

全方位乳房健康管理 楷和乳健中心官方網頁 — 現已正式上線

Comprehensive Breast Health Management: Chiron Breast Centre Website Now Live

楷和醫療自成立以來，始終秉持嚴謹的臨床治療方案與完善的就診體驗。女性健康作為楷和長久以來的核心醫療領域之一，我們致力於提供全面的醫療與支援服務。

為了進一步深化女性全方位醫療服務，楷和醫療旗下「楷和乳健中心」官方網頁現已正式上線。新網站全面整合了乳房健康資訊，旨在打造一個清晰、實用的健康資訊平台，方便關注身體健康的人士全面了解乳癌預防、乳房檢查、專科診治及治療支援服務，落實自主健康管理。

Built on specialized medical expertise and dedicated patient care, Chiron Medical has long made women's health one of its core specialty.

To further enhance our services, the website for Chiron Breast Centre has officially launched. This new platform integrates essential breast health resources, offering a clear, practical guide to breast cancer prevention, screenings, specialist treatment, and care support to empower proactive health management.

全新中心特色 Highlights & Features



1. 一站式資訊整合 One-Stop Information Hub



2. 全方位專科支援 Comprehensive Specialist Care

網頁全面整合乳房健康資訊，讓關注乳房健康的人士能清晰、方便地了解乳癌預防、乳房檢查、專科診治及治療支援服務。

A seamless, all-in-one resource offering a comprehensive overview of prevention, routine screening, specialized diagnosis, and treatment support.

中心涵蓋乳房外科、腫瘤科、影像診斷、乳房重建及相關手術服務，提供全方位的乳房健康支援。

The Centre provides end-to-end expertise across breast surgery, oncology, diagnostic imaging, and breast reconstruction.

對於關注乳房健康、希望進行及早篩查或尋求專科意見的人士，新網站將提供透明且齊全的參考。楷和醫療未來將繼續秉持專業，為患者及照顧者帶來更安心、更周全的醫療體驗。

The new website serves as an accessible, clear reference for individuals seeking early screenings or expert specialist advice. Moving forward, Chiron Medical remains committed to delivering a reassuring, thorough medical experience for patients and their families.

界面設計補充 Website Interface



響應式設計：
確保在各種設備的最佳瀏覽體驗
Responsive design:
optimized browsing experience
across devices.



使用者界面：
輕鬆找到所需資訊
User-friendly interface
Easy access to the
information you need.



馬上瀏覽官方網頁
Visit the official website now
<https://breast.chiron.care/>

「海扶刀」治療子宮肌瘤 隔空消瘤零傷口 無痛保宮新選擇



于春紅醫生
Dr. Yu Chun Hung, Mandy

婦產科專科
Specialist in
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楷和醫療
Chiron Medical

楷和醫療婦產科專科于春紅醫生表示，子宮肌瘤是育齡女性最常見的良性婦科腫瘤。視乎於肌瘤的大小和位置，輕度肌瘤多數無明顯症狀，但若肌瘤持續增大，可能會引發經血過多、經期延長、下腹墜脹、腰痠不適等問題；嚴重時會壓迫膀胱、直腸，導致頻尿、便秘，甚至破壞子宮環境，增加難孕及反覆流產風險。傳統開腹、腹腔鏡手術皆屬入侵性治療，存在傷口、術後沾黏及恢復期漫長等問題。隨醫療技術革新，無創海扶刀HIFU治療已獲廣泛應用，合適的個案，醫生或會建議採用，讓病人多一個選擇。

無刀無輻射 體外聚焦精準消融患處

海扶刀屬非侵入式超聲消融技術，全程無開刀、無穿刺、零輻射。治療原理猶如放大鏡聚焦陽光，透過體外釋放安全超聲波，溫性穿透皮膚與腹壁組織，只在子宮肌瘤位置聚焦產生高溫，讓肌瘤細胞凝固壞死，精準破壞病變組織之餘，盡量保留周邊子宮結構。治療全程設即時影像監控，醫生可實時調整消融範圍，過程僅需知覺鎮靜、無須全身麻醉，單次療程約一至兩小時。壞死的肌瘤組織會隨人體新陳代謝逐漸被吸收、縮小，溫和改善不適症狀。

