

Haemorrhoid Artery Ligation Operation (HALO)

「希勞」超聲波除痔

A miniature doppler ultrasound device is introduced into the anal canal to locate the arteries that supply the haemorrhoids. The supplying arteries are then ligated, drastically reducing the blood flow to the haemorrhoids, which subsequently shrink and "wither". "HALO" was introduced into Hong Kong in 2006, but has been used extensively in the US and Europe for around 10 years.

「希勞」超聲波除痔：香港港安醫院最近引入一種最新無痛除痔方法—「希勞」超聲波除痔(Haemorrhoid Artery Ligation Operation, 簡稱HALO, 又譯作「希勞」), 以超聲波準確找出痔瘡血管位置, 並將之結紮, 令痔瘡自然「凋謝」, 不用麻醉亦不用住院。HALO剛於06年傳入本港, 但在美國及歐洲已流行約10年。

Advantages of HALO operation 「希勞」療程的特點

- + No anaesthesia is required.
- + Patients have only a minimum of discomfort, which clears within a few days.
- + The procedure can be done on an outpatient basis, and the patient can return to work immediately.
- + Minimally invasive with a very low risk of complications, such as bleeding and ulceration. The haemorrhoids reduce and 'wither' approximately ten days after the procedure.
- + Good for patients who are not suitable for general anaesthesia, or who are unable to take significant time off for their treatment.

This procedure is not suitable for every patient with haemorrhoids. Please discuss with your doctor the best treatment option for your particular situation.

- + 不用麻醉。
- + 病人只會感到少許不適, 數天後自會消除。
- + 不用住院, 病人術後即可回家休息, 翌日可恢復日常生活。
- + 是一種微創手術, 痔瘡附近的組織將不會受到影響, 出現併發症如出血和潰瘍等風險相對大減。痔瘡在約十天後會自然「凋謝」。
- + 適合一些無法接受麻醉、重視手術安全性、術後不能放假休養的患者。

並非所有痔瘡患者均適合進行HALO療程, 請與您的醫生洽談, 選擇最合適及安全的療法。

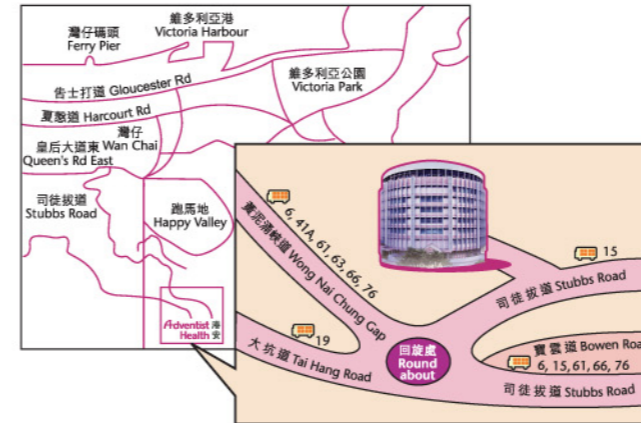
How To Prevent Haemorrhoids? 防痔小貼士

The following measures may help:

- + Healthy lifestyle with increased physical activity
- + High fibre diet
- + Drink more water
- + Avoid excessive straining at stool
- + 作息有規律, 勤做運動
- + 多吃蔬果及高纖食物
- + 多喝水
- + 培養每天大便習慣, 排便時勿過度用力



路線圖 Map



Bus 巴士

- 6, 15, 66 Central Bus Station 中環巴士總站
- 76 Causeway Bay 銅鑼灣
- 19, 41A, 63 North Point 北角

Minibus 專線小巴

- 5, 24M

Taxi 計程車

Available to and from the front entrance of Hospital
乘計程車可直達本院大門前

Parking 停車場

Parking is available for a fee for patients and visitors
本院設有收費停車場予病人及其家屬使用

Haemorrhoid Clinic at Hong Kong Adventist Hospital 香港港安醫院除痔診所

Address 地址 : 40 Stubbs Road, Hong Kong
香港司徒拔道40號
Phone 查詢電話 : (852) 3651-8808
Fax 傳真 : (852) 3651-8800
E-mail 電郵 : hkahinfo@hkah.org.hk
Website 網站 : www.hkah.org.hk

全港首間榮獲國際JCI評核認可醫院 (2006)
英國國家衛生服務「卓越」評核認可 (2000)
The First Hong Kong Hospital to be Accredited by JCI in 2006
Trent Accreditation since 2000

A Hong Kong Adventist Hospital 'Haemorrhoid Clinic 香港港安醫院除痔診所

The Hong Kong Adventist Hospital Haemorrhoid Clinic aims to offer a one-stop, comprehensive, haemorrhoid management service. Our surgeons are experienced in all the options for haemorrhoid treatment, and after consultation and precise diagnosis, they will recommend the treatment option for your particular condition.

香港港安醫院新成立的除痔診所，為痔瘡病人提供「一站式」專業防痔及痔瘡治療服務。診所的專科醫生，仔細了解每名求診病人的病情，確診為痔瘡後，再按照其病患處及嚴重程度，向病人提供專業醫學意見，並為他們選擇合適、安全、有效的療法。

A What Are Haemorrhoids? 痔瘡是什麼？

Haemorrhoids develop in the anal canal when the vascular endo-anal cushions become stretched or swollen, due principally to dilatation of the contained veins.

