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A Warm Welcome

to Our New Physician

歡迎婦科腫瘤科專科醫生李灝思醫生、兒童免疫、過敏及傳染病科專科醫生林卓燊醫生及兒童呼吸科專科醫生葉遠芳醫生加入香港港安醫院—荃灣大家庭。



Specialist in Gynaecological Oncology 婦科腫瘤科專科醫生

Dr. Lee Ho Sze Jacqueline 李灝思醫生

Hong Kong Adventist Hospital – Tsuen Wan extends a warm welcome to Dr. Jacqueline Lee Ho Sze, Specialist in Gynecological Oncology; Dr. Ivan Lam Cheuk San, Specialist in Pediatric Immunology, Allergy & Infectious Diseases; and Dr. Ada Yip Yuen Fong, Specialist in Pediatric Respiratory Medicine.

Dr. Jacqueline Lee Ho Sze graduated from the Faculty of Medicine at the Chinese University of Hong Kong (CUHK) in 2007. She obtained her fellowship in obstetrics and gynecology (O&G) in 2012 and was accredited as a subspecialist in gynecological oncology in 2019. The following year, she obtained a Master of Science in Medical Genetics, followed by a Fellowship of the Royal College of O&G in 2024. Dr. Lee has previously worked in the Department of O&G at the Prince of Wales Hospital and is the Honorary Clinical Associate Professor of CUHK's Department of O&G. Her area of focus centers on the gynecological diseases, treatment of gynecological cancers. She is honored to join Hong Kong Adventist Hospital - Tsuen Wan and looks forward to working alongside the hospital's various teams to provide patients with high quality medical care.

A Warm Welcome

to Our New Physician

林卓燊醫生於2012年畢業於香港中文大學醫學院,並於2019年獲得兒科專科醫生資格,其後於2022年取得兒童免疫、過敏及傳染病科專科醫生資格。林醫生於公立醫院累積逾十年的臨床經驗,亦曾於瑪嘉烈醫院兒童及青少年科擔任副顧問醫生。

林醫生對處理各類兒童過敏及傳染疾病具有濃厚興趣,致力為病患兒童及其家庭提供優質的醫療服務。他熱衷推動全人關懷,重視與病人及家屬的溝通與合作。林醫生現加入香港港安醫院—荃灣,期望與團隊緊密合作,服務社群,貢獻所長。



Specialist in Paediatric Immunology Allergy & Infectious Diseases 兒童免疫、過敏及傳染病科專科醫生

Dr. Lam Cheuk San Ivan 林卓燊醫生

Dr. Lam Cheuk San, Ivan obtained his medical degree from CUHK in 2012 and completed his fellowship in pediatrics in 2019. In 2022, he completed a fellowship in the subspecialty of pediatric immunology, allergy and infectious diseases. Dr. Lam has over 10 years of experience working in public hospitals, and has served as an Associate Consultant in the Department of Paediatrics & Adolescent Medicine at Princess Margaret Hospital. He has a keen interest in treating kids with issues related to allergies and infectious diseases, and is dedicated to providing high-quality care to patients and their family members.

Dr. Lam is excited to join the team at Hong Kong Adventist Hospital - Tsuen Wan and looks forward to working collaboratively with his colleagues to serve the community.

A Warm Welcome

to Our New Physician

葉遠芳醫生於2000年畢業於香港中文大學醫學院,並於2007年獲得兒科專科醫生資格,其後取得兒童呼吸科專科醫生資格。葉醫生現加入香港港安醫院—荃灣,期待與團隊緊密合作。



Specialist in Paediatric Immunology Allergy & Infectious Diseases 兒童呼吸科專科醫生

Dr. Yip Yuen Fong Ada 葉猿芳翳牛

Dr. Yip Yuen Fong Ada graduated from the Faculty of Medicine at The Chinese University of Hong Kong in 2000. She became a specialist in Paediatrics in 2007, and subsequently obtained her subspecialty qualification in Paediatric Respiratory Medicine.

Dr. Yip has recently joined Hong Kong Adventist Hospital – Tsuen Wan, and looks forward to working closely with the team.

