

新制服，新氣象

New Uniform, New Outlook



診所團隊（從左至右）：藥劑師、護士、診所助理、診所客服、FemWell診所助理
Medical Team (from left to right): Pharmacist, Nurse, Clinic Assistants, Clinic Customer Service, FemWell Clinic Assistant.

踏入2025年，楷和醫療護士及診所助理換上了全新的制服，深藍色的色調象徵專業與信任。制服採用高品質的透氣面料，舒適親膚，亦兼具耐穿特性。流線型的剪裁不但提升了護士的形象，更增強了工作時的靈活性。邁入十週年，楷和將繼續無微不至地照顧員工和病人。而新制服的推出，再一次彰顯了我們對醫療服務「以人為本」的堅定承諾。

As we step into 2025, our nurses and clinic assistants put on their new uniforms, featuring a navy-blue hue that symbolizes professionalism and trust. Crafted from high-quality breathable fabric, these uniforms ensure both comfort against the skin and lasting durability. The streamlined design enhances the nurses' appearance while also improving their flexibility in the workplace. As we approach our 10th anniversary, Chiron remains dedicated to providing exceptional care for both our employees and patients. The introduction of these new uniforms further reinforces our unwavering commitment to patient-centered medical services.

▲▲▲▲ 子宮脫垂不及時修補可釀更多健康風險 脫垂治療按下垂程度及病人意願決定

「子宮脫垂」乍看令人膽戰心驚，其實意指骨盆底器官(子宮、陰道、膀胱及直腸)失去支撐而脫離正常位置，以至下墜或突出；患者會感到不適，影響夫妻關係和社交生活。若不及時治療，可能會導致多種健康問題。常見的併發症包括排尿困難、便秘以及出血等，嚴重者可能影響到心理健康。楷和醫療婦產科專科于春紅醫生指出，子宮脫垂在香港的發病率逐年上升，在中老年女性中更為普遍。手術治療能改善生活質量，惟需與病人探討其意願並因應脫垂程度和位置安排手術。



于春紅醫生
Dr. Yu Chun Hung, Mandy

婦產科專科醫生
Specialist in Obstetrics and Gynaecology

楷和醫療
Chiron Medical

子宮脫垂沒有治療黃金期 年長患者風險較高

子宮脫垂每個級別的病徵和影響都不同。于醫生分享，子宮脫垂並沒有治療黃金期，年齡也不是手術的絕對限制，只要脫垂程度足以影響生活質素，即使患者屬於第一級，也可按需要施行手術。如果脫垂較輕微，病人亦能通過日常的盆底肌訓練、物理治療和子宮托等非手術方案，減輕病徵並防止病情惡化。若等到第三級或第四級再進行治療，需要手術的機會及其複雜度就更大，術後恢復時間也會延長，年長患者的手術風險相對較高。因此，及早診斷和治療至關重要。

手術助患者恢復正常生活

選擇保守治療子宮下垂的患者，可考慮試將子宮托置入陰道內，維持子宮的位置；而對於過了生育期及情況較嚴重的患者，可選擇進行切除子宮手術，加上骨盆底修補術或其他鞏固骨盤底手術，術後可回復正常生活，但仍需要改變日常生活習慣，如避免提舉重物，防止便秘和處理長期咳嗽的問題等。

子宮下垂並不會自行痊癒，身體機能亦會因年紀增長逐漸下降，如發現症狀出現，應盡快求診及治療，以維持生活質素。

子宮脫垂分級



一級脫垂（輕微）



二級脫垂（中度）



三級脫垂（嚴重）



四級脫垂（極度嚴重）

Untreated Uterine Prolapse Increases Health Risks **Treatment Depends on Severity and Patient Preferences**

"Uterine prolapse" may sound alarming, but it simply refers to the descent of pelvic organs (the uterus, vagina, bladder, and rectum) from their normal positions, resulting in a feeling of heaviness or protrusion. Patients may experience discomfort that impacts their love relationships and social life. If left untreated, it can lead to various health issues. Common complications include urinary difficulties, constipation, and bleeding, with severe cases potentially affecting mental health. Dr. Yu Chun Hung, Mandy, a specialist in obstetrics and gynaecology at Chiron Medical, notes that the incidence of uterine prolapse in Hong Kong is increasing annually, particularly among middle-aged and elderly women. Surgical treatment can improve quality of life, but discussions with patients about their preferences and the extent and location of the prolapse are essential.

