

全新NEW

皮膚管理療程現已登場
Skin Management Treatments Are Now Available!

單雙極同步射頻緊膚療程

Monopolar & Bipolar Synchronized
Radiofrequency Firming Treatment



低痛感

Low-pain



皮膚科專科醫生主理

Under the supervision of
a specialist dermatologist



效果立現且持久

Noticeable improvement with
long-lasting benefits*



幾乎無修復期

Minimal downtime



DENSITY

單極 Monopolar



穩定能量送至深層真皮
Stable energy delivered
to the deep dermis

雙極 Bipolar



高密度能量送至淺層真皮
High-density energy delivered
to the superficial dermis

針對改善 Suitable for

輪廓鬆弛、細紋、膚質等問題

Loss of facial contour
Fine lines, Uneven skin texture, etc

8月
AUG



悅膚禮包
Skin Bliss Gift Pack

2026年8月1日-8月31日期間到診即可免費獲贈悅膚禮包乙份，內含新服務簡介及精美禮品。禮品數量有限，送完即止。

To support your skincare journey, a "Skin Bliss Gift Pack" is available from August 1 to August 31 upon your clinic visit, which includes: Overview of skin management services & a Skincare gift. Gifts are available while stocks last.



了解更多

立即預約 Book an Appointment

2157 3840

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

1. 完成一個完整的療程週期後，膠原增生的持久度會因個人的體質、生活習慣及後續的皮膚保養而有所不同。| 2. 如需了解更多有關其他皮膚管理療程細節，聯絡職員查詢。| 3. 孕期或哺乳期婦女、體內裝有心臟起搏器或金屬植入物者、治療部位有嚴重皮膚炎或開放性傷口者、3個月內曾接受過其他皮膚療程、患嚴重糖尿病、凝血功能異常、自體免疫疾病或皮膚腫痛患者，一般不建議直接接受此療程，應先諮詢主診醫生。

1. After completing a full course, the durability of collagen regeneration varies depending on individual constitution, lifestyle, and subsequent skincare. | 2. If you would like more details about other skin management treatments, please contact us for enquiries. | 3. Generally not recommended to receive this treatment directly if you are: pregnant or breastfeeding; have a cardiac pacemaker or metallic implants; have severe dermatitis or open wounds at the treatment area; have received other skin treatments within the past 3 months; or have severe diabetes, abnormal blood clotting function, autoimmune diseases, or skin tumors. Please consult your primary doctor first.

糖尿上眼隱藏致盲危機

定期眼底篩查守住光明



陳家傑醫生
Dr. Chan Chia Chieh,
Orlando

眼科專科
Specialist in
Ophthalmology

楷和醫療
Chiron Medical

糖尿病的危害不僅限於血糖波動，長期高血糖會持續損耗全身微細血管，當中眼底視網膜微血管最為嬌弱，極易受糖分侵害，誘發糖尿病視網膜病變，也就是俗稱的「糖尿上眼」，嚴重可導致永久失明。楷和醫療眼科專科陳家傑醫生指出，糖尿病患者本身容易受眼病困擾，當中糖尿病視網膜病變是最常見的併發症。醫生建議所有糖尿病患者應在確診後根據眼科醫生指示定期接受完整的糖尿病視網膜病變篩查。而在治療方面，醫生會根據病變輕重安排。

高血糖破壞眼底微血管 視網膜逐步受損

陳醫生解釋，目前醫學界尚未完全拆解糖尿上眼的發病機制，但普遍認為長期高血糖會損傷血管內壁，令紅血球流動滯澀、血流變緩，堵塞眼底毛細血管，造成視網膜缺血、缺氧，繼而引發一連串眼底病變。隨病情惡化，眼底缺血區會滋生結構脆弱的異常新生血管，這類血管極易破裂出血，眼球內積血會導致眼前黑影、視力驟降；若血塊牽拉視網膜，更會引發視網膜脫落，帶來失明風險。

早期症狀隱蔽 及早介入有賴眼底影像技術

糖尿病視網膜病變早期隱藏性極高，隨病變發展，會陸續出現視力反覆模糊、夜視能力下降、直線視物變形、頻繁飛蚊與閃光等症狀。

糖尿病視網膜病變一般可分為四個階段：輕度、中度、重度非增殖期以及增殖期。多數患者僅能在例行驗眼時發現病情；隨著高解析度眼底影像技術（如超廣角眼底血管攝影與光學相干斷層掃描）的應用，醫生能更準確地偵測及量化威脅視力的糖尿病性黃斑部水腫的範圍，從而更早介入治療，並有效預防視力喪失。

