



ASIA PACIFIC
Hernia Society



Annual
International
Congress

17th

CONGRESS

Booklet

APHS 2022
HCMC
25 - 26 November 2022



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WELCOME MESSAGE

Dear Colleagues and Friends,

On behalf of the Organizing Committee, we cordially invite you to participate in the 17th Annual Congress jointly organized by the Asia Pacific Hernia Society (APHS) and the Vietnam Association for Surgery and Endolaparoscopic Surgery (VASEL) on November 25 – 26, 2022 in Ho Chi Minh City – the most vibrant city of Vietnam.

After two years of the pandemic, this will be a good opportunity for colleagues and friends to have a physical meeting with face-to-face debates, discussions, presentations, and social events.

Ho Chi Minh City, the largest city in Southern Vietnam and well-connected with important cities in Asia, is an interesting destination with warm hospitality and rich culinary culture.

Ho Chi Minh City has made thorough preparations to welcome international tourists back after a two-year closure due to the COVID-19 pandemic. No quarantine and COVID-19 test are required for entry.

We are looking forward to welcoming you to APHS 2022 Congress.



Prof. Tran Binh Giang

Scientific Committee Chairman
President of VASEL



Le Quan Anh Tuan, MD., PhD.

Congress Chairman
Organizing Committee Chairman

SPEAKERS



Chen Jie
China



Le Quan Anh Tuan
Viet Nam



Tran Binh Giang
Vietnam



Suthep Udomsawaengsup
Thailand



Sathien Tumtavitikul
Thailand



Anil Sharma
India



Alessandro Carrara
Italy



Pradeep Chowbey
India



Rolf Hartung
UAE



Barlian Sutedja
Indonesia



Jose Macario Faylona
Philippines



Alfred Allen E. Buenafe
Philippines



Marc Soler
France



Manish Bajjal
India



Phan Hai Thanh
Vietnam



Rakesh Gupta
Nepal



René Fortelny
Austria



Nguyen Thanh Xuan
Vietnam



Henry Hoffmann
Switzerland



Deepraj Bhandarkar
India

SPEAKERS



Vimal Vasudeavan
Malaysia



Rajesh Khullar
India



Dang Nhu Thanh
Vietnam



Randeep Wadhawan
India



Pham Huu Thong

Vietnam



Zhenling Ji

China



Nguyen Tuan Anh

Vietnam



Basim Al Khafaji

UAE-GCC



Wayne Huang
Taiwan, China



Phan Minh Tri
Vietnam



Nozomi Ueno
Japan



Qin Changfu
China



Anthony Teoh
Hong kong, China



Giampiero Campanelli
Italy



Gafoor Mubarak
Malaysia



George Yang
Hong Kong, China



Pham Nhu Hiep
Vietnam



Pham Minh Hai
Vietnam



Mansimrat Singh
India



Kipsanang Akemah
Indonesia

SPEAKERS



Davide Lomanto
Singapore



Kiyotaka Imamura
Japan



Nguyen Duc Tien
Vietnam



Debora Nowakowski
Switzerland



Duong Thi Ngoc Sang
Vietnam



Leonil Dacaynos
Philippines



Jan F. Kulljta
Switzerland



Sarder Nayeem
Bangladesh



Vu Quang Hung
Vietnam



Andrew Bowker
New Zealand



Jaideep Rao
Singapore



Joe Fan
Hong kong, China



Shen Yingmo
China



Gu Yan
China



Wang Qisheng
China



Li Shaojie
China

SPEAKERS



Siripong Cheewatanakornkul
Thailand



Gil Ho Kang
Korea



La Van Phu
Vietnam



Reinhard Bittner
Germany



Pham Van Nang
Vietnam

PROGRAM AT GLANCE

DAY 1: 25 NOVEMBER 2022 | GMT +7

Ballroom		Hall 1		Hall 2	
9:00 – 10:00		Opening Ceremony and Welcoming Address			
10:00 – 12:15	Session 1: Keynote lectures	10:00 - 12:00	Session 1: Inguinal hernia 1	10:00 – 11:30	Session 1: Scientific session 1
12:15 - 13:00	Exhibition Opening & Visiting	12:00 - 13:00	APHS Executive Committee Meeting	11:30 – 13:00	Lunch
13:00 – 15:00	Convocation Ceremony	13:00 - 14:10	Session 2: Video session 1	13:00 – 14:20	Session 2: Online session 1 (Inguinal hernia 2)
15:00 – 16:30	Session 2: Debate	14:10 - 15:00	Break	14:20 – 15:00	Break
16:30 – 17:00	APHS General Meeting	15:00 - 16:30	Session 3: Ventral hernia 1	15:00 – 16:45	Session 3: Online session 2 (Inguinal hernia 3)
18:30 – 22:00 GALA DINNER <i>*Faculty and Registered persons only*</i>					

DAY 2: 26 NOVEMBER 2022 | GMT +7

Ballroom		Hall 1		Hall 2		Hall 3		Hall 4
9:00–10:30	Session 1: Debate	9:00 – 9:45	Session 1: Debate	9:00–10:30	Session 1: Online session 3 (Other hernias and Miscellaneous 2)	9:00–9:50	Session 1: Inguinal hernia 5	
10:30–10:40	Break	9:45–10:40	Break	10:30–10:40	Break	9:50–10:40	Break	
10:40–12:00	Session 2: New approaches	10:40–11:50	Session 2: Ventral hernia 2	10:40–12:10	Session 2: Complications: management and prevention 1	10:40–11:30	Session 2: Scientific session 2 (Other hernias and Miscellaneous 4)	
12:00–13:00	Lunch Symposium	11:50–13:00	Lunch	12:10–13:00	Lunch	11:30–13:00	Lunch	11:30–16:30
13:00–14:20	Session 3: Inguinal hernia 4	13:00–13:50	Session 3: Other hernias and Miscellaneous 1	13:00–14:10	Session 3: Complications: management and prevention 2	13:00–14:10	Session 3: Video session 2	Live surgery
14:20–15:00	Break	13:50–15:00	Break	14:10–15:00	Break	11:30–15:00	Break	
15:00 – 16:30	Session 4: Value driven outcome in hernia surgery	15:00–16:00	Session 4: Hernia surgery training	15:00–16:30	Session 4: Online session 4 (Other hernias and Miscellaneous 3)	15:00–16:20	Session 4: Video session 3	
16:30 – 17:00	Closing ceremony							

PROGRAM

DAY 1

3 Rooms

(6 sessions, 4 Keynote lectures, 2 debates)

+ November 25 (Fri)

Ballroom

No.	Time	Description	Speaker
	09:00 – 10:00	Opening Ceremony and Welcoming Address	
	10:00 – 10:15	Break	
Session 1: Keynote Lectures			
Moderator: Rajesh Khullar - Sarder Nayeem			
1	10:15 – 10:45	Development status and Internationalization of hernia surgery in China	Chen Jie
2	10:45 – 11:15	Endoscopic Surgical Skill Qualification System by Japan Society for Endoscopic Surgery (JSES)	Nozomi Ueno
3	11:15 – 11:45	The conundrum of Ventral hernia repair: What, When & How?	Henry Hoffmann
4	11:45 – 12:15	Changing Horizons - Newer Robotic Platforms	Pradeep Chowbey
	12:15 – 13:00	Exhibition Opening & Visiting	
	13:00 – 15:00	Convocation Ceremony	
Session 2: Debate			
Moderator: Jose Macario Faylona – Do Trong Hai			
1	15:00 – 15:45	Debate 1: TEP vs TAPP	Le Quan Anh Tuan vs Deepraj Bhandarkar
2	15:45 – 16:30	Debate 2: IPOM vs PPOM in ventral hernia	Gafoor Mubarak vs George Yang
	16:30 – 17:00	APHS General Meeting at Hall 1	

