



# 預防流感 從接種疫苗開始

*Prevent Flu, Start with Vaccination*

## 2025/2026年度 流感疫苗接種

Flu Vaccination for 2025/2026



馬上預約  
Book Now

另有噴鼻式流感疫苗供應，  
詳情請向診所職員查詢

Nasal spray flu vaccine is  
also available. For details, please  
contact our medical staff.



**HK\$450** / 針 per dose\*

\*不包括診金費用 Exempt from consultation fee

2025-2026年北半球流感季節使用的疫苗包含以下成份：

Vaccines for use in the 2025-2026 northern hemisphere influenza season contain the following:

- ▶ 類A/Victoria/4897/2022 (H1N1) pdm09病毒；  
A/Victoria/4897/2022 (H1N1)pdm09-like virus;
- ▶ 類A/Croatia/10136RV/2023 (H3N2) 病毒；  
A/Croatia/10136RV/2023 (H3N2)-like virus;
- ▶ 類B/Austria/1359417/2021 (B/Victoria 譜系) 病毒；  
B/Austria/1359417/2021 (B/Victoria lineage)-like virus;
- ▶ 類B/Phuket/3073/2013 (B/Yamagata 譜系) 病毒  
B/Phuket/3073/2013 (B/Yamagata lineage)-like virus

中環  
Central

**2155 2355**

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

尖沙咀  
Tsim Sha Tsui

**3619 0835**

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

條款及細則 Terms & Conditions:

- 有關流感疫苗詳情，請向醫生查詢 For the information about the flu vaccine, please consult your doctor for details
- 流感疫苗數量有限，售完即止 The number of flu vaccine is limited, available while stock lasts
- 我們將登記參與季節性流感「疫苗資助計劃」，計劃開始日期及安排有待政府於2025年9月份公佈 We will register to participate in the seasonal influenza "Vaccine Subsidy Scheme". The start date and arrangements of the scheme will be announced by the government in September 2025
- 如有任何爭議，楷和醫療集團保留最終決定權 Chiron Healthcare Group reserves the right of final decision in case of any disputes

# 心房顫動反覆可致嚴重併發症 「脈衝場消融術」為患者帶來生機

心房顫動患者的心房會以不規則並且極快速的頻率顫動，心臟科專科繆建文醫生透露，部分患者心跳速度可以達到每分鐘150-180次。心跳過快可導致急性心臟衰竭。嚴重個案甚至需要用呼吸機協助呼吸保命。此外，心房顫動容易令血液滯留引致血塊形成。若果血塊經心臟流入腦部血管造成阻塞，便會引致急性缺血性中風，可以令患者終身殘障。

## 定期檢查助高危人士評估風險

心房顫動普遍常見於長者，亦有一些風險因素會增加心房顫動病發的機會，例如酗酒、高血壓、心臟衰竭、心肌梗塞、心臟瓣膜疾病、甲狀腺功能亢進、阻塞性睡眠窒息症及部份肺部疾病等。繆醫生表示，近年可透過自我檢測工具，如流動心電量度器及裝有心電圖檢查應用程式的智能手錶，或可提早察覺心房顫動。但大多數患者都需要傳統的臨床檢查包括靜態心電圖、24至48小時心電圖去確診。確診之後亦要做其他相關的評估，例如血液檢查、心臟超聲波或心血管電腦掃描，協助了解病發原因並準確評估整體併發症的風險，以便日後釐定治療方案。



繆建文醫生  
Dr. MIU Kin Man Raymond

心臟科專科  
Specialist in Cardiology

楷和醫療  
Chiron Medical

## 「脈衝場消融術」彌補部份患者無法長期服藥的痛點

繆醫生指出，治療心房顫動通常藥物包括一些控制心率規律或控制心跳速度的藥物。此外個別中風風險高的患者亦需要服用俗稱薄血藥的抗凝血藥來預防阻塞性中風。傳統的薄血藥華法林(Warfarin)和很多食物或藥物有相互效應，令藥力發揮不穩定而容易引致內出血或效力不足導致阻塞性中風的併發症。新一代的薄血藥針對凝血因子令血液凝固能力下降，與其他藥物及食物的相互間影響較低。惟患有心房顫動的晚期或末期腎衰竭病人，因身體整體流血傾向比較大，使用薄血藥出血風險較高而未必適合使用。

繆醫生續指，近年「脈衝場消融術」為一些經藥物調教後心跳速度和病徵控制仍然欠佳或承受不了控制心率藥物副作用的病人帶來希望。這種治療透過高壓短脈沖電流消滅心臟內引起不正常心律的細胞，以恢復正常的心跳節奏。雖然脈衝場消融術和傳統消融術一樣不能永久根治心房顫動，但由於脈衝場能量比較集中針對消滅不正常的心臟細胞，一些併發症例如肺靜脈收窄、食道損傷等機會率相比傳統射頻消融術或冷凍消融術或有機會降低。而且脈衝場消融術的手術時間亦比傳統射頻消融術大幅縮短，為藥物治療反應欠佳的患者提供一個藥物以外的治療方案。

繆醫生提醒，即使沒有心房顫動的病徵，長者仍應定時檢查身體，以便及早發現心房顫動問題，並及早開始治療以預防併發症。

## *Atrial Fibrillation Can Lead to Serious Complications: "Pulsed Field Ablation" Brings New Hope to Patients*

Patients with atrial fibrillation (AF) experience irregular and very rapid heartbeats. Dr. Miu Kin Man, Raymond, a Specialist in Cardiology, reveals that some patients can have heart rates reaching 150–180 beats per minute. Such rapid heart rates can lead to heart failure, and in severe cases may require mechanical ventilation to assist breathing. Additionally, atrial fibrillation increases the risk of blood pooling inside the heart, which can lead to blood clot formation. If the blood clot travels from the heart to the brain's blood vessels and clog them up, it can lead to stroke and lifelong disability.

