

# FemWell週年慶 指定項目折上折

## FemWell Anniversary Special Selected Services Offer



為慶祝FemWell女性健康中心一週年，楷和醫療及FemWell特此推出優惠至2025年5月20日，以答謝大家的支持！  
To celebrate the 1st anniversary of FemWell Women's Health Centre, Chiron Medical and FemWell are pleased to offer discounts until May 20, 2025, in appreciation of your support!

### 單項 8 折 20% off on single item

3D乳房X光造影檢查  
3D Mammography

乳房超聲波  
Breast Ultrasound

盆腔超聲波  
Pelvic Ultrasound

骨質密度檢查  
Bone Densitometry (DEXA)

下泌尿道症狀評估計劃  
Lower Urinary Tract Symptoms  
Assessment Plan

2 項可享 7 折 Enjoy 30% off on 2 items

詳情歡迎向診所職員查詢。

For more details, please contact our clinic staff.

FemWell週年慶還有更多活動接踵而來，敬請留意「楷訊」！

Stay tuned for more activities during the FemWell Anniversary Special in the upcoming newsletter!



## ≡ 國際婦女節專題 ≡

# 正確認識更年期 關愛身邊的她

很多女性一提到更年期，內心或會十分抗拒。然而，更年期是人生必經的歷程，不需要以疾病的眼光看待，只要認真管理好更年期，每一位女士都能夠繼續維持健康生活形態，活得優雅。

### 更年期按階段渡過 早來遲來毋須慌張

更年期一般無法用肉眼辨識，而且不知道具體哪一天開始。約45歲後，只要一整年月經都沒來，並排除懷孕或甲狀腺功能亢進等狀況，就是進入更年期。楷和醫療婦產科專科鄧曉彤醫生指出，更年期持續時間長短因人而異，但一般可以持續幾年到十幾年不等，過程可分為三個階段：



**鄧曉彤醫生**  
Dr. TANG Hiu Tung Helen

婦產科專科醫生  
Specialist in Obstetrics and Gynaecology

楷和醫療  
Chiron Medical

### 1 更年期過渡期

又稱「近更年期」，大部分女性會在40多歲開始，持續4-8年。這時卵巢功能逐漸衰退，雌激素分泌起伏不定，許多人可能會浮現更年期症狀，只是這期間仍有月經週期並可能懷孕。

### 2 更年期

連續12個月沒有月經後，正式進入更年期，平均年齡為五十一歲。此時女士更年期症狀明顯，生理方面會出現熱潮紅、心悸胸悶、夜間冒汗、陰道萎縮乾澀、皮膚乾燥、骨質疏鬆、性慾衰退、肥胖等情形；而心理方面會出現情緒起伏不定、焦慮症、憂鬱症、不安及失眠等。若症狀不自行改善，且影響生活質素，建議向醫生諮詢，尤其是更年期間有異常出血的話，更應由醫生評估，以排除子宮內膜癌、卵巢癌或子宮頸癌的可能性。

### 3 更年期後期

更年期後，熱潮紅、冒汗、胸悶等更年期症狀可能會好轉。不過這時由於雌激素水平降低，骨質疏鬆症和心臟病等多種健康狀況的風險增加。



鄧醫生分享，均衡飲食、睡眠充足、規律運動，都是緩解更年期不適的不二法門。更年期不代表「老」，女性的魅力並不會因年齡漸長而消失。楷和醫療藉著三八國際婦女節在此提醒各位女士，應該抱著積極的態度面對人生新階段，共同應對健康挑戰。



**運動保養：**步行、爬山、有氧舞蹈、太極拳，或游泳有效預防骨質疏鬆。



**生活作息保養：**確保充足睡眠，管理好情緒。



**飲食保養：**在均衡飲食的前提下，適度補充鈣質、鎂、黃豆製品、維生素C、D和E等天然雌激素，可改善骨質疏鬆、情緒不穩等狀況。





## International Women's Day Special

### *Understanding Menopause and Caring for Her*

Many women may have a strong resistance to the idea of menopause. However, menopause is a natural part of life that should not be viewed through the lens of illness. With proper management, every woman can maintain a healthy lifestyle and live gracefully during this phase.

