

過敏反應可以在身體不同的器官出現，導致不同的過敏疾病。如有過敏徵狀，應盡早找出過敏原和避免接觸，並配合適當治療，以改善病情。

Allergic reactions may affect different areas of the body, resulting in a spectrum of clinical diseases. It is important to identify the allergen so that the appropriate treatment may be prescribed.

過敏疾病 Diseases	徵狀 Symptoms	懷疑過敏原 Possible Allergens
濕疹 Atopic Eczema	皮膚局部地方痕癢紅腫，以嬰兒來說，多在身體和面頰出現；小孩較常見於手肘和膝蓋 Skin becomes red and itchy. For babies, usually on the body and face. For children, usually on the elbows and knees.	食物 : 牛奶、蛋白、黃豆、花生、核果、小麥 環境 : 塵蟎、動物毛髮、葡萄球菌 Food : Milk, egg white, soya beans, peanuts, some stone fruits, wheat. Environment : Dust mites, animal hair and staphylococcus.
蕁麻疹 Urticaria	皮膚長出紅底白色的腫塊或條痕，十分痕癢 This blotchy rash consists of a number of pale raised bumps or weals, surrounded by an area of redness. Extremely itchy.	
過敏性腸胃炎 Atopic Gastroenteritis	慢性腹瀉、嘔吐、腹痛、不肯進食 Chronic diarrhea, vomiting, abdominal pain and loss of appetite.	嬰兒 : 牛奶、黃豆、蛋白、小麥 其他年齡人士 : 蛋白、牛奶、小麥、核果、魚、黃豆、花生 Babies : Milk, soya beans, egg white, wheat gluten. Others : Milk, soya beans, egg white, wheat gluten, some stone fruits, fish, peanuts.
鼻敏感 Allergic Rhinitis	鼻塞、流鼻水、經常連續地打噴嚏、眼睛和鼻腔發癢、咳嗽、疲倦、聽力減弱 Sneezing, runny or blocked nose, itchy eyes, itchy nose, drowsiness and impaired hearing.	季節性 : 花粉、霉菌 接觸性 : 塵蟎、動物毛髮、霉菌、蟑螂 Seasonal : Pollen and molds. Contact : Dust mites, animal hair, molds and insects, such as, cockroaches.
哮喘 Asthma	呼吸急速和有喘鳴聲、呼氣困難、咳嗽、支氣管痙攣 Coughing, labored breathing, wheezing, especially on expiration due to bronchospasm. May lead to convulsions.	環境 : 塵蟎、動物毛髮、霉菌、花粉 食物(嬰兒) : 牛奶、黃豆、蛋白、穀物食物 其他年齡人士 : 核果、花生 Environment : Dust mites, animal hair, mold and pollen. Baby Food : Milk, soya beans, egg white, cereals. Others : Peanuts and some stone fruits.

檢查項目 Examination Items	費用 Fee
<b>特異性免疫球蛋白E檢測 Blood (RAST) Test</b>	
食物敏感測試 Food Profile	\$1500
環境敏感測試 General (Environmental) Profile	\$1500
食物及環境敏感測試(南中國海) The South China Allergy Profile (Combination of the Food and General Profile)	\$2000
單項過敏原測試 Each Allergy	\$ 350
備註 : 此測試須另收特殊抗體 (IgE) 測試費\$350。 Remarks : Extra price for IgE test is \$350	
<b>皮膚點刺測試 Skin Prick Test</b>	
6項過敏原測試 6 Allergens	\$1000
12項過敏原測試 12 Allergens	\$1300
18項過敏原測試 18 Allergens	\$1500
24-30 項過敏原測試 24-30 Allergens	\$1800
31-42 項過敏原測試 31-42 Allergens	\$2000
備註 : 上述收費不包括醫生費、護理費、藥物費用及其他化驗。 Remarks : The above price list does not include physician fees, nursing care, medications and other tests.	
<b>斑貼測試 Patch Test</b>	\$1300
備註 : 上述收費包括醫生費、護理費、藥物費用。 Remarks : The above price include physician fees, nursing care and medications.	

**預約登記 To make an appointment**  
請致電本院登記處預約時間及計劃  
Please telephone our Registration Office on  
**2276 7386**

**注意事項 Important Information**  
荃灣港安醫院保留更改及刪除上述資料權利，而無須另行通知。  
Tsuen Wan Adventist Hospital reserves the right to make alterations to the price list without prior notification.

路線圖 Map



巴士 Bus

- 39A 荃灣西站 Tsuen Wan West Station
- 39M 荃灣地鐵站 Tsuen Wan MTR
- 30X 黃埔花園 Whampoa Gardens
- 30 長沙灣 Cheung Sha Wan

所有行經青山公路荃灣段之巴士：  
+ 於荃德花園站下車，  
+ 然後步行至荃景圍警署轉乘巴士到醫院。

To the Hospital Via Castle Peak Road:  
+ Alight at Tsuen Tak Garden  
+ Take the bus in front of Tsuen King Circuit Police Station

專線小巴 Minibus

- 95M 荃灣地鐵站 Tsuen Wan MTR
- 95 荃灣碼頭 Tsuen Wan Pier

**24** 小時特別門診  
hour priority clinic

**Adventist Health 港安** Tsuen Wan Adventist Hospital  
荃灣港安醫院

地址 : 新界荃灣荃景圍 199 號  
Address : 199 Tsuen King Circuit, Tsuen Wan, N.T.  
電話 Telephone : 2276 7676  
傳真 Fax : 2415 6767  
資訊通熱線 : 2276 7622  
Hotline :  
網頁 Website : www.twah.org.hk

**Adventist Health 港安**  
Tsuen Wan Adventist Hospital  
荃灣港安醫院

過敏症  
Allergy



## 甚麼是過敏症？ What is an Allergy?

過敏症是指身體對某些物質有過敏反應，這些物質通常是蛋白質或含醣蛋白，對大多數人是沒害處，但患者接觸後，身體會產生過多特殊抗體（IgE），引發各種症狀。最常見的過敏症為過敏性鼻炎（俗稱鼻敏感）、濕疹和哮喘。

An allergy is a condition where the body has an exaggerated reactionary response to certain substances termed allergens. These substances usually contain protein. Most people do not have a reaction that produces any symptoms; for them, the substances are completely harmless. In allergic individuals, allergens cause the production of a large amount of IgE antibodies, which then produce the allergic reaction. The most common clinical allergies are Allergic Rhinitis, Eczema and Asthma.



