

楷和醫療集團聯同旗下FemWell 女性健康中心及楷和乳健中心，以「乳你守護 · 從心出發」為主題，提升大眾對乳癌的認識，呼籲女性關注乳房健康，養成定期篩查習慣。現正推出乳房超聲波及乳房X光造影檢查優惠，鼓勵女性主動守護乳房健康，及早發現及治療。

Chiron Medical Group, together with FemWell Women's Health Centre and Chiron Breast Centre, has launched the campaign under the theme "Safeguarding Breast Health with Heart" to raise public awareness of breast cancer, encourage women to pay attention to their breast health, and develop the habit of regular screening. Special offers are now available for breast ultrasound and 3D mammogram examinations. Women are encouraged to take charge of their breast health, detect potential risks early, and seek timely treatment.



乳你守護 從♥出發
SAFEGUARDING BREAST HEALTH WITH HEART

主動啲上心啲，從乳房檢查做起
Your Health Matters, Make Time for a Breast Screen



3D乳房X光造影檢查 3D MAMMOGRAM

適合：40歲或以上女性 / 高風險女性

Suitable for: Women aged 40 or above / High-risk women

- ✓ 偵測微細鈣化點及早期腫塊
Detects microcalcifications and early-stage lumps
- ✓ 立體分層掃描，大幅減低重疊影像誤判
3D layered scanning significantly reduces misjudgment caused by overlapping tissue
- ✓ 建議3D乳房X光造影 + 乳房超聲波合併檢查
Combined 3D mammogram + breast ultrasound examination is recommended



乳房超聲波 BREAST ULTRASOUND

適合：20歲或以上女性

Suitable for: Women aged 20 or above

- ✓ 檢測是否有水泡、結節、良性乳腺病及腫瘤
Detects cysts, nodules, benign breast disease, and tumors
- ✓ 零輻射、無痛
Zero radiation, painless

掃描 QR code 了解更多活動推廣詳情
Scan the QR code to learn more about the promotion



乳癌腋下手術新趨勢：保留淋巴、減少水腫



英偉亮醫生
Dr. Ying Wai Leung,
Marcus

—
外科專科
Specialist in
General Surgery

—
楷和醫療
Chiron Medical

在早期乳癌治療中，腋下淋巴的處理一直是決定後續分期評估與治療策略的重要一環。楷和醫療外科專科英偉亮醫生指出，過往臨床較常以「腋下淋巴廣泛清掃」作為主要方式：透過檢查淋巴結是否出現癌細胞擴散，協助判斷腫瘤分期，並作為後續治療依據。不過，傳統清掃手術可能會影響手臂淋巴回流通道，增加日後出現手臂淋巴水腫的風險。患者可能因此感到手臂沉重、腫脹，甚至影響日常活動與生活質素，亦可能成為手術後的長遠困擾。

隨著病理檢測、放射治療及藥物治療等技術不斷進步，醫學界亦逐步建立更精準的評估策略 - 對於手術前臨床檢查（如觸診、超聲波）未發現腋下淋巴結異常的早期乳癌患者，前哨淋巴結活檢已成為主流的標準做法。

前哨淋巴結活檢：重新定義腋下手術模式

所謂「前哨淋巴結」，是乳房淋巴引流路徑中最先接觸的淋巴組織。當癌細胞由乳房擴散至腋下時，多數情況下會先侵襲前哨淋巴結。

在手術過程中，醫生會注射追蹤劑作定位，從而針對性抽取數粒可能的前哨淋巴結作病理檢查。

若檢驗結果顯示前哨淋巴結未見癌細胞轉移，其餘腋下淋巴被侵襲的機會便相對低，患者因此可考慮豁免腋下淋巴清掃。

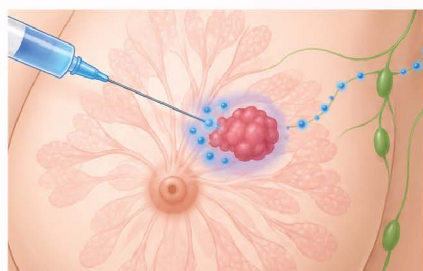
減少手術切除，仍以整體治療成效為先

英偉亮醫生亦補充：對於接受保留乳房手術、並計劃於術後配合全乳電療及輔助藥物治療的早期患者，即使前哨淋巴結中出現少量轉移，也未必必須進行腋下淋巴清掃。臨床評估顯示，在合適病人群組下，長遠復發率與存活率未見明顯轉差。