分階段對症治療 穩定三高為治本核心

臨床針對糖尿病視網膜病變不同病程，設有階段性治療方案。黃斑區激光治療是透過激光凝固微血管減低滲漏。對於增殖性糖尿病視網膜病變，則需進行全視網膜光凝 (Pan-Retinal Photocoagulation) — 通過激光燒灼除黃斑區以外的缺氧視網膜，使增生血管萎縮或消失。激光療法可能需要進行多次療程才能見效。

在糖尿病黃斑水腫的玻璃體內注射藥物方面，樂明晴 (Lucentis)及愛亮眼 (Eylea)可阻斷血管內皮生長因子 VEGF，以及較新的羅視維 (Vabysmo (Faricimab))，可同時抑制 VEGF 與血管生成素-2 蛋白，均能更全面地減少異常血管增生及血管滲漏。

針對嚴重眼內出血、牽引性視網膜脫落的重症患者，需透過微創玻璃體切除手術搶救視力，但患者視力也未必能恢復至患病前水平。無論何種治療方式，嚴格控制血糖、血壓、血脂都是治療及防復發的核心，三高失控會大幅提升病情復發與惡化機率。

恆常篩查護眼 遠離致盲風險

醫生建議，糖尿病患者除日常監控血糖外，每年需接受一次全面眼底檢查；已出現輕微視網膜病變、三高控制不穩的高危人群，需加密覆檢頻率，每三至六個月跟進一次。視網膜損傷大多不可逆，定期眼底篩查、早期發現、及時干預，是守護糖尿病人視力的關鍵。



透過專業眼底影像檢查，可清晰觀察糖尿病引致的視網膜血管滲漏、黃斑水腫、異常血管增生等病變，及早介入治療避免永久視力受損。

Professional retinal imaging examinations clearly detect diabetic eye lesions including vascular leakage, macular edema and abnormal neovascularization, enabling early intervention to prevent permanent vision impairment.

Hidden Risk of Blindness from Diabetic Eye Disease: Regular Retinal Screening Protects Vision

The harm caused by diabetes goes beyond fluctuations in blood sugar. Long-term high blood glucose continuously damages the body's tiny blood vessels, especially the fragile microvessels of the retina. These are highly susceptible to sugar-related damage, which can lead to diabetic retinopathy. Dr. Chan Chia Chieh, Orlando, Specialist in Ophthalmology at Chiron Medical, points out that people with diabetes are more prone to eye diseases, with diabetic retinopathy being the most common complication. He recommends that all diabetic patients undergo comprehensive diabetic retinopathy screening regularly after diagnosis, according to their ophthalmologist's advice. Treatment is arranged based on the severity of the condition.

High Blood Sugar Damages Retinal Microvessels

Dr. Chan explains that although the exact mechanism of diabetic retinopathy is not yet fully understood, it is generally believed that prolonged high blood sugar damages blood vessel walls. This slows blood flow, impairs red blood cell movement, and blocks retinal capillaries, leading to retinal ischemia and hypoxia, which in turn trigger a series of retinal abnormalities. As the condition worsens, fragile abnormal new blood vessels may develop in oxygen-deprived areas. These vessels are prone to rupture, causing bleeding inside the eye, which can lead to dark shadows in vision and sudden vision loss. Blood in the vitreous cavity can cause tractional forces and pull on the retina to give rise to retinal detachment, posing a serious risk of blindness.

Subtle Early Symptoms and the Role of Imaging

Early diabetic retinopathy is highly silent. As the disease progresses, symptoms may include recurrent blurred vision, reduced night vision, distortion of straight lines, and frequent floaters or flashes.

Diabetic retinopathy is generally divided into four stages: mild, moderate, severe non-proliferative, and proliferative. Most patients only discover the condition during routine eye examinations. With the use of high-resolution retinal imaging technologies, such as ultra-wide field fundus fluorescein angiography and optical coherence tomography, doctors can detect and measure the extent of sight-threatening diabetic macula edema far more accurately, facilitating timely treatment and preventing vision loss.

Stage-Based Treatment and Core Management

Clinical management of diabetic retinopathy follows stage-based treatment strategies. Macular laser therapy reduces leakage by coagulating microvessels. For proliferative diabetic retinopathy, pan-retinal photocoagulation is required—laser treatment is applied to ischemic retinal areas outside the macula to shrink or eliminate abnormal new vessels. Multiple treatment sessions may be needed.

