

A How long after surgery will I meet my target weight? 手術後多久可以達到理想體重？

Although the above treatments are aimed at helping patients lose weight, they do not guarantee automatic weight loss. Patients are still required to follow the advice and instructions given by their doctor and dietitian in terms of their post-operative diet and exercise regimen in order to achieve long-term results.

Regular medical follow-ups are required to monitor the patient's progress and condition. If necessary, the doctor may refer patients with chronic diseases to physicians in order to monitor their overall health status.

上述治療雖然可以幫助減少食量，但不表示體重必定會自動下降。病人仍然需要遵從醫生和營養師的建議，節制飲食和適量運動，才能達到長期減重的效果。

病人術後必須定期覆診，以跟進體重進度和監察身體狀況。同時，醫生亦會評估病人是否需要由內科醫生跟進慢性病，及接受有關治療。



A What are the risks of surgery? 手術有哪些風險？

All medical procedures carry a certain amount of risk, but obesity increases risks of problems that may arise from anesthesia or use of sedatives during surgery. For specific risks of each treatment, please consult your doctor.

任何一種醫療程序都存在一定風險，肥胖的病人接受鎮靜或麻醉所承受的風險較平常人高。其他個別治療的風險，請向醫生查詢。

A Support for healthy weight loss 健康減重支援

Our multidisciplinary team of professionals provides a wide variety of services to support patients suffering from obesity or related illnesses, helping them achieve long-term weight control. Our services include:

- + Nutrition consultation: Our registered dietitians provide customized menus and dietary recommendations to patients, instilling understanding of healthy eating.
- + Lifestyle advice: Lifestyle Educators – Nurses from our Lifestyle Management Center offer patients recommendations and advice in setting long-term lifestyle behavior modification goals.

本院特設不同支援服務，由不同範疇的專業人士一起幫助病人治療肥胖及相關疾病，又提供諮詢和支援，以達到長期控制體重的目的。服務包括：

- + 營養輔導：由註冊營養師制定個人化餐單和提供飲食建議，灌輸健康飲食的概念；
- + 生活模式建議：由健康生活促進中心的健康教育導師就生活模式提出建議，並協助訂立長遠目標。



A Appointment & Enquiries 預約及查詢

For further inquiries or to make an appointment, please contact us by phone or visit our website.

如欲預約或查詢，請致電與本院職員聯絡，或瀏覽本院網站。

Tel 電話 : 2275 6011

Website 網址 : www.twah.org.hk



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Hong Kong Adventist Hospital - Tsuen Wan



Map 路線圖



Bus 巴士

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

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

所有行經青山公路荃灣段之巴士：
+ 於荃景園天橋站下車，
+ 然後步行至荃景園警署轉乘巴士到醫院。

Minibus 專線小巴

95M	Tsuen Wan MTR	荃灣港鐵站
95	Nina Tower	如心廣場
84	Tsuen Wan Chung On Street	荃灣眾安街

A 24小時急診中心 hour Urgent Care Center

Adventist Health 安 Hong Kong Adventist Hospital · Tsuen Wan
香港港安醫院 · 荃灣

Address : 199 Tsuen King Circuit, Tsuen Wan, N.T.
地址 : 新界荃灣荃景園 199 號

Telephone 電話 : 2275 6688

Fax 傳真 : 2275 6767

Website 網頁 : www.twah.org.hk

Valid until 有效期至 : 2019/12/31

The Hospital reserves the right to change or amend details without prior notification.

For the latest information, please visit our website at www.twah.org.hk

如有任何資料調整或變更，本院毋須另行通知。

如欲查閱最新資料，請瀏覽本院網站www.twah.org.hk。



4 Weight Control Surgery 微創減重手術服務

Obesity affects blood pressure, blood cholesterol, lipids, and blood sugar levels, and is also a risk factor of various diseases. As we become more health conscious, weight management continues to be an important factor when it comes to staying healthy. At Hong Kong Adventist Hospital – Tsuen Wan, weight control surgery is managed and performed by an experienced surgical team, and stands as a healthy weight loss option for those who are obese.

肥胖影響我們的血壓、血脂、血糖和胰島素，並且是多種疾病的風險因素。隨着人們的健康意識日漸提高，它已被視為與健康尤關的重要問題。香港港安醫院—荃灣的微創減重手術服務由富經驗的外科專科醫生主理，肥胖人士提供健康減重的另一選擇。

4 What health problems are associated with being obese? 與肥胖相關的健康問題有哪些？

- + Heart disease
- + Stroke
- + Diabetes
- + Cancer (such as breast cancer and colorectal cancer)
- + Sleep apnoea
- + High blood pressure
- + Fatty liver

Those with a body mass index (BMI) above 40 are two times more likely to suffer from the above illnesses.

