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*尚有更多身體檢查計劃，請向職員查詢 For more health check plans details, please contact our staff

約八成港人鼻敏纏身

冷凍治療有效舒緩敏感

在香港，約八成人有鼻敏感症狀；鼻敏感發作時患者不斷打噴嚏、流鼻水、眼水、鼻塞，對睡眠、社交、工作效能等等造成很大的影響。楷和醫療耳鼻喉專科陳鍵明醫生分享，相對於花粉症（即季節性過敏性鼻炎），香港大部分患者主要屬於接觸了如塵蟎、動物毛屑等致敏原而引發的全年性過敏性鼻炎；嚴重或長期鼻敏感有可能引發睡眠窒息、哮喘、鼻竇炎、中耳炎、眼角膜炎等；若鼻敏感症狀嚴重影響生活，需要正視問題並盡快醫治。



陳鍵明醫生

DR. CHAN KIN MING KEVIN

耳鼻喉科專科醫生
SPECIALIST IN OTORHINOLARYNGOLOGY (ENT)

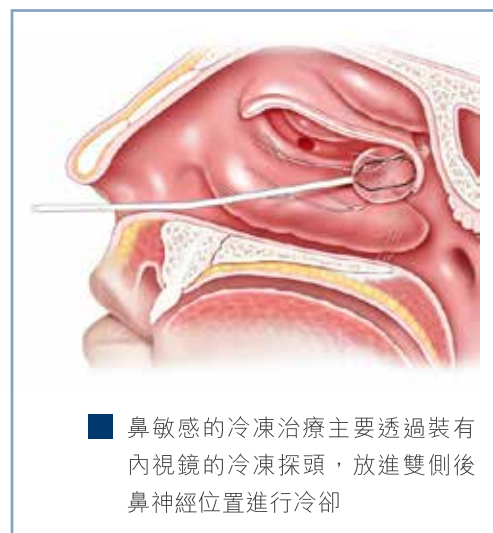
楷和醫療
CHIRON MEDICAL

鼻敏感治療應循序漸進

陳醫生表示，治療鼻敏感會先建議「保守治療」，透過營造隔離致敏原的環境、服用抗組織胺藥物、類固醇鼻噴劑和鹽水洗鼻的方法舒緩症狀；而進一步的治療包括，進行長期脫敏治療、外科手術或考慮創新療法－冷凍治療，快速減輕鼻敏感症狀和改善生活質素。

冷凍治療過程快 療效較傳統治療優勝

冷凍治療是在局部麻醉下進行，無需開刀，利用 -70°C 的液態氮把負責傳到鼻部發生過敏反應的雙側鼻後神經阻斷，每邊鼻孔約30秒左右。完成後，患者有機會出現短暫的頭痛和不適感。此外，患者還需在治療後返回門診跟進二至三次，清除壞死的鼻粘膜，即可改善鼻癢、噴嚏、鼻水及鼻塞的症狀。這種療法減少了鼻敏藥物的依賴和副作用，是治療鼻敏感的另一選擇。



舒緩鼻敏感小貼士

- 徹底清潔室內及寢具
- 少放地毯與絨毛玩具
- 使用過濾效能高的空氣清新機
- 室內濕度不超過65%
- 適度運動

About 80% of Hong Kongers Suffer from Allergic Rhinitis: Cryotherapy Offers Effective Relief

In Hong Kong, approximately 80% of the population experiences symptoms of allergic rhinitis. During an allergic reaction, individuals may experience persistent sneezing, a runny nose, watery eyes, and nasal congestion, significantly disrupt sleep, social interactions, and work performance. Dr. Kevin Chan, an ENT specialist at Chiron Medical, notes that, unlike hay fever (seasonal allergic rhinitis), the majority of patients in Hong Kong are affected by perennial allergic rhinitis triggered by allergens such as dust mites, pet dander, etc. Severe or chronic allergic rhinitis can lead to complications like sleep apnea, asthma, sinusitis, otitis media, and keratitis. When symptoms severely affect daily life, it's crucial to seek prompt treatment.

Step-by-Step Approach to Treating Nasal Allergies

Dr. Chan highlights the importance of a systematic treatment plan for allergic rhinitis. Initially, he recommends "conservative treatment" approach, which includes environmental avoidance, medical treatment such as antihistamines, corticosteroid nasal sprays, and saline nasal irrigation to alleviate symptoms. For more advanced treatment, options may include long-term immunotherapy, surgical procedures, or innovative therapies such as cryotherapy, which can rapidly reduce symptoms and improve quality of life.

Cryotherapy: A Quick and More Effective Procedure than Traditional Treatments

Cryotherapy is performed under local and general anesthesia. It utilizes liquid nitrogen at -70°C to block the posterior nasal nerves responsible for allergic reactions. Each nostril is treated for about 30 seconds. Following the procedure, patients may experience brief headaches and discomfort. Additionally, patients will need to return for two to three follow-up visits to remove nasal crusting, which can help alleviate symptoms such as nasal itching, sneezing, runny nose, and nasal congestion. This treatment reduces reliance on medications and their associated side effects, offering an alternative option for managing nasal allergies.



Tips for Relieving Nasal Allergy

- Thoroughly Clean Indoor Spaces and Bedding
- Minimize Use of Carpets and Plush Toys
- Use High-Efficiency Air Purifiers
- Keep Indoor Humidity Below 65%
- Engage in Regular Exercise

楷和關注女性健康 全力支持婦女事務

Chiron Medical Cares About Women's Health Commitment to Supporting Women's Affairs

楷和醫療很榮幸出席香港婦協於十月舉辦的晚宴，慶祝國慶75周年及名譽會長的就職典禮。



晚宴中，楷和醫療行政總裁黃良堯先生接受了大會特別致送的感謝狀，以感謝我們對婦女事務的支持與貢獻。未來，楷和及FemWell將繼續努力，為更多女性提供優質的健康管理及醫療服務，並致力於促進社會的和諧與健康。

拍住上關注女性全人健康，期待與大家一同邁向康盛人生。

Chiron Medical is privileged to participate in the dinner organized by the Hong Kong Federation of Women in October, commemorating the 75th anniversary of the People's Republic of China cum Inauguration of Honorary Presidents.

Mr. Wallace Wong, the CEO of Chiron Medical, received a special certificate of appreciation from the organizers, recognizing our support and contributions to women's affairs. In the future, Chiron Medical and FemWell will continue our efforts to provide quality wellness management and medical services for more women and strive to promote social harmony and health.

Embrace Wellness, Empower Her Health. We look forward to moving towards a prosperous life together with everyone!



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九龍尖沙咀河內道5號普基商業中心2樓

2/F, Podium Plaza, 5 Hanoi Road, Tsim Sha Tsui, Kowloon



女性健康中心

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 <https://chiron.care/>

 <https://www.femwell.co/>