



US-IBDC Insight

December 2025 Edition

Building Bridges Between Modern Medical Innovation and Vietnamese Healthcare

FROM THE LEADERSHIP DESK

AAS DECA: Vietnam's First Integrative BioHealth Center Goes Live

This December marks a milestone in US-IBDC's mission to bridge US medical expertise with Vietnamese healthcare delivery. Our AAS DECA center in Hanoi (the first operational prototype of what will become the AASuccess BioGen Centers network) demonstrates that integrative medicine can deliver measurable patient outcomes while maintaining rigorous standards combining curated herbal medicine with modern Western diagnostics and US medical consultation.



What began as a vision is now a functioning proof-of-concept: patients receiving comprehensive care that combines Dr. Hoang Thu Thuy's 20+ years of herbal medicine expertise with US medical consultation networks, systematic monitoring, and evidence-based protocols. The results speak for themselves, not in promises, but in documented patient outcomes.

This newsletter showcases two patient cases that demonstrate the positive advancement of AAS DECA Integrative Medicine when executed with rigor, compassion, and accountability.

INTRODUCING OUR TEAM

Core Leadership: Building Vietnam's BioHealth Future

US-IBDC Management Team leads the strategic vision for integrating American medical innovation with Vietnamese healthcare delivery. Through collaborations with institutions like the Inventive Medical Foundation (Dr. Hoang Xuan Ba) and partnerships with experts in Traditional Vietnamese Medicine, we bring curated herbal medicine combined with modernized integrative and regenerative medical expertise via AAS DECA to patients and clients in need of metabolic health services and quality care with affordability.

AAS Core Members including **Nguyen Nguyen (Executive Manager for Marketing, Mentoring, Student Projects, and Fundraising)** drive the operational excellence and community engagement that makes our mission sustainable.

Every individual affiliated with AAS commits to our signature AAS LEAP (Leadership Empowerment & Advancement Program) certification, a character-based leadership development framework built on the **3H-3S-3A principles** (*Head-Heart-Hands, Seek-See-Seize, Attitude-Action-Authenticity*).



Dr. Hoang Thu Thuy

Medical Director, AAS DECA

With over 20 years of experience combining curated herbal medicine with modern medical protocols, Dr. Thuy brings proven clinical expertise to complex chronic conditions that don't respond to conventional care alone. She is recognized by patients and colleagues at major Hanoi hospitals for her expertise in personalizing post-surgical and post-chemotherapy recovery. Dr. Thuy's approach integrates pharmaceutical-grade herbal formulations (developed through decades of clinical research) with systematic Western medical monitoring, creating a unique methodology we call AAS DECA Integrative Medicine - distinct from both conventional Traditional Vietnamese Medicine and standard Western-only protocols.



Notable Accomplishments

- Founder and Director of Hanoi's first Early Cancer Detection and Palliative Care Center (2020-2025)
- 20+ years of successful integration of YHCT (Traditional Vietnamese Medicine) with modern diagnostics
- Partnership with Dr. Hoang Van Sam for pharmaceutical-grade herbal formulations
- Collaboration with US medical experts through US-IBDC network



Current Focus

Leading AAS DECA's operational launch, developing proprietary treatment products supporting muscle and tissue restoration, and demonstrating that Vietnamese traditional medicine can meet rigorous Western medical standards.

AAS Values in Action: From Physicians to Change Agents



One unique aspect of the AAS ecosystem is our commitment to developing every affiliated individual through a holistic framework that integrates **Head, Hands, and Heart** — strengthening critical thinking, practical application, and character-driven service across all disciplines, including medicine.

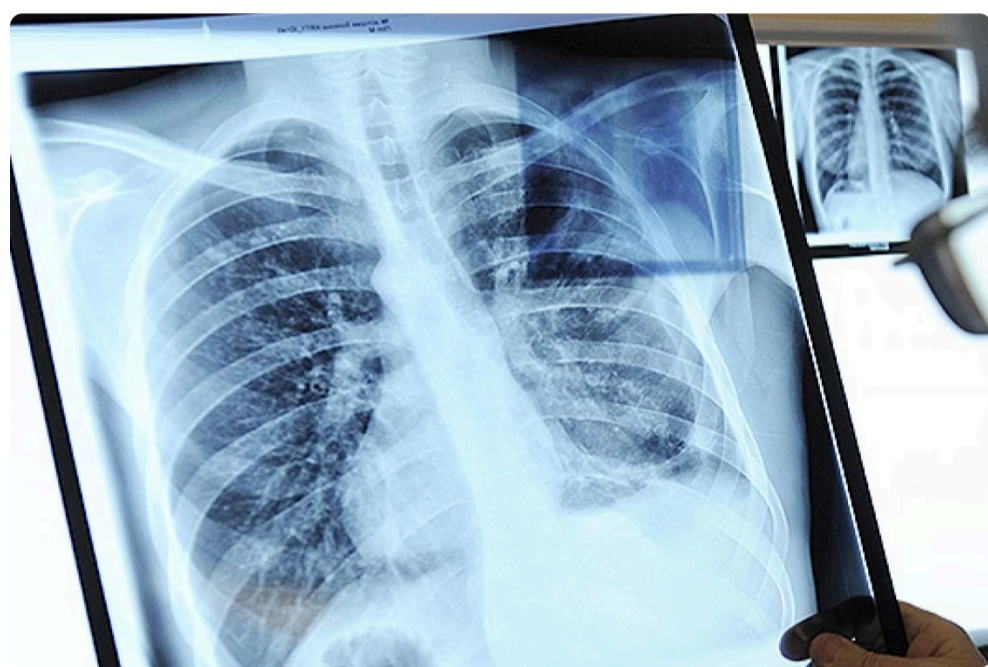
Dr. Mai Mac, a young pediatric physician from Hanoi and an AAS volunteer, exemplifies this commitment. Her written perspective on chronic pain research (featured in this newsletter) reflects the disciplined, application-focused thinking encouraged within the AAS framework, grounded in real-world cases and a deep sense of service to patients and community.