November 25 (Fri)

Hall 1

No.	Time	Description	Speaker
Session 1: Inguinal hernia I			
Moderator: Marc Soler - Rolf Hartung			
1	10:00 – 10:10	Groin hernia repair	Marc Soler
2	10:10 – 10:20	Pitfalls of TAPP for recurrent inguinal hernia repair	Tran Binh Giang
3	10:20 – 10:30	TAPP and TEP for the management of Inguinal hernia: indications and results	Pham Nhu Hiep
4	10:30 – 10:40	Importance of Anatomical Planes in Laparoscopic TEP	Suthep Udomsawaengsup
5	10:40 – 10:50	Revisiting the lost art of Tissue Repairs for Groin Hernia	Jose Macario Faylona
6	10:50 – 11:00	Groin Hernias in Women	Sathien Tumtavitikul
7	11:00 – 11:10	Management strategy of emergency incarcerated inguinal hernia	Qin Changfu

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PROGRAM

No.	Time	Description	Speaker
8	11:10 – 11:20	Role of MIS for incarcerated/strangulated hernia	Rolf Hartung
	12:00 – 13:00	APHS Executive Committee Meeting	
Session 2: Video session 1			
Moderator: Siripong Cheewatanakornkul – Deepraj Bhandarkar			
1	13:00 – 13:10	Extended view-Totally Extraperitoneal Hernia Repair, Rives-Stopppa with Transversus Abdominis Muscle Release	Calayag Glenford
2	13:10 – 13:20	Laparoscopic giant abdominal wall hernia repair	Pham Huu Thong
3	13:20 – 13:30	Laparoscopic parastomal hernia repair	Pham Huu Thong
4	13:30 – 13:40	Parastomal hernia repair: Laparoscopic IPOM and reversal of Hartmann's procedure in one stage	Vu Quang Hung
5	13:40 – 13:50	Laparoscopic parastomal hernia prevention during APR: Sugarbaker technique	Pham Ngoc Truong Vinh
6	13:50 – 14:00	Bladder injury after laparoscopic ventral hernia repair.	Nguyen Tuan Anh
7	14:00 – 14:10	Laparoscopic Intracorporeal Rectus Aponeuroplasty our technique	Lakshmi Kumari Kona S
8	14:10 – 14:20	Management of Hernia In a Obese patient	Lakshmi Kumari Kona S
	14:20 – 15:00	Break	
Session 3: Ventral hernia 1			
Moderator: Wayne Huang - Pradeep Chowbey			
1	15:00 – 15:10	The Development of Ventral/Incisional Hernia Surgery and Technique Selection	Zhenling Ji
2	15:10 – 15:20	Diaphragmatic Eventration — General consideration and laparoscopic treatment	Zhenling Ji
3	15:20 – 15:30	eTEP approach for abdominal wall hernia – an appraisal	Anil Sharma
4	15:30 – 15:40	Use of Mesh in Clean Contaminated Cases - Current Evidence	Randeep Wadhawan
5	15:40 – 15:50	Sense and non-sense of ventral hernia repair	Rolf Hartung
6	15:50 – 16:00	Laparoscopic Hybrid incisional hernia repair	Barlian Sutedja
7	16:00 – 16:10	Hiatus Hernia - Confusion to Conclusion	Pradeep Chowbey
8	16:10 – 16:20	Loss of domain in ventral hernia - Case report and literature review	Phan Minh Tri
9	16:20 – 16:30	"Integrative therapy" for the ventral hernia: prehabilitation, rehabilitation, and abdominal wall reconstruction.	Nozomi Ueno

PROGRAM

November 25 (Fri)

Hall 2

No.	Time	Description	Speaker
Session 1: Scientific session 1			
Moderator: Pham Van Nang – Zhenling Ji			
1	10:00 – 10:10	Comparison of quality of life of patients after eTEP inguinal hernia repairs and Open repair: An Indian perspective	Kansal Rohin
2	10:10 – 10:20	Predictors of a Hybrid Laparoscopic and Open Repair in Incarcerated Inguinal Hernias: A single institution retrospective review from 2019-2022 in Cebu Doctors' University Hospital	Larrazabal Ari Jr.
3	10:20 – 10:30	Concomitant bariatric and umbilical/incisional hernia surgery in morbidly obese patients	Bae ByongKu
4	10:30 – 10:40	Three-year prospective outcomes of laparoscopic intraperitoneal on-lay mesh repair of abdominal incisional hernia.	Nguyen Tuan Anh
5	10:40 – 10:50	Extended Totally Extraperitoneal Approach for Ventral Hernias: Preliminary Experience From a Single Institute in a Developing Country	Yap Ralph Victor
6	10:50 – 11:00	Single centre, 4 years experience of eTEP repair for ventral hernias	Mehrotra Magan
7	11:00 – 11:10	Hybrid Ipom Plus for Ventral Hernias: The Best of Both Worlds	Bawa Ashvind
8	11:10 – 11:20	Lumbar hernia repair: the laparoscopic approach.	Le Huy Luu
11:30 – 13:00		Lunch	
Session 2: Online session 1 (Inguinal hernia 2)			
Moderator: Qin Changfu - Randeep Wadhawan			
1	13:00 – 13:10	Exploring serum N-glycome patterns as candidate non-invasive biomarkers for diagnosis and subtype classification of inguinal hernia	Cao Zhen
2	13:10 – 13:20	Analysis of the clinical characteristics and laparoscopic treatment efficacy of inguinal hernia in young patients	Yue Fei
3	13:20 – 13:30	Non-crosslinked Biological versus partially absorbable synthetic mesh in laparoscopic inguinal hernia repair: 2 year follow-up of a randomized, controlled, multicenter clinical trial	Li Jianwen
4	13:30 – 13:40	Application value of methods of polypropylene mesh different fixation in Lichtenstein	Chen Qiang
5	13:40 – 13:50	Clinical Effect of Single-Incision Laparoscopic No-Scar Surgery for Inguinal Hernia	Wang Peng

PROGRAM

No.	Time	Description	Speaker
6	13:50 – 14:00	Single-Incision Laparoscopic Surgery Trans-Abdominal Pre-Peritoneal Hernioplasty for Bilateral Inguinal Hernia with Haemophilia A: Two Case Reports and Review of Literature	Wang Peng
7	14:00 – 14:10	Influence Factors, Preventions and Management of Postoperative Issues after Inguinal Herniorrhaphy	Ziang Yang
8	14:10 – 14:20	Closure of Indirect Inguinal Hernia Defect in Laparoscopic Hernioplasty to Prevent Seroma Formation: A Prospective Double-blind Randomized Controlled Trial	Shao Xiangyu
	14:20 – 15:00	Break	
Session 3: Online session 2 (Inguinal hernia 3)			
Moderator: Davide Lomanto – Jaideep Rao			
1	15:00 – 15:15	The Use of Pre-peritoneal Drainage in Seroma Prevention after Minimally Invasive Inguinal Hernia Repair	Joe Fan, HK
2	15:15 – 15:30	Is diastasis recti a risk factor for incisional hernia?	Giampiero Campanelli
3	15:30 – 15:45	TEP inguinal hernia repair: Technique that works. Single surgeon experience of 9250 repairs	Andrew Bowker
4	15:45 – 16:00	Introduction of expert consensus on repair and reconstruction of abdominal wall defect	Gu Yan
5	16:00 – 16:15	The "Huadong Experience" of the operation for the Ultra old Patients with Inguinal Hernia	Li Shaojie
7	16:15 – 16:30	Experience in diagnosis and treatment of emergency elderly incarcerated hernia	Li Shaochun
8	16:30 – 16:45	A new non-mesh repair technique of reconstructing the internal ring while performing Shouldice repair: The Integrated Hernioplasty®	Yang Che Hsueh