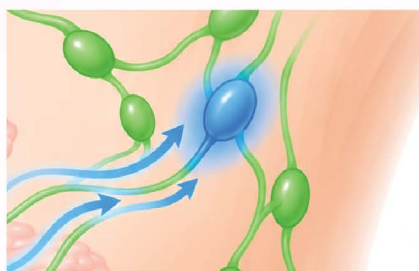
以溝通作為第一步：確診後了解腋下處理選項

乳癌治療不僅著重長期存活，也重視患者在康復後的生活質素，建議在接受治療前與主治醫生充分溝通，了解腋下淋巴處理的不同選項，以及哪一種方案最符合自身情況。

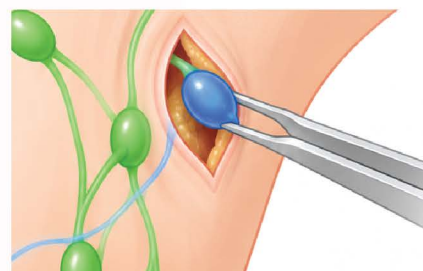
參考圖：前哨淋巴結活檢



1 腫瘤周圍注射追蹤劑



2 追蹤劑標記前哨淋巴結



3 切除前哨淋巴結進一步化驗

New Trends in Axillary Surgery for Breast Cancer: Preserving Lymph Nodes, Reducing Lymphedema

In the treatment of early-stage breast cancer, the management of axillary lymph nodes has always been a crucial part of determining subsequent staging assessment and treatment strategies. Dr. Ying Wai Leung, Marcus, Specialist in General Surgery at Chiron Medical, points out that in the past, "extensive axillary lymph node dissection" was more commonly used as the primary approach in clinical practice: by examining whether cancer cells had spread to the lymph nodes, it helped determine tumour staging and served as a basis for subsequent treatment. dissection surgery may affect the lymphatic drainage channels of the arm, increasing the risk of arm lymphedema in the future. Patients may therefore experience heaviness and swelling in the arm, and even have their daily activities and quality of life affected, which may also become a long-term problem after surgery.

With the continuous advancement of technologies such as pathological testing, radiotherapy, and drug treatment, the medical field has gradually established more precise assessment strategies — for early-stage breast cancer patients in whom no axillary lymph node abnormalities are found during preoperative clinical examinations (such as palpation and ultrasound), sentinel lymph node biopsy has become the mainstream standard practice.

Sentinel Lymph Node Biopsy: Redefining the Mode of Axillary Surgery

The so-called "sentinel lymph node" is the first lymphatic tissue encountered along the breast's lymphatic drainage pathway. When cancer cells spread from the breast to the axilla, in most cases they first invade the sentinel lymph node.

During surgery, the doctor will inject a tracer for localisation, so as to specifically extract a few possible sentinel lymph nodes for pathological examination.

If the test results show no cancer cell metastasis in the sentinel lymph nodes, the chance of the remaining axillary lymph nodes being affected is relatively low, and patients may therefore consider omitting axillary lymph node dissection.

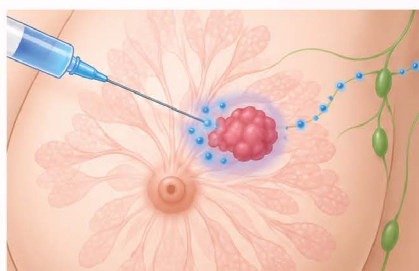
Reducing Surgical Excision While Still Prioritising Overall Treatment Outcomes

Dr. Ying Wai Leung, Marcus, also adds: for early-stage patients who undergo breast-conserving surgery and plan to receive whole-breast radiotherapy and adjuvant drug treatment after surgery, even if a small amount of metastasis is found in the sentinel lymph nodes, axillary lymph node dissection may not necessarily be required. Clinical assessments show that in appropriate patient groups, long-term recurrence rates and survival rates have not shown significant worsening.

