

楷和醫療全力支持綠色力量環島行 順利完成創佳績 Chiron Medical Fully Supports the Green Power Hike, Achieving Remarkable Success

楷和醫療身體力行支持「綠色力量環島行」慈善賽事。除了為環境教育工作籌募經費外，更鼓勵由醫生組成「楷大歡喜隊」及「和藹可親隊」挑戰五十公里及十公里賽事，向大眾傳遞健康生活的理念，勇敢挑戰自我。

今年為楷和首次參加慈善行山及越野跑賽事，「楷大歡喜隊」攀山越嶺，達成「齊上齊落」的目標，順利完成50公里賽事；「和藹可親隊」更喜獲10公里「醫療服務業盃」第一。期待下一年更多隊員的加入。



【楷大歡喜隊】左至右: Bonnie, 腦神經科專科李至南醫生, 外科專科夏威醫生, 感染及傳染病科專科林緯遜醫生
From left to right: Bonnie, Dr. Lee Chi Nam (Specialist in Neurology), Dr. Sharr Wei William (Specialist in General Surgery), Dr. Wilson Lam (Specialist in Infectious Disease)

拍攝團隊攀山越嶺捕捉各跑手的每個經典瞬間，掃描二維碼欣賞精華片段。

Our filming team captured every classic moment as the runners scaled the mountains.
Scan QR code to view highlights from the event



【和藹可親隊】左至右: 行政總裁黃良堯先生, 急症科專科梁玉鸞醫生, 董事趙郁芊女士

From left to right: Mr. Wallace Wong (CEO), Dr. Leung Yuk Luen Frances (Specialist in emergency medicine), Ms. Rachel Zhao (Board member)

Chiron Medical supports the "Green Power Hike," a charity event aimed at raising funds for environmental education. In addition to this initiative, we encouraged our doctors to challenge themselves in the 50km and 10km events, promoting the philosophy of healthy living and the courage to push personal boundaries.

This year marked Chiron's inaugural participation in a charity hiking and trail running event. The "50km Team" successfully reached their goal of "Going Together," completing the 50km race, while the "10km Team" proudly secured first place in the 10km "Medical Services Cup." We look forward to welcoming more participants next year.



冠狀動脈血管鈣化治療新突破： IVL血管衝擊波球囊技術



饒元豐醫生
Dr. Yiu Yuen Fung, Felix
心臟科專科
Specialist in Cardiology
楷和醫療
Chiron Medical

楷和醫療心臟科專科饒元豐醫生分享，在心血管疾病治療中，冠狀動脈血管鈣化是臨床上的一大挑戰。當血管嚴重鈣化，會使血管壁僵硬如混凝土，有機會導致冠狀動脈狹窄、甚至完全閉塞，增加心肌梗塞的風險。嚴重鈣化的血管更會增加「通波仔」手術的難度，例如造成球囊無法有效擴張、支架無法完整貼合血管壁、增加血管破裂風險，術後亦有血管再狹窄的機會，嚴重影響介入治療的成效。近年醫學界引入新技術，針對合適的個案，醫生現可利用嶄新「血管衝擊波球囊技術(IVL)」方法，透過衝擊波能量震散鈣化斑塊，有效打開血管並植入支架，讓血液暢通流動。

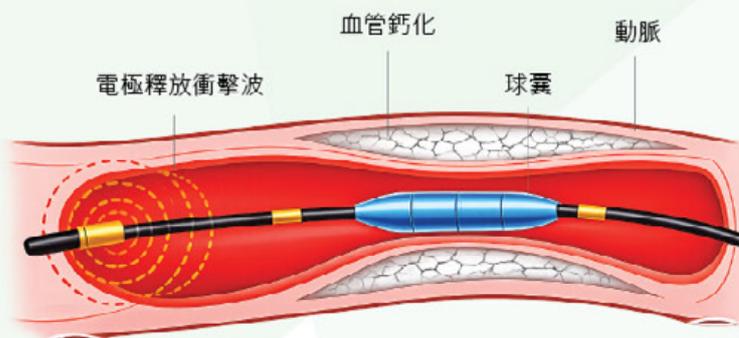
冠狀動脈衝擊波儀器 將深層血管鈣化斑塊擊碎

饒醫生解釋，IVL技術透過在冠狀動脈內放置配有特殊球囊的幼細導管，球囊緊貼血管內壁的斑塊，球囊內的脈衝發射器通電後，利用電能將球囊內的液體迅速加熱，產生氣泡而形成衝擊波，直接將衝擊波的能量由球囊傳送到堅硬的斑塊，類似體外衝擊波碎腎石的原理，透過IVL技術震碎血管內的鈣化物。

IVL技術操作安全性佳 但不可取代傳統方法

饒醫生指出，血管內衝擊波(IVL)是一種創新的微創手術，只會針對堅硬的鈣化物，而不傷及柔軟的正常血管組織。IVL目前已被廣泛應用於冠狀動脈及周邊動脈的鈣化病變治療，適合處理中重度鈣化，尤其是在需要降低手術風險的個案。除此以外還有其他方法處理不同程度的血管鈣化病變，例如適用於輕至中度血管鈣化的高壓球囊擴張術(High-pressure balloon angioplasty)和專門處理嚴重鈣化血管的冠狀動脈旋磨術(Rotational Atherectomy)。它們並非互相取代，而是針對不同的臨床需求進行互補使用。醫生會根據患者鈣化的嚴重程度和治療目標，建議最合適的技術，以提高治療成功率並確保患者安全。

