楷和醫療十年相隨，擁抱蛻變，攜手向前

10 Years Together, Embracing Transformation, Advancing as One

自成立以來的10年，楷和醫療發展成為一個多專科醫療平臺，現匯聚了超過25位專業醫生，涵蓋至少20個不同的專科領域。在這段旅程中，我們始終與每位患者攜手同行，致力於提供專業、貼心的醫療服務。

In the past 10 years since our founding, Chiron has evolved into a multi-specialty medical platform, now featuring over 25 specialized doctors across at least 20 different fields. Throughout this journey, we have remained dedicated partners to our patients, committed to delivering professional and compassionate medical care.

為紀念10週年，楷和推出全新紀念版品牌標誌，以金色為主調，象徵著我們的輝煌里程碑。巧思在刻意留白的圓形，意味著生命、能量持續不斷的流動，亦體現了楷和不懈的堅持，勇於迎接蛻變。接下來更多的10年，楷和會以同樣的專業和熱誠，持續為病人帶來更優質、更個人化的醫療體驗，陪伴病人走過治療旅程。

To mark our 10th anniversary, Chiron Medical has introduced a new commemorative brand logo. The gold tone celebrates this important milestone, while the open circle symbolizes the continuous flow of life and energy, and Chiron's commitment to keep evolving. In the years ahead, we will continue to provide professional, personalised care and accompany patients through every step of their treatment journey.

配合十週年，為感謝患者、合作夥伴及醫療團隊，楷和將舉辦一連串活動。最新消息將於官網及社交平台發布，誠邀您繼續與楷和並肩前行。

To thank our patients, partners and medical team for their support, Chiron will roll out a series of 10thanniversary initiatives. Stay tuned to our website and social media channels for updates, and we warmly invite you to continue walking alongside Chiron Medical in the years ahead.

馬年從頭開始
頭皮微針改善髮際線及頭頂稀疏

馬少鵬醫生
Dr. Ma Siu Pang, Dennis
皮膚科專科
Specialist in dermatology
楷和醫療
Chiron Medical

髮量掌管著一個人的顏值。脫髮者，牽一髮而動全身。皮膚科專科馬少鵬醫生分享，不少都市人飽受脫髮問題纏繞，例如雄性禿 (遺傳性脫髮)、休止期脫髮 (壓力、產後脫髮)、斑禿 (鬼剃頭)。近年來，微針療法因其促進頭髮生長的潛力而備受關注。
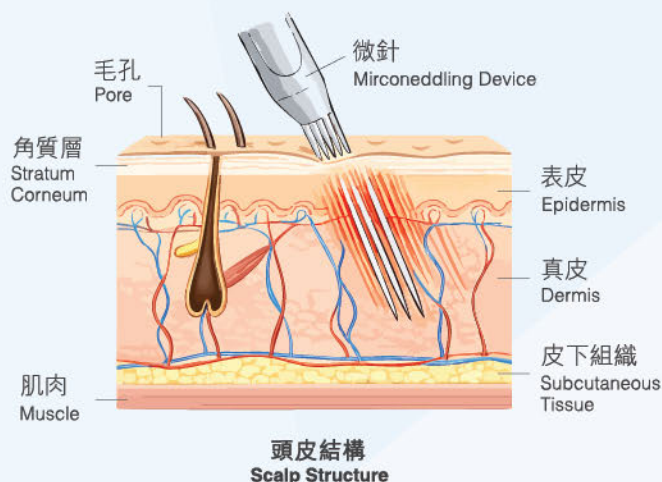
打開頭皮隱形通道 激活沉睡毛囊

馬醫生解釋，微針療法是一種利用細針在頭皮上製造微小創口的技術。這些微小的創傷可以刺激皮膚的自然癒合過程，從而增加血液流動，釋放生長訊號，並幫助Minoxidil (米諾地爾) 等外用藥物更好地滲透和發揮作用，最終促進頭髮生長。