Newly Upgraded Obstetrics & Gynecology Clinic From Pregnancy to Parenthood, Peace of Mind Every Step of the Way

全新升級・12樓婦產科專科診所 守護母嬰每一步 讓母愛安心啟航

To better meet the healthcare needs of new mothers and their families, Hong Kong Adventist Hospital – Tsuen Wan has fully renovated and upgraded its 12th-floor Obstetrics & Gynecology Clinic, creating a warm and welcoming one-stop center that integrates obstetric, gynecological, and infant care services into in one convenient location. The clinic now features spacious private waiting areas and larger consultation rooms, each thoughtfully designed with family seating so partners and family members may accompany patients throughout their childbirth journey. From prenatal care and delivery planning to postnatal support, comprehensive services provided by our dedicated team of specialists aim to guide and support our patients every step of the way.

Our services include:

- Obstetric consultations: comprehensive prenatal checkups are conducted by experienced specialists to ensure a healthy pregnancy.
- Gynecological examinations: screening and care services cover a wide range of women's health issues across the uterus, ovaries, and breasts.
- Well Baby Clinic: a full range of immunizations and pediatric health services are offered to support the healthy development of our youngest patients.

All services are located on the same floor, ensuring comfort, convenience, and peace of mind for every mother. Here at Hong Kong Adventist Hospital – Tsuen Wan, we believe that healthcare must go beyond simply providing medical treatment to also include compassionate care and trust. Let us walk side by side on this beautiful journey, with care that begins the moment you arrive.





為了更全面滿足媽媽及家庭在不同階段的醫療需要,香港港安醫院—荃灣12樓婦產科專科診所全新裝修升級,成為一個集產科、婦科及嬰兒保健於一身的專科醫療中心。診所設有寬敞的獨立候診區,診症室空間比以往更大,並貼心地設有陪診座位,讓伴侶及家人可全程陪伴,見證每個重要時刻。從產前檢查、分娩準備,到產後護理及嬰兒保健,我們的醫護團隊全程相伴,為您提供最貼心的支援。

我們提供的服務包括:

- 產科門診:由婦產科醫生主理,定期跟進孕期健康,細心守 護每一階段發展。
- 婦科檢查:包括子宮、卵巢、乳房等健康檢查,讓女性及早 發現,得以及時處理。
- 優越兒童保健中心:提供嬰兒疫苗及健康保健服務,全面疫苗接種與兒科支援,讓寶寶的成長健康無憂。

從孕期到育兒,都有專業團隊全程相伴,在同一樓層展開守護,讓母愛安心啟航。我們深信,醫療服務不只在於專業,更在於關懷與陪伴。讓我們與您攜手走過人生中最珍貴的旅程,讓愛與安心從這裡綻放。

New Obstetrics Package More Choices, Greater Flexibility, Same Thoughtful Care 全新產科套餐登場 更多選擇・彈性倍增・貼心不減



To support expectant mothers during this important chapter of Kong Adventist Hong Hospital - Tsuen Wan is proud to launch a series of newly upgraded obstetric packages. Designed with flexibility, transparency, and comfort in mind, these packages allow mothers-to-be to tailor their birth experience based personal needs and budget. Details such as length hospital stay, room type, and postnatal support mav customized to ensure mothers enjoy a safe, warm, and premium patient experience.

Because every pregnancy journey is unique, we offer a variety of flexible packages to ensure every mother, regardless of her delivery option, experiences childbirth with complete peace of mind and comfort.

Flexible Options • Transparent Pricing • Peace of Mind

- Vaginal Delivery (3 Days, 2 Nights): from HK\$22,800
- Vaginal Delivery (4 Days, 3 Nights): details available upon request. Please contact us for more information.
- Cesarean Delivery (5 Days, 4 Nights): from HK\$29,000

Package Highlights:

- Greater Flexibility: customize your duration of stay and room type to suit your personal needs
- Transparent Pricing: clear and straightforward pricing to match different budgets and family needs
- Professional Care: each package includes the same high-quality care from our experienced medical team
- Family-Friendly Environment: choose between rooming-in with your baby or nursery care; partners are welcome to accompany you throughout your stay
- Privacy and Comfort: all rooms are designed to offer privacy, tranquility, and a peaceful environment conducive to a positive childbirth experience
- Postnatal Recovery: option to extend your stay to focus on rest and recovery during the postpartum period

Limited-Time Exclusive Offer As a token of our appreciation for your trust and support, we are pleased to extend a special offer to expectant mothers as below:

Registration period: September 1, 2025 – December 31, 2025
Register and book your obstetric package within the registration period above to enjoy a HK\$2,000 discount.

