

粉紅服飾日 DRESS PINK DAY 2025.10.13



乳癌是女性發病率最高的癌症，適逢10月是國際乳癌關注月，楷和醫療提醒所有女性實行乳癌檢查「三部曲」，定期觀察、定期篩檢、及時就醫，掌握自己的健康。支持粉紅服飾日，關注乳房健康，與粉紅力量同行！

Breast cancer is the most common cancer among women. With October being International Breast Cancer Awareness Month, Chiron Medical would like to remind all women to follow the "trilogy" of breast cancer screening: regular self-exams, routine screenings, and timely medical consultations to take control of their health. Support Dress Pink Day, focus on breast health, and stand with the power of pink!

EARLY CHECK,
EARLY HOPE

乳你健康起動

凡於10月內自費接受3D乳房X光造影或於粉紅服飾日到診之女士，將獲派發Pink Kit 乙份，內含：

Individuals who pay for a 3D mammogram in October or women who visit on Dress Pink Day will receive a Pink Kit, which includes:



乳房檢查三部曲
Breast Self-examination Guide



乳癌知識
Breast Cancer Info



粉紅胸針
Pink Ribbon Pin



贊助機構精選禮品
Exclusive Gifts from Sponsors

愛錫自己 定期篩檢守護健康
Love Yourself, Get Regular Screenings to Safeguard Your Health

聲沙不啞忍

「藍光雷射手術」治療聲帶疾病 高效低入侵

每個人說話的聲音都是獨一無二的，堪稱為我們的第二張臉。楷和醫療耳鼻喉科專科李瑞光醫生指出，喉嚨的兩片聲帶是人體最主要的發聲器官，說話時聲帶會閉合，讓氣管和肺部排除的空氣衝向聲帶令聲帶振動而發聲。如果聲帶出現急性或慢性發炎、病變如聲帶瘻肉、結節、囊腫、慢性喉炎及聲帶癱瘓等等病因，會導致聲帶閉合不全、干擾聲帶振動而致使聲音沙啞甚至失聲。如果喉嚨沙啞情況持續兩週，伴隨吞嚥不順、吸氣聲異常、頸部出現無痛腫塊、甚至是痰中帶血，應立刻求醫。診斷後，如果患者經聲音治療後未見好轉，對於個別適合的個案，或可採用近年香港較新的經鼻喉鏡藍光雷射微創手術，精準處理病變組織，幫助患者回復清晰聲線。



李瑞光醫生

Dr. LEE Shui Kwong, John

耳鼻喉科專科

Specialist in Otorhinolaryngology (ENT)

楷和醫療
Chiron Medical

切割止血於一身 直達患處精準處理

李醫生解釋，經喉鏡藍光鐳射手術常用於移除聲帶上的良性增生組織，如聲帶結節、瘻肉或囊腫。手術採用445nm波長藍光激光，配合鼻咽喉內窺鏡進行。

患者只需維持正常坐姿，接受局部麻醉後，醫生利用一條具備鏡頭的軟身纖維喉鏡，由鼻孔進入喉部精確地定位病灶，以藍光鐳射儀器進行切割移除、摧毀目標組織及止血的程序。過程需時大約15至30分鐘。術後還應保養，讓聲帶有足夠修復時間。

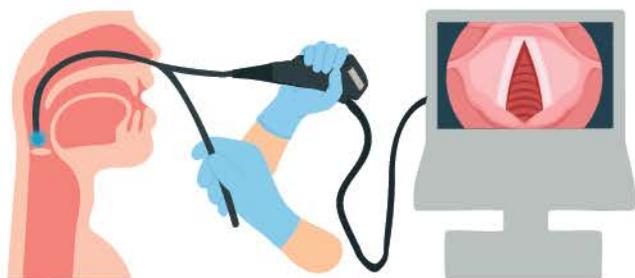
李醫生分享，藍光激光兼備切割及止血功能，本身具有極高的選擇性，能盡量保全周邊健康組織，手術創傷小，出血少，減少患者不適感之餘，加速恢復。惟藍光激光手術不是每個患者都適合，個別患者不能控制反射動作而在手術期間不自覺吞口水、不能忍受喉嚨內窺鏡檢查或在檢查過程中發現大局域病灶的話，便需中止手術。

