

## 貼心呵護 · 逆齡有禮 Heartfelt Care, Ageless Rewards



很多女性一心為家庭操勞，長期將自己的需要放在最後，甚至忽略了身體發出的細微警號。當潮熱、盜汗、失眠等更年期徵狀逐漸影響日常生活，這並非單純需要「忍耐」的階段，而是身體在提醒：是時候停下來，重新關注並善待自己。踏入五月，楷和醫療以「貼心呵護·逆齡有禮」為主題，特別於母親節期間推出限定送禮活動，鼓勵每一位女性由了解自身開始，正視更年期帶來的轉變，並以更全面的方式照顧身心健康。

推廣期內，所有女性客人即可獲贈「貼心包 Care Kit」乙份\*，協助你更深入了解身體變化，並於日常生活中實踐貼心呵護。

Many women devote themselves tirelessly to their families, often placing their own needs last and overlooking the subtle signals from their bodies. When symptoms such as hot flashes, night sweats, and insomnia begin to affect daily life, it is not something to simply endure—it is a reminder that it is time to pause and care for yourself. This May, under the theme "Heartfelt Care, Ageless Rewards," Chiron Medical launches a limited-time Mother's Day gifting campaign, encouraging women to better understand the changes that come with menopause and to take a more proactive approach to their overall well-being.

- 推廣期 Promotion Period：2026年5月1日至31日 May 1 - 31, 2026
- 領取地點 Redemption Locations：楷和醫療中環或尖沙咀診所 Chiron Medical Clinics (Central & Tsim Sha Tsui)
- 活動對象 Eligible Participants：所有女性客人 All female customers

During the promotion period, all female customers will receive a complimentary "Care Kit\*," which is designed to support you in understanding your body and embracing self-care in everyday life.



貼心包 Care Kit



柔軟親膚小毛巾  
Small Comfort Cloth



精巧耐用小鏡子  
Chiron Mirror



解決更年期困擾小冊子及  
皮膚護理指南  
Menopause Information Booklet &  
Skincare Guide

無論是為自己，還是為身邊重要的她，這個五月，不妨藉著母親節，將一份貼心呵護，化成看得見、收得到的心意。

Whether for yourself or for someone important to you, this May, let Mother's Day be the occasion to turn thoughtful care into a gift she can truly see and feel.

\*此活動不適用於肝膽胰中心。禮品數量有限，送完即止。如有任何爭議，楷和醫療擁有最終決定權。

\*Not applicable to Chiron HBP Centre. Gifts are available while supplies last. In case of any dispute, Chiron Medical reserves the right of final decision.

# 超聲波介入治療 精準「解凍」五十肩



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楷和醫療骨科專科蕭錦滔醫生分享，肩關節由一層強韌的組織囊包圍，患上肩周炎時（俗稱「五十肩」），這層關節囊會變得肥厚、緊繃、並且產生稱為「粘連」的纖維組織，同時，關節內的滑液減少，導致肩周像被冰封了一樣活動受限。常於單肩出現，患者側睡時如壓到患肩會感到疼痛。肩周炎分為漸凍期、凍結期、及解凍期，症狀通常由輕微開始，置之不理可隨時間惡化至劇痛。治療以物理復健、運動為主，搭配口服或針劑消炎藥、超聲波導航介入治療或微創手術。

## 超聲波介入治療 鬆解粘連免開刀

對於受五十肩困擾、在接受運動為主的保守治療後六個月仍沒有好轉但不希望做手術的病人，超聲波介入治療提供了一個非手術且高效的治療方案。這項程序結合了影像引導注射與關節囊鬆解，旨在快速鬆解僵硬關節囊，即時大幅增加活動範圍，緩解肩部劇痛。

醫生首先會利用超聲波實時影像，在臂神經叢精確注射麻醉，有效阻斷痛覺，讓隨後的關節囊鬆解過程在極低痛感的情況下進行。在超聲波引導下，骨科醫生會將藥物注射至肩關節腔內部以及受影響的韌帶，有助於減輕發炎反應，並潤滑僵硬的組織。最後，在藥效發揮後，骨科醫生會對肩膀進行特定角度的牽引，以物理方式鬆解已纖維化的關節囊。治療目標是即時大幅度改善肩膀的活動幅度，緩解劇痛。成

