



**Introducing our all-new Cardiac Catheterization and Interventional Packages**

**全新心導管檢查及介入治療套餐計劃**



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**全新心導管檢查及介入治療套餐計劃 24小時守護您的心臟健康**

In light of the newly renovated Hybrid Cardiac Catheterization and Interventional Operating Room, Hong Kong Adventist Hospital proudly presents our all-new Cardiac Catheterization and Interventional Packages that are first of its kind in Hong Kong.

Different from usual cardiac packages, the new packages include the following services:

1. One-hour examination (Coronary Angiogram Packages) / Two-hour examination (PCI Packages);
2. 24-hour accommodation and basic nursing care; and
3. Intravascular Ultrasound

Equipped with state-of-the-art technology, our new CCIC has the full capacity to provide one-stop diagnostic, interventional, and surgical functions. Recently we have helped a 79-year-old senior treat his cardiac mitral regurgitation problem at the CCIC. For more information about the new packages, please visit:

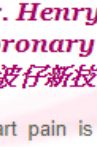
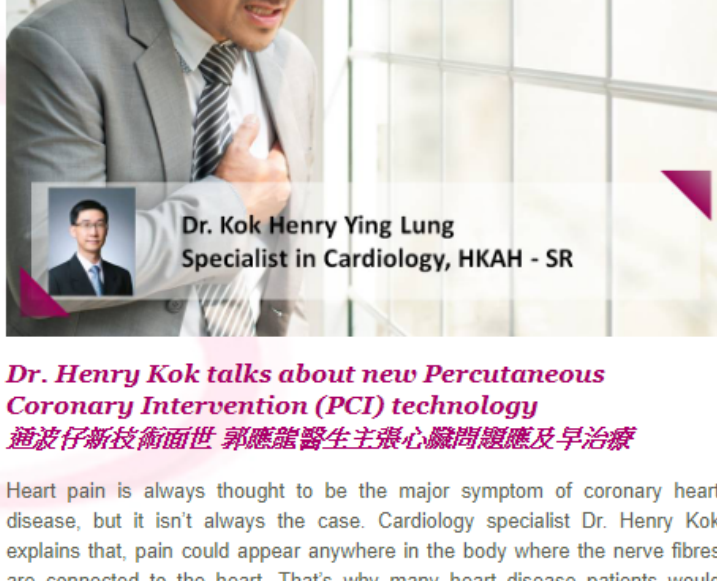
為配合混合心導管檢查及介入治療手術室的開幕，港安醫院由即日起推出全港獨創的「心導管檢查及介入治療套餐計劃」。

有別於傳統的檢查及治療，此項新的套餐包括：

1. 一小時的冠狀動脈造影檢查或兩小時的冠狀動脈成形術檢查（俗稱通波仔）；
2. 24小時住宿和基本護理；及
3. 血管內超聲波檢查

同時，翻新過的CCIC能夠一站式的做到診斷、介入治療及手術的服務。最近我們亦成功為一位長者以微創的方式解決他心臟二尖瓣倒流的問題。如欲了解更多CCIC的詳情，請瀏覽：

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**Dr. Kok Henry Ying Lung**  
Specialist in Cardiology, HKAH - SR

**Dr. Henry Kok talks about new Percutaneous Coronary Intervention (PCI) technology**

**通波仔新技術面世 郭應龍醫生主張心臟問題應及早治療**

Heart pain is always thought to be the major symptom of coronary heart disease, but it isn't always the case. Cardiology specialist Dr. Henry Kok explains that, pain could appear anywhere in the body where the nerve fibres are connected to the heart. That's why many heart disease patients would easily mistake pain in other parts of the body as separate problems. Dr. Kok has once come across a case in which the patient experienced pain in his right thigh, only to find out later that it was a symptom of coronary heart attack.

Dr. Kok has years of experience in performing percutaneous coronary intervention (PCI). With new technology being put in place, PCIs are performed with greater accuracy and higher success rate. Even for cases that could only be managed by coronary artery bypass surgery in the past, they can now be improved by PCI as well. Dr. Kok suggests, the earlier coronary heart disease is treated, the better the results would be. Patients should seek medical help as soon as they experience any cardiac problems.

