

楷和醫療十週年夥伴盛典： 一起見證「十年相隨」 Chiron Medical Infinity 10: Partners' Evening

為慶祝楷和醫療踏入十週年，我們於3月19日舉辦「楷和無限10年夥伴盛典」雞尾酒會，與一直同行的楷和醫生及管理層、醫院、保險界夥伴、影像中心、藥廠及非牟利機構歡聚一堂，場面熱鬧而溫馨。

楷和醫療集團行政總裁黃良堯先生致辭中分享：「未來我們更期望推出更多『全人發展』的健康管理項目，這些項目不僅是對過去十年的延續，更是對未來的承諾。我們堅信，不斷進步，就是對每一位支持我們的夥伴最好的回報。我們希望能做到以人為本，建立誠信醫療。」當晚更首映十週年紀念短片，並由多位楷和醫療專科醫生代表帶來精彩分享，細說「同行」的意義。隨後眾來賓舉杯共賀，為楷和邁向新里程送上祝福。

十年，是一個重要階段，更是一個全新起點。楷和醫療將繼續與各界夥伴及病人攜手前行，在下一個十年創造更多守護健康的故事。



To celebrate Chiron Medical's 10th anniversary, we hosted the "Chiron Medical Infinity 10: Partners' Evening" cocktail on 19 March, bringing together our Chiron doctors and management team, hospitals, insurance partners, imaging centres, pharmaceutical companies, and NGO partners for a warm and vibrant evening.

Mr. Wallace Wong, CEO of Chiron Medical Group remarked, "Looking ahead, we aspire to introduce more holistic development health management initiatives. These programmes are not only a continuation of what we have built over the past ten years, but also

a promise for the future. We firmly believe that continuous improvement is the best way to repay the trust and support of all our partners. Our goal is to remain people-centred and to build a healthcare system grounded in integrity". The night also featured the premiere of our 10th anniversary commemorative video, alongside inspiring sharing sessions by several of Chiron Medical's doctor specialist representatives, highlighting the true meaning of "alongside together". Guests then raised their glasses in celebration, sending their best wishes as Chiron embarks on a new chapter.

Ten years marks an important milestone, and an exciting new beginning. Chiron Medical will continue to work hand in hand with our partners and patients to create even more stories of safeguarding health in the decade ahead.



勿讓更年期症狀打亂生活步調

解讀更年期舒緩方案



甘雅妍醫生
Dr. Kam Ngar Yin, Irene
普通科
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踏入中年，女性的身體開始經歷微妙的轉變。卵巢功能逐漸減退，雌激素水平起伏不定，更年期隨之而來。潮熱、盜汗、失眠與情緒波動等症狀，往往是生活品質下降的主要原因。普通科甘雅妍醫生指出：「更年期是生命過程的一部分，並非疾病。但當症狀嚴重影響情緒或睡眠，就應尋求專業協助。現今醫學提供多種非荷爾蒙治療方案，可讓女性更自信、更優雅地度過這個階段。」

體感「熱浪」的生理成因

甘醫生解釋，潮熱與夜汗是最常見的血管舒縮症狀。雌激素減少後，大腦中負責調節體溫的下視丘會變得對溫度變化過於敏感，出現「誤判過熱」反應，繼而引發血管擴張與大量出汗。許多人形容這股「熱浪」會由胸口瞬間衝至頭頸，汗流浹背後再感寒冷。若於夜間頻密發作，往往令睡眠品質下降，並引發疲倦與焦躁。

非荷爾蒙治療的亮點與限制

傳統荷爾蒙補充療法能有效緩解潮熱，但不建議乳癌病史、血栓體質或其他健康問題的女性使用。近年興起非荷爾蒙治療選擇，則藉由NK3受體拮抗劑藥物抑制神經激肽B訊號傳遞來減緩 KNDy 神經元的過度活躍，或利用 SSRI/SNRI 藥物調

節血清素與去甲腎上腺素，進而緩解熱潮紅。這些藥物能從神經調節層面改善體溫反應，部分研究證實使用後數天至數週內可減輕潮熱頻率與強度。

然而，甘醫生提醒：「非荷爾蒙治療並非完全無副作用。」部分患者可能出現頭痛、腸胃不適、輕微困倦或血壓變化等反應，慢性病患者在使用前亦需由醫生根據個人病歷與需要作專業評估。