No Golden Period for Treating Uterine Prolapse; Older Patients Face Higher Risks

The symptoms and impacts of uterine prolapse vary by stage. Dr. Yu emphasizes that there is no golden period for treatment; age is not an absolute barrier to surgery. If the degree of prolapse significantly affects quality of life, surgery may be necessary, even for patients classified as Stage I. For milder cases, patients can consider non-surgical options like pelvic floor muscle training, physical therapy, and vaginal pessaries to alleviate symptoms and prevent further deterioration. Waiting until Stage III or IV for treatment increases the complexity and likelihood of surgery, and prolonging recovery times. Older patients face relatively higher surgical risks. Therefore, early diagnosis and treatment are crucial.

Surgery Helps Patients Return to Normal Life

For those with uterine prolapse who choose conservative treatment, a pessary may be considered to support the uterus in place. In cases of severe prolapse, especially in patients beyond their reproductive years, a hysterectomy combined with pelvic floor repair or other stabilization procedures may be recommended. After surgery, patients can resume normal activities but still need to modify their daily habits, such as avoiding heavy lifting, preventing constipation, and managing chronic cough.

Uterine prolapse does not resolve on its own, and bodily functions can decline with age. If symptoms arise, it is important to seek prompt medical attention to maintain quality of life.

Classification of Uterine Prolapse

Grade I (Mild Prolapse)



Grade II (Moderate Prolapse)



Grade III (Severe Prolapse)



Grade IV (Complete Prolapse)





護士的話 - 戰友亦是朋友

In Her Own Words - Allies in Battle, Friends at Heart

楷和醫療一直以來非常重視服務質素和醫患之間的關係，未來，我們亦將盡善盡美。新一年的通訊中，我們將在雙數月加添「護士的話」欄目，記錄來自醫療團隊的經驗分享和觀察，透過講述病人與醫護團隊之間的互動故事，讓大家更深入了解診所的服務理念，也藉此感受到我們的關懷和努力。

「醫生與病人的關係是戰友亦是朋友。我是外科專科的診所助理。很多醫生的病人都喜歡贈送小禮物表達謝意。印象深刻的是一位乳癌康復病人每逢12月都會親臨診所，將一個承載了祝福的手工聖誕蛋糕送給醫生。醫生亦會騰出時間跟她聊天，聽她分享最近的生活點滴。屈指一數，原來我們已經第五年收到她送來的手工蛋糕，希望未來能繼續見到她，聽她分享故事！」

>- 摘自高級診所助護Monique

Chiron Medical has always placed great importance on service quality and the relationship between healthcare providers and patients. Look ahead, we will strive for perfection. In our upcoming newsletters, we will introduce a new column, "In her own words", every 2 months featuring experience sharing and observations from our medical team. By telling stories of interactions between patients and the healthcare team, we aim to provide deeper insights into our clinic's service philosophy, convey our care and dedication.



"The relationship between doctors and patients is both a partnership and friendship. As a clinic assistant specializing in surgery, I have seen many patients express their gratitude with small gifts. One memorable experience was with a breast cancer survivor who visits the clinic every December to present a handmade Christmas cake filled with blessings for the doctor. The doctor always takes time to chat with her and listen to her recent life updates. Remarkably, this is the fifth year we've received her handmade cake, and we hope to continue seeing her in the future to hear her stories!"

>- by Monique, Senior Clinic Assistant



■ 專科中心及普通科

香港中環皇后大道中9號26樓2601-04 & 06-08室
Room 2601-04 & 06-08, 26/F, 9 Queen's Road Central, Central, Hong Kong

九龍尖沙咀河內道5號普基商業中心2樓及3樓A室
2/F & 3A, Podium Plaza, No.5 Hanoi Road, Tsim Sha Tsui, Kowloon

<https://chiron.care/>



■ 女性健康中心

九龍尖沙咀河內道5號普基商業中心2樓 (FemWell)
2/F, Podium Plaza, No.5 Hanoi Road, Tsim Sha Tsui, Kowloon

<https://femwell.co/>