不少人以為冠心病發必定只與心臟疼痛有關，但其實並非必然。心臟科專科醫生郭應龍指出，痛楚有可能跟隨痛覺神經而導致其他部位出現疼痛情況，容易令病人誤以為是其他身體問題，因而延誤了治療冠心病的最佳時機。最近他在訪問中分享了一個罕見的案例，有一位冠心病病人，在病發時右大腿忽然疼痛，後來方知原來是心臟病發作。

郭醫生有多年進行冠狀動脈成形術（俗稱「通波仔」）的經驗，他表示現今的新技術，能夠增加診斷準確度及治療成功率，即使是昔日只可接受搭橋手術的個案，現時均可以通波仔改善。郭醫生亦指出，冠心病愈早治療效果愈佳，所需的復原時間亦較短，因此病人如遇到心臟問題，亦及早治療。

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**Dr. Sha Wai Leung**  
Specialist in Orthopaedics & Traumatology, HKAH - SR

**Dr. Sha Wai Leung – Knee replacement brings back mobility**

**沙惠良醫生擅長膝關節置換手術為病人重拾行動力**

When it comes to having good mobility, healthy knees are essential. Experienced orthopaedic surgeon Dr. Sha Wai Leung has performed thousands of knee replacement surgeries for patients with degenerative joint diseases. In a recent interview, Dr Sha explains that poor habits, physical work, poor posture when lifting heavy items are common problems that cause damage to knee joints. In the early stages, medications can help. But when the problem progresses, surgery is the best way. Dr. Sha has diverse experience in treating degenerative knee joints. He points out that knee replacement surgery only takes around an hour, involving the replacement of the damaged joint with a metal, artificial one. It only takes patients half a day to start walking again, and they can even be discharged in 3-4 days. The artificial joints nowadays are very durable and can last for around 10 years. Dr. Sha suggests people with degenerative joints can consider having knee replacement to improve their quality of life.

膝部關節的好壞，絕對影響一個人的活動能力。資深骨科專科醫生沙惠良多年來為不少病人進行膝關節置換手術，在最近一個訪問中他指出，不同的因素如不良的生活習慣、從事體力勞動工作、搬重物時未有使用正確姿勢等，均容易令膝蓋受損受傷，使退化性關節炎提早來臨。在膝蓋問題初期時，可以藥物治療；但當膝蓋退化至嚴重程度時，便需要以手術來解決。善於處理膝蓋關節的沙醫生指出，膝關節置換手術平均只需時一小時，手術的過程中會把受損的關節軟骨套上金屬製人工關節。病人在術後半日內便可以下床步行，三至四天後更可出院。現時換股手術非常成熟，加上人工關節的使用時間一般可超過十年，沙醫生指，因膝部關節退化而生活質素受到影響的人士，均可考慮進行換股手術。

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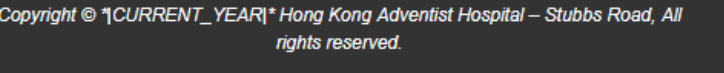
**Brief Update on Iodinated and Gadolinium-based Intravenous Contrast Media**

**新指引：碘化造影劑及釷類顯影劑的使用須知**

Many CT and MRI examinations require the administration of iodinated contrast and gadolinium-based contrast respectively. Generally speaking, allergic reactions to contrasts are uncommon. Following the latest evidence and guidelines, Hong Kong Adventist Hospital will amend the indication for steroid premedication to patients accordingly. From now on, only patients with prior mild-moderate reaction to iodinated contrast will be indicated with steroid premedication. Also, recent research has shown that group II gadolinium-based contrast is not associated with the risk of developing serious kidney disease. Therefore prior assessment of renal function is no longer necessary. For more details of the updated usage of contrasts, please visit the link below:

在進行電腦斷層掃描檢查（CT scan）及磁力共振掃描（MRI）前，病人均需分別接受靜脈注射造影劑及釷類顯影劑。一般來說，對於顯影劑出現過敏的反應比較罕見。為配合最新的研究證明及指引，港安醫院將由即日起修改處方類固醇術前用藥的做法。醫生將會只為曾對碘化造影劑有輕度至中度敏感反應的病人處方類固醇術前用藥，以預防病人出現過敏的情況。而最新的研究亦證明了第二類釷類顯影劑，即是現時港安醫院所使用的，並不會導致嚴重腎臟疾病，因此病人無須在先前評估腎功能。有關更多新指引的詳情，請到以下連結詳閱：

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**Extending the Healing Ministry of Christ**

**延續基督的醫治大能**



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