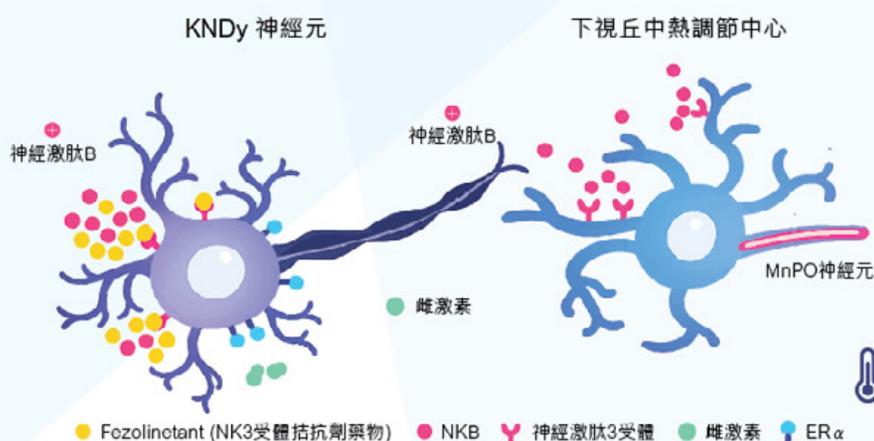
別忽視其他更年期訊號

除了血管舒縮症狀，更年期亦可能出現關節痛、陰道乾澀、尿頻、記憶力下降或情緒不穩等變化。若出現不規則或異常的陰道出血，尤其是停經後仍持續出血，則必須由醫生進一步檢查，以排除子宮內膜癌、卵巢癌或子宮頸癌的可能性。

舒緩不應只靠藥物

甘醫生最後提醒，舒緩不只靠藥物，良好的生活習慣對減輕更年期症狀同樣關鍵。當中包括但不限於：

規律運動（每週3次、每次1小時）、均衡飲食（少油鹽糖、多鈣與植物性雌激素）、戒菸酒、規律作息（不熬夜）能有效改善熱潮紅、失眠、情緒低落及預防骨質疏鬆等症狀。



非荷爾蒙藥物治療的原理是透過藥物阻止神經激肽B (NKB) 與KNDy神經元的結合，從而恢復下視丘中熱調節中心的正常敏感性。這種作用有助於減少潮熱和夜間盜汗的頻率和嚴重程度，這些症狀也被稱為血管舒縮症狀 (VMS)

Don't Let Menopausal Symptoms Disrupt Your Life: Understanding Relief Options for Menopause

As women reach middle age, their bodies undergo subtle changes. Ovarian function gradually declines, estrogen levels fluctuate, and menopause begins. Symptoms such as hot flashes, night sweats, insomnia, and mood swings can significantly affect quality of life. Dr. Kam Ngar Yin, Irene, a general practitioner from Chiron Medical, states that, "Menopause is a natural part of aging, not a disease. However, when symptoms severely impact mood or sleep, it's important to seek professional help. Modern medicine offers various non-hormonal treatment options that can help women navigate this stage with confidence and dignity."

Physiological Causes of "Heat Waves"

Dr. Kam explains that hot flashes and night sweats are the most common vasomotor symptoms. As estrogen levels decrease, the hypothalamus responsible for regulating body temperature becomes overly sensitive to changes in temperature, triggering a "false overheating" response. This leads to vasodilation and excessive sweating. Many women describe this 'heat wave' as starting in the chest and radiating to head and neck, often leaving them drenched in sweat and then feeling cold. Frequent occurrences at night can disrupt sleep quality, resulting in fatigue and irritability.

Highlights and Limitations of Non-Hormonal Treatments

While traditional hormone replacement therapy can effectively alleviate hot flashes, it is not recommended to some women due to history of breast cancer, predisposition to blood clots, or other health condition. Recently, non-hormonal treatment options have gained popularity, NK3 receptor antagonist drug works by inhibiting neurokinin B signaling, thereby reducing excessive activity of KNDy neurons, while SSRI/SNRI medications help regulate serotonin and norepinephrine, thus alleviating hot flashes. Studies have shown that these medications can improve thermoregulatory responses, with some women experiencing reduced frequency and intensity of hot flashes within days to weeks of starting treatment.

