

## 參考資料 Reference

1. International Osteoporosis Foundation. Who's at Risk? 2015. Available at: <http://www.iofbonehealth.org/whos-risk> (Accessed on Apr 2019). 2. The Government of the Hong Kong Special Administrative Region Department of Health. Osteoporosis. Available at: [https://www.elderly.gov.hk/english/common\\_health\\_problems/bones\\_and\\_joints/osteoporosis.html](https://www.elderly.gov.hk/english/common_health_problems/bones_and_joints/osteoporosis.html) (Accessed on Apr 2019). 3. International Osteoporosis Foundation. What Is Osteoporosis? 2015. Available at: <http://www.iofbonehealth.org/what-is-osteoporosis> (Accessed on Apr 2019). 4. Chevalley T, Rizzoli R, Nydegger V, et al. Effects of calcium supplements on femoral bone mineral density and vertebral fracture rate in vitamin-D-replete elderly patients. *Osteoporos Int*. 1994;4(5):245-52. 5. Malabanan A, Veronikis IE, Holick MF. Redefining vitamin D insufficiency. *Lancet* 1998(9105);351:805-6. 6. The Osteoporosis Society of Hong Kong (OSHK) 2024 OSHK Guideline for Clinical Management of Postmenopausal Osteoporosis in Hong Kong. Available at: <https://www.hkmj.org/system/files/2024-S2.pdf>

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# 骨質疏鬆 Osteoporosis

## 骨質健康的重要性

### The importance of bone health

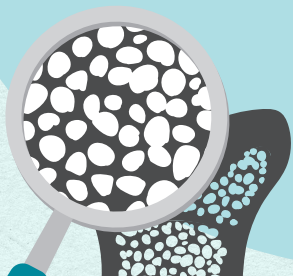
骨骼的健康直接影響骨質。如果骨質的密度減少，會令骨骼結構變得脆弱。

骨質疏鬆症患者的脊椎骨即使沒有任何碰撞，也會出現微骨折，漸漸塌陷及令背部變得彎曲，形成駝背及令患者變得矮小。部分患者亦會出現背痛的情況。

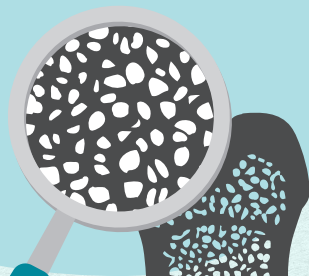
骨質疏鬆症本身並沒有任何明顯病徵。

The health of bone directly affects bones. If the density of bone is reduced, the bone structure will become weak. Even if there is no collision, the patient's vertebrae will have microfracture, gradually collapse and bend the back, forming a hunchbacked and a decrease in body height. Some patients may also have back pain. Osteoporosis produces no symptoms on its own.

骨質密度較低  
low bone density



骨質密度較高  
high bone density



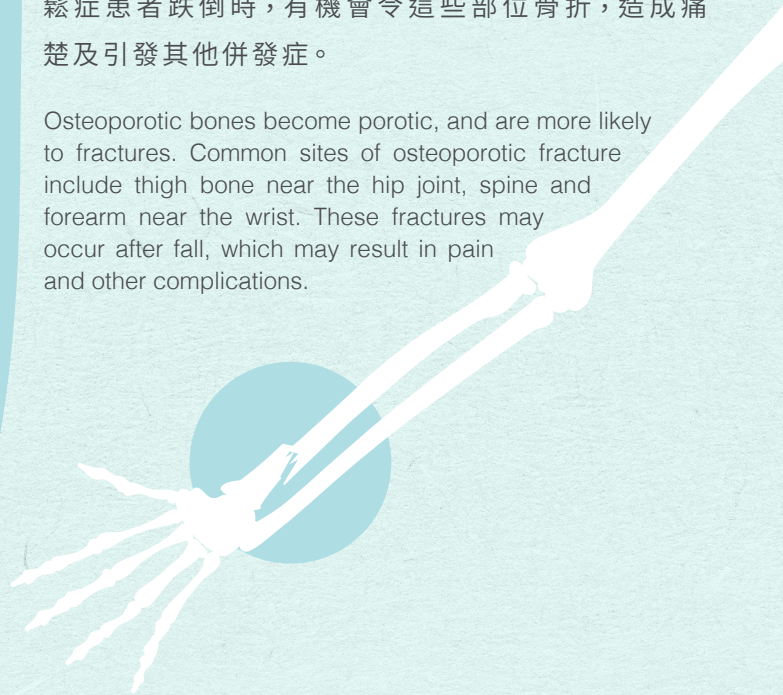
## 骨質疏鬆與骨折的關係

### Relationship between osteoporosis and fractures

骨質疏鬆容易導致骨折。

患者的骨質密度減少，骨骼結構變得脆弱。而最常見的骨折部位包括股骨、脊椎及前臂骨。當骨質疏鬆症患者跌倒時，有機會令這些部位骨折，造成痛楚及引發其他併發症。

Osteoporotic bones become porous, and are more likely to fractures. Common sites of osteoporotic fracture include thigh bone near the hip joint, spine and forearm near the wrist. These fractures may occur after fall, which may result in pain and other complications.



