

趁暑假 驗一驗眼仔！ Check Your Child's Eyes in Summer!

兒童4歲起便要開始進行視光檢查。你的孩子今年做檢查了嗎？眼科醫生建議每年都應定期進行檢查。不僅能及早發現近視、遠視等視力問題，還能幫助預防其他眼部疾病。

即日起至8月31日，凡於楷和醫療進行「全方位兒童眼科視光檢查」，即獲小禮品乙份！快來為你的孩子預約檢查！讓你的孩子在暑假期間檢查視力，並適應佩戴眼鏡，確保眼睛健康無慮！



Children should begin eye check-ups starting at age 4. Has your child had a check-up this year? Ophthalmology specialists recommend regular annual check-ups, which not only help detect vision issues like myopia and hyperopia early but also prevent other eye diseases.

From now until August 31, anyone who undergoes an "All-inclusive Children's Eye Examination" at Chiron Medical will receive a small gift! Make an appointment now for your child's check-up! Let your child have their eye check-ups during the summer vacation and get used to wearing glasses, ensuring their eye health is secure!

全方位兒童眼科視光檢查 All-inclusive Children's Eye Examination

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	明亮小眼睛視光檢查 Bright Eyes Examination	精靈護眼視光檢查 Crystal Clear Eyes Examination	全方位呵護童眼檢查 All-inclusive Eyes Examination
視光師視光檢查 Optometric Examination	✓ 部份 Part of	✓	✓
眼科專科醫生檢查及諮詢 Ophthalmological Assessment & Consultation			✓
計劃收費 Package Price	HK\$300	HK\$600	HK\$1,200

立即預約 Book Now
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幽門螺旋桿菌置胃不理可增胃癌風險 合併藥物療法藥到病除

在香港，每兩個人便有一人受到幽門螺旋菌感染。這種細菌潛伏在我們的胃部，可引發慢性胃炎，長期慢性發炎會導致胃潰瘍，甚至進一步發展成胃癌。世界衛生組織已將其列為一級致癌物，因此不能任由其在胃部寄生不理。楷和醫療腸胃肝臟科專科吳瑞璋醫生將深入探討幽門螺旋桿菌及其影響，以便及早預防、識別及處理。



吳瑞璋醫生
Dr. NG Sui Cheung

腸胃肝臟科專科
Specialist in Gastroenterology and Hepatology

楷和醫療
Chiron Medical

了解風險因素與症狀是識別感染的關鍵

吳瑞璋醫生表示，有幾個因素可能增加感染幽門螺旋桿菌的風險，包括曾經患有胃潰瘍、經常消化不良、家族中有胃癌病史、吸煙以及年齡超過40歲等。此外，與感染者同檯進食，其感染的可能性也相對較高。

幽門螺旋桿菌感染者通常沒有明顯的症狀，很多人可能在體檢時才發現。然而，若出現胃痛、食慾不振等情況，則需提早就醫。診斷方法包括碳13呼氣測試、胃鏡檢查且配合活檢、糞便抗原檢測、及血清抗體檢測等，每種方法有其優勢和局限，醫生會根據患者的具體情況選擇最合適的檢查方式。

治療方案及治療後檢查頻率因人而異

治療幽門螺旋桿菌的主要方法是三聯療法，這包括使用一種質子泵抑制劑及兩種抗生素，三種藥物必須定時一齊服用，療程約兩週。完成療程6星期後，患者需再次進行呼氣測試以確保幽門螺旋菌已被消滅。

若對第一個療程無效，則可能需採用四聯療法，進一步消滅細菌。治療後，患者需定期進行追蹤胃部健康狀況，以確保病情不再復發。具體檢查頻率取決於個人健康狀況和風險因素，建議與醫生討論適合的追蹤計劃。

守護健康的日常習慣

吳醫生提醒，預防幽門螺旋桿菌感染，最重要的是保持良好的個人衛生，勤洗手，並注意食物的衛生質素。此外，使用公筷和確保水源乾淨都是有效的防範措施。此外，要養成定期檢查身體的習慣，主動掌握自身健康狀況。

方法	準確率	優勢	局限
碳13呼氣測試	90%+	無創、快捷	需停抗生素或胃酸抑制劑2至4星期
胃鏡+活檢	95%+	直觀發現病變	侵入性/成本高
糞便抗原檢測	85%+	適合兒童	樣本處理複雜
血清抗體檢測	70-80%	快速篩查	無法分辨現症或過往感染

Neglecting Helicobacter pylori Infection Raises the Risk of Stomach Cancer: Combination Drug Therapy Provides Effective Treatment

In Hong Kong, one in every two people is infected with *Helicobacter pylori*. This bacterium lurks in our stomachs and can trigger chronic gastritis, with long-term inflammation potentially leading to stomach ulcers and even stomach cancer. The World Health Organization has classified it as a Group 1 carcinogen, so it cannot be left untreated in the stomach. Dr. NG Sui Cheung, a specialist in Gastroenterology and Hepatology at Chiron Medical, will explore *Helicobacter pylori* and its implications for early prevention, identification, and management.