## 甚麼人會有過敏？ Who will develop Allergies?

每個人一生中有三至四成機會發展出不同程度的過敏反應，如果父母其中一方，甚至雙方都屬過敏體質，機會更高。

The chance of developing a clinical allergy is 30% to 40% overall, but as the susceptibility can be inherited, individuals whose parents suffer from a clinical allergy are more likely to develop the same condition.

## 甚麼是過敏原？ What is an Allergen?

過敏原即是引起過敏反應的物質，主要可分為五大類：  
Substances that cause allergies are called allergens.

### 吸入性過敏原 Airborne Allergens

包括花粉、真菌、塵蟎、動物皮毛、羽毛和昆蟲等，通常在生活中或工作環境中發現，可經呼吸道進入人體，引起過敏反應。

Include pollen, fungi, dust mites (molds), animal hair, feathers and insects. These are commonly found in areas where we live and work. They enter the body through our respiratory tract.

### 食物過敏原 Certain Foods

不同的食物有不同的致敏性，一般而言，蛋白質含量較高的食物（例如牛奶、雞蛋、花生和海鮮等）較容易引起過敏，而食物添加劑的致敏性亦不容忽視。

There is considerable variation in the degree of sensitivity to this group of allergens. The most common examples are milk, eggs, peanuts, seafoods and food additives.



### 藥物 Medications

磺胺類、阿士匹靈、巴比士類、抗生素、碘化物和重金屬鹽等都是較常見引起藥物敏感的口服藥。

Drugs such as Sulphonamides, Aspirin, Barbiturates, Antibiotics, Iodine, heavy metal salts, etc., are known to cause allergic reactions in some people.

### 昆蟲叮咬 Insect Bites

昆蟲叮咬後，進入人體的毒液過敏，常見有蜜蜂、黃蜂和火蟻等。

Some people have an allergic response to the venom of bees, wasps, fire ants and other insects.

### 接觸性過敏原 Contact Allergens

常見有動物毛髮、化妝品、乳膠製品、鎳金屬、常春藤、油彩和清潔劑等。

Animal hair, certain cosmetics, rubber, nickel, ivy, paint and some cleaning agents produce allergic reactions in some people.

## 如何診斷過敏症？ How to Diagnose Allergies?

首先是了解背景資料，包括疾病史、發病情況和時間、家族過敏史、生活習性、居住和工作環境、飲食紀錄等。如懷疑對某類物質過敏，可通過下列兩種方法確定：

Obtain a careful and detailed medical and family history. Environmental aspects, exposure to chemicals and dietary habits all need to be considered. Tests to confirm the allergic nature of the clinical condition:

### 特異性免疫球蛋白E檢測 Blood (RAST) Test

也就是抽取血液檢驗特異性IgE含量，好處是不受患者正服食的藥物影響，且只需要少量血液就可完成多種過敏原測試。不過，需時一至兩天方可知結果。

An allergen can be determined by measuring the amount of IgE in the blood. A small amount of blood can test for multiple allergens. The test will not interfere with a patient who may be taking medications. However, it takes 1-2 days to get the results.



### 皮膚點刺測試 Skin Prick Test

方法是將少量過敏原點刺入皮膚表層，如患者對其過敏，一般會在十五分鐘內出現紅腫塊，故可即時知道結果。

This involves introducing a minute amount of a known allergen via a small puncture wound through a drop of the allergen extract. Redness appears within fifteen minutes if the patient is allergic to the particular allergen.



### 斑貼測試 Patch Test

它通常用來幫助診斷過敏性接觸性皮膚炎，而皮膚點刺測試則多用以幫助確診異位性疾病，如哮喘、皮膚濕疹、過敏性鼻炎及食物敏感。

Patch Tests are normally used to identify allergens for allergic contact dermatitis and, whilst Skin Prick Tests are used for identifying allergens for rhinitis, asthma, atopic eczema and food allergy.

## 醫生如何治療過敏？ Treatment for Allergies?

### 避免接觸或清除過敏原 Avoid the Damaging Allergen

經測試並找出過敏原後，可以進行針對性的避免接觸，例如避免進食確實會誘發過敏的食物。

Once the causative allergen has been identified by testing, the patient is advised to keep away from this particular allergen.

### 藥物治療 Medications

藥物主要是減低不適和改善過敏反應，幫助控制病情，但難以針對性地根治。亦可配合脫敏疫苗治療和避免與過敏原接觸，以得到更佳療效。

Medications are available to minimize or eliminate allergic symptoms. They do not cure the allergy; however, they do enable the patient to feel more comfortable.

### 脫敏疫苗治療 Desensitization

在療程期間，患者須注射特異性的脫敏疫苗，並逐漸增加劑量。經過一段時間後，患者即使再接觸到致敏物質，也不會出現症狀。

The patient receives repeated injections of allergen vaccine. A minute amount only is injected initially, and thereafter the amount is slowly increased. The patient will eventually lose any allergic reaction on exposure to the once dangerous allergen.