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Service Information
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香港港安醫院•司徒拔道



Hemorrhoid Clinic 除痔診所

Proctology
結直腸肛門外科



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Hemorrhoid Clinic
除痔診所

Hemorrhoids are a common issue that can affect people of almost any age group. For this reason, Hong Kong Adventist Hospital – Stubbs Road’s **Hemorrhoid Clinic** was established to serve patients suffering from diseases of the colon, rectum, and anus. Supported by advanced facilities and equipment, the clinic is led by a team of experienced surgeons and healthcare professionals committed to providing one-stop treatment and care services to patients in need.

痔瘡是很常見的疾病，每個年齡層幾乎都可能發生。有見及此，香港安醫院—司徒拔道成立**除痔診所**，由專業及富經驗的外科醫生及醫療團隊主理，配備嶄新設施，致力為受由結腸、直腸至肛門問題困擾的人士提供一站式服務和治療。

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What are Hemorrhoids?
甚麼是痔瘡？

Hemorrhoids are swollen and twisted veins in the lower rectum and anus. They may be internal or external. Hemorrhoids may be caused by factors such as regular straining during bowel movements, prolonged sitting, frequent chronic diarrhea, long-term constipation, being overweight or obese, pregnancy, or adopting a diet that lacks fiber.

痔瘡是由於直腸下端的靜脈受到壓力而引起的腫脹曲張，它可分為內痔及外痔。長期用力排便、長時間坐着不動、經常慢性腹瀉、長期便秘、過重、肥胖、懷孕、飲食中缺乏纖維等原因都可能引致痔瘡。

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Symptoms 痔瘡的徵狀

Symptoms usually occur when the hemorrhoids become enlarged or inflamed, and can include:

- Bleeding during bowel movements (bright red blood without pain)
- Itching, irritation, pain, or discomfort in the anal area
- Swelling around the anus
- Appearance of sensitive or painful lumps around the anus
- Black or tarry stools
- Bloody stools

通常痔瘡變大或發炎時才會引發徵狀，例如：

- 排便時出血，血色鮮紅，但不感到痛楚
- 肛門痕癢、刺痛、疼痛或不舒服
- 肛門四周腫脹
- 肛門周圍出現敏感又疼痛的團塊
- 大便呈現黑色、黏稠瀝青狀
- 大便帶血

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Treatment 治療方法

In some cases, an adjustment of lifestyle habits may be sufficient to help alleviate symptoms, while for others, medical intervention may be required. Doctors may recommend the following treatment options depending on the patient's condition:

有些痔瘡可通過改善生活習慣而逐漸改善，有些則需要治療。醫生可能根據病人情況建議下列治療方式：

Medication 藥物治療	A multipronged approach is usually required, which may include the use of local medications such as suppositories or creams, as well as increasing intake of dietary fiber and fluids, and taking part in bowel retraining. These treatment methods may help alleviate symptoms of mild hemorrhoids. 通常須多管齊下，包括使用栓劑或軟膏狀藥物，增加攝取食物纖維和飲品，和排便訓練，有助紓緩徵狀比較輕微的痔瘡。
Surgery 手術治療	Hemorrhoid surgery encompasses procedures such as ligation, excision surgery, stapled hemorrhoidopexy, etc. Excision surgery and stapled hemorrhoidopexy are typically recommended for patients with more severe conditions, or for those who do not see improvement with conservative treatment. 治療痔瘡的手術包括結紮、切除和植入縫合釘等。其中，切除手術和植入縫合釘多用於病情比較嚴重或經過保守治療，而徵狀未有改善的病人。

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