功鬆解關節囊的纖維化組織後，需配合物理治療以加速修復，早日恢復日常動作與肩膀力量。

蕭醫生提到，雖然介入治療過程相對安全，但仍可能出現副作用的風險，包括酸痛、瘀青或炎症等等，需在治療前與醫生溝通了解有關風險。

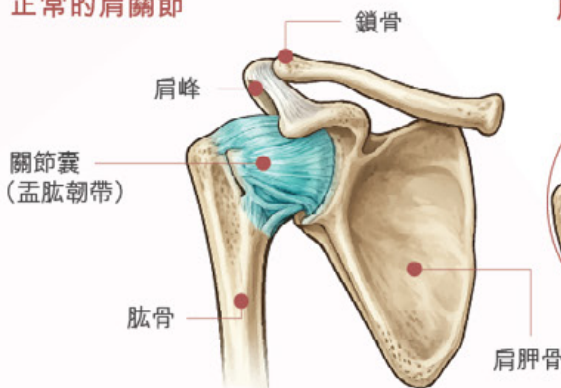
## 嚴重個案或需接受微創手術放鬆肩關節

蕭醫生指出，如果肩膀問題不限於單純的肩周炎（如合併旋轉肌腱裂損傷），或需微創手術清除發炎的關節囊組織，並同時處理合併的肩部問題，手術後同樣需要配合後續的物理治療康復運動。

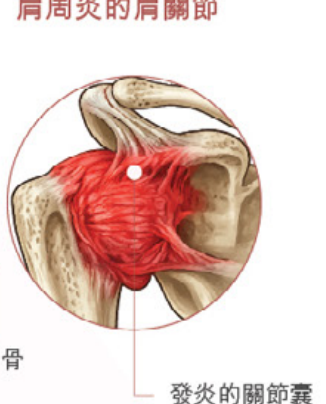
蕭醫生最後提醒，肩周部位曾有嚴重傷患（如旋轉肌腱撕裂）、肩部缺乏運動、糖尿病、甲狀腺機能低下症的患者是患上肩周炎的高風險人士。若患者出現「肩痛手無法抬舉」、「夜間肩痛影響睡眠」等症狀，建議盡早就醫評估，及時介入治療，有助於病情恢復與生活品質提升。

## 肩周炎（五十肩）

### 正常的肩關節



### 肩周炎的肩關節



患上肩周炎時，關節囊裡會出現發炎、粘連等情況

# Ultrasound-Guided Interventional Treatment: Precisely “Defrosting” Frozen Shoulder

Dr. Siu Kam To, Peter, Specialist in Orthopaedics & Traumatology from Chiron Medical Group, explains that the shoulder joint is enclosed by a tough capsule of tissue. In adhesive capsulitis (commonly known as “frozen shoulder”), this capsule becomes thickened, tight, and adherent, causing the shoulder to feel “frozen” and restricting movement. The condition often affects only one shoulder; patients may experience pain when lying on the affected side. Symptoms usually start mildly but can progress over time to severe pain if left untreated. Treatment primarily consists of physical rehabilitation and exercise, supplemented as needed by oral or injectable antiinflammatories, ultrasound-guided interventional therapy, or minimally invasive surgery. Recovery typically takes several months.

## Ultrasound-Guided Interventional Therapy: Relieve Adhesions Without Surgery

For patients who are troubled by frozen shoulder, have undergone six months of conservative treatment focused on exercise without improvement, but do not want surgery, ultrasound-guided interventional therapy provides a non-surgical yet effective treatment option. This procedure combines image-guided injection with capsular release, with the aim of rapidly loosening the stiff joint capsule—thereby significantly increasing the range of motion immediately and relieving severe shoulder pain.

First, the doctor uses real-time ultrasound imaging to precisely inject anesthetic drugs around the brachial plexus, effectively blocking pain sensation and allowing the subsequent capsular release to be performed with very little discomfort. Under ultrasound guidance, the orthopaedic doctor then injects medication into the shoulder joint space and the affected ligaments to help reduce the inflammatory response and lubricate the stiff tissues. Finally, after the medication takes effect, the doctor applies traction to the shoulder at a specific angle to physically loosen the fibrotic joint capsule. The treatment goal is to immediately and substantially improve shoulder mobility and relieve severe pain. After successful loosening of the fibrotic tissue, patients need to undergo physical therapy to speed up recovery and regain their ability to perform daily movements and restore shoulder strength as soon as possible.

Dr. Siu notes that although interventional therapy is relatively safe, there is still a risk of side effects, including soreness, bruising, or inflammation. Patients should discuss these risks with their doctor before treatment.