微針針長選擇須據脫髮狀況而定

馬醫生指出，市面上有不同微針生髮工具，各有其優缺點。最常見的為微針滾輪、印章微針及主要為診所用的電動微針筆。因應脫髮嚴重程度、生髮效果需求而決定工具。家用頭皮微針工具通常配備0.3 - 0.5 毫米的短針，主要作用於表皮層，用以促進精華吸收，每個數週使用一次。至於電動微針筆，針長可調範圍較廣，由0.25毫米到2.5毫米不等；針頭快速進出頭皮，能提供更深層的刺激效果。惟需留意針長1毫米以上，需在醫生監督下進行，以防不慎傷及頭皮和感染，而兩次療程之間至少相差至少1個月。過於頻繁或自行誤用過深的微針治療，或會導致瘢痕和掉髮更多，得不償失！

維持生髮效果 最忌一曝十寒

馬醫生表示，因應患者的脫髮程度和需要，可結合生髮精華、高濃度血小板血漿 (PRP)、生長因子、外泌體、米諾地爾 (Minoxidil) 等，讓效果更佳。脫髮非一蹴而就，同樣生髮也是。通常需數次療程，3-6個月開始顯現效果。進行微針生髮療程後，或會出現短暫的紅腫，針點出血或瘙癢，通常數天內會自行消退，也有可能出現暫時性的掉髮。如果出現明顯的疼痛、腫脹或分泌物，需立即尋求醫療建議。

毛孔
Pore

微針
Mirconeddling Device

角質層
Stratum
Corneum

表皮
Epidermis

真皮
Dermis

皮下組織
Subcutaneous
Tissue

肌肉
Muscle

頭皮結構
Scalp Structure

療程前後的護理亦不容忽視

馬醫生強調，在治療當天應清洗頭皮，療程後亦需保持清潔。療程前後一周內避免使用酸類及外用維他命A酸或其他刺激性頭皮產品。

馬醫生最後提醒，雖然微針生髮效果對於脫髮問題有幫助，但只能視為輔助治療而不是主要的一線治療方案，更不是適合所有人。應當諮詢皮膚科醫生的意見，選擇最適合自己的治療脫髮方案。用心守護秀髮，且行且珍惜。

微針生髮的原理是利用微針在頭皮製造微小創口，啟動身體的自然修復機制，刺激毛囊周圍的血液循環和生長因子釋放，喚醒休眠毛囊，並增加外用生髮產品的吸收率，進而促進頭髮健康生長、改善密度和粗細

The principle of microneedling for hair growth involves creating tiny wounds on the scalp using microneedles, which activates the body's natural healing mechanism. This stimulates blood circulation around the hair follicles and promotes the release of growth factors, awakening dormant follicles, and increasing the absorption rate of topical hair growth products. As a result, it promotes healthy hair growth and improves density and thickness.

Start Fresh in the Year of the Horse:
Scalp Microneedling to Improve Hairline and Thinning Hair

Hair volume significantly affects a person's appearance. For individuals facing hair loss, even minor issues can have a substantial impact. Dr. Ma Siu Pang, Dennis, a specialist in Dermatology, notes that many urbanites grapple with hair loss problems, including androgenetic alopecia (hereditary hair loss), telogen effluvium (stress or postpartum hair loss), alopecia areata (patchy hair loss), etc. Microneedling has drawn attention in recent years for its potential to support hair regrowth.

Open the Scalp's Invisible Channels to Activate Dormant Hair Follicles

Dr. Ma explains that scalp microneedling is a technique that uses fine needles to make very small punctures in the scalp. These tiny injuries stimulate the skin's natural healing process which can increase blood flow, release growth signals, and sometimes help topical treatments like minoxidil penetrate and work better. This leads to more hair growth.