HEALTH NEWS: INTEGRATIVE MEDICINE IN ACTION

Sixteen Years and Counting: Lung Cancer Patient Defies Stage 4B Prognosis

HANOI, VIETNAM - When Patient KTL's lung cancer returned in August 2024 after 15 disease-free years, conventional medicine offered chemotherapy with a median survival of 8-12 months. Instead, the 65-year-old retired factory worker chose AAS DECA's integrative approach, and sixteen months later, she remains ambulatory, cognitively intact, and managing her own care.

"This isn't about miracles," explains Dr. Hoang Thu Thuy, AAS DECA's Medical Director. "It's about systematic, multi-targeted support that addresses the whole person, not just the tumor."



The Remarkable Journey:

- **2009:** Initial lung cancer diagnosis, surgical resection, declined chemotherapy
- **2009-2024:** 15 years disease-free using macrobiotic dietary intervention
- **August 2024:** Recurrence detected (Stage 4B with metastases)
- **December 2024:** Joined AAS DECA with severe symptoms including hemoptysis
- **December 2025:** Sixteen months from recurrence, maintaining functional independence

What Made the Difference:

The patient receives a comprehensive protocol combining Traditional Vietnamese Medicine with modern medical monitoring. Dr. Thuy's approach includes pharmaceutical-grade herbal formulations developed through decades of clinical research, bioavailability-optimized natural compounds, quarterly IV infusion cycles for cellular support, and systematic dietary protocols. All components are tailored to the patient's specific condition and adjusted based on ongoing assessment.

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Hemoptysis Episodes
Successfully controlled
including 5-day resolution
of acute crisis

42

Albumin Level (g/L)
Preserved despite severe
weight loss, indicating
maintained liver function

12

Months Maintained
Ambulatory status,
cognitive function, and self-
care throughout treatment

93%

Cost Reduction
Compared to conventional
US treatment
(\$6,000-\$10,000 vs.
\$135,000-\$255,000 for 6
months)

The Reality Check:

Dr. Thuy is transparent about limitations: *"Pain increased from 6/10 to 8/10 over twelve months. The disease is progressing. But our patient travels independently to clinic, manages her daily regimen, and maintains cognitive clarity. That matters for quality of life."*

The patient's 16-year disease-free interval following surgery raises important questions about dietary intervention for secondary cancer prevention, questions that deserve rigorous study beyond single case reports.

LOOKING AHEAD: JANUARY 2026



We believe that AAS DECA's integrative medicine services can continue to help and provide both affordable and quality of unique services of care to not only patients in Vietnam but many patients elsewhere. Target patients include:

Target Patients

- Post-surgery cancer patients seeking recovery support
- Family wellness programs for multi-generational health
- VIP health optimization and preventive care

Proprietary Product Development

Dr. Thuy's formulations showing promising results in long-lasting restoration and bio-healing:

- **"VM" cream and spray:** Supporting muscle and tissue restoration with observed movement improvement
- **"AC" product:** Addressing skin conditions with progressive tissue healing
- Both developed through years of patient observation and Traditional Vietnamese Medicine principles

CONTACT US

AAS DECA Integrative Medicine Center
Tầng 1, tòa C1, ngõ 323 Xuân Đình
Phường Xuân Đình, Bắc Từ Liêm, Hà Nội

Dr. Hoang Thu Thuy, Medical Director
Email: hoangthuy.deca@gmail.com
Phone: 0983280779

Nguyen Thi Thanh, Strategy Director
Email: thanh.nguyen@aasuccess.org
Phone: 0968524555

For General Inquiries:
www.usibdc.com

ABOUT US-IBDC

US-IBDC, a branch of the 20-year nonprofit AASuccess (AAS), builds bridges between modern medical innovation and Vietnamese healthcare delivery. Through collaborations with institutions like the Inventive Medical Foundation (Dr. Hoang Xuan Ba) and partnerships with experts in Traditional Vietnamese Medicine, we bring curated herbal medicine combined with modernized integrative and regenerative medical expertise to Vietnam's expanding healthcare infrastructure.



Our Proof-of-Concept

AAS DECA in Hanoi demonstrates that rigorous Traditional Medicine can meet Western medical standards while delivering measurable patient outcomes at affordable costs.



Our Vision

A network of AASuccess BioGen Centers across Vietnam, each serving as a hub for integrative medicine, medical education, and community health transformation.

Who This Document Serves

This US-IBDC Insight is designed for audiences seeking:

1. **Affordable, High-Quality Healthcare:** Americans and Vietnamese diaspora in need of integrative medicine for natural bio-healing, healthy aging, organ repair and regeneration, and pain management for quality of life.
2. **Business Partnership Opportunities:** Qualified business members who pledge to work on social impacts via the AAS ecosystem while benefiting from services or involvement (see USibdc.com for membership pledge details).
3. **Healthcare Information:** Healthcare professionals and patients exploring Vietnam's emerging integrative medicine capabilities backed by US medical expertise.

Join Our Mission

We invite qualified individuals and organizations to become US-IBDC Business Members, committed to social impact through the AAS ecosystem while accessing affordable integrative healthcare services at AAS DECA.

Learn more: www.usibdc.com