This offer is available on a first come, first served basis. Reserve your bed early!



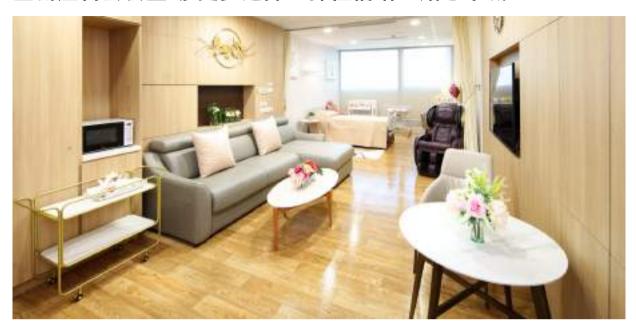
Celebrate New Life with Love, Care, and Support

From pregnancy to postpartum, our dedicated medical team is committed to walking alongside you every step of the way, ensuring that you welcome your baby in a safe, caring, and supportive environment. Whether this is your first childbirth experience or you are growing your family, we strive to be your most trusted partner on this beautiful journey.

Enquiries and bed reservations: Tel: 2275 6290 / 2275 6688

Hong Kong Adventist Hospital -Tsuen Wan reserves the right to schedule, update the fee brochure. and terms and conditions. Amendments made to schedule will fee announced and notices will be published in advance. accordance with the statutory notice period. Changes to details or publications outside the fee schedule may be made at any time without prior notice. Please check the latest information on our website before using our services.

New Obstetrics Package More Choices, Greater Flexibility, Same Thoughtful Care 全新產科套餐登場 更多選擇•彈性倍增•貼心不減



在迎接新生命的重要時刻,香港港安醫院—荃灣誠意推出全新升級的產科服務套餐,讓每位準媽媽都能根據自己的需要和預算,自由規劃最合適的分娩安排。從住院日數、房型選擇到產後照顧,全方位為您與寶寶提供最安全、溫暖和高品質的醫療體驗。

我們深知,每位媽媽的孕程都是獨一無二,因此設計出多 款靈活方案,無論是自然分娩或剖腹生產,都能讓您安心 選擇、舒服入住。

靈活方案・清晰價錢・安心選擇

- 自然分娩(三日兩夜): 由HK\$22,800起

- 自然分娩(四日三夜): 歡迎查詢詳情,聯絡我們了 解更多

- 剖腹分娩(五日四夜):由HK\$29,000

套餐特色一覽:

- 更多彈性:可按自身需要選擇住院日數與房型,自主安排分娩體驗
- 貼心價錢: 收費清晰透明,配合不同預算與家庭需要
- 專業照護: 無論選擇哪個方案,皆由經驗豐富的醫療團隊提供一致的高品質照護
- 家庭友善: 可靈活選擇母嬰同室或育嬰室照護,讓伴侶 全程陪伴在側
- 私隱舒適:房間設計注重私隱與寧靜,助您在寧靜的環境中放鬆待產
- 產後休養:可選擇延長住院天數,專注修復與休息,把 握黃金產後時光

為感謝客戶對港安的信任與支持,我們為準媽媽送上期間限定的專屬禮遇:

登記日期: 2025年9月1日至2025年12月31日 完成登記及預約產科套餐,即可獲得港幣 \$2,000 禮遇



名額有限,先到先得,敬請及早預約床位!

喜迎新生命·把愛放在最需要的地方 從孕期到產後,我們的醫護團隊都全程陪伴,讓您在安 心的環境中迎接新生命的到來。無論是第一胎或再次成 為媽媽,我們都希望成為您最信賴的產科夥伴。

立即查詢及預約床位:

電話: 2275 6290 / 2275 6688

香港港安醫院—荃灣保留更改收費、內容及條款之權利,如有調整,將根據法定通知期發出通告或公告。建 議閣下於使用服務前,查閱網站以獲取最新資訊。



CME Seminars

舉辦「延續醫學進修證書講座」推動專業知識交流

In our ongoing efforts to promote knowledge sharing and dialogue among medical professionals, Hong Kong Adventist Hospital – Tsuen Wan successfully hosted a Continuing Medical Education (CME) seminar on July 24. The seminar focused on a key topic in the field of cardiology and featured Dr. Chan Wai Ling, our hospital's Cardiology Consultant, as the keynote speaker. The session, titled "Pulse Field Ablation – A New Hope for Electrophysiology?", was moderated by Dr. Ho Kwok Tung, also a Cardiology Consultant at our hospital. Dr. Chan shared valuable insights into the latest treatment approaches involving pulse field ablation.