PROGRAM

DAY 2
5 Rooms
(17 sessions, 3 debates)

November 26 (Sat)

Ballroom

No.	Time	Description	Speaker
Session 1: Debate			
Moderator: Allen Buenafe – Anil Sharma			
1	09:00 – 09:45	Debate 3: Umbilical hernia: Open vs Laparoscopic IPOM	Chen Jie vs Jaideep Rao
2	09:45 – 10:30	Debate 4: Lichtenstein vs Laparoscopic repair	Jose Macario Faylona vs Sathien Tumtavitikul
	10:30 – 10:40	Break	
Session 2: New approaches			
Moderator: Henry Hoffmann – Vimal Vasudeavan			
1	10:40 – 10:50	Is robotic hernia repair the future?	Rolf Hartung
2	10:50 – 11:00	The minimal invasive open technique to treat the ventral hernias	Marc Soler
3	11:00 – 11:10	Robotic Transversus Abdominis Release (TAR) for Ventral Hernia	Wayne Huang
4	11:10 – 11:20	Robotic Lateral Hernia Repair	Mansimrat Singh
5	11:20 – 11:30	Critical view of MPO perspective from the robotic platform	Siripong Cheewatanakornkul
6	11:30 – 11:40	Robotic ETEP+ TAR: A perfect approach for large flank hernia	Siripong Cheewatanakornkul
7	11:40 – 11:50	Endolaparoscopic approach to midline defects: the THT technique. Results after four years of experience.	Alessandro Carrara
8	11:50 – 12:00	MILOS, eTEP and Co: New minimally invasive extraperitoneal techniques in ventral hernia repair	Henry Hoffmann
Lunch Symposium			
Medtronic			
Moderator: Randeep Wadhawan - Alessandro Carrara			
1	12:00 – 12:30	The effect of direct defect closure & complex inguinal hernia	Jaideep Rao
2	12:30 – 13:00	Pitfalls and tips for open inguinal hernia	Duong Trong Hien
Session 3: Inguinal hernia 4			
Moderator: Gafoor Mubarak – Rakesh Gupta			
1	13:00 – 13:10	Is the TEP the best choice always?	Gil Ho Kang
2	13:10 – 13:20	TEP technique: Experience on 250 Cases at Can Tho city hospital	La Van Phu
3	13:20 – 13:30	Transabdominal laparoscopic repair (TAPP) of inguinal hernias based on a new anatomical concept: inverted Y and five triangles	Phan Hai Thanh
4	13:30 – 13:40	MIS repair of complex groin hernia	Rakesh Gupta
5	13:40 – 13:50	Laparoscopic groin hernia repair, the perfect mesh?	George Yang

PROGRAM

No.	Time	Description	Speaker
6	13:50 – 14:00	Laparoscopic TAPP repair- tips and tricks for the novice surgeon	Vimal Vasudeavan
7	14:00 – 14:10	Exploring the versatility of TAPP	Gafoor Mubarak
8	14:10 – 14:20	e-TEP groin hernia repair: Early experience: How to perform?	Kipsanang Akemah
	14:20 – 15:00	Break	
Session 4: Value driven outcome in hernia surgery			
Moderator: Davide Lomanto – Le Quan Anh Tuan			
1	15:00 – 15:10	The impact of ERAS on patient satisfaction and out come after laparoscopic inguinal hernia repair	Barlian Sutedja
2	15:10 – 15:20	ERAS application in abdominal wall surgery	Alessandro Carrara
3	15:20 – 15:30	ERAS program in complex AWR	Rakesh Gupta
4	15:30 – 15:40	The impact of value driven outcomes initiative on endo-laparoscopic groin hernia repair	Davide Lomanto
5	15:40 – 15:50	Prospective Multiethnic Study on Quality of Life after Hernia Surgery using CEQoL	Davide Lomanto
6	15:50 – 16:30	Discussion	
	16:30 – 17:00	Closing ceremony	

November 26 (Sat)

Hall 1

No.	Time	Description	Speaker
Session 1: Debate			
Moderator: Henry Chua – George Yang			
1	09:00 – 09:45	Debate 5: IPOM vs eTEP in ventral hernia	Vimal Vasudeavan vs Kiyotaka Imamura
	09:45 – 10:40	Break	
Session 2: Ventral hernia 2			
Moderator: Jan Kukleta – Henry Chua			
1	10:40 – 10:50	Laparoscopic preperitoneal mesh repair for ventral hernia sparing the linear alba and transversalis muscle - the preperitoneal onlay mesh repair PPOM	George Yang
2	10:50 – 11:00	Evaluate Initial results of intraperitoneal onlay mesh procedure for incisional abdominal hernia repair	Nguyen Duc Tien
3	11:00 – 11:10	Diastasis recti: diagnostics and treatment options	Debora Nowakowski
4	11:10 – 11:20	Hybrid approach for ventral incisional hernias of the abdominal wall	Anil Sharma
5	11:20 – 11:30	Evolution of Ventral hernia repair in Philippines	Allen Buenafe
6	11:30 – 11:40	Laparoscopic intraperitoneal onlay mesh in ventral hernia repair	Tong Hai Duong
7	11:40 – 11:50	The role of BTA in complex hernias	Jan F. Kukleta
	11:50 – 13:00	Lunch	
Session 3: Other hernias and Miscellaneous 1			

PROGRAM

No.	Time	Description	Speaker
Moderator: Suthep Udomsawaengsup – Pham Minh Hai			
1	13:00 – 13:10	Update on parastomal hernia repair	Henry Hoffmann
2	13:10 – 13:20	Mesh vs Suture Repair in Small Umbilical Hernia	Mansimrat Singh
3	13:20 – 13:30	Ventral Hernia Management in Obese Patients	Rajesh Khullar
4	13:30 – 13:40	Internal Hernia : Laparoscopic Lysis of Adhesion	Suthep Udomsawaengsup
5	13:40 – 13:50	Laparoscopic treatment of complicated obturator hernia: a case series of 6 patients	Dang Nhu Thanh
13:50 – 15:00		Break	
Session 4: Hernia surgery training			
Moderator: Gil Ho Kang – Pham Nhu Hiep			
1	15:00 – 15:10	Telementoring Hybrid Workshops for Laparoscopic and Robotic Hernia Surgery	Wayne Huang
2	15:10 – 15:20	Overcoming the Barriers to Laparoscopic Hernia Surgery in Developing Countries: We need a prudent strategy	Sarder Nayeem
3	15:20 – 15:30	Hernia training during COVID times	Jose Macario Faylona
4	15:30 – 15:40	Laparoscopic hernia repair: how to start in a provincial hospital	Le Huy Cuong
5	15:40 – 15:50	Training the country to achieve 60% laparoscopic hernia repair: The Malaysia roadmap	Gafoor Mubarak
6	15:50 – 16:00	Inguinal hernia & surgery in KOREA	Gil Ho Kang

November 26 (Sat)

