CHIRON MEDICAL
楷 和 醫 療 集 團

2025 捌月號
AUGUST NEWSLETTER

楷和醫療 - 健康有道 · 分享會

Chiron Medical - Creative Dialogue: Health Matters Sharing

(馮素波女士 Ms. Alice Fung)

楷和醫療一直強調長遠健康的重要性，並不斷探索與志同道合的個人、團體及企業合作，攜手推廣各類健康活動。

「健康有道·分享會」的誕生，是楷和將理念轉化為真實行動的一大步。我們堅信，健康不只是身體狀況，更是一種生活態度和選擇。透過每位嘉賓的真誠故事，希望啟發更多人思考與建立屬於自己的健康生活方式。

就在上月，楷和舉辦了首場「健康有道·分享會」，旨在透過分享，讓每個人在健康的旅程中互相交流與成長。非常榮幸邀請到藝人馮素波女士蒞臨活動，為我們打響頭炮，分享她樂活人生、潮而不老的健康心得。

席間，她分享：「健康不只是身體好，心境和身體都要堅持修煉。多關注自己，遇到健康問題，不能拖延和諱疾忌醫。」

活動精華將於本月於楷和醫療網站及社交平台同步發佈，敬請期待。未來，我們期望陸續邀請各界人士參與健康分享，讓更多人關注健康，實現長期健康目標。唯有擁有穩健的健康基礎，才能有魄力去掌握人生的不同角色，活出自信人生！

Chiron Medical has always emphasized the importance of long-term health and is continuously seeking collaborations with like-minded individuals, groups, and businesses to promote various health initiatives.

The launch of the "Creative Dialogue: Health Matters Sharing" marks a significant step in translating our health mission into real action. We firmly believe that health is not just about physical condition; it reflects a lifestyle attitude and choice. Through the heartfelt stories of each guest, we hope to inspire more people to reflect on and establish their own healthy lifestyles.

Last month, Chiron hosted its inaugural "Creative Dialogue: Health Matters Sharing", designed to foster mutual exchange and growth on everyone's health journey. We were honored to welcome artist Ms. Alice Fung as our guest speaker, who opened the event by sharing her vibrant and timeless health insights. She remarked, "Health is more than just having a fit body; both the mind and body require ongoing cultivation. Take time to care for yourself, and if you encounter health issues, don't procrastinate or shy away from seeking medical assistance."

Highlights from the event will be released this month on the Chiron Medical website and social media platforms, so stay tuned.

Looking ahead, we aim to continue inviting a diverse range of individuals to participate in health sharing, making more people prioritize their health and achieve their long-term wellness goals. Only by establishing a solid foundation of health can we embrace the various roles in life and live with confidence!

急性胰臟炎或可致命 治療需按病因對症處理

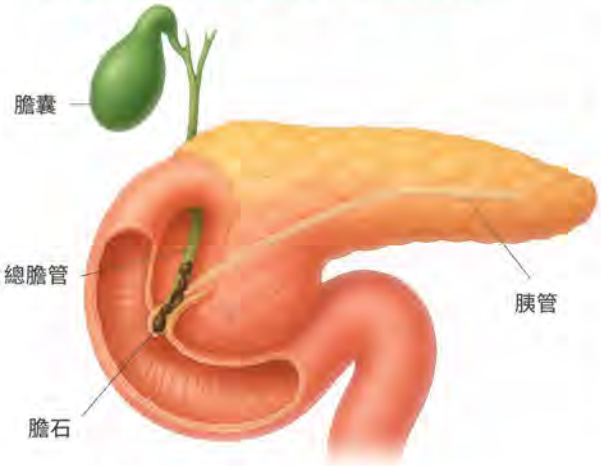
突發持續上腹劇痛，且伴隨發燒、嘔吐，有可能是患了急性胰臟炎。楷和醫療外科專科何潔雯醫生表示，急性胰臟炎病一般會持續數天。如未能及時處理，有機會演變出併發症，如血中毒、呼吸急速困難、器官衰竭及瀰漫性血管內凝血症狀及死亡。

何潔雯醫生
Dr. Ho Kit Man Carmen

外科專科
Specialist in General Surgery

楷和醫療
Chiron Medical

辨識急性胰臟炎高危因素



(圖示膽石跌入膽管，繼而堵塞膽管胰管)

何潔雯醫生指出，膽石是急性胰臟炎的主要誘因之一，因其會阻塞膽管及胰管，導致胰臟發炎腫脹。此外，長期酗酒的人士，酒精可直接影響胰臟，亦會導致血脂升高，進而引發胰臟的炎症。其他成因包括某些藥物的副作用、腹部外傷、病毒感染和自體免疫疾病。

診斷急性胰臟炎 免與胃痛混淆

胰臟的位置靠近胃部，因此急性胰臟炎的症狀與腸胃疾病類似。患者通常誤以為胃痛，痛楚甚或圍繞腰至背部。因此，診斷胰臟炎通常需要進行一系列的檢查，例如抽血檢驗胰澱粉酶、胰脂肪酶，或進行腹部超聲波、斷層掃描，觀察胰臟周圍是否有積液、腫脹，以確診是否患上急性胰臟炎。