#### **Navigating Menopause: No Need to Panic About Timing**

Menopause is not easily identifiable by sight, and there is no specific day when it begins. After about 45 years old, if a woman goes an entire year without menstruation—while excluding conditions like pregnancy, or hyperthyroidism—she has entered menopause. Dr. TANG Hiu Tung Helen, a specialist in obstetrics and gynaecology, points out that the duration of menopause varies from person to person, typically lasting anywhere from a few years to over a decade. The process can be divided into three stages:

#### **Perimenopause**

1

Also known as the "transition to menopause", this stage usually begins in a woman's 40s and lasts about 4 to 8 years. During this time, ovarian function gradually declines, leading to fluctuating estrogen levels. Many women may experience menopausal symptoms, but menstruation may still occur, and pregnancy remains possible.

#### **Menopause**

2

After 12 consecutive months without a period, a woman officially enters menopause, with an average onset age of 51. At this stage, menopausal symptoms become more pronounced, including physical signs like hot flashes, palpitations, night sweats, vaginal dryness, skin dryness, osteoporosis, decreased libido, and weight gain. Psychologically, women may experience mood swings, anxiety, depression, restlessness, and insomnia. If symptoms do not improve on their own and affect quality of life, it is advisable to consult a doctor. This is especially important if there is abnormal bleeding during menopause, as a medical evaluation is necessary to rule out conditions like endometrial cancer, ovarian cancer, or cervical cancer.

#### **Postmenopause**

3

After menopause, symptoms such as hot flashes and sweating may improve. However, due to lower estrogen levels, the risk of health issues such as osteoporosis and heart disease increases.

Dr. Tang shares that a balanced diet, sufficient sleep, and regular exercise are essential for alleviating menopausal discomfort. Menopause does not equate to ageing; a woman's charm does not diminish with age. On this International Women's Day, Chiron Medical encourages all women to embrace this new stage of life with a positive attitude and face health challenges together.



**Exercise:** Activities like walking, hiking, aerobic dancing, tai chi, or swimming are effective in preventing osteoporosis.



**Lifestyle Management:** Ensure adequate sleep and effectively manage emotions.



**Diet:** Alongside a balanced diet, moderate supplementation with calcium, magnesium, soy products, and vitamins C, D and E can help improve conditions like osteoporosis and emotional instability.



# 保障健康 疫苗不可少

## Essential Vaccines for Your Health!



無論是男士或女士，面對生活的各種壓力容易令身體免疫力下降，從而引發各種免疫系統問題。疫苗可增強免疫系統，以減低患病風險。

大眾對流感的認識相對普遍，但某些病毒的症狀與流感相似，且持續時間更長，例如呼吸道合胞病毒 (RSV)。RSV可於全年出現，與流感病毒病徵相似，出現發燒、咳嗽、氣喘或呼吸困難，但比流感維持更長時間。一旦感染呼吸道合胞病毒的長期病患長者（例如糖尿病、哮喘、慢阻肺、慢性心臟衰竭等）住院風險比一般人高，也更容易出現中度至嚴重下呼吸道併發症，例如肺炎及加劇心臟衰竭，甚至是死亡。

現時沒有針對治療合胞病毒的有效藥物，接種預防疫苗是唯一的解決方案。市場上有不同疫苗選擇，適合不同類別的人士接種，如孕婦、50歲或以上人士以及長期病患人士等。如想了解更多疫苗資訊，歡迎向醫療專業人員諮詢。

Regardless of gender, facing various life pressures can easily lead to a decline in the body's immune system, resulting in various immune system problems. Vaccines can enhance the immune system to reduce the risk of illness.

The public generally has a good understanding of influenza, but certain viruses have symptoms similar to the flu and last longer, such as Respiratory Syncytial Virus (RSV). RSV can occur year-round and presents symptoms similar to those of the flu, such as fever, cough, wheezing, or difficulty breathing, but lasts longer than the flu. Once elderly patients with chronic conditions (such as diabetes, asthma, chronic obstructive pulmonary disease, chronic heart failure, etc.) are infected with RSV, their risk of hospitalization is higher than that of the general population, and they are more likely to experience moderate to severe lower respiratory complications, such as pneumonia and exacerbation of heart failure, and even death.

Currently, there are no effective medications specifically for treating RSV, and vaccination is the only solution. There are various vaccine options available on the market suitable for different groups of people, such as pregnant women, individuals aged 50 and above, and those with chronic illnesses. For more information about vaccines, please consult a healthcare professional.



### 專科中心及普通科

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