Choosing the Right Needle Length According to Hair Loss Condition

Dr. Ma points out that several microneedling tools for hair growth are available, each with its own advantages and disadvantages. The most common are microneedling rollers, stamp microneedles, and automated microneedling pens primarily used in clinics. The choice of tool should be based on the severity of hair loss and desired results. At-home scalp microneedling tools typically feature short needle lengths of 0.3 to 0.5 mm, targeting the epidermal layer to promote topical absorption, which can be used every few weeks. In contrast, automated microneedling pens offer a broader range of adjustable needle lengths, from 0.25 mm to 2.5 mm; these allow for quick penetration in and out of the scalp, providing deeper stimulation to enhance treatment effects. However, tools with needle lengths over 1 mm should be used under the supervision of a doctor to prevent scarring and infections, with at least one month between sessions. Overly frequent or improperly applied deep microneedling can lead to scarring and more hair loss, defeating the purpose!

Maintaining Hair Growth Results: Avoiding Erratic Treatments

Dr. Ma emphasizes that based on a patient's hair loss severity and needs, microneedling can be combined with platelet-rich plasma (PRP), growth factors, exosomes, minoxidil, etc., for better outcome. Hair loss and regrowth are not quick fixes; multiple sessions are typically required, with results starting to appear within 3 to 6 months. After microneedling sessions, temporary redness, pinpoint bleeding, or itching may occur, usually resolving within a few days, along with potential transient hair shedding. Should significant pain, swelling, or discharge occur, immediate medical advice should be sought.

Post-Treatment Care is Essential

Dr. Ma stresses the importance of washing the scalp on the treatment day and maintaining cleanliness afterwards. For one week before and after treatment, avoid using acids, retinoids or other irritating scalp products.

Lastly, Dr. Ma reminds us that while microneedling can be beneficial for hair loss issues, it should be regarded as an adjunct therapy rather than the main first line treatment, and it may not suit everyone. Consulting a dermatologist is essential in choosing the most appropriate treatment options. Cherish your hair and care for it.

歡迎饒元豐醫生及馬少鵬醫生加入楷和醫療！

Welcome, Dr. Yiu Yuen Fung Felix and
Dr. Ma Siu Pang Dennis, to Join Chiron Medical!

饒元豐醫生為心臟科專科醫生，提供心臟介入治療，如經皮冠狀動脈成形術、冠狀動脈支架植入、心律調節器植入、皮下植入式心律監測器等。亦診斷及治療各類心臟疾病，如心臟衰竭及心律不正；提供心臟風險評估及診斷檢查，如心臟超聲波、動態心電圖等；

馬少鵬醫生為皮膚科專科醫生，提供各類皮膚科專科診症，治療各類過敏性皮膚病、接觸性皮膚炎和蕁麻疹，暗瘡及玫瑰痤瘡，脫髮和病毒疣等等；提供皮膚科檢查，診斷性皮膚活檢作組織病理檢驗。

饒醫生及馬醫生的加入，將為楷和醫療的心臟科專科及皮膚科專科團隊增添實力，進一步提升我們的服務。

饒元豐醫生
Dr. Yiu Yuen Fung, Felix
心臟科專科
Specialist in cardiology

馬少鵬醫生
Dr. Ma Siu Pang, Dennis
皮膚科專科
Specialist in dermatology

Dr. Yiu Yuen Fung, Felix, is a cardiology specialist who provides interventional treatments such as percutaneous coronary angioplasty, coronary stenting, pacemaker implantation, and subcutaneous implantable cardiac monitors. He also diagnoses and treats various heart conditions, including heart failure and arrhythmias. Additionally, he offers cardiac risk assessments and diagnostic tests, such as echocardiograms and Holter monitors.

Dr. Ma Siu Pang, Dennis, is a specialist in dermatology, offering a wide range of dermatological consultations. He treats various allergic skin conditions, contact dermatitis, urticaria, acne, rosacea, hair loss, and viral warts. He also performs dermatological examinations and diagnostic skin biopsies for pathological evaluation.

Dr. Yiu and Dr. Ma's addition provides substantial strength to the cardiology and dermatology specialist team, further enhancing our service.