Another CME seminar, held on August 21, explored the topic of "Obstructive Sleep Apnoea." The session was led by Dr. Lau Wai Yip, Stephen, Consultant in Otorhinolaryngology, and moderated by Dr. Chow Wai Cheong, Consultant in Respiratory Medicine. The seminar provided participants with an overview of the most recent advancements in the treatment of sleep apnoea.

Both sessions attracted a strong turnout from healthcare professionals and included expert sharing and interactive discussions. Attendees enjoyed a valuable opportunity to gain fresh perspectives and practical solutions for their clinical practice, while deepening their understanding of these important medical topics.

These seminars also helped to further enhance HKAH – TW's influence in the field of medical education. Our hospital looks forward to organizing more professional lectures and seminars in the near future. By offering a platform for continuous learning and knowledge exchange, we aim to bolster the quality of healthcare services and patient care we provide.

為促進醫學專業知識的持續發展及醫護人員之間的交流互動,香港港安醫院—荃灣於7月24日成功舉辦了一場延續醫學教育(CME)講座。是次講座聚焦心臟科領域的重要議題,特別邀請本院心臟科顧問醫生陳惠玲醫生擔任主講嘉賓,並由本院心臟科顧問醫生何國棟醫生擔任主持人。講座主題為《脈衝場消融——為心臟電生理帶來新希望?》,陳醫生就脈衝場消融的最新治療方案作出深入講解與分享。

另一場以《阻塞性睡眠窒息症》為主題的延續醫學教育講座 亦於8月21日順利舉行。講座由耳鼻喉科顧問醫生劉偉業醫 生主講,並由呼吸科顧問醫生周偉昌醫生主持,向與會者介 紹睡眠窒息症治療方面的最新發展。

兩場講座吸引了眾多醫護人員參與,透過專業分享與互動討 論,為臨床實踐注入新思維與解決方案,同時加深對相關領 域的了解。

是次活動亦進一步鞏固了本院在醫學教育領域的領導地位。 本院未來將繼續積極舉辦更多專業講座與研討會,致力為醫 護人員提供持續學習與知識交流的平台,提升醫療服務質 素,為病人帶來更佳的護理體驗。









No More Painful Steps: New Surgical Options for Degenerative Ankle Osteoarthritis 走一步痛一步? 認識退化性足踝關節炎的治療新選擇

Dr. Chan Tsz Chiu Consultant In Orthopedics & Traumatology At Hong Kong Adventist Hospital – Tsuen Wan

The ankle joint, also known as the tibiotalar joint, is the most distal weight-bearing joint in the lower limb. It is composed of the talus, located just above the foot, and the tibia and fibula, the two bones of the lower leg. The ankle plays a crucial role in bearing the body's full weight, maintaining lower limb stability, and enabling agile movements such as walking, running, and jumping. Due to its unique anatomical composition and the protective support from surrounding ligaments and tendons, ankle arthritis is relatively less common than arthritis in other joints. However, degenerative ankle osteoarthritis still accounts for approximately 2% to 4% of all osteoarthritis cases. Studies show that end-stage degenerative ankle arthritis can lead to a decline in quality of life comparable to severe hip osteoarthritis, renal failure, or congestive heart failure1. Thanks to continuous advancements in surgical techniques, those suffering from chronic ankle pain that significantly affects their work or daily life are advised to seek early medical assessment. If surgery is deemed appropriate, early treatment can prevent unnecessary suffering and improve outcomes.

In contrast to knee or hip osteoarthritis, which is mainly associated with age-related wear and tear, degenerative ankle osteoarthritis often occurs as a result of previous trauma. Common causes include: chronic ankle instability due to ligament injuries, malunion or deformities following ankle fractures or dislocations, end-stage posterior tibial tendon dysfunction, and ankle malalignment due to untreated tibial fractures. Such conditions create abnormal pressure on the ankle joint, which may gradually lead to cartilage degeneration over time. In some cases, inflammatory arthropathies such as rheumatoid arthritis may also contribute to the development of ankle osteoarthritis.