### **Regular Check-ups Help High-Risk Individuals Assess Their Risks**

Atrial fibrillation is a relatively common disease among the elderly and several risk factors can increase its likelihood, including alcohol abuse, high blood pressure, heart failure, myocardial infarction, valvular heart disease, hyperthyroidism, obstructive sleep apnea, and certain lung diseases. Dr. Miu noted that in recent years, certain self-testing tools—such as smartwatches equipped with ECG apps—can help detect atrial fibrillation early. However, most patients still require traditional clinical assessment tools, including 12-lead ECG or 24–48 hour ECG monitoring for diagnosis. After confirming the diagnosis of AF, further evaluations, such as blood tests, echocardiogram, or non-invasive imaging of the coronary arteries may be necessary to rule out associated cardiac conditions and accurately assess the overall risk of complications, aiding future disease management.

### **"Pulsed Field Ablation" Addresses Patients Who Cannot Take Long-Term Medication**

Dr. Miu points out that atrial fibrillation treatment usually involves medications to control heart rate or maintain a regular rhythm. In addition, patients at higher risk for stroke may need to take anticoagulants, commonly referred to as "blood thinners," to prevent strokes. Early generation anticoagulants like warfarin interact with many foods and medications, leading to inconsistent drug efficacy and a higher risk of bleeding complications, e.g. brain hemorrhage. Newer-generation blood thinners have fewer interactions with food and drugs. However, patients with advanced kidney failure who has higher bleeding tendency on its own may not be suitable candidates for these agents.

Dr. Miu continues to explain that in recent years, "pulsed field ablation (PFA)" has offered hope for patients whose heart rates and symptoms remain poorly controlled after medication or who cannot tolerate the side effects of drugs. This treatment uses high-voltage short-duration electrical pulses to destroy heart cells that generate abnormal rhythms, with an aim to restore normal heart rhythm. PFA, like conventional ablation method which uses heat or cold as energy source cannot permanently cure atrial fibrillation. However, PFA specifically target abnormal heart cells and spare non-heart related structures which may reduce the risk of complications such as pulmonary vein stenosis and esophageal injury. Additionally, the procedure time for PFA is significantly shorter than that of a traditional radiofrequency ablation procedure, providing a relatively safe, efficient and effective non-pharmacological treatment option for suitable patients with suboptimal treatment response to medications. Dr. Miu concludes by reminding that even in the absence of atrial fibrillation symptoms, elderly individuals should undergo regular health checks to allow early detection of this potentially disabling disease and to start treatment early to prevent disease complications.

# 歡迎李瑞光醫生加入楷和醫療！

*Welcome Dr. Lee Shui Kwong, John to join Chiron Medical*

李瑞光醫生為耳鼻喉科專科醫生，他對喉科、功能性鼻整形、面部癱瘓等多個領域尤感興趣。他的服務範疇涵蓋處理各種喉科及耳部疾病、提供鼻咽癌篩查和診斷、治療睡眠窒息及鼻鼾問題。李醫生的加入，將為楷和醫療的耳鼻喉科專科團隊增添實力，進一步提升我們的服務。

Dr. Lee Shui Kwong, John, is a specialist in Otorhinolaryngology (ENT) with a keen interest in various fields including laryngology, functional nasal surgery, and facial paralysis. His services encompass the treatment of various laryngeal and ear diseases, provision of nasopharyngeal cancer screening and diagnosis, as well as the management of sleep apnea and snoring issues. Dr. Lee's addition will strengthen the otolaryngology specialist team at Chiron Medical, further enhancing our services.



**李瑞光醫生**  
Dr. Lee Shui Kwong

耳鼻喉科專科  
Specialist in Otorhinolaryngology (ENT)

楷和醫療  
Chiron Medical



## 點心研習班員工活動

*Dim Sum Workshop Employee Activity*



上月我們舉辦了兩場點心研習班，讓員工及其家人一同製作流心奶黃包及鳳梨酥。這些造型可愛且易上手的點心，讓大家可同時享受烹飪及「打卡」留念的樂趣。除了製作點心外，還準備了特色小食如雞絲拉皮和荔枝流沙球等，讓大家「又食又拎」。活動氣氛輕鬆愉快，進一步促進團隊交流及凝聚力。

Last month, we held two dim sum workshops, allowing employees and their families to make lava custard buns and pineapple cakes together. These cute and easy-to-make dim sum allow everyone to enjoy the fun of cooking and "checking in" at the same time. Other than making dim sum, we also prepared several delicious dishes such as chicken shredded rice noodles and lychee lava balls, so that everyone can "eating and carrying". The atmosphere of the event was relaxed and pleasant, further promoting team communication and cohesion.



楷和醫療集團



### 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/>