保留子宮兼顧快速復原 惟非所有患者適用

海扶刀治療零手術刀口、幾乎零出血、無黏連風險，患者術後只需短暫觀察即可回家，大約一星期就能回歸工作與日常生活。同時，技術可完整保留子宮功能，亦無影響日後自然分娩的可能性，適合有備孕需求的人士。

然而，于醫生提醒，海扶刀並非人人適合。肌瘤的位置、大小、數量、血流供應、有沒有嚴重的器官黏連、惡性腫瘤嫌疑等等也是考慮的因素。

日常保養守則 「三少一多」穩定子宮健康

于醫生表示，雖然子宮肌瘤術後仍有機會復發，且並未有確切的預防方法，術後調理與日常保健仍然重要，女性可遵循簡易「三少一多」原則保養子宮：少熬夜、少進食醃製及加工食品、少長期久坐；多飲溫水、規律運動、維持作息穩定，穩定內分泌狀態。定期進行婦科超聲波檢查、達至早期發現、定期監測，適時干預，是遠離肌瘤困擾的關鍵。



海扶刀（HIFU）利用儀器把超聲波能量集中聚焦到預先選定的位置，讓該處組織在短時間內升溫，進而引發凝固性壞死，達到局部治療的目的。由於能量聚焦精準，通常能在有效處理患處的同時，盡量減少對周邊正常組織的影響。

HIFU uses a machine to focus ultrasound energy onto a pre-selected target location. The tissue at that site heats up within a short time, triggering coagulative necrosis and achieving localized treatment. Because the energy focus is precise, it typically helps treat the affected area effectively while minimizing impact on surrounding normal tissues.

HIFU Treatment for Uterine Fibroids

Non-Invasive & No Incisions from Outside the Body • Painless • A New Option for Uterus Preservation

Dr. Yu Chun Hung, Mandy, a Specialist in Obstetrics and Gynaecology at Chiron Medical, said that uterine fibroids are the most common benign gynaecological tumor among women of reproductive age. Depending on the size and location of the fibroids, mild cases often have no obvious symptoms. However, if the fibroids continue to grow, they may lead to heavy menstrual bleeding, prolonged periods, a feeling of fullness or heaviness in the lower abdomen, and lower back discomfort. In more severe situations, fibroids may press on the bladder and rectum, causing frequent urination and constipation, and even disrupting the uterine anatomy—thereby increasing the risk of difficulty conceiving and recurrent miscarriage.

Conventional open surgery and laparoscopic surgery are invasive treatments that involve wounds, postoperative adhesions, and long recovery periods. With continuing advances in medical technology, non-invasive HIFU (High-Intensity Focused Ultrasound) has been widely adopted. For suitable patients, doctors may recommend HIFU, giving patients more choices.

No Incisions, No Radiation • Precise Non-Invasive Ablation of the Affected Area

HIFU is a non-invasive ultrasound ablation technique. The procedure involves no cutting, puncture or radiation. Its treatment principle is similar to a magnifying glass focusing sunlight. Ultrasound energy penetrates the skin and abdominal wall in a “targeted” manner. High temperature induces coagulative necrosis in the fibroid tissue, precisely destroying the diseased area while aiming to preserve the surrounding uterine structure as much as possible.

The entire treatment is performed under real-time imaging guidance. Patients typically only require conscious sedation instead of general anesthesia. A single session usually takes about one to two hours. Over time, the necrotic fibroid tissue is gradually absorbed, and related symptoms can improve.