- + 心臟病
- + 中風
- + 糖尿病
- + 癌症 (如乳癌和大腸癌)
- + 睡眠窒息症
- + 高血壓
- + 脂肪肝

如體質指數超過40，患上上述疾病的風險更是一般人的兩倍或以上。

4 How do you know if you are overweight? 怎樣知道自己是否過重？

We can assess whether we are within a healthy weight range through our BMI, which is calculated as follows:

$$\text{Body weight (kg)} \div \text{height (m)} \div \text{height (m)}$$

Men with waistlines over 90cm and women with waistlines over 80cm are categorized under “central obesity”, which indicates that they have excess fat in their abdominal region. Central obesity is one of the main causes of metabolic syndrome, and places sufferers under similar health risks as overweight and obese patients.

我們可以通過體質指數來判斷自己的體重是否合宜，其計算方法是：

$$\text{體重 (公斤)} \div \text{身高 (米)} \div \text{身高 (米)}$$

另外，如果男士的腰圍超過90厘米，女士的腰圍超過80厘米，便屬於「中央肥胖」，即腹部積聚過量脂肪。中央肥胖是代謝綜合症的主因，其致病風險跟體重過高相同。

4	Overweight 超重	Obese 肥胖	Severely Obese 嚴重肥胖	Morbidly Obese 病態肥胖
BMI 體質指數	25- 29.9	30-34.9 or above 或以上	35-39.9 or above 或以上	40 or above 或以上

Remarks: Information from the World Health Organization
資料來源：世界衛生組織



Weight Control Surgery

4 What is Weight Control Surgery? 甚麼是微創減重手術？

Weight control surgery includes the three treatments listed below. In addition to helping patients lose excess weight, these treatments can, with supervision and advice from doctors and dietitians, assist patients in developing healthier eating habits for long-term weight management. Research also shows that they are helpful in the treatment of metabolic syndrome and its related diseases.

下列三種減重治療，除可以減去多餘體重，配合醫生和營養師建議，還能改善飲食習慣，達到長期控制體重的目的。研究更發現，有助治療代謝綜合症及其相關疾病。

Bariatric Intra-gastric Balloon (BIB) Program 內窺鏡植入胃水球

This is a non-surgical treatment that places a balloon inside the stomach under the guidance of an endoscope. Filled with saline, the balloon partially fills the stomach to induce satiety. Alongside advice from a doctor and dietitian, patients will not only be able to lose weight, but also adapt healthier eating habits. The procedure takes approximately 30 minutes, and typically requires a hospital stay of one to two days. The balloon will be removed six months following the procedure.

它是一項非手術減重治療，利用內窺鏡將水球置於胃部，然後注生理鹽水令其膨脹，佔據胃部空間，令身體較易產生飽足感。配合醫生和營養師的建議，除可減重外，還能改善飲食習慣。整個程序需時約30分鐘，一般需住院一至兩天，並須於六個月後取出水球。

Laparoscopic Gastric Banding 腹腔鏡 (微創) 束胃帶手術

This laparoscopic surgery involves inserting an adjustable silicone band (“LapBand”) around the upper part of the stomach, restricting the amount of food consumed. The LapBand can be adjusted according to the patient’s change in body weight over time. The procedure takes approximately 60 to 90 minutes, and typically requires a hospital stay of two to three days.

Weight Control Surgery

這項微創手術通過腹腔鏡進行，利用以矽膠製成的可調校「束胃帶」索緊胃部上端，讓胃部只用小部份胃囊來消化食物。此「束胃帶」可按體重變化而調校鬆緊，以控制食量。整個程序需時約60至90分鐘，一般需住院兩至三日。

Laparoscopic Sleeve Gastrectomy 腹腔鏡 (微創) 縮胃手術

This procedure involves removing 70-80% of the stomach by laparoscopic surgery, resulting in a smaller stomach pouch. Food intake dramatically decreases, and the secretion of the appetite hormone, ghrelin, is also reduced. While this treatment achieves significant results, it is not reversible. The procedure takes approximately 90 to 120 minutes, and typically requires a hospital stay of three to four days.

即利用腹腔鏡儀器切去約七至八成的胃部體積，形成一個細小的胃囊，既令食量大減，亦令刺激食慾的荷爾蒙分泌大減。此治療方法毋須植入外來物，且效果顯著，但胃部組織一經切除便不可還原。整個過程需時約90至120分鐘，一般需住院約三至四天。

4 Who is eligible for Weight Control Surgery? 任何人都適合接受微創減重手術嗎？

Not everyone is eligible for weight control surgery. Patients must be assessed by a doctor before they can be considered. If you meet the below criteria, you may discuss an appropriate weight loss treatment plan with your doctor:

1. BMI of at least 37 for Asian patients and 40 for non-Asian patients, or
2. BMI of at least 32 for Asian patients and 35 for non-Asian patients, in addition to heart disease, sleep apnoea, high blood pressure, metabolic syndrome, or other obesity-related diseases.

並非所有人都適合上述治療，必須先經過醫生的專業評估。如屬下列情況，可與醫生商量，尋找合適的減重治療：

1. 體質指數超過37 (亞裔人士) / 40 (非亞裔人士)；或
2. 體質指數超過32 (亞裔人士) / 35 (非亞裔人士)，及患有心臟病、睡眠窒息症、血壓高或代謝綜合症等肥胖相關疾病。

Weight Control Surgery

Weight Control Surgery