

楷和醫療與YWCA推
Chiron Medical
Partners with YWCA to Launch



妳好同健 1:1 慈善計劃

1:1 Breast Health Empowerment Charity Campaign

選擇健康 選擇關愛 選擇一起!

3D乳房X光造影檢查可及早發現乳癌，以便盡早治療。楷和醫療及旗下女性健康品牌FemWell推出乳房健康檢查1:1慈善計劃，旨在邀請大眾一起關愛自己和她人健康。您每於FemWell自費進行一個3D乳房X光造影檢查或身體檢查滿HK\$3,000 (折扣後)，楷和醫療將幫助一位基層女士免費接受乳癌篩檢。計劃透過與香港基督教女青年會YWCA強強聯手，由他們安排受惠的女性在FemWell使用服務，讓更多女性獲得及時的醫療關注。

Committing to health,
offering care, and standing together!

3D mammography can detect breast cancer early, allowing for timely treatment. Chiron Medical and its women's health brand, FemWell, have launched a "1:1 Breast Health Empowerment Charity Campaign" for breast health checks, we invite you to join us in caring for your health and that of others. For each 3D mammogram you undergo or for every HK\$3,000 (after discount) spent on health checks at FemWell, Chiron will help a woman in need receive a free breast cancer screening. This initiative is made possible through our collaboration with the Young Women's Christian Association (YWCA), which will assist in identifying eligible women to benefit from services at FemWell, ensuring that more women receive timely medical attention.

計劃目標：

為105位基層女士提供
免費乳房造影檢查服務

Initial Goal:

Provide free 3D mammograms
for 105 women in need

誠邀以下女士優先參與：
關注乳房及身心健康的女士
有乳癌病史或家族史

Targeted Participants:

Women who care about their breast and
overall health
Women with a personal or family history of
breast cancer

計劃日期：

2025年4月1日至2025年12月31日

Campaign Period:

April 1 to December 31, 2025



立即關愛
Care Now

支持機構 Supported by:



FemWell
powered by CHIRON MEDICAL

機構夥伴 Partner with:



統籌機構 Coordinated by:



One Health Development
一康發展

偏頭痛警號勿輕視

不尋常症狀及早求醫



世界衛生組織列頭痛為最常見疾病的第三名，而在本港以偏頭痛為最常見頭痛類型，不少人或自行服藥以減輕痛楚，但醫生叮囑若出現痛感加劇、睡眠中痛醒或發病頻繁等不尋常病徵，便應立即求醫，以排除其他腦血管問題。另可透過及早介入來預防偏頭痛，減少對日常生活的影響。



李至南醫生
Dr. LEE Chi Nam

腦神經科專科
Specialist in Neurology

楷和醫療
Chiron Medical

全港12.5%成人受偏頭痛困擾

楷和醫療腦神經科專科李至南醫生表示，本港有12.5%成人受偏頭痛困擾。目前偏頭痛成因未明，但有研究指與三叉神經有密切關係，當三叉神經受刺激時，體內會分泌「降鈣素基因關聯肽」(CGRP)的神經傳遞物質，引發腦血管炎症反應，繼而出現偏頭痛。即使偏頭痛常見，但若出現不尋常警告症狀，應盡早求醫。李至南醫生補充稱，警告症狀包括偏頭痛次數頻密、食普通止痛藥無效、睡眠中痛醒、痛感加劇、出現「前所未有的劇痛」或痛到嘔吐等，則需要進一步向專科求診並安排檢查，以排除腦血管或其他腦部結構性嚴重問題。

及早介入預防偏頭痛 免影響日常生活



偏頭痛有機會嚴重影響日常生活，患者可能因為痛感劇烈而影響家庭生活及工作。治療偏頭痛主要遵循三個方向。首先是維持良好的生活習慣，了解偏頭痛的誘因。譬如，應建立規律的睡眠時間，適度運動及維持清淡飲食等。當偏頭痛發作時避免處於一個吵鬧、光線猛烈的環境中。患者還可使用偏頭痛日記記錄偏頭痛出現的症狀和嚴重程度，幫助醫生判斷頭痛的類別，以便為患者提供更適切的治療方案。

如果有需要，可服用急性止痛藥，當中又分為普通止痛藥或者偏頭痛特效止痛藥。現時患者也可考慮新研發的CGRP抑制劑，只需定時注射，便能有效減少偏頭痛發作的次數及降低痛楚程度，近年更有口服的抑制劑，免卻接受注射的麻煩。



Head Migraine Warning Signs:

Seek Early Medical Attention for Unusual Symptoms



The World Health Organization ranks headaches as the third most common health issue, with migraines being the most prevalent type in Hong Kong. Many individuals resort to self-medication for relief; however, doctors advise that if symptoms worsen, if pain disrupts sleep, or if attacks occur frequently, it is crucial to seek medical attention promptly to rule out other cerebrovascular issues. Early intervention can prevent migraines and minimize their impact on daily life.

