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## 楷和醫療活動回顧 Chiron Medical Events Review



2025年，楷和醫療持續拓展專科服務。年初，尖沙咀新診所投入服務，新增診症室及醫療設備，以提升整體就診體驗；第四季先後成立楷和耳鼻喉中心及楷和肝膽胰中心，為病人提供更深入的診斷及治療方案。

In 2025, Chiron Medical continued to expand its specialized services. At the start of the year, our new clinic in Tsim Sha Tsui opened, featuring additional consultation rooms and advanced medical equipment to enhance the overall patient experience. In the fourth quarter, we proudly inaugurated the Chiron ENT Centre and the Chiron HBP Centre, offering more comprehensive diagnostic and treatment solutions.

### 專業交流 Professional Exchanges

楷和舉辦或受邀參與多場持續醫學進修(CME)講座，主題涵蓋 海扶刀、尿失禁、子宮頸癌，加強與香港各區醫生之間的臨床經驗交流。

Chiron has organized and participated in several Continuing Medical Education (CME) seminars covering topics such as focused ultrasound therapy, urinary incontinence, and cervical cancer. These initiatives aim to strengthen the exchange of clinical experiences among doctors across various regions of Hong Kong.



### 社區活動 Community Activities

為擴展對社區女士的關注，楷和推出《乳妳同健1:1慈善計劃》，與非牟利機構強強聯手，向社區婦女送出405個免費3D乳房造影檢查及醫療諮詢服務。亦與跨國企業及地區組織舉辦不同健康講座及社區活動，內容包括由乳腺外科到長者慢性病痛至兒童眼睛護理等，照顧男女老幼需要。

To enhance our support for women in the community, Chiron launched the "1:1 Breast Health Empowerment Charity Campaign" partnering with non-profit organizations to provide 405 free 3D mammogram screenings and medical consultations. Additionally, we have collaborated with multinational companies and local organizations to host a variety of health seminars and community events, addressing diverse needs from breast surgery to chronic disease management in seniors and eye care for children.



### 員工關愛 Employee Well-Being

為了增強前線員工的精神健康與舒適度，楷和推出了全新的制服，並舉辦了工作坊，鼓勵員工在工作與生活中尋求和諧的平衡。

To promote the mental health and comfort of our frontline staff, Chiron introduced new uniforms and organized workshops, encouraging employees to achieve a harmonious balance between work and life.



更多精彩活動，未能盡錄，敬請緊貼官網的企業動向。

For more exciting updates, please stay tuned to our official website.

# 宮頸上皮病變延醫 數年後可致宮頸癌

子宮頸癌在本港女性最常見的癌症中排名第七<sup>1</sup>。早期發現子宮頸癌的治癒率非常高，患者的五年存活率高達九成。如發現時已屬於轉移性的子宮頸癌，五年的存活率降至20%。適逢子宮頸癌關注月，楷和醫療婦產科專科蔡汝嘉醫生將分享有關子宮頸細胞癌前病變的知識及治療子宮頸癌的選擇，助女士們超前部署。

蔡醫生分享，大部份患上早期子宮頸癌的女性沒有任何症狀。只有部份人會出現早期症狀如收經後、性行為後、兩次月經之間出血等異常陰道出血，後期症狀包括背痛、腳水腫、泌尿或排便困難、腹股溝或頸部的淋巴核腫大。

## 子宮頸細胞檢查為識別病變的第一步

無病徵的子宮頸癌通常透過子宮頸抹片檢測出異常後，配合陰道鏡檢查和子宮頸活組織檢驗後才被診斷出來。大多數子宮頸癌是因持續感染高風險的人類乳頭瘤病毒（HPV）引起。HPV病毒亦會導致子宮頸癌前細胞變，依病變程度分級為CIN I（輕度子宮頸上皮病變）、CIN II（中度子宮頸上皮病變）、CIN III（重度子宮頸上皮病變）。

## 確診病變或癌症 按醫生建議醫治

蔡醫生指出，CIN I和HPV 感染無需即時治理，可透過定期抹片檢查監察其是否自行痊癒。而CIN II 及 III 則需盡快處理，不及時治療，可能演變成子宮頸癌。以CIN III為例，10年內演變成子宮頸癌的機會率約12%<sup>2</sup>。子宮頸上皮病變的處理分為消滅病變細胞或切除病變組織的方法進行。前者包括冷凝法、電烙術和激光療法，後者則為最常用的子宮頸電環切除術或錐形切除術，切除後的組織可以再作病理化驗。