針對病因作出相應治療

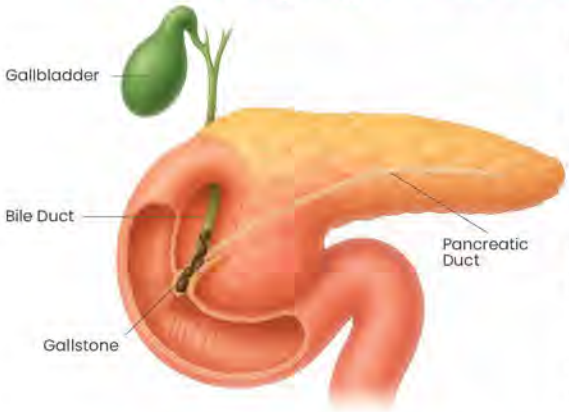
經診斷後，醫生通常依據病因和病情的嚴重程度作出相應醫治方案。通常需要以強效抗生素配合輸液治療；若懷疑是膽源性胰臟炎，醫生會安排磁力共振膽管圖(MRCP)以排除膽管結石；如有膽管堵塞，就需要進一步治療膽道結石。如透過逆流膽管胰臟內窺鏡（ERCP）放置膽管支架取石，以引流及緩解膽管阻塞，並在急性胰臟炎緩解後進行膽囊切除術，以防止將來膽石再度跌入膽管引起併發症。若因酗酒或高血脂導致急性胰臟炎，則需戒酒並保持低脂、高纖的飲食，或需服用降血脂藥。

何醫生提醒若出現相關症狀，應儘早就醫，以避免延誤治療或引起併發症。另外，長期反覆發炎亦可能演變成慢性胰臟炎，令胰臟萎縮纖維化，失去功能，引致糖尿病或胰酵素不足。胰臟纖維化的細胞若不斷發炎亦容易導致異常增生，增加患胰臟癌的風險。

Acute Pancreatitis: A Potentially Fatal Condition Requiring Cause-Specific Treatment

Sudden, persistent severe upper abdominal pain accompanied by fever and vomiting may indicate acute pancreatitis. Dr. Ho Kit Man Carmen, a specialist in General Surgery at Chiron Medical, explains that acute pancreatitis typically lasts for several days. If not managed properly, it can lead to various complications, including sepsis, respiratory distress, organ failure, and disseminated intravascular coagulation, which can be fatal.

Identifying High-Risk Factors for Acute Pancreatitis



Dr. Ho points out that gallstone is one of the main causes for acute pancreatitis, as they can block the pancreatic duct, leading to inflammation and swelling of the pancreas. Additionally, long-term alcohol abuse can have direct effect on the pancreas, as well as elevating the blood lipid level; both can trigger pancreatitis. Other causes may include side effects from medications, abdominal trauma, viral infections, and autoimmune diseases.

(Illustration of gallstones falling into the bile duct, subsequently obstructing the bile duct and pancreatic duct)

Diagnosing Acute Pancreatitis: Avoiding Confusion with stomach-ache

The pancreas is located behind the stomach, so the symptoms of acute pancreatitis are similar to those of gastrointestinal diseases. Patients often mistaken it as stomach-ache, with discomfort that may radiate to the back. Therefore, diagnosing pancreatitis typically requires a series of tests, such as blood tests to check for amylase and lipase levels, or imaging studies like abdominal ultrasound or cross-sectional imaging (CT scan or MRI) to make the diagnosis and to look for any local complications.

Targeted Treatment Based on Underlying Causes

After diagnosis, patient will be closely monitored and put on potent antibiotics and intravenous fluids as supportive measures. For gallstone-induced pancreatitis (biliary pancreatitis), MRCP is arranged to exclude stones in the common bile duct. If ductal stone(s) are detected, ERCP (endoscopic retrograde cholangiopancreatography) will be performed to remove the ductal stones with or without placement of a plastic stent to relieve the biliary obstruction. Cholecystecomy will be performed when patient is stabilized to prevent recurrent events. For pancreatitis induced by chronic alcohol use or hyperlipidemia, patients will be advised to abstain from alcohol and have lipid level controlled by lipid lowering medications and diet restriction.

Dr. Ho advises that anyone experiencing related symptoms should seek medical attention for prompt diagnosis and subsequent management. Furthermore, recurrent attacks might result in chronic pancreatitis, pancreatic atrophy and fibrosis and potential endocrine or exocrine insufficiency. Pancreatic fibrosis and chronic inflammation may also lead to abnormal proliferation, increasing the risk of pancreatic cancer.

楷和醫療持續醫學進修講座（CME）：海扶刀治療子宮肌瘤及子宮腺肌瘤

Continuing Medical Education (CME): HIFU Management of Uterine Fibroids and Adenomyoma

楷和醫療與香港醫護學會合辦的持續醫學進修(CME)講座於近日順利舉行。婦產科專科李文軒醫生於講座中分享並探討海扶刀治療子宮肌瘤及子宮腺肌瘤的方法。海扶刀用於治療子宮肌瘤及子宮腺肌瘤，是一種創新的非侵入性治療方法。

分享重點：

- 海扶刀的操作及患者選擇治療方法的標準
- 海扶刀與傳統治療方法的對比分析
- 海扶刀應用案例分析

期望本次持續醫學進修講座加深醫療專業人士對海扶刀的了解，並希望海扶刀獲得更廣泛的臨床應用，從而提升對女性患者的健康護理。

The Continuing Medical Education (CME) event co-hosted by Chiron Medical and the Hong Kong Health Care Federation was successfully held recently. Dr. Lee Man Hin Menelik, a specialist in Obstetrics and Gynaecology, provided in-depth insights into the use of High-Intensity Focused Ultrasound (HIFU) for treating uterine fibroids and adenomyoma. HIFU is an innovative, non-invasive treatment option for these conditions.

Key Takeaways:

- Mechanism of Action and Patient Selection Criteria
- Comparative Efficacy and Safety
- HIFU application Case Studies

We hope this CME event has deepened healthcare professionals' understanding of HIFU and to apply HIFU more broadly in clinical practice, ultimately enhancing patient care in women's health.

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