# 你是高危一族嗎？

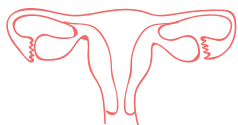
## Who are at higher risk?

以下人士較高機會患上骨質疏鬆症：

The following factors have a higher chance of related to osteoporosis:



長者(65歲或以上)  
Elders (65 yr or above)

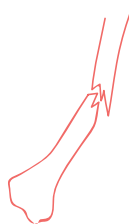


### 女性

- 停經後；或
- 過早絕經(40歲以前)；或
- 更年期提前(40-45歲)

### Female

postmenopausal women, or  
premature menopause (before age of 40), or  
early menopause (age 40-45)



曾骨折、骨質疏鬆症的  
家族病史  
Having a family history



體重過輕(<45kg)  
Underweight (<45kg)



吸煙  
Smoking



過量飲酒  
(>4倍標準飲量/每天)  
Excessive alcohol consumption  
(>4 standard drinks per day)



鈣質攝取長期不足  
(例如：乳糖不耐症)  
Inadequate calcium intake  
(e.g. lactose intolerance)



類風濕關節炎患者，  
甲狀旁腺功能亢進症，  
甲狀腺功能亢進症，  
高鈣尿症，庫欣綜合症，  
性腺機能減退或類固醇治療  
Rheumatoid arthritis patients,  
hyperparathyroidism, hyperthyroidism,  
hypercalcaemia, cushing's syndrome,  
hypogonadism or steroid therapy



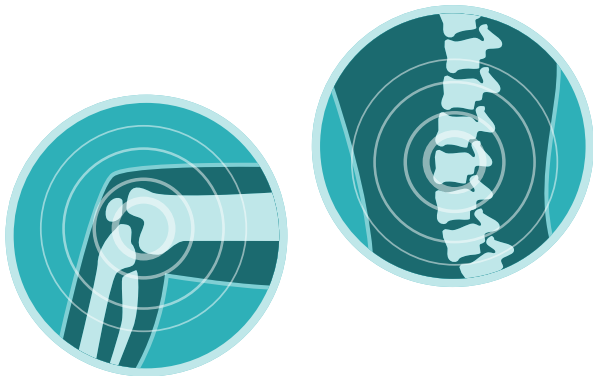
長期臥床者  
Long-term bedridden

# 你的骨折風險

Your fracture risk

網上骨折風險評估工具FRAX<sup>®</sup>，可從個人股頸骨密度和危險因子計算個人未來十年發生骨折的機率，進一步量化骨折風險。

The online fracture risk assessment tool FRAX<sup>®</sup> can calculate an individual's probability of fracture in the next ten years based on the individual's femoral neck bone mineral density and the individual's risk factors. Therefore, fracture risk can be further quantified.



## 網上骨折風險評估工具

The online fracture risk assessment tool FRAX<sup>®</sup>



骨質疏鬆的高危人士應盡早向醫護人員查詢  
及進行詳細檢查

High-risk individuals with osteoporosis should consult doctor  
as soon as possible, and carry out detailed inspection.

# 解決良策

## Solutions

如懷疑患上骨質疏鬆症，應盡早尋求醫生的專業意見，並接受骨質密度檢查(BMD)。如患者的BMD T值指數為/低過-2.5，醫生會因應情況而建議服用治療藥物或注射藥物。

患者亦應跟從醫護人士意見，定期作相關的檢查。

If you suffering from osteoporosis, seek professional advice from your doctor and perform bone mineral density(BMD) measurements as soon as possible and be examined. If your BMD T-score is -2.5 or lower, the doctor will recommend taking the medicine or injecting the medicine depending on the patient's condition.

Patients should also follow the advice from doctor and conduct regular physical examination.

除了鈣片和維生素D藥片之外，有效的註冊骨質疏鬆藥物大致可分為骨生成藥物和骨抗吸收藥物。有些是口服劑型，有些是注射劑型，全部屬於醫生處方藥物，須嚴格遵照醫生的指示使用。

In addition to calcium tablets and vitamin D tablets, effective registered osteoporosis medications can be roughly divided into bone anabolic drugs and bone antiresorptive drugs. Some of these medications are given in oral forms and some are given in injectable forms. All of them are doctor prescribed medicines and must be used strictly in accordance with the doctor's instructions.

另外，患者於日常生活中需均衡飲食，作適量的運動等等，以減慢骨質流失的速度。

平時亦要提高警覺，慎防失足跌倒，以減低骨折發生的機會。

Balanced diet and perform regular exercise are also useful to slow down further bone loss in persons diagnosed with osteoporosis. Patients should walk carefully to reduce the chance of fractures.

## 骨質疏鬆症患者 日常生活注意事項

### The daily life precautions

注意家居安全及選用防滑地板

Pay attention to home safety and use non-slip flooring

穿防滑的鞋子

Wear non-skid footwear

避免服用令人暈眩的藥物或食品

Avoid medicines and foods which cause dizziness

改善視力障礙等等

Improve visual impairment, etc.

