

Women's Health 婦女健康

Health Programs for Golden Age (Menopausal) Women
黃金歲月(更年期)婦女保健計劃



Healthy body,
healthy mind, happy woman

全面婦女健康服務 印證完美身心



Women's Health 婦女健康

Women's health care needs are many and varied, depending largely on the age of the individual. Recognizing this fact, Hong Kong Adventist Hospital provides a comprehensive range of medical services for women, including obstetrics (pregnancy and child birth), gynecology (problems associated with the female reproductive system), fetal-maternal medicine (high-risk pregnancies and infertility problems), oncology (treatment of cancer in women), and pelvic floor and urological disorders in women.

Experienced specialist doctors and nurses are available for consultation, and for any necessary treatment. Additionally, we have a series of programs custom designed to meet the medical and emotional challenges of the menopause.

在不同時期，婦女有可能遇到的生理和心理困擾亦有所不同。有見及此，香港港安醫院提供了一系列綜合性的婦科醫療服務，包括產科、婦科、母胎醫學、腫瘤科等，從懷孕、高危懷孕、生育、照顧胎兒、腫瘤治療、至盆底及泌尿系統功能性疾病亦一一提供專科診治和悉心照顧。本院專科醫生和專業醫護人員憑藉他們豐富的經驗，以專業態度幫助婦女解決各種健康困擾。其中，為了幫助婦女面對踏入更年期期間所遇到的各種心理和生理困擾，特意設計了一系列計劃，通過改善生活方式、心理輔導等，協助婦女安然渡過更年期，自信地邁向黃金歲月，並繼續發揮所長。

What is Menopause?

甚麼是更年期？

Menopause refers to the time in a woman's life when her periods cease. This is a gradual process, reflecting the decline in hormone production from her ovaries, and the cessation of ovulation. Most women will go through the menopause between the ages of 45 to 55, and most will experience both physical and emotional changes.

一般而言，在45至55歲之間，女性體內的卵巢功能逐漸衰退，至停止排卵，和不再分泌足夠的女性賀爾蒙來刺激子宮內膜增生，也就是月經停止。由於內分泌改變，此期間可能會帶來生理和心理的影響，直至內分泌達至新的平衡。



Common Symptoms of Menopause

常見更年期徵狀

- | | |
|-------------------------------------|-----------------------|
| 1. Hot flushes | (一) 熱潮紅； |
| 2. Palpitations | (二) 心跳； |
| 3. Sweating
(during hot flushes) | (三) 多汗
(尤其在熱潮紅期間)； |
| 4. Headaches or dizziness | (四) 頭痛、頭暈； |
| 5. Vaginal dryness | (五) 陰道乾涸； |
| 6. Mood swings | (六) 情緒不穩定。 |

Heart and Bone Health

Apart from the above symptoms associated with declining hormone secretion, the protective benefits of estrogen on bone and cardiovascular health will also be diminished. Therefore, in post-menopausal women, the incidence of cardiovascular disease and osteoporosis increases.

心臟與骨骼健康

除了更年期的各種徵狀外，隨著女性賀爾蒙分泌減少，它帶來對心臟和骨骼方面的保護作用亦會隨之減弱。所以，踏入更年期開始，女性患上血液循環系統疾病和骨質疏鬆症的機會亦會有所增加。

Why Is a Physical Examination Important? 為甚麼要求診?

During this period in life, a woman may suffer from physical, mental, or emotional challenges. Physical examination can help determine whether the symptoms are due to menopause, or to other unrelated diseases. Our specialists are dedicated to providing professional advice and treatment in a caring and confidential manner.

在此階段，婦女在生理和心理上開始出現各種變化，雖然嚴重程度因人而異，但接受身體檢查有助提升對自己身體狀況的了解，並排除這些徵狀乃由其他疾病所致的機會。另外，如受更年期徵狀困擾，醫生能提供專業意見和治療，以幫助紓緩。



Professional Advice by Specialists

專業醫療意見

Our gynecologists are readily available and offer personalized management plans, including medication, health programs, and lifestyle modification programs, all designed to deal with the physical and emotional challenges of menopause.

本中心的婦科專科醫生會因應個別情況，建議個人化的治療方式和目標，例如藥物治療或通過改變生活模式以減少徵狀，或參加有關的健康計劃，幫助舒緩和減少生理和心理的困擾，並預防疾病。



Health Programs for Menopausal Women 更年期婦女健康計劃

The Lifestyle Management Center provides a variety of programs for menopausal women. Our team of health educator, exercise physiologist and lifestyle nutritionist, is dedicated to helping clients achieve optimal health and a balanced lifestyle.