Patients with ankle osteoarthritis typically experience pain, swelling, and stiffness, especially during walking, as well as gradual deformity of the ankle joint. However, many individuals grow accustomed to these symptoms and may delay surgical intervention, opting instead for conservative measures such as weight reduction, limiting prolonged walking, using orthopedic footwear, and taking oral analgesics or anti-inflammatory medications.

In fact, early-stage osteoarthritis patients may ask their doctor about the possibility of receiving intra-articular injections such as collagen or platelet-rich plasma (PRP) therapy to reduce inflammation and pain while preserving ankle function. When symptoms progress to the point of significantly limiting mobility, or if patients are unable to tolerate anti-inflammatory medications, surgical treatment should be considered. In this case, a detailed clinical assessment, which includes a review of the patient's medical history, medication use, and imaging investigations such as weight-bearing radiographs or other advanced scans, helps the orthopedic surgeon evaluate the severity of degeneration, joint deformity, and the condition of adjacent joints. Based on the findings, the surgeon will be able to formulate an appropriate surgical plan.

For early to mid-stage degenerative ankle arthritis, minimally invasive procedures such as arthroscopic debridement may help remove bone spurs and smooth articular surfaces. If instability is present, ligament reconstruction or ankle stabilization may be performed concurrently. For cases of mid to late-stage arthritis with associated joint deformity, corrective osteotomies may be required to restore proper alignment of the ankle joint. However, once the disease advances to end-stage degeneration, surgical intervention becomes unavoidable. The two main options include ankle arthrodesis (fusion surgery) and total ankle arthroplasty (joint replacement surgery).



Ankle arthrodesis is a long-standing and commonly performed procedure in foot and ankle surgery, where the degenerated cartilage is thoroughly removed, and the tibia and talus are fused together using metal screws to relieve pain. Despite multiple joints being fused, most patients can still walk normally after surgery, as the subtalar joint provides some compensatory motion that enables a certain degree of plantarflexion and dorsiflexion. However, fusion increases the risk of accelerated degeneration in adjacent joints over time.

Patients without severe varus, valgus, or osseous defects may be suitable candidates for minimally invasive arthroscopic ankle fusion. For more complex deformities, open fusion surgery is preferred, as it allows for correction of malalignment during the procedure, thereby reducing the risk of subsequent degeneration in the knee or foot joints.

Ankle fusion is more suitable for overweight, younger, or physically active individuals who require a stable and pain-free ankle for work or daily activities. On the other hand, patients with normal body weight, those with lower physical activity demands after surgery, or patients with rheumatoid arthritis concerned about adjacent joint deterioration after fusion may consider total ankle replacement as a more appropriate option.

Total ankle arthroplasty, akin to total knee replacement, involves resecting the degenerated joint surfaces and implanting a prosthesis. The key advantage is preservation of joint motion, which prevents painful friction between adjacent bones during movement. Over the past two decades, total ankle replacement has become increasingly popular thanks to significant improvements made to implant design. The current fourth-generation prostheses have demonstrated success internationally, and though their longevity does not yet match that of prostheses used in total knee or hip replacements, this procedure still serves to significantly improve the quality of life for patients suffering from severe ankle pain while restoring mobility, social wellbeing, and emotional health.

Due to the relatively straightforward anatomical structures surrounding the ankle joint, patients may also take comfort knowing that in some cases, conversion from fusion to total ankle replacement is technically feasible, offering them a second chance at regaining joint mobility.

Information Source:

1. Herrera-Pérez, Mario et al. "Ankle osteoarthritis: comprehensive review and treatment algorithm proposal." EFORT open reviews vol. 7,7 448-459. 5 Jul. 2022.

Available at:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9297055/ Accessed on 10 Sep 2024.

足踝關節,又稱踝關節,是人體下肢最末端的關節,由腳背對上的距骨及兩條小腿骨即脛骨和外側的腓骨所組成,日常承受著全身重量,並且維持下肢穩定性及發揮靈活跑跳的功能。足踝關節因本身獨特結構及有周邊強力的韌帶肌腱保護,故炎症問題比起其他關節相對較少,不過在所有關節部位出現的退化性關節炎病例總數之中,仍有2%至4%是患上退化性足踝關節炎。有文獻指晚期的退化性足踝關節炎對患者生活質素的損害性,絕不遜於嚴重的退化性髖關節炎、腎衰竭和心臟衰竭'。現時的手術治療的發展持續進步,長期飽受足踝關節疼痛之苦而嚴重影響工作及生活的患者,建議及早求醫評估病況,若確認適合做手術改善,就不要再強忍。