Hall 2

No.	Time	Description	Speaker
Session 1: Online session 3 (Other hernias and Miscellaneous 2)			
Moderator: Zhenling Ji – Phan Minh Tri			
1	09:00 – 09:10	Chinese Day Surgery and Standardized Procedures in Hernia Surgery	Shen Yingmo
2	09:10 – 09:20	The technical of fixation mesh to rib by suture puncturing through rib in laparoscopic repair of subcostal hernia: a case report	Tang LiMing
3	09:20 – 09:30	The repair of postoperative perineal hernia after abdominoperineal resection (APR)	Li Junsheng
4	09:30 – 09:40	The risk and safety of concomitant bowel resection and incisional/ventral hernia repair—our experience and techniques	Li Junsheng
5	09:40 – 09:50	Open repair of large secondary lateral hernia repair combined with muscular atrophy	Zhao Yixin

PROGRAM

No.	Time	Description	Speaker
6	09:50 – 10:00	Computed CT image and clinical diagnosis with treatment of strangulated obturator hernia: a report of 11 cases	Zhang Chun
7	10:00 – 10:10	Percentage of defect width to transverse abdominal diameter: does it predict the requirement for component separation in incisional hernia repair?	Huang Yonggang
8	10:10 – 10:20	Long-term retrospective study of laparoscopic treatment of abdominal ventral and incisional hernias: a single center's experience	Li Jianwen
9	10:20 – 10:30	Lateral hernia repair, the etiology and size matter Running title: tailored lateral hernia repair	Hu Wei
	10:30 – 10:40	Break	
Session 2: Complications: management and prevention 1			
Moderator: Manish Bajjal – Sathien Tumtavitikul			
1	10:40 – 10:50	Mesh infection after Inguinal Hernia Repair - A dreaded complications	Rajesh Khullar
2	10:50 – 11:00	Optimizing abdominal wall closure for prevention of incisional hernia	Deepraj Bhandarkar
3	11:00 – 11:10	MIS management of Obstructed Groin Hernias- Our Experience	Randeep Wadhawan
4	11:10 – 11:20	How to prevent laparoscopic inguinal hernia recurrence	Basim Al Khafaji
5	11:20 – 11:30	Mechanism of recurrence after TEP / TAPP. What next ?	Manish Bajjal
6	11:30 – 11:40	Why I prefer TEP over eTEP	Manish Bajjal
7	11:40 – 11:50	Prevention of Complications in Laparoscopic Inguinal hernia Repair	Rajesh Khullar
8	11:50 – 12:00	Prevention of Complication in Groin Hernia Repair	Sathien Tumtavitikul
	12:00 – 13:00	Lunch	
Session 3: Complications: management and prevention 2			
Moderator: Debora Nowakowski – Barlian Sutedja			
1	13:00 – 13:10	Prevention of perioperative complications in laparoscopic trans abdominal preperitoneal repair of inguinal hernia repair	Barlian Sutedja
2	13:10 – 13:20	Chronic postoperative inguinal pain (CPIP)	Debora Nowakowski
3	13:20 – 13:30	Every infected patch is a disaster--How to deal with mesh-related infection after abdominal wall hernia repair?	Qin Changfu
4	13:30 – 13:40	Don't blame the mesh: complications in hernia repair	Debora Nowakowski
5	13:40 – 13:50	Endo-Laparoscopic Repair with Bipolar Dissector in High Risk Patients with IH	Leonil Dacaynos
6	13:50 – 14:00	Risk Reduction Strategies to reduce Complications in IH	Leonil Dacaynos

PROGRAM

No.	Time	Description	Speaker
	14:00 – 15:00	Break	
Session 4: Online session 4 (Other hernias and Miscellaneous 3)			
Moderator: Nguyen Thanh Xuan - Basim Al Khafaji			
1	15:00 – 15:10	Innovative approaches for parastomal hernia - lap-endoscopic sublay/ extraperitoneal mesh repair	Li Binggen
2	15:10 – 15:20	Totally endoscopic sublay/extraperitoneal (TES)- Sugarbaker repair for type IV parastomal hernia	Li Binggen
3	15:20 – 15:30	Concomitant laparoscopic sleeve gastrectomy and ventral hernia repair: a retrospective analysis of 7 cases	Wu Lisheng
4	15:30 – 15:40	Comparison of mesh repair and suture repair for the treatment of incarcerated femoral hernia: a retrospective, single-center study	Li Jianfang
5	15:40 – 15:50	Simple method to Prevent seroma formation after laparoscopic inguinal hernia	Li Junsheng
6	15:50 – 16:00	Surgical treatment of Abdominal Wall Desmoid Tumors	Ziang Yang
7	16:00 – 16:10	Transabdominal hybrid preperitoneal (TAHP) for incisional hernia repair	Zhang Kunjie
8	16:10 – 16:20	Laparoscopic Toupet-Dor operation for a patient with recurrent hiatal hernia	Wang Qiusheng
9	16:20 – 16:30	Application of spatial replacement method in the treatment of laparoscopic incarcerated femoral hernia—a case report	Luo Binyu

November 26 (Sat)

Hall 3

No.	Time	Description	Speaker
Session 1: Inguinal hernia 5			
Moderator: Reinhard Bittner - Phan Dinh Tuan Dung			
1	09:00 – 09:10	Laparoendoscopic versus open mesh techniques (Lichtenstein) in inguinal hernia repair – does hospital volume matter? Results in 222 487 patients	Reinhard Bittner
2	09:10 – 09:20	Current international penetration rate of laparoendoscopic inguinal hernia repair – 30 years after inauguration	Reinhard Bittner
3	09:20 – 09:30	Critical view of the myopectineal orifice - the new paradigm	Deepraj Bhandarkar
4	09:30 – 09:40	Current state of use of adhesives in mesh fixation	Jan F. Kukleta
5	09:40 – 09:50	TEP repair for direct inguinal hernia repair: non-fixation 3D mesh	Phan Dinh Tuan Dung
	09:50 – 10:40	Break	
Session 2: Scientific session 2: Other hernias and Miscellaneous 4			

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PROGRAM

No.	Time	Description	Speaker
Moderator: La Van Phu – Qin Changfu			
1	10:40 – 10:50	Pre-operative Botulinum Toxin A injection in large ventral hernias: Experience in a Hernia Centre at a tertiary care institution	Leonil Dacaynos
2	10:50 – 11:00	Laparoscopic extended totally extraperitoneal Rives-Stoppa (eTEP-RS) repair of umbilical hernia with concurrent rectus diastasis – technical considerations and initial experience	Choo Xin Yi
3	11:00 – 11:10	Technical Considerations of Laparoscopic Repair of Spigelian-Inguinal Complex Hernias – case series and review of literature	Oh Shen Leong
4	11:10 – 11:20	Prototype Needle Endo-loop Suturing Device used for Minimally Invasive Hernia Repair	Dela Paz Michael Dennis
5	11:20 – 11:30	Management of mesh infection in post-TEP repair for inguinal hernia.	Nguyễn Ngọc Anh
11:30 – 13:00		Lunch	
Session 3: Video session 2			
Moderator: Pham Huu Thong – Vu Quang Hung			
1	13:00 – 13:10	Recurrent incarcerated indirect inguinal hernia, left; transabdominal preperitoneal (TAPP) hernia repair	Ismael Naghizadeh Mahani
2	13:10 – 13:20	Necrosis of sigmoid colon due to strangulated left sliding inguinal hernia	Duong Thi Ngoc Sang
3	13:20 – 13:30	TAPP repair of re-recurrent right inguinal hernia	Mehrotra Magan
4	13:30 – 13:40	Giant inguinoscrotal hernia: Case report and management principles	Duong Thi Ngoc Sang
5	13:40 – 13:50	TEP, TAPP with appendectomy	Tran Thai Ngoc Huy
6	13:50 – 14:00	TAPP: A case report of intestinal obstruction	Nguyen Hang Dang Khoa
7	14:00 – 14:10	TAPP and strangulated inguinal hernia	Tran Van Toan
14:10 – 15:00		Break	
Session 4: Video session 3			
Moderator: Manish Bajjal – Pham Minh Hai			
1	15:00 – 15:10	Obturator hernia: A case report of intestinal obstruction	Vu Quang Hung
2	15:10 – 15:20	Pre-peritoneal herniation after totally extraperitoneal repair	Bejasa Monica Maria
3	15:20 – 15:30	Combined Single Incision Laparoscopic Cholecystectomy and Repair of umbilical hernia with diastasis recti via SubCutaneous Onlay Laparoscopic Approach (SCOLA)	Tankiaty James
4	15:30 – 15:40	Extraperitoneal Umbilical Hernia repair with Ventralex ST Mesh: our	Mansimrat Singh