針對女性踏入更年期的變化和需要，健康生活促進中心推出多個計劃，由健康教育導師、運動生理學家、生活營養學家等專業人士負責，務求幫助參加者透過培養良好的生活習慣和健康的生活模式，達到體魄強健、身心平衡的目的。



'Lifestyle Management Center' 健康生活促進中心

The Lifestyle Management Center at Hong Kong Adventist Hospital aims to provide health education for both our patients and the general public, reflecting the concept of 'total health'. The center offers a comprehensive lifestyle assessment by a lifestyle nutritionist, registered nurse and exercise physiologist, along with superior customer service, delicious healthful cuisine, indoor physical activities, and interactive educational programs. These services will enable you to enjoy good health, with the prospect of increased longevity.

健康生活促進中心以教育病人和公眾「全人健康」的理念為宗旨，好讓他們了解其益處，並通過實踐，重拾健康體魄和美好人生。中心團隊由不同專家組成，包括生活營養學家、註冊護士、運動生理學家，他們提供各類型的專業輔導和協助，並不時舉辦綜合生活模式評估、各類型的健康專題講座和活動、健康素食班、互動式教育計劃等等。



Bookings and Inquiries 預約及查詢

For Further information, please contact 3651 8877.

Or visit our website at: www.hkah.org.hk.

如欲進一步了解上述計劃的內容，

歡迎致電 3651 8877，與本院職員聯絡，

或瀏覽本院網站：www.hkah.org.hk。



Address : 40 Stubbs Road, Hong Kong
 Phone : (852) 3651 8888
 Fax : (852) 3651 8800
 Email : hkahinfo@hkah.org.hk
 Website : www.hkah.org.hk

地 址 : 香港司徒拔道40號
 查詢電話 : (852) 3651 8888
 傳 真 : (852) 3651 8800
 電 郵 : hkahinfo@hkah.org.hk
 網 址 : www.hkah.org.hk

'i Funfit' Slimming and Toning Program 'i Funfit' 纖體計劃

Aim: A two month slimming and toning program to help the client achieve their optimal body weight

Items	Content	Session
Exercise	★ Pre-exercise assessment, stretching exercises, aerobic exercises and resistance exercises	3
Diet	Diet analysis, weight control diet	3
Lifestyle Counseling	For motivation, goal setting, stress management and lifestyle modification	3
Fitness Club	Running club on Sunday mornings	-
Fitness Plus	Exercise class	8

目標：透過為期兩個月的纖體課程，幫助參加者達到目標的理想體重

項目	內容	節數
運動課程	★ 運動前評估；教導伸展運動、帶氧運動和肌力運動	3
營養諮詢	餐單分析；建議控制體重餐單	3
健康生活輔導	幫助提升動力、教導如何設立目標、壓力管理和生活模式輔導	3
健體班	星期日早上舉行的跑步會	-
健美班	運動班	8

Price 費用 \$6,200/ 2 Months 個月

HKAH Doctor referral 港安醫院醫生轉介 \$5,880/ 2 Months 個月

★ Remarks 備註

Pre-exercise assessment including measurement of the following modalities:

Blood Pressure, Heart Rate, BMI, Body Fat, Body Flexibility, Balance, Body Circumferences and Skin-fold thickness, and Muscle Strength.

運動前評估包括血壓及心跳率、體格指數 (BMI)、體脂、身體柔軟度、平衡力、體圍與皮膚摺層厚度和肌肉力量。

Bookings and Inquiries 預約及查詢： 3651 8777

'Golden-Age' Package 黃金年歲計劃

Aim: To reduce stress and provide confidence for perimenopausal and post-menopausal women.

Items	Content	Session
Exercise	★ Pre-exercise assessment, exercises for health	1
Diet	Diet analysis, anti-aging diet, diet to reduce hot flushes and diet to minimize the risk of cancer. Food and emotional stability.	2
Health education	Menopausal education, management of menopausal symptoms, emotional support	2

目標：幫助更年期婦女增強自信心，減少憂慮

項目	內容	節數
運動課程	★ 運動前評估；教授有助強健體魄的運動	1
營養諮詢	個別營養分析；建議有助抗衰老、減少熱潮紅、平緩情緒起伏和預防癌症的餐單	2
健康生活輔導	講解更年期的身心轉變、如何管理更年期徵狀、情緒支援	2

Price 費用 \$2,700/ 5 Sessions 節

HKAH Doctor referral 港安醫院醫生轉介 \$2,500/ 5 Sessions 節

★ **Remarks 備註**

Pre-exercise assessment including measurement of the following modalities:

Blood Pressure, Heart Rate, BMI, Body Fat, Body Flexibility, Balance, Body Circumferences and Skin-fold thickness, and Muscle Strength.

