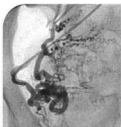


Fibroid Embolization  
子宮肌瘤栓塞術



Cathlab Imaging of UFE  
子宮肌瘤栓塞術導管影像

Once the catheter is in place, tiny inert particles are then injected into the vessels. This blocks the blood supply that nourishes the fibroids. The fibroids then are "starved to death" and shrink.

The procedure may take 1.5 to 4 hours. 1-2 days after the procedure, patients can leave the hospital. They may even return to work within a week.

They are evaluated within the first week, again at six weeks and once more at six months to see how much the fibroids are shrinking.

UFE is 為婦女提供治療子宮肌瘤的另一選擇。它是一項非手術性的微創治療，能使患者不需要切除子宮而有機會繼續生育。在香港，UFE 是一項較新的治療方法，但於其他地方如美國等，卻有多年的臨床經驗，其有效及安全性亦有足夠的驗證。

香港港安醫院的子宮肌瘤栓塞術(UFE)是由一位婦產科醫生和一位介入性放射學家親自執行。醫生會在患者腹股溝處把一根如針般細小的導管插入股動脈，透過X-光的引導找出子宮肌瘤處，然後在給子宮肌瘤供血的血管裏注射人造栓塞微粒。這樣就會阻斷子宮肌瘤的營養供給，子宮肌瘤便因此萎縮。

整個過程需時約1.5小時至4小時。由於傷口只是很微小，因此病人可於治療當天或次日出院，第三天更可如常工作。患者需要於治療後1星期到本院覆診，檢查子宮肌瘤萎縮的進度，之後分別於6星期及6個月後覆診便可。

## Map 路線圖



### Bus 巴士

6, 15, 61, 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, 36

### Taxi 計程車

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

**Adventist 港 Health 安** Hong Kong Adventist Hospital  
香港港安醫院

Fibroid Clinic Hotline 熱線: (852) 2838 9231  
Fax 傳真: (852) 2572 9813  
Address 地址: 40 Stubbs Road, Hong Kong  
香港司徒拔道40號  
Website 網站: www.hkag.org.hk

**Adventist 港 Health 安**  
Hong Kong Adventist Hospital  
香港港安醫院

One-stop Comprehensive Fibroid  
Management Clinic  
一站式子宮肌瘤治療服務

## 4 How do I get more information? 我怎樣可以得到更詳細的資料?

Our Fibroid Clinic is open Monday to Friday or you can call our hotline at 2838 9231 for more information.

本院的子宮肌瘤診斷服務逢星期一至星期五開放，或請您致電2838 9231查詢。





Fibroids are the most common tumor of the female genital tract and affect as many as one out of four women. Women with fibroids may not show prominent symptoms and not all women need treatment.

At the Hong Kong Adventist Hospital we have developed a Fibroid clinic to assist in the diagnosis of Fibroids and offer a wide range of treatment so you can make a well-informed decision.

子宮肌瘤是最常見的女性生殖道腫瘤，每四名婦女之中便有一位受此病影響。患者通常都沒有明顯病徵，亦不是每個患者都需要接受治療。

香港港安醫院，現設有子宮肌瘤診斷服務，以提供全面的診斷及治療服務，讓您更詳細了解病情，安心選擇有效的治療形式。

## What are Fibroids? 什麼是子宮肌瘤？

Fibroids are non-cancerous growths from the muscular wall of the uterus (i.e. the womb). The causes are still not well understood. They may lead to abnormal vaginal bleeding, pelvic pain or pressure sensation, pain during intercourse, infertility or symptoms arising from compression of near by organs such as the bladder. On the other hand, they may cause no discomfort or can go unnoticed.



Cross-sectional view of the Uterus  
子宮橫切面圖

子宮肌瘤是子宮壁的肌肉細胞形成的良性腫瘤，其確切的發病因素至今仍然不明。

子宮肌瘤會引起陰道出血、腰背酸痛、脹氣、性交痛楚及不育等症狀。但亦可能沒有任何不適或明顯的徵狀出現。

## How do I know if I have Fibroids? 我怎樣才知道自己是否患有子宮肌瘤？

If you have the symptoms mentioned before, you should check with your gynecologist. "Silent" fibroids can be discovered during a routine check-up and confirmed by an ultrasound examination or MRI.

如果您發現有以上的症狀出現，便應該到您的婦產科醫生檢查。定期的身體檢查可以檢出無症狀性的子宮肌瘤，並且透過超聲波或磁力共振掃描確診。

## Do I have to have surgery if I have Fibroids? 如果我患有子宮肌瘤，是否必須要動手術？

No! The type of treatment depends on:

1. Severity of symptoms
2. Size and location of the fibroid
3. Your age
4. Desire for future pregnancy
5. Other factors.

Fibroids that are not causing symptoms may not need any specific therapy other than periodic examinations by your gynecologist.

不是! 子宮肌瘤的治療的方式會根據：

1. 症狀的嚴重程度
2. 子宮肌瘤的大小和位置
3. 您的年齡
4. 是否有計劃懷孕
5. 其他因素。

如果子宮肌瘤的出現並沒有帶來任何症狀，您可以到我們的婦產科醫生作定期檢查，而不需要接受任何治療。

## What are my options? 我應該怎樣選擇？

Treatment varies with each person. The team of experts at our Clinic will advise you on what is best suited for your needs.

子宮肌瘤的治療是因人而異的。本院的專科醫護人員會樂意助您選擇最切合您個人需要的治療形式。



Ultrasound of the Uterine Fibroid  
子宮肌瘤超聲波掃描

The Fibroid Clinic offers:

1. Medical treatment (e.g. drug therapy)
2. Surgical treatment
  - a. Hysteroscopic Myomectomy or Endometrial ablation for control of heavy bleeding
  - b. Myomectomy by laparotomy or laparoscopy
  - c. Hysterectomy by laparotomy or laparoscopically assisted
3. Uterine Fibroid Embolization (UFE)

子宮肌瘤診斷服務包括：

1. 藥物治療(即激素療法)
2. 手術治療
  - a. 內窺鏡子宮肌瘤切除術或內膜部分切除術，以控制嚴重的血崩情況
  - b. 子宮內窺鏡 / 剖腹子宮肌瘤切除術
  - c. 腹腔窺鏡 / 剖腹子宮切除術
3. 子宮肌瘤栓塞術 (UFE)



Cathlab  
導管影像室



MRI Image of a Fibroid  
子宮肌瘤磁力共振掃描影像

## What is Uterine Fibroid Embolization (UFE) 什麼是子宮肌瘤栓塞術 (UFE)

UFE is a minimally invasive procedure. It is a new alternative for women who would like to keep their uterus. UFE is a relatively new method in Hong Kong, but experience over the years in other places such as the USA have proven its effectiveness and safety.

At Hong Kong Adventist Hospital we have a team of gynecologist, interventional radiologist and technicians to assist this procedure. It starts with a very small incision, about the size of a needle puncture, which is made on your groin. A tiny catheter is inserted through this incision and into the femoral artery. With the guidance of the x-ray the specialists are able to locate the vessels which supply blood to the fibroids.