PROGRAM

No.	Time	Description	Speaker
		experience and a short video presentation	
5	15:40 – 15:50	Ventral hernia recurrence	Tran Thai Ngoc Huy
6	15:50 – 16:00	Laparoscopic repair of Liver Donor hernia	Kalyan Kondeti Aditya

November 26 (Sat)

Hall 4

No.	Time	Description	Speaker
Session 1: Live surgery			
Moderator: Chen Jie – Zhenling Ji			
1	11:30 – 16:30	Live surgery	

November 25

Gala Dinner: 18:30 – 22:00. (Faculty and Registered persons only)

November 26

Poster visit: 10:00 – 11:30

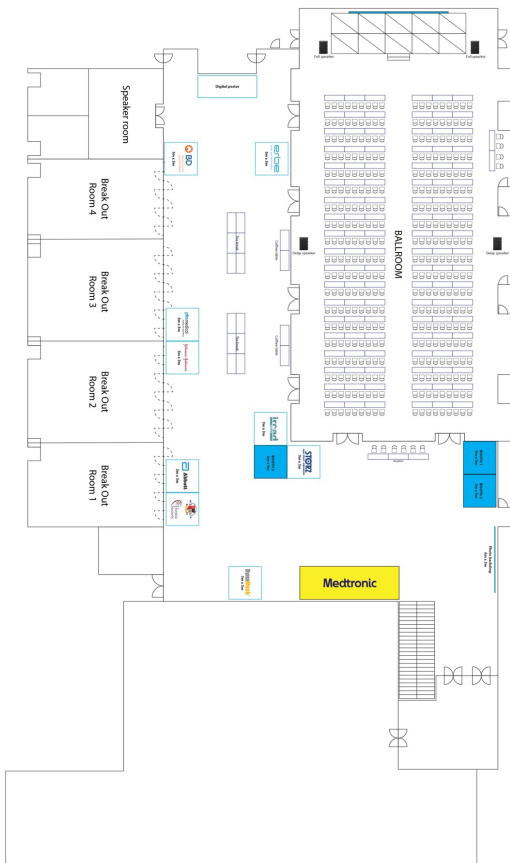
FLOOR PLAN

DAY 1: 25 NOV 22



FLOOR PLAN

DAY 2: 26 NOV 22



CONGRESS INSTRUCTION

We are delighted that you will be joining us for the Asia Pacific Hernia Society Congress 2022 from November 25-26, 2022 at the Holidays Inn & Suites Saigon Airport Hotel, Ho Chi Minh City, Vietnam.

1) CONGRESS VENUE: 3rd Floor, Holidays Inn & Suites Saigon Airport Hotel, Ho Chi Minh City, Vietnam.

- You can arrive at the hotel through below means of transport:
 - **By APHS 2022 transfer services (For invited Faculty):** It takes 15 minutes from Tan Son Nhat International Airport to Holidays Inn & Suites Saigon Airport Hotel, or 30 minutes to Intercontinental Saigon hotel. Visitors can enjoy the complimentary airport transfer by APHS support team. When you are exit at the arrival terminal, please look for our supporter holding the APHS signage as below for your transfer to the hotel accordingly. Please call our hotline at +84 - 913713889 should you need any assistance.



- **By Taxi:** Taxis are efficient, metered and reasonably priced. With more than 3000 **Vina Sun taxis** available, hailing a cab in Ho Chi Minh City is never a problem. Most drivers are familiar with our venue and with various popular destinations around the city. Most fares start at 5 USD for taxi to Holidays Inn & Suites Saigon Airport Hotel or 10 USD to Intercontinental Saigon Hotel.

2) SPEAKER ROOM

Phu My room located on the **3rd floor** of Holidays Inn & Suites Saigon Airport Hotel. Speakers are kindly requested to upload their final presentation(s) at least **two (2) hours** before their session for final checks to ensure enough time to upload the presentation. Alternatively, you can email your final presentation to

secretary@aphs2022.com

[← Back to menu](#)

CONGRESS INSTRUCTION

Speaker Room timings:

Day 1 – Friday, 25 November | 07:00 – 16:00

Day 2 – Saturday, 26 November | 07:00 – 16:00

3) FACULTY AND CANDIDATES' GOWNS (For Convocation Ceremony)

Gowns for faculty and candidates who will attend the convocation ceremony can be picked up from Speaker Room (see above for timings).

4) PRESENTATION FORMATS (Important!)

- The presentation format must be 16:9 ratio.
- If you have any videos in your presentation, please make sure the videos are saved in the same folder as the PowerPoint presentation.
- If you used an Apple/Macintosh (*Keynote*) format for your presentation, kindly convert it to a PowerPoint presentation.
- Please ensure you have a back-up of your presentation(s) on a USB Memory Stick.

5) MODERATORS (Important!)

- Moderators are asked to greet the speakers, introduce them to each other and ask them to sit in front of the room.
- Moderators are asked to introduce each speaker and facilitate questions and answers at the end of each presentation. Each speaker has 08 minutes of presentation and 02 minutes for Q&A.
- Moderators should control the time of each talk to ensure that their sessions could run on time.
- If a speaker fails to attend the session, the moderator should call for the next speaker and allow additional time for Q&A or discussion.

We would like to take this opportunity to wish you a successful and enjoyable conference. If we can be of further assistance to you now or at the conference, please do not hesitate to contact us.

APHS 2022 Secretariat

Email: secretary@aphs2022.com

Mobile/WhatsApp/ Zalo: +84778698621 (Ms. Thu)

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GENERAL INFORMATION



HO CHI MINH CITY

Ho Chi Minh City has gone by several different names during its history, reflecting settlement by different ethnic, cultural and political groups. The most recent change to Ho Chi Minh City came in 1976.

Today, Ho Chi Minh boasts an official population of seven to eight million, but locals suggest it is closer to twelve.

The climate in Ho Chi Minh City is generally hot and humid. There are two distinctive seasons: the rainy season, from May to November, and the dry season, from December to April. The annual average temperature is 27°C. The hottest month is April and the lowest is December. It is warm all year.

If Hanoi is the political capital of Vietnam, Ho Chi Minh City is the commercial heart. A magnet for foreign investors, new business ventures and ambitious development projects pop up every year.