Preserve the Uterus for Faster Recovery • Not Suitable for Everyone

HIFU treatment results in no surgical incisions, almost no bleeding, and minimal risk of adhesions formation. After a short period of observation, patients can go home, and most can return to work in about one week. At the same time, the technique can fully preserve uterine function and does not affect the possibility of natural vaginal childbirth later on, making it particularly suitable for individuals who are planning a pregnancy.

That said, Dr. Yu reminded that HIFU may not be suitable for all patients. Factors such as the fibroids' location, size, and number; blood supply; any previous history which may suggest severe pelvic adhesions; and whether there is any suspicion of malignancy are all important factors that need to be put under considerations.

Daily Care Guidelines • “Three Less, One More” for Stable Uterine Health

Dr. Yu also reminded fibroids may recur after surgery, and there is currently no proven method to completely prevent its recurrence. Therefore, healthy lifestyle remains important. Women can follow the simple “three less, one more” approach to support uterine health: less late-night sleep, less consumption of pickled and processed foods, and less prolonged sitting. On the other hand, drink more warm water, exercise regularly, and keep stable daily routines to maintain endocrine balance.

Regular gynaecological ultrasound examinations—achieving early detection and ongoing monitoring—along with timely intervention when needed, are keys to staying away from fibroids complications.

FemWell 與女青攜手策動HPV講座 共推社區女性健康企劃

FemWell x YWCA: Partnering on HPV Seminars & Women's Health Initiatives

早前，FemWell 聯同香港基督教女青年會（女青）舉辦了兩場關注女性健康的 HPV（人類乳頭瘤病毒）專題講座，並分別邀請到梁玉鸞醫生及甘雅妍醫生任主講嘉賓，積極向大眾分享預防觀念與健康資訊。

實踐「疫苗+篩查」雙重防護

兩位醫生於講座中強調，要有效降低相關患病風險，應採取「疫苗+檢查」的雙重健康管理。除了提醒大眾疫苗接種應越早越好，尤其在未曾感染前防護效果最理想外，醫生亦指出定期檢查同樣不可或缺。現時女士可透過子宮頸細胞抹片檢查、HPV 病毒基因檢測，以及HPV 尿液測試等方法進行定期篩查，以達到及早發現的目的。

跨機構攜手 策動社區健康企劃

為了提升女性對健康的關注並培養定期篩查的習慣，提供更便利、低門檻的輔助篩查選擇尤為重要。是次計劃由女青的全新項目「GenSHE企劃」策劃及統籌，並得到 FemWell 的全力配合，為參加活動的女性提供檢測資助。我們期望藉此作為推動女性跨出第一步的誘因，從而降低對檢查的抗拒感，逐步引導更多女性將定期篩查融入日常健康管理之中。



透過這次的跨機構合作，FemWell 期望與女青一同將預防醫學理念帶入社區。未來，FemWell 將繼續與不同的社區夥伴緊密合作，共同推動更多元化的女性健康教育與關懷活動。

FemWell recently teamed up with the YWCA for two women's health seminars on HPV. Dr. Frances Leung and Dr. Irene Kam joined as speakers to share vital prevention and wellness insights with the community.

The Power of Dual Protection: "Vaccination + Screening"

Both doctors emphasized that the most effective way to lower health risks is through a combined approach of vaccination and screening. They noted that the HPV vaccine is most effective when taken early and prior to exposure, but regular check-ups remain essential. Today, women can stay ahead through routine screenings like Pap smears, HPV DNA tests, or non-invasive HPV urine tests.

Bridging Care Through Community Engagement

Making screening more accessible and convenient—such as offering HPV urine tests—is key to helping women build a habit of regular check-ups. Organized and coordinated by the YWCA brand new "Project GenSHE" with support and backing from FemWell, this initiative provided screening opportunities for attendees. This aims to serve as an incentive for women to take the first step, reduce anxiety around testing, and empower more women to make regular screenings a part of their lifestyle.

Through this meaningful collaboration, FemWell hopes to work alongside with YWCA to root preventive medicine deeply within community. Moving forward, FemWell remains committed to collaborating with local partners to champion women's health education and community care.



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