In terms of medication, Lucentis (ranibizumab) and Eylea (afibercept) can block vascular endothelial growth factor (VEGF). Also, the newer Vabysmo (faricimab) has dual inhibition of both VEGF and Angiopoietin-2 protein. Either of them can reduce abnormal blood vessel growth and leakiness more completely.

For severe cases involving significant intraocular bleeding or tractional retinal detachment, minimally invasive vitrectomy surgery is required to preserve vision, although vision may not fully return to pre-disease levels. Regardless of treatment type, strict control of blood sugar, blood pressure, and blood lipids is essential for treatment and preventing recurrence. Poor control of these three factors significantly increases the risk of relapse and disease progression.

Regular Screening to Protect Vision

Doctors recommend that diabetic patients, in addition to daily blood sugar monitoring, undergo a comprehensive retinal examination once a year. High-risk individuals—such as those with early retinopathy or unstable control of blood sugar, blood pressure, and lipids—should have follow-up examinations every three to six months. Since retinal damage is often irreversible, regular retinal screening, early detection, and timely intervention are key to preserving vision in people with diabetes.

皮膚科專科醫生拆解濕疹迷思與對策

Specialist in Dermatology Debunked Eczema Myths and Solutions

楷和醫療皮膚科專科馬少鵬醫生近日應GSK邀請，出席有關成人及兒童濕疹管理的健康講座。講座中，馬醫生深入講解濕疹的成因、高危群組、常見症狀、潛在併發症，以及診斷與治療方法，同時亦探討過敏測試及益生菌在濕疹飲食管理中的角色，為大眾提供全面而實用的健康資訊。

Specialist in Dermatology, Dr. Ma Siu Pang, Dennis, from Chiron Medical was recently invited by GSK to speak at a health seminar on the management of eczema in both adults and children. During the session, Dr. Ma provided an in-depth clinical overview of eczema, covering its causes, high-risk groups, common symptoms, potential complications, as well as diagnostic and treatment approaches. He also discussed the roles of allergy testing and probiotics in dietary management for eczema, offering the public comprehensive and practical health insights.



圖中 Middle: 馬少鵬醫生 Dr. Ma Siu Pang, Dennis

婦產科專科醫生分享更年期健康重點

Specialist in Obstetrics and Gynaecology Shared Insights on Menopausal Health



圖右 Right: 蔡汝嘉醫生 Dr. Chai Yu Ka, Victoria

楷和醫療婦產科專科蔡汝嘉醫生則出席由AXA安盛舉辦的「AXA安盛香港女性健康研究2026」傳媒午宴。活動聚焦更年期女性健康議題，蔡醫生於席間參與醫生分享及交流環節。針對調查發現近四成香港在職中年女性在40至49歲期間已出現更年期早期症狀，惟對相關健康風險認知不足，並有延遲求診的情況，蔡醫生結合臨床經驗，講解更年期常見及需特別關注的症狀，包括下泌尿道不適及異常子宮出血等，並分享應在何時及早求醫，以及最新的更年期症狀舒緩方案。該活動旨在提升大眾對更年期的認知，鼓勵及早介入治療，同時為職場女性及企業健康管理提供專業參考。

Specialist in Obstetrics and Gynaecology, Dr. Chai Yu Ka, Victoria, at Chiron Medical attended the "AXA Hong Kong Female Health Survey 2026" Media Luncheon hosted by AXA, which focused on menopause and women's health. She participated in a medical sharing and discussion session during the event. According to the survey findings, nearly 40% of working middle-aged women in Hong Kong experience early menopausal symptoms between the ages of 40 and 49, yet awareness of the associated health risks remains insufficient, and delays in seeking medical advice are common. Drawing on her clinical experience, Dr. Chai discussed common menopausal-related symptoms, including urinary discomfort and abnormal uterine bleeding, and shared insights on when women should seek early medical attention and the latest symptom-relief options. The event aimed to raise public awareness of menopause, encourage early intervention and timely treatment, and offer professional insights for working women and corporate health management.



楷和醫療集團

香港中環皇后大道中9號26樓2601-04 & 06-08室

九龍尖沙咀河內道5號普基商業中心2樓及3樓A室

香港中環皇后大道中33號萬邦行1502-03室

<https://chiron.care/>



Room 2601-04 & 06-08, 26/F, 9 Queen's Road Central, Central, Hong Kong
2/F & 3A, Podium Plaza, No.5 Hanoi Road, Tsim Sha Tsui, Kowloon
Room 1502-03, Melbourne Plaza, 33 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 (FemWell)
2/F, Podium Plaza, No.5 Hanoi Road, Tsim Sha Tsui, Kowloon

<https://femwell.chiron.care/>