運動前評估包括血壓及心跳率、體格指數 (BMI)、體脂、身體柔軟度、平衡力、體圍與皮膚摺層厚度和肌肉力量。

📞 **Bookings and Inquiries 預約及查詢：** 3651 8777

Bone Strengthening Package 強骨計劃

Aim: Prevention of osteoporosis by means of lifestyle modification.

Items	Content	Session
Exercise	★ Pre-exercise assessment, bone & muscle strengthening exercises, balance training	2
Diet	Diet analysis, diet to strengthen the bones and prevent osteoporosis	2
Health education	Osteoporosis and safety measures to prevent bone fractures	1

目標：透過改善生活模式來預防骨質疏鬆症

項目	內容	節數
運動課程	★運動前評估；教授肌肉和骨骼強化運動；平衡訓練	2
營養諮詢	個別營養分析；建議強化骨骼或預防骨質疏鬆症的餐單	2
健康生活輔導	教導骨質疏鬆症的成因和預防骨質流失的方法	1

Price 費用 \$2,700/ 5 Sessions 節

HKAH Doctor referral 港安醫院醫生轉介 \$2,500/ 5 Sessions 節

★ **Remarks 備註**

Pre-exercise assessment including measurement of the following modalities:

Blood Pressure, Heart Rate, BMI, Body Fat, Body Flexibility, Balance, Body Circumferences and Skin-fold thickness, and Muscle Strength.

運動前評估包括血壓及心跳率、體格指數 (BMI)、體脂、身體柔軟度、平衡力、體圍與皮膚摺層厚度和肌肉力量。

📞 **Bookings and Inquiries 預約及查詢：** 3651 8777

'Healthy-Heart' Package 健心計劃

Aim: Preventing heart disease in post-menopausal women

Items	Content	Session
Exercise	★ Pre-exercise assessment, stretching exercises, aerobic exercises	2
Diet	Diet analysis, heart-healthy diet	2
Health education	Heart disease prevention education	1

目標：預防心臟疾病，例如心肌梗塞、冠心病等

項目	內容	節數
運動課程	★ 運動前評估：教授伸展運動和帶氧運動	2
營養諮詢	個別營養分析：建議有益心臟的餐單	2
健康生活輔導	教導如何預防心臟疾病	1

Price 費用 \$2,700/ 5 Sessions 節

HKAH Doctor referral 港安醫院醫生轉介 \$2,500/ 5 Sessions 節

★ Remarks 備註

Pre-exercise assessment including measurement of the following modalities:

Blood Pressure, Heart Rate, BMI, Body Fat, Body Flexibility, Balance, Body Circumferences and Skin-fold thickness, and Muscle Strength.

運動前評估包括血壓及心跳率、體格指數 (BMI)、體脂、身體柔軟度、平衡力、體圍與皮膚摺層厚度和肌肉力量。

📞 Bookings and Inquiries 預約及查詢：3651 8777

Emotional Support Service 情緒支援服務

Many factors are involved in producing various degrees of physical, mental, and emotional turmoil in menopausal women. Women in this age group are often faced with their young adult children leaving the family home, and it is common for women to suffer from the 'empty nest syndrome' as a result. Their focus will necessarily have to change from child caring responsibilities, to re-bonding with their spouse. Symptoms of anxiety and depression are common at this time.

步入更年期，婦女除了要面對生理上的轉變外，心理和人際關係亦受困擾。在此階段，子女已長大成人，很可能離開父母，自組家庭或獨立生活。婦女一方面要面對子女「離巢」的失落，另一方面因為家庭生活重心轉移，面對與配偶重拾親密關係的徬徨，加上受賀爾蒙的影響，情緒易起伏不定，若未能適當疏導，嚴重的可演化成抑鬱。因此，本中心亦提供由健康教育導師主理的情緒支援服務，為有需要的女士提供面談服務，並按其心理狀況作適當轉介。

Price 費用 \$600/ Session 節

HKAH Doctor referral 港安醫院醫生轉介 \$500/ Session 節