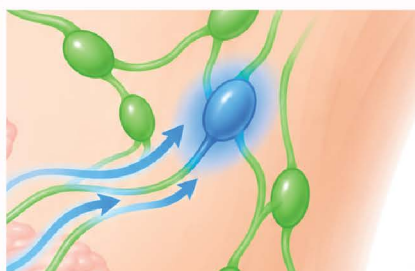
Communication as the First Step: Understanding Axillary Management Options After Diagnosis

Breast cancer treatment focuses not only on long-term survival, but also on patients' quality of life after recovery. It is recommended that patients communicate fully with their attending doctor before receiving treatment, to understand the different options for axillary lymph node management and which approach best suits their own situation.

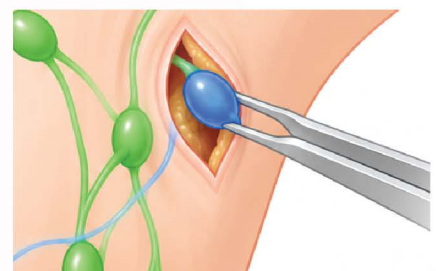
Reference image: Sentinel lymph node biopsy



1 Injection of tracer around the tumor



2 Tracer marking the sentinel lymph node



3 Removal of the sentinel lymph node for further testing (or analysis)

湯盈盈的親身體驗，給自己一份專屬的健康「Me Time」

Angela Tong's Take: Treat Yourself to Exclusive 'Me Time'

在事業與家庭之間，現代女性常忙於照顧身邊人，卻唯獨忘了自己。早前，藝人湯盈盈來到楷和醫療旗下的FemWell女性健康中心，親身體驗了一次專屬的體檢。作為一位兼顧演藝工作與家庭的女性，她分享了一個重要的領悟：「定期檢查、了解身體狀況，並不是等到問題出現才開始，而是為自己未來的生活作好準備。」

預防勝於治療，主動了解自己的身體，是對未來生活最有遠見的投資。

FemWell 提供跨專科女性醫護團隊，從預防檢查到門診護理，配合高度私隱的VIP專屬空間，讓每位女士能在安心、無壓力的環境下，細心聆聽身體的需要。擁有健康的身體，才能更有力量去擁抱身邊所愛。想聽聽湯盈盈更多分享？立即掃描 QR Code，觀看完整影片，給自己一個健康「Me Time」的啟發。



馬上觀看
Watch Now

Between career and family, modern women are often busy taking care of everyone around them, yet forget to take care of themselves. Recently, artist Tong Ying Ying (Angela Tong) visited FemWell Women's Health Centre, under Chiron Medical, for a personalized health check-up. As a woman juggling both her acting career and family life, she shared an important insight:

"Regular check-ups and understanding your health condition should not wait until problems arise – it's about preparing yourself for the life ahead."

Prevention is better than cure. Taking the initiative to understand your body is the most far-sighted investment you can make for your future. FemWell offers a multidisciplinary team of women's health specialists, providing comprehensive care from preventive screenings to outpatient services. With VIP-exclusive time slots and private spaces, every woman can attentively listen to her body's needs in a safe, stress-free environment.

A healthy body empowers you to embrace those you love with greater strength. Want to hear more from Angela Tong? Scan the QR code to watch the full video and gain inspiration for your own "Me Time" for health.

楷和·妍敘：乳癌康復與支援社群 Pink Zone: Breast Cancer Care & Support Group

楷和乳健中心正式成立「楷和·妍敘」，致力為乳癌患者及康復者建立專業支援與經驗交流平台。透過舉辦醫生小團體午宴及經驗分享茶聚等活動，協助初癒康復者深入了解副作用管理及術後復康知識，在同路人的支持下建立信心，積極邁向康復。社群詳情及參與方式，請向診所職員查詢。

Chiron Breast Centre officially launches "Pink Zone"—a dedicated platform for breast cancer patients and survivors to connect, access professional support, and share experiences. Through intimate lunches with doctors and informal peer-led tea sessions, participants gain practical insights into side-effect management and post-recovery care—building confidence and strength together. For program details and registration, please ask our clinic staff.



楷和醫療集團

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香港中環皇后大道中33號萬邦行1502-03室



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