至於已確診為子宮頸癌的個案，醫生會透過臨床檢查、驗血、造影檢查確定癌細胞所影響的範圍，以建議最佳的治療方法。年輕而身體狀況較好的早期子宮頸癌患者，醫生多數建議手術治療。手術類型包括錐形活組織檢查（適合腫瘤較細的子宮頸癌）、子宮頸切除術（可保留生育能力）或子宮切除術（簡單、改良根治性或根治性）。放射治療及輔助化療較適合年紀較大或者後期的患者。對於個別患者可考慮用標靶治療或免疫治療。各方案有其利弊，醫生會按腫瘤狀況、病人的生育意願、年紀等因素而作較佳的建議。

## 宮頸癌不但要早期發現 更需防止出現

蔡醫生提醒，子宮頸癌痊癒後仍可復發，因此定期的婦科檢查仍不可少。預防勝於治療，建議適齡人士接種HPV 疫苗，年過25歲有性經驗的女士需恆常接受定期子宮頸篩查。當有不尋常的症狀，應盡快諮詢醫生。

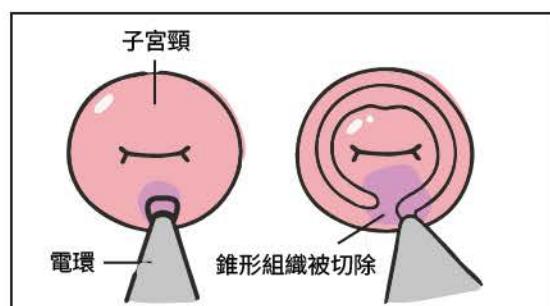


蔡汝嘉醫生  
Dr. Chai Yu Ka, Victoria

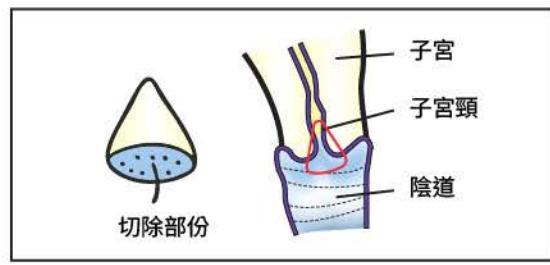
婦產科專科醫生  
Specialist in Obstetrics and Gynaecology

楷和醫療  
Chiron Medical

圖：常見宮頸上皮細胞病變治療方法



子宮頸電環切除手術



錐形切除術

<sup>1</sup> 資料來源：2023年香港癌症資料統計中心

<sup>2</sup> 資料來源：第四號健康專題報告書子宮頸癌的預防及普查

## Cervical Intraepithelial Lesions and Cervical Cancer

Cervical intraepithelial lesions can progress to cervical cancer after several years<sup>1</sup>. Cervical cancer ranks seventh amongst the most common cancer among women in Hong Kong. The cure rate for early-stage cervical cancer is impressively high, with a five-year survival rate reaching 90%. However, for late-stage disease with metastasis, the five-year survival rate drops dramatically to just 20%. In recognition of Cervical Cancer Awareness Month, we invite Dr. Chai Yu Ka, Victoria, specialist in Obstetrics and Gynaecology, to share insights on cervical pre-cancerous lesions and treatment options for cervical cancer, helping women stay proactive about their health.

Dr. Chai explains that most women with early-stage cervical cancer exhibit no symptoms. Symptomatic patients may present with abnormal vaginal bleeding—such as bleeding after menstruation, after sexual intercourse, or between periods. In later stages, the disease may manifest as back pain, leg swelling, urinary or bowel difficulties, and enlarged lymph nodes in the groin or neck.

### Cervical Cancer Screening: The First Step in Identifying Lesions

Early-stage cervical cancer is typically picked up through Pap smear testing, followed by colposcopy and cervical biopsy for confirmation. Most cases are caused by persistent infection with high-risk human papillomavirus (HPV), leading to pre-cancerous cell changes (Cervical Intraepithelial Neoplasia). These lesions are classified based on severity as CIN I (mild), CIN II (moderate), and CIN III (severe).

### Treatment Based on Investigation Findings

CIN I lesions and HPV infections do not require immediate treatment and can be monitored with regular Pap smears to assess whether they resolve on their own. However, CIN II and CIN III require prompt intervention, as untreated lesions may evolve into cervical cancer over years. For untreated CIN III, the chance of progression to cancer over 10 years is 12%<sup>2</sup>. Management of cervical intraepithelial lesions involves either destroying the abnormal cells or excising the affected tissue. Destructive methods include cryotherapy, electrosurgery, and laser therapy. Excisional methods typically involve procedures like cervical loop electrosurgical excision procedure (LEEP) or conization, which allows histological examination of the excised tissues.