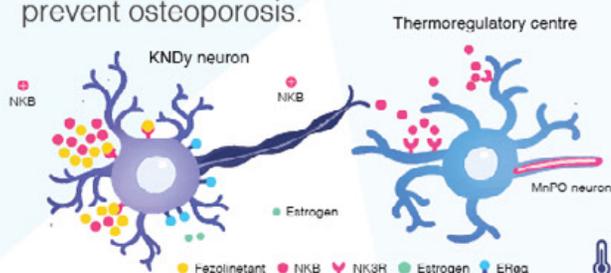
In addition, Dr. Kam advises that "Non-hormonal treatments are not completely free of side effects." Some patients may experience headaches, gastrointestinal discomfort, mild drowsiness, or fluctuations in blood pressure. Patients with chronic diseases should consult with doctor for professional evaluation based on their medical history and needs before commencing these treatments.

Don't Ignore Other Menopausal Signals

Beyond vasomotor symptoms, menopause can also lead to changes such as joint pain, vaginal dryness, frequent urination, memory decline, and emotional instability. If any irregular or abnormal vaginal bleeding, especially bleeding post menopause occurs, it is essential to seek further evaluation to rule out conditions such as endometrial cancer, ovarian cancer, or cervical cancer.

Relief Should Not Depend Solely on Medications

Last but not least, Dr. Kam concludes by reminding us that medication is not the only answer; cultivating healthy lifestyle habits is just as crucial in easing menopausal symptoms. These include, but are not limited to, regular exercise (three times a week for one hour each time), a balanced diet (less oil, salt and sugar, and more calcium plus plant-based phytoestrogens), quitting smoking and alcohol, and maintaining a regular daily routine (avoiding late nights), all of which can effectively improve hot flashes, insomnia, low mood and help prevent osteoporosis.



The principle of non-hormonal drug treatment is to prevent the binding of neurokinin B (NKB) to KNDy neurons, thereby restoring the normal sensitivity of the thermoregulatory center in the hypothalamus. This action helps to reduce the frequency and severity of hot flashes and night sweats, which are also referred to as vasomotor symptoms (VMS).



楷和 support 女青 GenSHE： 從社區出發，提升女性體檢意識

Chiron Medical Supports GenSHE with YWCA: Elevating Women's Health Awareness from the Community

今年 3 月開始，楷和醫療全力支持香港基督教女青年會（女青）推出的「GenSHE 企劃」。頭炮活動於3月5日舉辦新聞發佈會，討論女青於今年2月進行的社區女士身體檢查取態問卷結果。楷和醫療急症科專科梁玉鸞醫生亦有到場分享她的診症經驗，發現不少女士往往輕視自身的健康需要，且對癌症的認識不足，避忌驗身，但卻害怕生病。梁醫生在會上強調，定期檢查是預防疾病及及早治療的關鍵，另建議大眾多從日常生活著手提升免疫系統能力，能減少不適與病痛，為健康早一步把關。

楷和其後會繼續與女青緊密合作，資助有健康需要的女士進行醫學檢查及合辦醫療講座，由醫生講解各種婦女疾病的最新醫學資訊及加強社區健康宣傳等，以及早關注和管理自己的健康。欲知具體合作詳情，請密切關注楷和及女青網站。

Starting in March this year, Chiron Medical fully supports the "GenSHE Project" launched by the Hong Kong Young Women's Christian Association (YWCA). The kickoff event on 5 March was a press conference discussing the results of YWCA's February community survey on women's attitudes towards health check-ups.

Dr. Leung Yuk Lucn, Frances, Specialist in Emergency Medicine at Chiron Medical, shared her clinical experiences at the event, noting that many women often neglect their own health needs—they have insufficient awareness of cancer risks, avoid screenings despite fearing illness. Dr. Leung emphasised that regular check-ups are key to disease prevention and early treatment. She also recommends improving daily habits to boost immune function, reducing discomfort and illness while proactively safeguarding health.

Chiron Medical will continue close collaboration with YWCA, sponsoring medical check-ups for women in need, and co-hosting health seminars where doctors share the latest information on women's diseases, and strengthening community health promotion. Prioritise your health early—for partnership details, stay tuned to Chiron Medical's and YWCA's websites.



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