



旅行必備 Must-have Items

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Convenience



醫生會診*
Consultation



醫生處方
Prescription



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售價 PRICE

\$400



查詢及預約

WhatsApp



*簡單面診或視像面診

*Simple Consultation (face-to-face or virtual)



處方藥物包括舒緩普遍病症藥物，如發燒、疼痛、咳嗽、流鼻水、喉嚨痛、頭暈、噁心、嘔吐、胃痛、肚痛及肚瀉等
Prescribed medicines include relieving common symptoms – fever, pains, cough, runny nose, sore throat, dizziness, nausea, vomit, stomachache, abdominal pain, diarrhea, etc.

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「腺肌症」可無症狀或使痛不「育」生 須針對自身狀況斟酌治療方法



子宮腺肌症（也稱子宮腺肌瘤）是指子宮內膜的組織穿透到子宮肌層，引起異常生長和病變。楷和醫療婦產科專科李文軒醫生分享，輕度子宮腺肌症，可以沒有症狀。一旦有症狀，通常會很不適。重度的腺肌症患者子宮長期處於發炎狀態，可致經血量多和「刀割式」經痛、卵子受損、盆腔黏連、輸卵管堵塞、不育等情況。



李文軒醫生
Dr. LEE Man Hin Menelik

婦產科專科
Specialist in Obstetrics and Gynaecology

楷和醫療
Chiron Medical

李醫生指出子宮腺肌症的症狀有機會與另一婦科疾病 - 子宮肌瘤和一些子宮癌症症狀混淆，例如經痛和異常月經出血，因此需要透過醫生安排一系列的評估和檢查，如臨床檢查、超聲波檢查、磁力共振、活組織檢查、腹部或盆腔鏡檢查排除其他潛在的問題，繼而盡早接受針對性治療。

子宮腺肌症治療方式多 針對自身狀況作出選擇

當確診子宮腺肌症後，醫生會根據病人的年紀、子宮腺肌症嚴重程度、是否需保留生育能力而有不同的考量和選擇。症狀輕微的患者先予以止痛、消炎、調節荷爾蒙的藥物緩解痛症、月經不調及發炎的不適感。仍然想生育的患者，可以考慮接受近年引入的一種新型非入侵式的治療方法 - 海扶刀（HIFU）。利用超聲波透過皮膚、皮下組織和腹膜到達子宮，消融子宮的異常組織。HIFU能有效緩解患者痛經和經量過多的情況，亦可改善因患上子宮腺肌症而未能懷孕的問題。

情況嚴重的女士，則考慮進行手術。主要分為保守性手術（利用傳統開腹或腹腔鏡將腺肌瘤切除）和根治性手術（利用傳統開腹或腹腔鏡將部分和全部子宮切除，但不適合仍然有生育需求的女士）。各種治療方式皆有其優缺點，須針對病人狀況及需求作選擇。

李醫生提醒，女士平日應多注意生理期期間的症狀，及定期進行身體檢查。若有異常，應該及早就醫。

子宮正常狀態



子宮腺肌症



Adenomyosis: Asymptomatic or Fertility-Affecting; Treatment Options Must Be Tailored to Individual Needs



Adenomyosis (also known as adenomyoma) refers to the condition where endometrial tissue penetrates the uterine muscle layer, leading to abnormal growth and lesions. Dr Lee Man Hin, Menelik, a specialist in obstetrics and gynaecology, shares that mild adenomyosis can be asymptomatic; however, once symptoms arise, they are usually quite uncomfortable. Patients with severe adenomyosis often experience long-term inflammation of the uterus, resulting in severe menorrhagia and dysmenorrhea, damaged eggs, pelvic adhesions, blocked fallopian tubes, and infertility.

Dr. Lee notes that the symptoms of adenomyosis can be confused with those of other gynaecological conditions, such as uterine fibroids and certain uterine cancers, including dysmenorrhea and abnormal menstrual bleeding. Therefore, a series of evaluations and tests arranged by a doctor, such as clinical examinations, ultrasound, MRI, biopsies, and abdominal or pelvic laparoscopy, are necessary to rule out other potential issues and to receive targeted treatment as soon as possible.

Diverse Treatment Options for Adenomyosis; Tailor Your Choice to Individual Circumstances

Once diagnosed with adenomyosis, doctors will consider various factors, including the patient's age, severity of the condition, and whether fertility preservation is a concern. Patients with mild symptoms may initially receive pain relief, anti-inflammatory medications, and hormonal treatments to alleviate discomfort and irregular menstruation. Those wishing to preserve the uterus and improve fertility issues due to their adenomyosis may consider a newer non-surgical treatment method—High-Intensity Focused Ultrasound (HIFU), which uses ultrasound to ablate abnormal tissue through the skin.

For women with more severe conditions, surgery may be considered. This primarily includes conservative surgery (removal of adenomyomas via traditional open surgery or laparoscopy) and radical surgery (partial or total hysterectomy via traditional open surgery or laparoscopy), which is not suitable for those who still wish to preserve fertility. Each treatment option has its advantages and disadvantages, and choices should be tailored to the patient's situation and needs.

Normal state of uterus



Adenomyosis



Dr. Lee reminds women to pay attention to symptoms during their menstrual periods and to undergo regular health check-ups. If any abnormalities arise, they should seek medical attention promptly.

診所小確幸 — 取藥傳呼機： 傳遞我們的心意與支持

*Clinic Happiness Corner -
Paging Device:
Conveying Our Care and Support*

在繁忙的診所和病人行程中，取藥傳呼機成為我們之間不可或缺的一部份。這個小小的設備，起到提醒病人的作用，更傳遞了我們對病人的關懷。



每當病人完成診療，我們都會主動使用取藥傳呼機來提醒他們取藥。這不僅是為了提高效率，更是為了讓病人感受到我們的關注與重視。透過這個系統，病人在等待藥物的過程中可以繼續專注個人的事務。此外，取藥傳呼機的使用也讓我們能夠更好地追蹤藥物的領取情況。當病人取藥後，我們會立即確認他們是否對藥物的使用有任何疑問，並提供必要的指導。這種主動的關懷，讓病人感受到安全感和被重視，增強了他們對醫療服務的信任。

每一次的呼叫，都是我們對健康的承諾，讓每位病人都能在診所中找到安心與幸福。

In the busy environment of the clinic and patients' schedules, the paging system has become an indispensable part of our interaction. This small device not only serves to remind patients, but also conveys our care for them.

Whenever a patient completes their consultation, we proactively use the paging system to remind them to collect their medication. This not only improves efficiency but also allows patients to feel our attention and importance. Through this system, patients can continue to focus on their personal matters while waiting for their medications.

Additionally, the use of the paging system enables us to better track the collection of medications. Once patients pick up their prescriptions, we promptly check if they have any questions about the medication and provide necessary guidance. This proactive care fosters a sense of safety and recognition, enhancing their trust in our medical services.

Every call is a commitment to health, allowing each patient to find peace and happiness in our clinic.

楷和醫療相信細微之處也能帶來意想不到的幸福感。因此，我們將在《楷訊》隨機加入「診所小確幸」欄目，記錄那些微不足道卻能讓每位來訪者感受到溫暖的貼心服務。

Chiron Medical believes that even the smallest details can bring unexpected joy. Therefore, we will feature a "Clinic Happiness Corner" in our newsletter, highlighting those seemingly insignificant yet heartfelt services that make every visitor feel welcome.



■ 專科中心及普通科

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