退化性關節炎發生於膝或髖關節的原因主要是過度使用而導致退化,不過退化性足踝關節炎則往往由於嚴重創傷所致,當中包括:足踝韌帶損傷造成的足踝關節不穩定;足踝關節骨折或脫臼導致變形;或末期的脛後肌肌腱失能;又或是曾患脛骨骨折沒有做手術,導致足踝長期過度受力致角度有異,最終引發嚴重的足踝關節退化。其次是因患類風濕性關節炎,或其他風濕科疾病惡化時影響到足踝關節。



No More Painful Steps: New Surgical Options for Degenerative Ankle Osteoarthritis 走一步痛一步? 認識退化性足踝關節炎的治療新選擇

退化性足踝關節炎的患者,走路時會感到足踝疼痛、腫脹、僵硬以及關節慢慢變形。惟大部分看來已習慣承受著踝關節疼痛一段日子,覺得沒有迫切性接受手術治療,所以還是會先選擇保守療法,例如:減肥、減少走遠路、使用矯形鞋和服食止痛藥等。

但其實患者在早期可跟醫生商量,採用注射骨膠原或高濃度血小板血漿(簡稱PRP,全名Platelet Rich Plasma)的療法,以減輕疼痛和炎症,同時保持踝關節的功能。當患者因症狀以致行動不便的情況愈來愈嚴重,或者是因其他身體情況而無法使用抗發炎藥物,則宜考慮接受手術治療。醫生會問及患者的整體病史,服藥情況,並利用X光或其他電子掃瞄檢查來評估退化的嚴重度、足踝及前後腳掌變形的程度及鄰近關節狀況,以決定最適切的手術治療方案。

針對早期或中期的足踝關節炎,可考慮用微創手術將骨 刺磨平,如同時有關節不穩定,也可在手術時一併改 善,以固定足踝關節。若病情屬中期至後期,患者並出 現關節變形,或需做矯正骨骼形狀的手術,以恢復足踝 關節的正常角度。然而,當退化性足踝關節炎已嚴重至 末期,手術就會是必然的選擇,主要有「關節融合手術」 以及「關節置換手術」。

關節融合手術沿用多年,是足部常見的手術之一,亦有效用於足踝關節,即是足踝關節融合手術。此手術主要是將磨蝕了的軟骨徹底清除,然後用鋼釘將脛骨及距骨的關節堅固地融合在良好位置以緩解足踝關節疼痛。即使融合了多個相關關節,術後大致上沒有影響走路,因為還有距舟關節協助足踝郁動,故通常仍可做到一定程度的屈曲和伸展動作。不過手術或會增加日後鄰近關節快速損耗的風險。

只要患者的足踝關節沒有嚴重的內翻,外翻或其他骨骼 缺損的情況,都可利用微創內視鏡進行足踝關節融合手 術。不過,若患者足踝內翻或其他變形情況嚴重,就需 用回傳統的開放式手術,在進行融合時一拼矯正足踝的 不良角度,以防止引起膝關節或足部關節過早退化。 足踝關節融合手術相對適合過重、年輕,工作或生活上需要體力勞動的患者。但如果患者體重適中,術後日常無須做操重工夫,又或本身患上類風濕性關節炎,並恐防接受融合手術後會加劇周邊關節退化,則接受人工足踝關節置換手術一般相對較合適。

說到人工足踝關節置換手術,也是如換膝關節般把已勞 損的關節骨骼移除後換上人工關節,好處是可以保留原 本關節的活動能力,以防止相關的關節在活動時會相互 摩擦而造成痛楚。

人工足踝關節置換手術近20年才陸續開始普及化,主力醫治嚴重的退化性足踝關節炎。經不斷改良,現已發展至第4代,在世界各地亦有不少成功個案。雖然仍未及人工膝蓋及髖關節般耐用多年,但該手術能夠幫助有需要的患者解決長期因足踝關節腫痛而嚴重影響生活、社交甚至引發情緒低落,術後,他們在一段時間內就能重拾足踝關節靈活無痛的方便和生活樂趣。

此外,有一點令患者更有希望的是,由於足踝關節周遭 的肌腱韌帶構造相對不複雜,因此即使做過融合手術, 該足踝關節亦可按需要日後再接受關節置換。



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