日常聲帶保護 謹記「三少一多」原則

李醫生提醒，除了術後患者，頻繁用聲或對聲音有專業需求的人士，如歌手、教師、售貨員、KOL等等，日常都應注意聲帶保健，建議

- 「三少」：減少長時間說話及慣性清喉嚨，減少進食刺激性的食物
- 「一多」：多喝暖水，有助喉嚨肌肉放鬆

最後，定時檢查、早期干預至關重要。



圖片說明：

「藍光雷射手術」過程採用一條具備鏡頭的軟身纖維喉鏡，由鼻孔滑入喉部定位病灶，繼而使用藍激光儀器透過鼻咽喉內窺鏡進入喉嚨做手術。

Voice Without Hoarseness:

Transnasal Laryngoscopic Blue Laser Procedure for Efficient and Minimally Invasive Treatment of Vocal Cord Disorders

Everyone's voice is unique, serving as a second face. Dr. LEE Shui-Kwong, Specialist in Otorhinolaryngology (ENT) from Chiron Medical points out that the two vocal cords in the throat are the primary organs for sound production. When we speak, the vocal cords close, allowing air from the trachea and lungs to push toward them, causing vibration and sound. Conditions such as acute or chronic inflammation, vocal cord nodules, polyps, cysts, chronic laryngitis, and vocal cord paralysis can lead to incomplete closure of the vocal cords, interfering with their vibration and resulting in hoarseness or even loss of voice. If hoarseness persists for two weeks, accompanied by difficulty swallowing, abnormal inhalation sounds, painless neck lumps, or blood in phlegm, immediate medical attention is necessary. After diagnosis, if vocal therapy does not show improvement, suitable cases may opt for the invasive surgery, the transnasal laryngoscopic blue laser procedure, available in Hong Kong, which precisely targets and treats the affected tissue, helping patients regain a clear voice.

Precision Treatment with Hemostasis and Cutting

Dr. Lee explains that transnasal laryngoscopic blue Laser procedure is commonly used to remove benign growths on the vocal cords, such as nodules, polyps, or cysts. The surgery employs a 445nm wavelength blue laser in conjunction with a nasopharyngoscope. Patients maintain a normal sitting position and receive local anesthesia. The doctor uses a flexible endoscope with a camera, entering through the nostril to accurately locate the lesion, and utilizes the blue laser fibers to cut, remove, and coagulate the target tissue. The procedure takes about 15 to 30 minutes. Post-surgery care is essential to allow adequate time for the vocal cords to heal.

Dr. Lee shares that the blue laser combines cutting and hemostasis functions and possesses high selectivity, aiming to preserve surrounding healthy tissue. The surgery causes minimal trauma and bleeding, reducing patient discomfort and accelerating recovery. However, the transnasal laryngoscopic blue laser procedure is not suitable for every patient; individuals who cannot control reflex actions and inadvertently swallow, cannot tolerate endoscopy examination or noted a large lesion during the procedure may require surgery to be halted.

Daily Vocal Cord Protection: Remember the "Three Less, One More" Principle

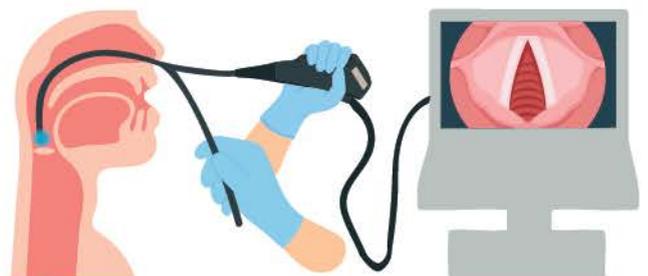
Dr. Lee reminds that, in addition to postoperative patients, individuals who frequently use their voices or have professional vocal needs—such as singers, teachers, salespeople, and KOLs—should keep their throats hydrated daily. It is advised to follow the "Three Less, One More" principle:

- Three Less: Reduce long periods of speaking and habitual throat clearing, and limit the intake of irritating foods.
- One More: Drink more warm water to help relax throat muscles.

Finally, regular check-ups and early intervention are crucial.

Image Description:

The process of "Transnasal laryngoscopic blue laser procedure" involves using a flexible fiberoptic laryngoscope with a camera, which is inserted through the nostril to locate the lesion in the throat. The blue laser instrument is then used to perform the surgery through the nasopharyngoscope.



EARLY CHECK, 乳你健康起勁
EARLY HOPE

乳房定期 檢測計劃6折

40% Off Regular
Breast Health Check-Up

- ♀ 優惠有效期至2025年11月30日
- ♀ 需於2025年12月31日前預約及完成檢查
- ♀ The offer is valid until November 30, 2025.
- ♀ Appointments must be made, and the check-up completed by December 31, 2025



計劃詳情
Details

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Reservation Tel



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2/F & 3A, Podium Plaza, No.5 Hanoi Road, Tsim Sha Tsui, Kowloon

<https://chiron.care/>



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