Nowadays, Ho Chi Minh City is the big tourism center in Vietnam, attracting a large of visitors to Vietnam. Ho Chi Minh City has various attractions as Ho Chi Minh Museum, formerly known as Dragon House Wharf, Cu Chi Tunnels, system of museums, theatres, cultural houses... Recently, many tourist areas are invested such as Thanh Da, Binh Quoi Village, Dam Sen Park, Saigon Water Park, Suoi Tien, Ky Hoa..., which draw numerous tourists.

GENERAL INFORMATION

THE HOTEL YOU STAY

INTER CONTINENTAL ASIANA SAIGON:

Corner Hai Ba Trung St. & Le Duan Blv.

+84. 28 3520 9999

This luxury Ho Chi Minh City hotel is located in the city center, just a few minutes from famous landmarks including Notre Dame Cathedral and Saigon Opera House. Take advantage of the hotel's many amenities, including a 20 meters outdoor infinity pool, bespoke treatments in our full-service spa and choice of three restaurants, from Cantonese to trattoria-style Italian cuisine.



HOTEL YOU STAY & APHS CONFERENCE VENUE

HOLIDAYS IN & SUITES SAIGON AIRPORT:

18E Cong Hoa St, Tan Binh Dist. Ho Chi Minh City

+84 - 28 - 39485050

Holiday Inn & Suites Saigon Airport is proud to be Vietnam's first Holiday Inn hotel, sharing the Joy of Travel with this vibrant city known for its world-class food scene and elegant French colonial-era buildings.

Whether travelling for business or pleasure, our 348 tastefully appointed, non-smoking rooms and suites ensure a comfortable stay just 10 minutes from Tan Son Nhat International Airport and only 20 minutes away from the excellent shopping and dining attractions of downtown Saigon.



GENERAL INFORMATION



Map from Tan Son Nhat Airport to Holidays Inn & Suites Saigon Airport – Venue of APHS Congress 2022

EMERGENCY

- Police: 113
- Fire: 114
- Ambulance/First Aid: 115
- Other assistance

HOLIDAYS IN & SUITES SAIGON AIRPORT:
18E Cong Hoa St, Tan Binh Dist. Ho Chi Minh City
☎ +84 – 28 - 39485050

Holiday Inn & Suites Saigon Airport is only 10 minute drive from Tan Son Nhat Airport and 20 minute drive from downtown of Ho Chi Minh city.

The hotel has the largest meeting space in HCM city which can take up to 1000 people for the meeting with many breakout room situated on the same floor.

GENERAL INFORMATION

BANKS

CITIBANK N.A. VIETNAM

Sun Wah Tower, 115 Nguyen Hue Boulevard, District 1, Ho Chi Minh City, Vietnam.

Working hours: 8:30 AM - 8:00 PM

☎ CitiPhone: (84 28) 3521 1111
(84 28) 3521 1118



HSBC BANK (VIETNAM) LTD

The Metropolitan, 235 Dong Khoi Street, District 1, Ho Chi Minh City

Working hours: 8.00am - 5.00pm (Monday to Friday)

☎ (84 28) 37247247



ANZ

67 Le Loi Street, District 1, Ho Chi Minh City Working hours: 8:00am to 5:00pm (Monday to Friday)

☎ (84 28) 38272926



STANDARD CHARTERED BRANCHES

Saigon Trade Center, 1st Floor, 37 Ton Duc Thang Street, District 1, Ho Chi Minh City

☎ (84 28) 19006999 (24/7)



GENERAL INFORMATION



TAXI

Taxi rates are very reasonable in Ho Chi Minh City as long as you use a reputable company and the meter is used.

MAI LINH

(mostly white with green lettering, though sometimes green or silver)

☎ (84-28) 3838 3838



VINASUN

(white with green and red lettering) have the largest fleets in the city and are generally honest and reliable, with meters that start automatically after the taxis have moved about five meters.

☎ (84-28) 3827 2727



Other taxi companies with smaller fleets that have been reported as reliable include Festive Taxi, Happy Taxi, Hoang Long (yellow top and green sides), Petro Vietnam (silver and green), Petrolimex (white, blue and orange), Savico (blue), Taxi Future (silver with orange lettering) and Vinataxi (bright yellow). Historically, Savico and Vinataxi have been the cheapest by about 10%, though they generally have older and more threadbare cars; while Hoang Long and Taxi Future are perhaps 10% higher than the average.

GENERAL INFORMATION

HOSPITAL

INTERNATIONAL SOS ASSISTANCE

106 Nguyen Van Troi st., Phu Nhuan
Dist., Ho Chi Minh City

☎ (84-28) 3829 8520

(84-28) 3845 4218

CENTRE MEDICAL INTERNATIONAL

30 Pham Ngoc Thach, District 1, Ho Chi Minh

☎ (84-28) 3827 2366

FAMILY MEDICAL PRACTICE

Diamond Plaza, 34 Le Duan, District 1, Ho Chi Minh City

☎ (84-28) 3822 7848

Emergency Contact (24/7)

(24/7) *9999 or (028) 3744 9000





Mừng Chúa Phục Sinh

Notre Dame Church

Thing to see in HCM city

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Thing to see in HCM city



THE OPERA HOUSE

7 Lam Son Square

One of the city's most prominent landmarks, the Opera House was built in 1897 by French architect Eugene Ferret. In 1955, it was transformed into South Vietnam's Assembly House and has since undergone several refurbishments. It is only open to the public for performances.



NOTRE DAME CATHEDRAL

Cong Xa Paris / 5:30am to 5:30 pm

Sunday Mass is held at 9:30am

Built in 1877, this is one of Saigon architectural treasures, built with materials imported from France. Situated between two busy streams of traffic, the streets outside are always bustling with tourists, locals and street vendors. Inside, the décor is austere, but the church is lively during services.



SAIGON CENTRAL POST OFFICE

2 Cong Xa Paris / 7:30am to

5pm, weekend: 7am to 6pm

One of the most popular attractions in town, the post office is largest in Vietnam. Built between 1886 to 1891 by renowned French architecture Gustave Eiffel, of Eiffel Tower fame, the vaulted roof and arched windows lend a classic look reminiscent of early European railway stations. An enormous picture of Ho Chi Minh overlooks the thoroughfare.

Thing to see in HCM city

REUNIFICATION PALACE

135 Nam Ky Khoi Nghia St.

7:30am to 4pm

The palace was designed by Ngo Viet Thu for South Vietnam's former President Ngo Dinh Diem, during the American War. The official handover of power took place here on 30 April 1975 and the palace became a monument to that historic date. Do not miss the basement set up like a war time movie set.



BITEXCO FINANCIAL TOWER

45 Ngo Duc Ke St.

Opened in October 2010, the 262.5m high Bitexco Financial Tower is currently the tallest building in Saigon. Saigon Skydeck, on the 49th floor, has been breathtaking panoramas of the city on offer for VND 200,000. The building is also home to Hog's Breath Café on the ground floor and Vietnam's first helipad on the 52nd floor.



CITY HALL

End of Nguyen Hue St.

At the end of Nguyen Hue in District 1 sits the magnificent office of the Ho Chi Minh City People's Committee. Completed in 1908, the former Hotel de Ville's design is based on the original in Paris. It remains one of the most stunning colonial monuments. Don't forget to visit the statue of Ho Chi Minh on the median strip.

Thing to see in HCM city



WAR REMNANTS MUSEUM

28 Vo Van Tan St.

7:30am to 5pm

This museum is not for the fainthearted as it houses harrowing displays of weapons and photographs from the American War. Established in 1975, it is home to U.S armored vehicles, bombs, infantry weapons and provocative images detailing the brutality of war.