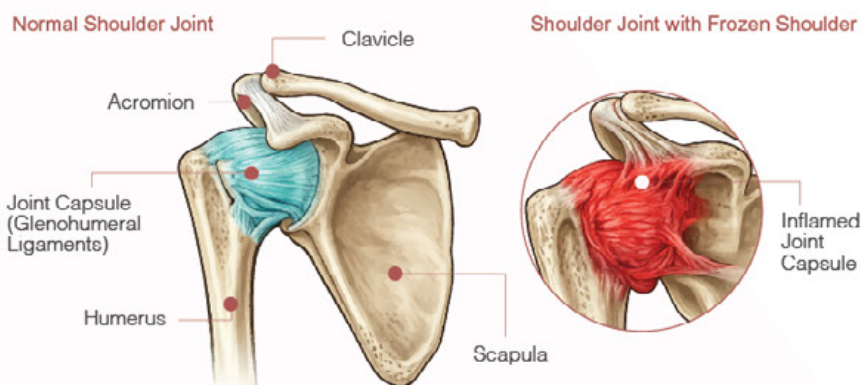
## Severe Cases or Those Requiring Minimally Invasive Surgery

Dr. Siu points out that if the shoulder problem is not limited to simple frozen shoulder—for example, if it is accompanied by a rotator cuff tear—minimally invasive surgery is needed to remove inflamed capsular tissue and treat concomitant shoulder problems. Post-operative physical therapy and rehabilitation is also essential.

Dr. Siu also reminds patients that those with a history of significant shoulder injuries (e.g., rotator cuff injuries), prolonged lack of shoulder movement, diabetes, or hypothyroidism are at higher risk of developing frozen shoulder.

If patients experience symptoms such as “shoulder pain with inability to lift the arm” or “nighttime shoulder pain that affects sleep,” it is recommended that they seek medical assessment as early as possible. Timely intervention can support recovery and improve quality of life.

## Frozen Shoulder



When a patient develops adhesive capsulitis, the glenohumeral joint capsule undergoes inflammation and fibrosis, leading to capsular adhesions

# 歡迎蕭錦滔醫生加入楷和醫療！

## Welcome Dr. Siu Kam To, Peter, to Join Chiron Medical!

蕭錦滔醫生為骨科專科醫生，提供運動醫學、超聲波導航手術、難治性肌骨疼痛、超聲波介入治療(非手術式)、一般骨科及創傷外科手術，以及肩、肘、膝及踝關節的微創內視鏡手術。

蕭醫生的加入，將為楷和醫療的骨科專科團隊增添實力，進一步提升我們的服務。

Dr. Siu Kam To, Peter, is a specialist in orthopaedics and traumatology, offering sports medicine, ultrasound guided surgeries, intractable musculoskeletal pain, ultrasound guided non-operative interventions, general orthopaedic and trauma surgeries, and shoulder, elbow, knee and ankle arthroscopic surgery. Dr. Siu's joining will strengthen Chiron Medical's orthopaedic specialist team and further enhance our services.



蕭錦滔醫生  
Dr. Siu Kam To, Peter

骨科專科  
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## 活動回顧：

### 【動人聲線創造ING】聲帶健康工作坊

#### Event Review: Vocal Health Workshop



適逢世界聲線日，楷和醫療聯同香港教育工作者聯會於4月11日舉辦【動人聲線創造ING】聲帶健康工作坊，由耳鼻喉科專科李瑞光醫生講解發聲原理、聲沙風險、聲帶病變治療，並指導實用發聲技巧及聲線護理要訣，更即場解答老師常遇的聲帶問題。活動特別安排喉鏡檢查予獲選參加者，幫助他們及早發現及處理聲帶問題。

In celebration of World Voice Day, Chiron Medical collaborated with the Hong Kong Federation of Education Workers to successfully host the Vocal Health Workshop on 11 April. Dr.

Lee Shui Kwong, John, specialist in otorhinolaryngology, as the keynote speaker, explained the principles of voice production, the risks of hoarseness, and treatment options for vocal cord disorders. He also provided practical guidance on vocal techniques and essential voice care tips. Dr. Lee further addressed common voice problems faced by teachers on the spot, offering valuable insights to all participants. The event also featured laryngoscopy examinations for selected participants, helping them detect and address potential vocal cord issues at an early stage.



楷和醫療集團

香港中環皇后大道中9號26樓2601-04 & 06-08室

九龍尖沙咀河內道5號普基商業中心2樓及3樓A室

香港中環皇后大道中33號萬邦行1502-03室

<https://chiron.care/>



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2/F & 3A, Podium Plaza, No.5 Hanoi Road, Tsim Sha Tsui, Kowloon  
Room 1502-03, Melbourne Plaza, 33 Queen's Road Central, Central, Hong Kong



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<https://femwell.chiron.care/>