# 預防骨質疏鬆症

## Prevent osteoporosis

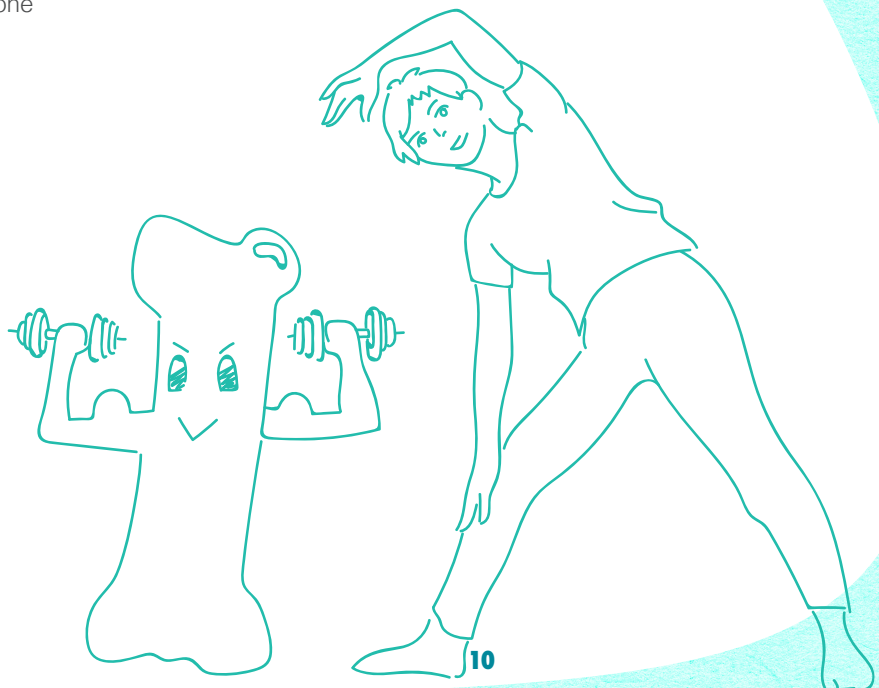
由於骨質須在年輕時建立基礎，年輕時攝取足夠的鈣質和維生素D可有助骨質增長，及應作適量的負重運動。

It is necessary to build strong and healthy bones starting at an early age. Adequate calcium and vitamin D intake, together with weight-bearing exercise are essential for normal bone growth.

骨質大約在35歲後會逐漸流失，所以應注重飲食和適量運動，以預防骨質疏鬆症。

Bone loss starts as early as 35 years old. Hence everyone should take steps to prevent osteoporosis.

鈣  
維生素D  
適量運動



## 均衡飲食

Balanced diet

### 選擇含豐富鈣質的食物

Eat calcium-rich foods

奶類食品 Dairy products	*牛奶、*乳酪、*芝士、奶類製品等 *milk, *yogurt, and *cheese
海產類 Seafood	連骨或殼食用的海產，如*沙丁魚、白飯魚、銀魚乾及蝦米等 eaten with bones or shells, such as *sardine, whitebait, dried silver fish and dried shrimps
豆品類 Soya bean products	*板豆腐、加鈣豆漿、素雞、枝竹及腐皮等 *tofu, fortified soy milk, soy chicken, beancurd stick and beancurd sheet
蔬菜類 Vegetables	深綠色的蔬菜，如*西蘭花、白菜、菜心等 dark green leafy vegetables, *broccoli, white cabbage and Chinese flowering cabbage
果仁類 Nuts	如*杏仁及芝麻等 *almond and sesame

\*建議食用

\*Recommended item

### 攝取足夠維生素D

Obtain appropriate vitamins D

雞蛋黃、比目魚、鯖魚、熟吞拿魚、三文魚、褐色蘑菇等

egg yolk, flounder, mackerel, cooked tuna, salmon, brown mushroom, etc.

### 減少進食含高鹽分的食物

Avoid salty food

鹹魚和豉油等調味料，會影響鈣質吸收  
salted fish and soy sauce will affect calcium absorption



### 切勿吸煙、酗酒

Don't smoke and don't drink too much



應減少飲用含咖啡因的飲品如咖啡、濃茶等  
reduce drinks that contain caffeine such as coffee and tea

### 適量的負重運動

Perform weight-bearing exercises



步行、太極、健身操等  
保持每星期最少做3次、每次30-60分鐘的運動量  
brisk walking, Tai Chi or gymnastic exercises  
at least 3 times a week and for 30-60 minutes each time

### 戶外活動

Perform outdoor activities



適量曬太陽能協助身體製造維生素D，有助吸收鈣質  
absorb sunlight which will help the body to produce more  
vitamin D in order to enhance the absorption of calcium

【如需更多資訊，請諮詢醫護人員】

For more information, please consult healthcare professionals



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#### 營業時間 Opening Hours

週一至五 Monday to Friday	09:30 am - 6:30 pm
週六 Saturday	09:30 am - 1:30 pm
週日及公眾假期 Sunday and Public Holiday	休息Closed

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