THIEN HAU TEMPLE

Nguyen Trai St., Dist. 5, Chinatown

6a.m to 11:30 a.m

1p.m to 4:30 p.m

It is a Chinese style temple dedicated to Thien Hau, the Lady of the Sea. Lanterns and wooden models of Chinese theaters hang over the entrance.

The altar to Thien Hau is dominated by the three statues of the goddess. The faces are bronze in color, and the clothes and crowns are multi-colored. Incense burners are all about.



Restaurants Vietnamese cuisine

NGON RESTAURANT:

Add: 160 Pasteur St, District 1, HCMC, Vietnam

☎ (+84) 028 3827 7131

Open hours: 7:00 -22:00

Cuisine: Vietnamese

One of Saigon's most popular restaurants with good reason, Well-priced local food, a lovely airy colonial villa setting and great concept, Ngon is packed everyday with locals and foreigners sampling classic Vietnamese dishes from small stalls replicating the country's impressive street fare



Restaurants Vietnamese cuisine



COM TAM MOC:

Add: 85 Lý tự trọng St, Dist. 1, HCMC, Vietnam

☎ (+84) 028 3824 8561

Open hours: 9:00 - 20:00

Cuisine: Vietnamese

Com Tam Moc is a restaurant which combines simple, modest and authentic taste of this local famous broken – rice favorite and a vintage wood and brick designed ambience. This is the first restaurant chain in Vietnam that promotes “com tam” in a air-con equipped, comfortable and relaxing environment which is suitable for any kind of gathering, local and tourist alike.

NAM GIAO RESTAURANT:

Add: 136/15 D Le Thanh Ton St,

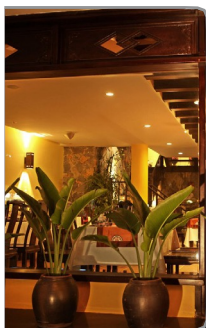
Ben Thanh ward, District 1, HCMC, Vietnam

☎ (+84) 028 3825 0261

Open hours: 8:00- 21:00

Cuisine: Vietnamese

Coming to Nam Giao is not sophisticated or too luxury but the beauty is very simple and familiar. Dishes are rich, varied with true taste of Hue and used with rustic bamboo trays, cups with not only allows people to enjoy the whole tasteful food. Designed in a simple way, ensures customer with all real high quality in each dish, good service provided as well.



Restaurants Vietnamese cuisine

MANDARINE RESTAURANT:

Add: 11a Ngo Van Nam St, District 1, HCMC, Vietnam

☎ (+84) 028 3822 9783

Open: 11:30 - 14:00 & 17:30 - 22:00

Cuisine: Fine Dining Vietnamese

Mandarine restaurant has become the global recognition for Vietnamese cuisine at its finest in both taste and style. With impeccable attention to interior details,

Mandarine provides a fine dining ambiance like no other.



VIET VILLAGE RESTAURANT:

Add: 15 -17 Dinh Tien Hoang St, Da Kao ward, District 1, HCMC, Vietnam

☎ (+84 28) 3911 7261

Open hours: 11:00 - 14:00

17:00- 22:00

Cuisine: Vietnamese

Born in a French colonial style in conjunction with completely modern facilities as well as an experienced, well-trained and highly professional catering team, Viet village is pleased to cater a complete selection of all iconic dishes from North, Middle and South Vietnam.





Wrap roll

Indian cuisine

TANDOOR RESTAURANT

Tandoor is located in a spacious venue in the heart of the city behind the Opera Hall. The modern-plan, three-storeyed has been built from scratch, designed exclusively for an Indian restaurant. It features both Northern and Southern dishes, including a large selection of vegetarian options.

The restaurant offers original ambience and delivers good value at comparatively low price. Tandoor is an ideal for party or outdoor catering and exclusively with halal food restaurant.

Address: 39 Ngo Duc Ke st., Dist 1





Indian Traditional Food

Halal cuisine



PASHA TURKISH RESTAURANT

Owned by a Turkish, Pasha restaurant has both the look and taste of traditional Turkish – Mediterranean cuisine. A good place for Halal food in Ho Chi Minh City providing high quality in both taste and portion. All dishes are completely authentic and well-crafted Turkish food in tropical Saigon.

The stained-glass lanterns and traditional pottery adorning the elegant interior. In typical Ottoman style, the restaurant is quite big and luxurious completed with some belly dance costumes hanging on the walls upstairs. Taken the name from the word “King” in Turkish, Pasha is determined to deliver the best Turkish dining experience to diners.

Address: 25 Dong Du St, Ben Nghe, Dist 1



HALAL @ SAIGON RESTAURANT

Halal @Saigon is a well-known restaurant wholly owned and run by Muslims. This is one of the restaurants in the city which has Halal certificate from the authority. The restaurant serves up a range of Vietnamese and Malaysian dishes prepared according to Halal guidelines including banh xeo, pho roti chennai and seafood favorites as shrimp, squid and mussels.

Especially, Halal @Saigon looks quite narrow inside but the decoration is pretty mix and match. The red facade takes diners to tastefully decorated interior, sepia-toned photos on the dark gray walls and chic black and white lampshades to match the ceiling.

Address: 31 Dong Du St, Ben Nghe, Dist 1

vegetarian cuisine



TIB RESTAURANT

TIB is a highlight vegetarian restaurant in Ho Chi Minh City. Coming here, diners can order almost any Vietnamese dishes in the vegetarian version and they all taste amazing. With great simple designing and quite ambience, this restaurant is also an enjoyable spot for who is fond of the profound melody within Trinh Cong Son's songs.

Moreover, the staff is totally friendly and helpful even they cannot speak English a lot. Great food, nice atmosphere as well as reasonable price make TIB restaurant an ideal place to return.

Address: 187 Ter, Hai Bà Trưng, Phường 6, Quận 3, Thành phố Hồ Chí Minh



SAIGON VEGAN RESTAURANT

Saigon Vegan is located in a quietist alleyway off Vo Van Tan street which provides up to a hundred vegetarian dishes. The food here is absolutely excellent and such good value as well. All materials and ingredients have been chosen carefully; therefore, the course tastes very fresh and flavorful. Unlike other restaurant, chemical is strictly restricted in order to serve the healthiest meal to diners.

Offering rich veggie choices for all dishes combining with nice ambience, Saigon Vegan is a place worth to eat and have a peace of mind for the vegetarian regime.

Address: 378/3 Vo Van Tan St, Dist 3

Japanese cuisine



SHRI RESTAURANT:

*Add: 23rd Floor Centec Tower,
 72-74 Nguyen Thi Minh Khai St, District 3, HCMC*
 ☎ (+84) 1900 292977

Open hours: Mon – Sat: 9:00 – 24:00
Sat: 17:00 – 24:00

Cuisine: Japanese, International

Shri is 1 of the city's newest upscale venue. The menu is a mix of contemporary Western and some Asian-sushi and sashimi thrown in. The setting is spectacular with great views across as the changing city skyline. It's another good spot for a glass of wine or a cocktail after dinner as well.



KOBE TEPPAN YAKI:

13A Tu Xuong St., D.3 / 10am – 10pm
 ☎ (+84) 028 3932 0187

Kobe Teppan Yaki is Saigon's first restaurant specializing in the famous Japanese teppanyaki. Watch out female chefs deftly slice, chop and grill beef, chicken or seafood on a flat hot plate in front of you.



ZEN SAIGON RESTAURANT:

20 Le Thanh Ton St., D.1
Mon. to Sat. 6am – 11pm / Sun. 7am – 10:30pm
 ☎ (+84) 028 3825 0782

Fresh produce, Japanese chefs, and an extensive range of Japanese food, Zen is a great place to take the whole family for a memorable taste of Japanese cuisine.

