

Lifestyle Medicine through Diet, Supplements, and Exercise 食療和適量運動

Evidence-based lifestyle medicine advocates the adoption of a balanced plant-based diet and supplements to detoxify and strengthen the immune system (Campbell, 2013). Appropriate tailor-made exercises help improve blood circulation, thereby strengthening the body to combat cancer.

有證可循的養生醫學讓您為抗癌作最佳準備：利用營養均衡的素食，幫助排毒和強化免疫系統 (Campbell, 2013)；度身訂造運動計劃，幫助促進血液循環和強健體魄。

Lifestyle Medicine through Stress Management and Emotional-Spiritual Support 壓力管理和情緒與心靈支援

Evidence-based research in lifestyle medicine indicates that cancer patients receiving proper stress management and emotional-spiritual support show significant improvement in treatment outcomes (Servan-Schreiber, 2011).

研究證明，癌症病人適當舒緩壓力，並且得到情緒和心靈支援，治療成效往往顯著 (Servan-Schreiber, 2011)。

References 參考資料

Campbell, T.C. (2013). Whole: Rethinking the Science of Nutrition. (1st Ed.) Dallas, TX: BenBella Books, Inc.

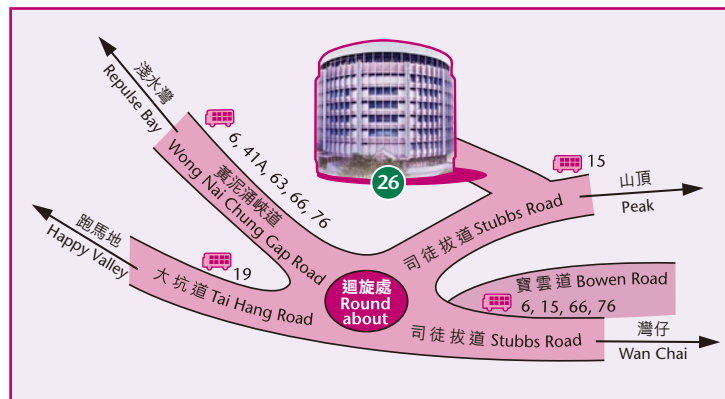
Kelly, T. (2014). Radical Remission: Surviving Cancer Against All Odds. (1st Ed.) New York, NY: HarperCollins.

Servan-Schreiber, D. (2011). Anticancer: A New Way of Life. London: Penguin Books Ltd.

Booking and Enquiries 預約及查詢

Please call (852) 3651 8808 to make an appointment. For enquiries, please call (852) 2835 0555 or email lmc@hkah.org.hk.

歡迎致電(852) 3651 8808預約。查詢請致電(852) 2835 0555或電郵至lmc@hkah.org.hk。



* Taxi & Minibus 26 are available to and from front entrance of hospital.
乘計程車及專線小巴26號可直達本院大門前

Bus 巴士

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

Minibus 專線小巴

5, 26	Causeway Bay 銅鑼灣
24M	Admiralty 金鐘

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

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Integrative Anti-cancer Services
綜合抗癌服務

N-1510



4 Your Professional Healthcare Team 您的專業醫療團隊

Research shows that the lifestyle of an individual, both physical and spiritual, is pivotal to the outcome of cancer treatment. Hong Kong Adventist Hospital – Stubbs Road, recognized as the first Health Promoting Hospitals & Health Services (HPH) member in Hong Kong by the World Health Organization (WHO), is proud to offer Integrative Anti-cancer Services (IACS).

Led by a team consisting of a doctor, a registered dietician, a registered nurse, an exercise coach, and a qualified chaplain, IACS aims to not only facilitate a favorable treatment outcome, but to improve the quality of life for the patient as well as the family through care, support, and evidence-based treatment. Supporting the Hong Kong Adventist Oncology Center, which provides advanced diagnostics, multidisciplinary expertise, and state-of-the-art technology, the Lifestyle Medicine Clinic is deeply committed to its patients and their fight against cancer.