12.5% of Adults in Hong Kong Suffer from Migraines

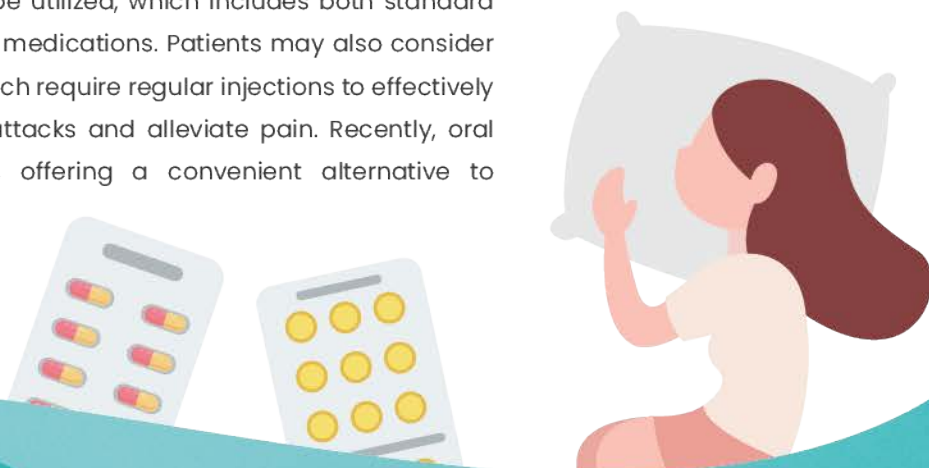
Dr. LEE Chi-Nam, a neurologist at Chiron Medical, reports that 12.5% of adults in Hong Kong are affected by migraines. While the exact cause remains unclear, studies suggest a strong link to the trigeminal nerve. When this nerve is stimulated, the body releases a neurotransmitter called Calcitonin Gene-Related Peptide (CGRP), triggering inflammatory responses in the brain's blood vessels, which leads to migraines. Although migraines are common, any unusual warning signs should prompt immediate medical consultation. Dr. Lee highlights that warning symptoms include frequent migraine episodes, ineffectiveness of standard pain relievers, waking from sleep due to pain, worsening discomfort, or experiencing "unprecedented severe pain" that may lead to vomiting—all of which necessitate further evaluation to rule out serious cerebrovascular or structural brain issues.

Early Intervention to Prevent Migraines and Minimize Disruption to Daily Life



Migraines can significantly disrupt daily activities, as patients often face debilitating pain that interferes with family responsibilities and work. Treatment for migraines generally follows three main approaches. First, maintaining healthy lifestyle habits and understanding migraine triggers is essential. Establishing a regular sleep schedule, engaging in moderate exercise, and adhering to a light diet are crucial steps. During a migraine attack, it is advisable to avoid noisy or brightly lit environments. Additionally, keeping a migraine diary to document symptoms and severity can help doctors classify the type of headache and provide more tailored treatment plans.

If necessary, acute pain relief may be utilized, which includes both standard pain relievers and migraine-specific medications. Patients may also consider newly developed CGRP inhibitors, which require regular injections to effectively reduce the frequency of migraine attacks and alleviate pain. Recently, oral inhibitors have become available, offering a convenient alternative to injections.





診所小確幸 — 咖啡香氣中的溫暖

*Clinic Happiness Corner -
The Warmth in Coffee*

楷和醫療相信細微之處也能帶來意想不到的幸福感。因此，我們將在《楷訊》隨機加入「診所小確幸」欄目，記錄那些微不足道卻能讓每位來訪者感受到溫暖的貼心服務。

Chiron Medical believes that even the smallest details can bring unexpected joy. Therefore, we will feature a "Clinic Happiness Corner" in our newsletter, highlighting those seemingly insignificant yet heartfelt services that make every visitor feel welcome.

You may have noticed that certain corners of the clinic occasionally fill with the enticing aroma of coffee. When we place capsules with fruity, smoky, floral, or berry notes into the coffee machine, the "click" sound signals the brewing of rich coffee, which flows into cups adorned with the Chiron or FemWell logos, releasing a delightful fragrance. A small cup of coffee can offer visitors a sense of comfort and relaxation. This is the warmth and reassurance we strive to convey with every service.

Let us continue to share this little joy, ensuring that every patient at Chiron finds their own moments of happiness.

大家應該注意到，診所內的某些小角落時不時會飄散著誘人的咖啡香氣。當我們將帶有果香、煙熏、花香或莓果香的膠囊放入咖啡機，隨著「剔嗒」一聲，香醇的咖啡便流入印有楷和或FemWell標誌的水杯中，隨之而香氣四溢。小小一杯的咖啡，能讓到訪診所的人感到安穩與放鬆。這正是我們希望在每一次的服務中，傳遞給大家的那份溫暖與安心。

讓我們一起，將這份小確幸延續下去，讓每位患者都能在楷和醫療找到屬於自己的幸福時刻。



■ 專科中心及普通科

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<https://chiron.care/>



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