Chinese cuisine

MING COURT:

235 Nguyen Van Cu St., D.1

in hotel NIKKO SAIGON

☎ 028 3929 5520

Ming Court features classic Chinese cuisine with a Taiwanese touch, traditional dishes prepared with a modern Chinese approach. Guests can enjoy delicious dim sum lunches, a la cart or set menu with a wide selection of Chinese and Taiwanese teas, wines and rice wine.



KABIN:

Renaissance Riverside Hotel Saigon

8-15 Ton Duc Thang St., D.1

☎ 028 3822 0033

Built inside the 5-star Renaissance Riverside Hotel, Kabin ranks among top finest Chinese restaurants in Ho Chi Minh. Exquisite décor pairs with contemporary atmosphere to give a feel of luxurious dining. Terrific river view is a big plus. This is where you can enjoy an authentic and innovative Chinese cuisine. A wide selection of very well made dim sums promises to indulge your Chinese appetite.



OCEAN PALACE:

2 Le Duan St., D.1

☎ 028 3911 8822

Ocean Place is a high-grade Chinese restaurant in Ho Chi Minh City. It offers fine dining exclusively on Cantonese fusion food and dim sum. The atmosphere is very good with warm and friendly staff. Food is excellent compared with most “fusion” Asian foods.



International and other cuisine



Add: 71/7 Mac Thi Bui St, District 1, HCMC, Vietnam

☎ (+84) 08 3823 3822

Open hours: Mon – Sat: 9:00- late

Sun: 15:00- 24:00

Cuisine: Mediterranean

Secluded into a petite lovely alley lined with colonial-style houses right in the heart of the bustling Saigon, Warda is an intimate spot where you can find a pleasant décor and great Mediterranean drinks and food. The lounging setting inside and harem area for VIP upstairs are just as pleasantly chic. Cozy, classy and sweet. With beaded sparkling turquoise curtains, it looks as if coming straight out of one of those Arabian nights.

Belly dance every Wed (20:30- 21:30)

Offer traditional shisha with many flavors.

Egypt film from 60 years ago is shown every evening with Arabic soft music.



AU APARC RESTAURANT:

Add: 23 Han Thuyen, District 1, HCMC, Vietnam

☎ (+84) 08 3829 2772

Open hours: Mon- Fri: 7:30 - 22:30

Sun : 8:00- 17:00

Cuisine: International

Au Parc is a coffee shop, restaurant and delicatessen featuring Mediterranean and Middle Eastern flavors.

Housed in a charming colonial building with original cement tiles and old window frames, Au Parc is ideally located half way between the Reunification Palace and Notre Dame Cathedral. The space has a peaceful, relaxed feel to it and is a perfect stop on a busy day around the city.

International and other cuisine

SAIGON PRINCESS CRUISE:

**Add: 5 Nguyen Tat Thanh St, Ward 12,
 District 4, HCMC, Vietnam**

☎ (+84) Open hours: 088 890 1068

18:30– 21:30

Cuisine: Asian , Fusion dining food

Upon arriving all customers are invited to enjoy delicious welcome cocktail lounge located at the first floor. Accompanied with some light traditional Vietnamese background music – Saigon Princess Cruise sets off to its 2 hours journey on the Saigon River. The all favorite Asian- International set menu will be served at the main deck while listening to a Philipppin band,



Shopping



BEN THANH MARKET:

*Add: Le Loi and Tran Hung Dao St,
 District 1, HCMC, Vietnam*

Open hours: 6:30 – 19:00

Ben Thanh market is a large market place in the downtown area of Ho Chi Minh City, Vietnam in District 1. The market is one of the earliest surviving structures in Saigon and one of symbols of Ho Chi Minh City, popular with tourists seeking local handicrafts, textiles, ao dai, and souvenirs, as well as local cuisine.



SAIGON SQUARE:

*Add: 77 Nam Ky Khoi Nghia St,
 District 1, HCMC, Vietnam*

Open hours: 9:00 – 21:00

A cross between a shopping mall and a market, Saigon Square is the place to shop for clothing. Frequented by expatriates and locals, cheap copies of designer sportswear rub shoulders with fashion brands. Footwear, electronics, luggage and other products are also available here.

Literally packed to the roof, Saigon Square stocks everything from DVDs to ersatz luxury watches and blue jeans. Rummage through the merchandise to find cheap laptop bags, electronic gizmos and HCMC souvenirs. Bargain hard and never accept the first price that you're quoted. Designer fashions and sportswear of both the local and Chinese-imported variety is available. You may not be buying the genuine articles, but the prices are reasonable and the quality is satisfactory.



Travel tips

Ho Chi Minh City is arguably the most vibrant and popular place to visit in Vietnam. With French-inspired architecture and an infamously dark past, the city is a hotspot for those who want an amalgamation of ancient and modern sensibilities in Vietnam. But before you wander off and soak up the incredible vibe of the city, here are a few dos and don'ts to help you make the most of the city.

DO & DON'T IN HO CHI MINH CITY

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travel tips

DO

Be aware of the two names of the city. For tourists, it's Ho Chi Minh City, but the locals still call it by its former name Saigon.

Look in all directions before you cross the road. The city has a million motorbikes that zip across from all directions. Even the sidewalks are not spared. Try to accompany the local when crossing the street. The local tourist police can also help taking you across the street.

Visit Ben Thanh Market for a feel of how the city locals shop. You get everything from flowers to spices, and it's a great place to pick up unique Vietnamese souvenirs. Visit Saigon Square market if you look for some local Vietnamese garment products.

Explore nightlife. The pubs and nightclubs buzz with a good mix of locals and tourists, while your tittle is affordable and the music is great too.

Exchange dollars for the local currency – Vietnamese Dongs. The exchange rate of dongs for dollars is much cheaper. However, dollar is accepted in most places as well.

Take only branded taxi as Vinasun, Mai Linh taxi, Saigon Tourist taxi.

Leave your passport in the safety box at the hotel. Have the hotel or your tour operator to call the taxi for you.



Travel tips



DON'T

Wear valuable jewelry when walking on the street

Carry handbag when walking on the street at night

Take the passport with you when you are on the street

Leave your belongings unattended, as the city has its fair share of tourist-targeting miscreants.

Take the cyclo (rickshaw) on the street unless your operator organizes it for you.



Take unnamed taxi or taxi from untrusted companies.

Wear skimpy clothes at the city's pagodas or temples. Do cover up when entering religious sites in Vietnam.

Give in to the price being quoted while on your shopping spree. Bargaining is a must when shopping in Vietnam.

Walk around or explore desolate areas. Petty thefts are quite common in these areas.



Eat at the sidewalk restaurant if you are not ready for food adventure

Buy the souvenir from street vendors as you will attract many to come. The quality of the products is normally not good.

Take a motorbike ride if you do not know how to balance on the motorbike.

Take photo of a disable/ handicaps as they are not happy to be taken photo.

Prostitution is illegal in Vietnam

Drug may result in dead penalty in Vietnam.



HSBC

Unicons

City Hall

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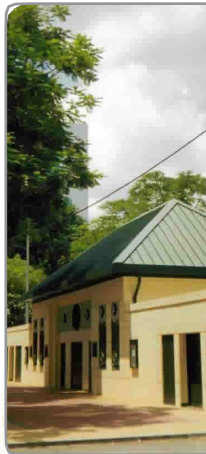
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