研究顯示，生活方式與癌症治療的成效關係密切。香港安醫院—司徒拔道的養生醫學診所特別為癌症病人提供「綜合抗癌服務」，由醫生、註冊護士、註冊營養師、運動教練和已受培訓的院牧組成團隊，照顧您和您家人的身、心、靈，旨在提高治療成效和提升病人的生活質素。

加上配備尖端科技儀器的香港安腫瘤中心，由跨專業醫療團隊提供精確診斷和治療，與您在抗癌路上並肩前進。

香港安醫院—司徒拔道一向主張提供有證可循的服務，並獲世界衛生組織授證為香港第一所健康促進醫院。



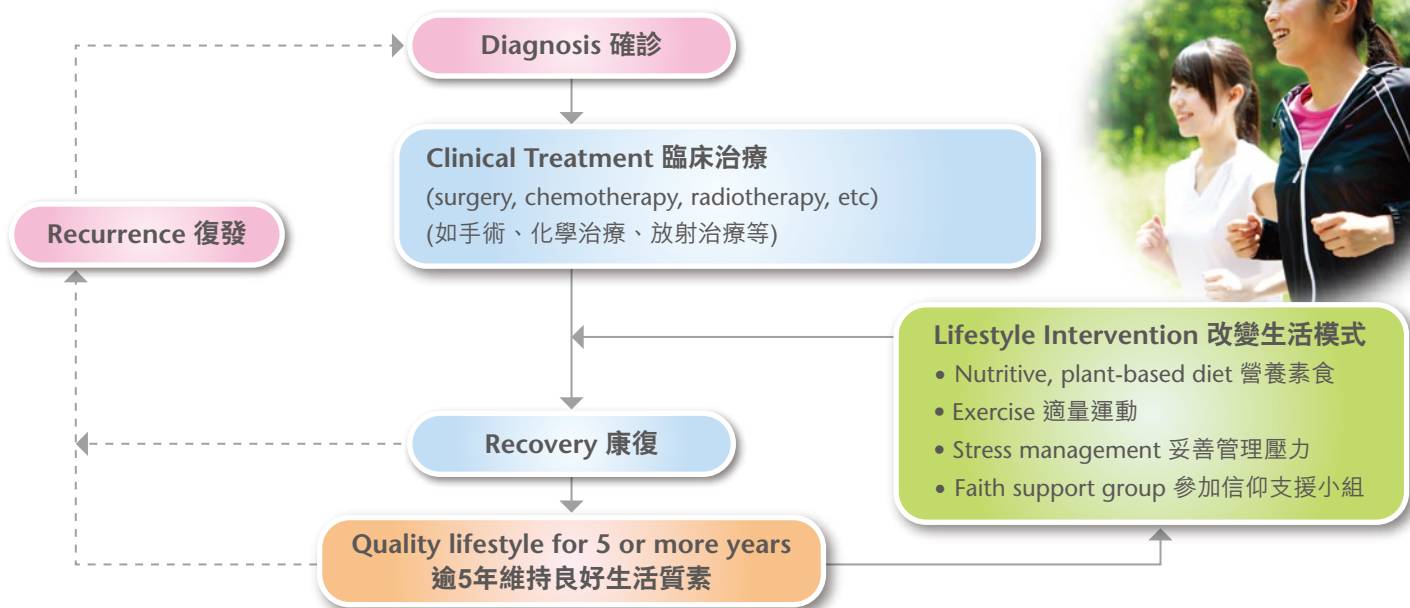
Integrative Anti-cancer Services

4 What are Integrative Anti-cancer Services? 甚麼是綜合抗癌服務？

Integrative Anti-cancer Services combine conventional medical treatments with lifestyle medicine and address the biological, emotional, social, and spiritual needs of patients. Lifestyle medicine offers evidence-based cancer treatments through a whole-foods, plant-based diet and supplements, appropriate physical activity, stress management, and emotional-spiritual support for patients and their families.

綜合抗癌服務結合一般醫療和養生醫學，全面照顧病人的生理、情緒、社交和心靈。養生醫學乃有證可循的醫療方式，通過未經加工的全素餐膳、適量運動、壓力管理、情緒與心靈支援等，幫助癌症病人及其家人。

Integrative Anti-cancer Services Model 綜合抗癌服務流程



Integrative Anti-cancer Services

4 Integrative Anti-cancer Services Model 綜合抗癌服務模式

Hong Kong Adventist Hospital – Stubbs Road offers some of the best cancer treatments for patients in Hong Kong. Our Integrative Anti-cancer Services offer a holistic approach to treatment that targets better outcomes to achieve optimum health and quality of life (Kelly, 2014).

香港安醫院—司徒拔道為癌症病人提供周到而卓越的照顧。綜合抗癌服務涵蓋全人健康的各個層面，有助促進治療成效和提升生活質素 (Kelly, 2014)。

Conventional Cancer Treatments 一般癌症治療

Surgery, radiotherapy, and chemotherapy are the most common conventional medical treatments for the majority of cancers.

現時，醫治癌症最常用的治療方法為外科手術、放射治療和化學治療。



Integrative Anti-cancer Services