最後，饒醫生強調，冠狀動脈狹窄常與高血壓、高血脂、糖尿病、吸煙、家族史及年齡等因素相關，完成手術後亦非一勞永逸。若然術後沒有改善飲食和生活習慣，血管有可能會再次阻塞。因此，他呼籲患者應戒煙戒酒，避免進食高糖、高鈉及高膽固醇食物之外，亦要有充足的休息，減少熬夜，減輕生活及情緒壓力，有助保持心臟健康。



圖片說明：

血管內衝擊波(IVL)是一種專門針對血管內鈣化斑塊的微創治療技術。透過特殊球囊釋放衝擊波，將能量精確傳遞至動脈內的鈣化組織，將其有效破壞，但不對周圍健康組織造成損傷，幫助血管恢復正常的通透性和彈性。

A Breakthrough in Coronary Artery Calcification Treatment: IVL Intravascular Shockwave Balloon Technology

Dr. Yiu Yuen Fung, Felix, Specialist in Cardiology from Chiron Medical Group, shares that coronary artery calcification presents a significant clinical challenge in the treatment of coronary artery disease. When the coronary arteries become severely calcified, they can harden like concrete, leading to narrowing or even complete blockage, and increases the risk of myocardial infarction. This also complicates traditional balloon angioplasty procedures, as it may result in ineffective balloon and stent expansion, increased risk of complications like perforation and the risk of stent restenosis, ultimately affecting the long-term result of interventional treatment.

Recently, the medical field has introduced new technology that allows doctors to employ a novel method called Intravascular Lithotripsy (IVL) for suitable cases. This technique uses shockwave energy to break apart calcified plaques, effectively opening the artery and allowing for stent placement to restore normal blood flow.

Crushing Deep Calcified Plaques with Coronary Shockwave Device

Dr. Yiu explains that the IVL technique involves placing a specialized balloon catheter within the coronary artery. The balloon is positioned against the plaque, and when an electric pulse is applied, the liquid inside the balloon rapidly heats up, creating gas bubbles that generate shockwaves. These shockwaves transmit energy from the balloon directly to the hard plaque and loosen the calcifications, similar to the principle of extracorporeal shockwave lithotripsy for kidney stones.

Safety and Efficacy of IVL Technology

Dr. Yiu emphasizes that IVL is an innovative minimally invasive procedure that selectively fragments hard calcifications without harming surrounding soft tissue. It has been widely applied in treating calcified lesions in both coronary and peripheral arteries, particularly in cases of moderate to severe calcification where surgical risks need to be minimized.

In addition to IVL, there are minimally invasive surgical options like high-pressure balloon angioplasty for mild to moderate stenosis and rotational atherectomy for treating heavily calcified vessels. These methods complement each other rather than replace one another, catering to different clinical needs. The choice of technique depends on the severity of the calcification and the therapeutic goals, ensuring the best possible outcomes for patients.

Finally, Dr. Yiu highlights that coronary artery narrowing is often associated with factors such as hypertension, hyperlipidemia, diabetes, smoking, family history, and age. Completing the procedure is not a one-time fix; without dietary and lifestyle changes, arteries can become blocked again. He encourages patients to quit smoking and drinking, avoid foods high in sugar, sodium, and cholesterol, and to maintain adequate rest and reduce stress for better heart health.

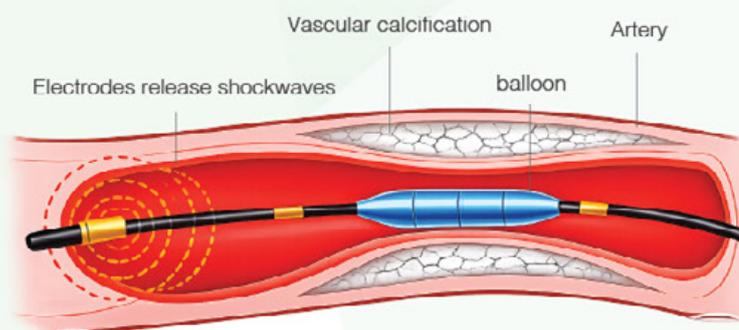


Image Caption:

Intravascular lithotripsy (IVL) is a minimally invasive treatment technique specifically targeting calcified plaques within blood vessels. By releasing shockwaves, IVL accurately delivers energy to calcified tissues in the arteries, effectively disrupting them without damaging surrounding healthy tissue, helping restore normal compliance and elasticity in the blood vessels.



團年聚餐 滿載溫馨

Year-End Gathering Filled with Warmth



今年迎來楷和醫療十週年，一路走來充滿笑聲與精彩時刻。臨近農曆新年，我們特別邀請各位醫生與同事齊聚一堂，一晚是熱鬧溫暖的打邊爐醫生聚會，一日是充滿活力的同事午宴，氣氛融洽又溫馨。

感謝每一位醫生及同事過去一年的努力與付出，讓我們能夠繼續創造更多健康故事。

楷和醫療會帶著這份團聚的力量，秉持專業以待、真誠以對的理念，迎接下一個更精彩的十年。

This year marks the 10th anniversary of Chiron Medical, a journey filled with laughter and many memorable moments. As Chinese New Year approached, we invited our doctors and colleagues to come together – a warm, lively hotpot night with our doctors, and an energetic staff luncheon – both filled with a vibrant and festive atmosphere.

We express our heartfelt gratitude to every doctor and colleague for their hard work and dedication over the past year, which enables us to continue creating more stories of health and healing.

With the strength gained from these gatherings, Chiron Medical will stay true to our commitment to professionalism and sincerity, eagerly welcoming the next exciting decade ahead.



楷和醫療集團



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