Haemorrhoids are usually classified according to their severity.

- + First degree haemorrhoids may bleed, but do not protrude.
- + Second degree haemorrhoids protrude, but spontaneously reduce without the need for manual replacement.
- + Third degree haemorrhoids protrude but can be reduced by manually pushing them back inside.
- + Fourth degree haemorrhoids protrude from the anus all the time, and cannot be pushed back into the anal canal.

All degrees of haemorrhoids can bleed, and painful protruding swellings due to thrombosis are increasingly common with second, third, and fourth degree haemorrhoids.

一般人都對痔瘡聞之色變，其實令人煩惱尷尬的痔瘡，並非真的是一粒「瘡」，而是肛門內鬆脫了的組織。痔瘡主要成因是靜脈長時間受壓，導致肛門附近的血液循環受阻礙，又或令到周圍的組織變弱，引起血管腫脹及血管組織凸出。

痔瘡可按嚴重程度分為四期：

- + 第一期：可能會出血，但不會出現脫肛情況。
- + 第二期：會出現脫肛情況，但會自行縮回肛門內。
- + 第三期：會出現脫肛情況，並需要病人用手推回到肛門內。
- + 第四期：會出現脫肛情況，即使用手也無法推回去，令患者痛楚非常，坐立不安。

任何一期的痔瘡都有可能出血，脫肛情況則會隨著病情越趨嚴重而更常見。

A What Causes Haemorrhoids? 痔瘡的成因

Contributing factors include:

- + Hereditary
- + Low fibre diet
- + Chronic constipation
- + Prolonged straining of stool
- + Sedentary lifestyle
- + Pregnancy
- + Stressful lifestyle

It is believed that the above factors cause a progressive disruption of the supporting structures in the anal canal.

影響因素包括：

- + 遺傳
- + 低纖飲食
- + 長期便秘
- + 排便有困難
- + 經常長時間久坐
- + 懷孕
- + 生活壓力大

一般相信，上述因素會對肛門周圍的支撐組織帶來負面影響。



A Symptoms and Influence of Haemorrhoids 痔瘡的病徵及影響

- + Bright red bleeding with defecation
- + External protrusion of anal tissue
- + Anal pain

Bleeding is the most common symptom, and if it is recurrent and neglected, a secondary iron deficiency anaemia may result. Prolapsed thrombosed haemorrhoids may be extremely painful. Patients with any of the above symptoms should see their doctor for professional assessment and diagnosis. Blood in the stools may be due to other causes including cancer, and adequate investigations should be carried out to verify that the bleeding is due to haemorrhoids only.

- + 大便後有出血情況
- + 肛門有組織突出
- + 肛門口疼痛

出血可說是最常見病徵，若出血持續，患者有可能出現貧血。而脫肛情況則會令患者感到十分痛楚。出現以上病徵的人士，應盡快求醫，接受專業診斷。由於便血可能是由癌症或其他腸道問題引起，因為有必要進行測試以確定病因。

A Treatment Options 痔瘡的治療方法

Depending on the severity of the individual case, doctors will advise from the following list of alternatives:

醫生會按照每名痔瘡病人的不同病情狀況，選擇合適的治療方法，現時常用的痔瘡治療方法包括：

High Fibre Diet 高纖飲食

This may be all that is necessary to manage first degree haemorrhoids.

多吃蔬果對第一期的痔瘡或有幫助。

Injection 注射

Injection usually is effective in stopping bleeding associated with first and second degree haemorrhoids.

注射可減少第一期及第二期痔瘡的出血情況。

Banding 橡筋結紮法

Using a special instrument, a rubber band is placed around the base of the haemorrhoid, thus drastically reducing the blood supply to the haemorrhoid, which then "withers" and disappears.

在痔瘡對上約 3 毫米處結紮組織，減少痔瘡的血液供應，令痔瘡「凋謝」。

Open Haemorrhoidectomy 傳統手術

Under general anaesthesia, each haemorrhoid is excised after its vascular pedicle is ligated. This traditional operation effectively removes the haemorrhoids, but the resultant open wounds take up to six weeks to completely heal. Patients remain in hospital up to five days, and experience significant local pain and discomfort for up to three weeks.

病人須先麻醉，醫生會開刀切除所有痔瘡組織，根治性強，但傷口須長達六週才能完全康復。病人須要住院約五天，康復期間會感到十分痛楚和不適。

Stapled Haemorrhoidopexy 痔瘡槍

A stapling device is used to remove the disrupted and stretched structure of the endo-anal cushions, thus curing the haemorrhoid. The great advantage of this procedure is that, while it is performed under general anaesthesia, post-operative pain is minimal, and patients can usually leave hospital after 24 – 48 hours and return to work in under a week.

病人須先麻醉，醫生會以儀器「痔瘡槍」切除鬆脫了的肛門黏膜再縫合，疼痛較少，但病人仍須住院24至48小時，約一週後才能返回工作崗位。