Understanding Risk Factors and Symptoms: Key to Identifying Infection

Dr. Ng notes that several factors may increase the risk of *Helicobacter pylori* infection, including a history of stomach ulcers, frequent indigestion, a family history of stomach cancer, smoking, and being over 40 years old. Additionally, individuals who share meals with those infected have a relatively higher risk of infection.

Infected individuals often show no obvious symptoms, and many may only discover their condition during routine check-ups. However, if symptoms such as stomach pain or loss of appetite occur, prompt medical attention is necessary. Diagnostic methods include the carbon-13 breath test, gastroscopy with biopsy, stool antigen tests, and serum antibody tests, each with its advantages and limitations. Doctors will choose the most appropriate testing method based on the patient's specific situation.

Treatment Options and Follow-Up Frequency Vary by Individual

The primary treatment for *Helicobacter pylori* infection is triple therapy, which includes a proton pump inhibitor and two antibiotics, typically lasting for 14 days. After completing the treatment, patients should undergo a breath test six weeks later to ensure that the bacteria have been eradicated.

If the first treatment is ineffective, a quadruple therapy may be necessary for more effective bacterial elimination. After treatment, patients need regular follow-ups to monitor their stomach health and ensure the condition does not recur. The specific frequency of check-ups depends on individual health status and risk factors, so it is advisable to discuss an appropriate follow-up plan with a doctor.

Cultivating Daily Habits for Health Protection

Dr. Ng reminds us that the most important preventive measure against *Helicobacter pylori* infection is maintaining good personal hygiene, washing hands frequently, and being mindful of food safety. Additionally, using serving chopsticks and ensuring clean water sources are effective preventive strategies. Developing a habit of regular health check-ups is also essential for proactively managing one's health status.

Method	Accuracy Rate	Advantages	Limitations
Carbon-13 Breath Test	90%+	Non-invasive, quick	Requires stopping antibiotics or acid suppressants for 2 to 4 weeks
Gastroscopy + Biopsy	95%+	Directly identifies abnormalities	Invasive / high cost
Stool Antigen Test	85%+	Suitable for children	Sample processing is complex
Serum Antibody Test	70-80%	Quick screening	Cannot distinguish current infection from past infection

免費健康諮詢日

為偏頭痛及神經痛症患者提供支援

Free Health Consultation Day

Support for People Suffering from Migraine and Neuralgia

楷和醫療、金玲議員辦事處聯合舉辦的「免費健康諮詢日」於上月圓滿結束！是次活動亦得到香港島婦女聯會、聖保羅書院公益少年團的支持。諮詢日主要對象為中西區市民。許多參加者長期受到疼痛困擾，如偏頭痛、腰背痛、肩頸膊痛等。然而由於各種原因，他們往往無法正視這些痛症所帶來的影響。這次活動除了由腦神經科專科李至南醫生和神經外科專科李世偉醫生分享相關痛症知識外，參加者還可向醫生了解自己的健康狀況，獲得專業的建議和指導。

楷和醫療一直以來都致力於履行社會責任，希望通過舉辦各類慈善活動，改善社區的健康狀況。在未來，楷和將繼續朝著這個方向努力，為更多有需要人士提供支持和資源，共同推動社區的健康發展。



The "Free Health Consultation Day" jointly organized by Chiron Medical and the Office of District Council Member Jin Ling was a great success last month! This event was also supported by the Hong Kong Island Women's Association and the St. Paul's College Community Youth Club. The consultation day primarily targeted citizens in the Central and Western Districts. Many participants have long suffered from pain, such as migraines, lower back pain, and shoulder and neck pain. However, for various reasons, they often cannot confront the impact of these conditions. In addition to sharing knowledge about related pain issues from Dr. Lee Chi-Nam, a specialist in neurology, and Dr. Lee Sai-Wai, a specialist in neurosurgery, attendees can also consult doctors about their health conditions and receive professional advice and guidance.

Chiron Medical has always been committed to fulfilling its social responsibility and hopes to improve community health through various charitable activities. In the future, Chiron will continue to strive in this direction, providing support and resources to more individuals in need, and collectively promoting the health development of the community.



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