit the treatment because they think they have recovered from the disease.

Meanwhile, this stable condition is the effect brought by the treatment drug. If you quit smoking, your blood pressure will rise again, increasing your risk of stroke.

Along with that, Assoc. Prof. Dr. Mai Duy Ton assessed that Vietnamese people still eat too much salt, are physically inactive, obese, overweight, metabolic disorders, diabetes, hypertension, etc. All of these factors increase the risk of stroke.

"Stroke in Vietnam has 3 related problems: high incidence, high mortality, and rejuvenation of the age of the disease. In the coming time, it is necessary to have a stronger plan, focusing on prevention first, and then introducing new methods for treatment in hospitals. I hope that international professors will bring more experience for Vietnam to learn and improve the situation in the next 5 years"- Assoc. Prof. Mai Duy Ton said, and at the same time proposed: Wishing to have a national program for stroke prevention in Vietnam. Among the risk factors for stroke prevention, if changed, it will contribute to reducing the rate of stroke, consequences caused by stroke, etc.



GS. Dr. Tran Van Thuan listened to international and domestic experts share about stroke and prevention solutions.

Wishing Vietnamese people to soon enjoy the world's advanced stroke prevention solutions

The question of how to improve this situation has been raised by Prof. Dr. Valery Feigin, colleagues with the delegation and experts of the Stroke Center shared at the meeting.

Experts also emphasize that stroke and other chronic diseases can be prevented. Accordingly, a set of prevention and risk assessment tools for stroke and other non-communicable diseases has now been licensed by many countries around the world, contributing to the effectiveness of risk management, helping to reduce the rate of brain stroke from 25-30% has been approved by Prof. Dr. Valery Feigin and international experts shared with Deputy Minister Tran Van Thuan and the Ministry of Health of Vietnam.

Speaking after listening to Prof. Dr. Valery Feigin exchanged and discussed the causes, prevention and treatment of stroke to reduce the burden of this disease, Deputy Minister of Health Tran Van Thuan expressed his admiration for the contributions of Prof. Dr. Valery Feigin for stroke specialties in the world.

"Through research, it is known that Prof. Dr. Valery Feigin is one of the world's leading experts in stroke and neurology and we are very impressed with the information related to the stroke prevention tool that Professor and his colleagues have given. We hope that Vietnamese people will soon benefit from the world's advanced stroke prevention and control solutions to improve the incidence of patients, contributing to reducing the consequences caused



Deputy Minister Tran Van Thuan presented a souvenir of Prof. Dr. Valery Feigin.

At the meeting, Deputy Minister Tran Van Thuan suggested that there should be a memorandum of understanding on cooperation on stroke prevention and non-communicable diseases in Vietnam between the Department of Preventive Medicine of the Ministry of Health and the National Institute of Stroke and Applied Neuroscience of Auckland University of Technology.

In response, Prof. Dr. Valery Feigin expressed his agreement and said that he would discuss this matter with his colleagues as soon as possible.

Deputy Minister Tran Van Thuan also assigned the Department of Preventive Medicine, the Department of Medical Examination and Treatment, and [Bach Mai Hospital](#) to develop a national program on stroke prevention and control in Vietnam; Assign the Department of Medical Examination and Treatment Management to be the focal point in selecting pilot hospitals to implement the project. Bach Mai Hospital (Stroke Center) coordinates with the Department of Preventive Medicine, the Department of Medical Examination and Treatment Management to pilot a toolkit in stroke prevention and control in Vietnam, on that basis, it will learn from experience, supplement appropriate factors, evaluate effectiveness to replicate...

"The Ministry of Health hopes to continue to receive the companionship of Prof. Dr. Valery Feigin, National Institute of Stroke and Applied Neuroscience, Auckland University of Technology; of VinGroup, VinFuture Fund... with the Ministry of Health in implementing the stroke prevention program in Vietnam in particular, people's health care in general"- Deputy Minister Tran Van Thuan said.



GS. Dr. Valery Feigin (center) with international and Vietnamese experts at the seminar "Innovations in cardiovascular health care and stroke treatment".

Thai Binh/ Photo: Tran Minh

Đột Quy New Zealand Cao huyết áp

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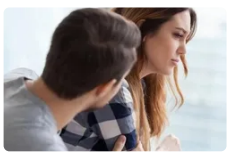
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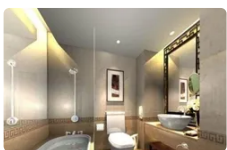
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