For women diagnosed with cervical cancer, doctors will arrange physical examinations, blood tests, and imaging to determine the extent of cancer spread, which assists in recommending the best treatment. For younger patients in good health with early-stage cervical cancer, surgery is usually preferred. Surgical options include conization (suitable for smaller tumors), cervical trachelectomy (which preserves fertility), or hysterectomy (simple, modified radical, or radical). Radiation therapy and adjuvant chemotherapy are more appropriate for older patients or those with later-stage cervical cancer. Targeted therapy and immunotherapy may also be considered for specific patients. Each option has its advantages and disadvantages, and doctors will provide tailored recommendations based on tumor characteristics, the patient's fertility aspirations, and age.

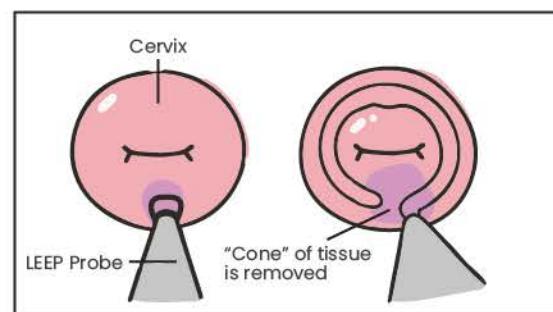
### Prevention is Key Alongside Early Detection

Dr. Chai emphasizes that even after successful treatment, cervical cancer can still recur, making regular gynaecological check-ups essential. Lastly, prevention is better than care. It is recommended that eligible individuals receive the HPV vaccine, and women over 25 with sexual experience should undergo cervical screening. If any unusual symptoms arise, please seek medical advice promptly.

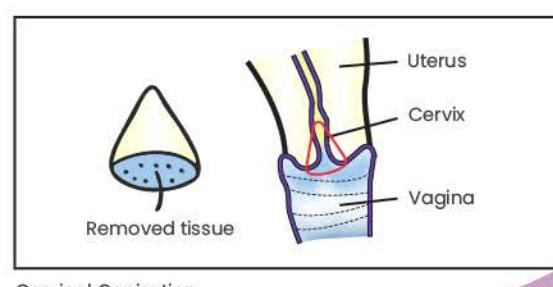
<sup>1</sup>Source: 2023 Hong Kong Cancer Registry

<sup>2</sup>Source: 4th Health Report: Prevention and Screening of Cervical Cancer

Image: Common Treatment Methods for Cervical Intraepithelial Lesions



Cervical Loop Electrosurgical Excision



Cervical Conization

# 楷和醫療持續舉辦健康講座

## Chiron Medical Continues to Host Health Seminars

楷和醫療婦產科專科蔡汝嘉醫生受新界西醫生網絡邀請，作為主講參與持續醫學進修(CME)講座。講座內容聚焦子宮頸癌預防、檢查及治療方法。期望本次持續醫學進修講座加深醫療專業人士對子宮頸癌的了解，以加強其臨床實踐中有關子宮頸癌的預防和治療，改善女性的健康狀況。

此外，楷和最近為香港婦女中心協會舉辦乳房健康講座，助基層婦女加深對常見乳腺疾病、乳癌、自我檢查方法、診斷及治療方法等的知識。

Dr. Chai Yu Ka, Victoria, specialist in obstetrics and gynaecology at Chiron Medical, was invited by the New Territories West Doctors Network to serve as a keynote speaker at a Continuing Medical Education (CME) seminar. This session focused on the prevention, screening, and treatment of cervical cancer, aiming to deepen healthcare professionals' understanding of the disease and enhance their clinical practices in prevention and treatment to improve women's health.

Additionally, Chiron recently organized a breast health seminar for the Hong Kong Federation of Women's Centres, designed to empower grassroots women with knowledge about common breast diseases, breast cancer, self-examination techniques, diagnostics, and treatment options.



## 2026 年楷和展望

### Chiron's Vision for 2026

2026，楷和邁向10週年。來年，楷和將強化肝膽胰中心及其他專科中心的角色，投放更多資源於跨專科團隊協作及服務提升，並繼往開來，加強預防醫學及早期篩查的推廣，為病人提供更個人化及精準的醫療體驗。

In 2026, Chiron will celebrate its 10th anniversary. In the coming year, we will strengthen the roles of our HBP Centre and other specialist centres. We will invest more resources into interdisciplinary collaboration and service enhancement, while continuing to promote preventive medicine and early screening initiatives. Our goal is to provide patients with a more personalized and precise healthcare experience.



### 專科中心及普通科

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