PULSE

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A Warm Welcome to Our New Doctors
歡迎外科顧問醫生馬家朗醫生、急症科顧問醫生陳銘賢醫生、麻神經科顧問醫生雷偉明醫生及急症科專科醫生梁敏之醫生加入本院

Dr. Ma Ka Wing
Consultant in General Surgery
馬家朗醫生
外科顧問醫生

Dr. Chan Ming Yin, Odin
Consultant in Emergency Medicine
陳銘賢醫生
急症科顧問醫生

Dr. Fok Wai Ming, Joshua
Consultant in Neurology
雷偉明醫生
腦神經科顧問醫生

Dr. Leung Man Chee, Ada
Specialist in Emergency Medicine
梁敏之醫生
急症科專科醫生

We are pleased to welcome Dr. Ma Ka Wing, Consultant in General Surgery; Dr. Chan Ming Yin, Odin, Consultant in Emergency Medicine; Dr. Fok Wai Ming, Joshua, Consultant in Neurology; and Dr. Leung Man Chee, Ada, Specialist in Emergency Medicine; to the Hong Kong Adventist Hospital - Tsuen Wan.

Dr. Ma Ka Wing, Consultant in General Surgery

Dr. Ma Ka Wing graduated from the Faculty of Medicine at The University of Hong Kong (HKU) and received general surgical training at Queen Elizabeth Hospital in Kowloon. After obtaining his specialist qualification in General Surgery, Dr. Ma transferred to the world-renowned Liver Center at Queen Mary Hospital, where he received further in-depth training in the field of Hepatobiliary and Pancreatic Surgery and Liver transplantation. In 2018, Dr. Ma obtained his "Master of Surgery" which is a doctorate degree in the Faculty of Medicine of HKU. He has published over 50 articles in international medical journals and was appointed Clinical Assistant Professor in HKU in 2020. Apart from academic and surgical experience, Dr. Ma is devoted to develop endoscopic ultrasound (EUS) and since receiving three months of advanced endoscopy training in France, the United States, and Korea in 2019, has helped many patients through the use of advanced EUS techniques. Dr. Ma joined Hong Kong Adventist Hospital – Tsuen Wan in 2021 and continues to serve the community through his new role as a consultant in general surgery.

Dr. Chan Ming Yin, Odin, Consultant in Emergency Medicine

Dr. Chan Ming Yin, Odin graduated from the Faculty of Medicine at the Chinese University of Hong Kong in 2005, and obtained a fellowship in Emergency Medicine in 2012 and a fellowship in Clinical Toxicology in 2018. He has over 16 years of working experience across various public hospitals, having served as Associate Consultant at Pamela Youde Nethersole Eastern Hospital, Deputy Director of Nethersole Clinical Simulation Training Center, Honorary Clinical Assistant Professor at The University of Hong Kong, and Chairman of the Clinical Simulation Subcommittee of Hong Kong College of Emergency Medicine. He has organized and taught hundreds of clinical simulation training courses for doctors and nurses from different specialties to enhance patient safety.

Dr. Chan excels at handling all clinical emergencies and is willing to play a coordinating role to provide holistic care to patients. He is honoured to be a part of the Hong Kong Adventist Hospital - Tsuen Wan family and looks forward to collaborating with the hospital's healthcare professionals to provide quality medical care for patients.

Dr. Fok Wai Ming, Joshua, Consultant in Neurology

Dr. Joshua Fok graduated from the Chinese University of Hong Kong (CUHK) in 1995 and practised within the Department of Medicine at Yan Chai Hospital for 24 years before starting his own private practice.

As Yan Chai Hospital did not offer neurology services, Dr. Fok pursued higher physician training in Neurology at Kwong Wah Hospital. Princess Margaret Hospital, and Prince of Wales Hospital under the mentorship of Dr Ko Kwai Fu, Dr Lau Kwok Kwong, and Prof. Lawrence Wong respectively from 2006 to 2008.

He obtained a Henry C.H. Leung fellowship from CUHK's Department of Medicine and Therapeutics and from 2008 to 2009, underwent Neurology training as a clinical research fellow under the supervision of Dr. Aneesh Singhal at Massachusetts General Hospital – a teaching affiliate of Harvard Medical School. His research focused on uncommon causes of stroke, reversible cerebral vasoconstriction syndromes, and cerebral vasculitis. He has co-authored more than 10 abstracts and articles for international conference and journals and is a local principal investigator for the Acute Stroke or Transient Ischaemic Attack Treated With Ticagrelor and ASA for Prevention of Stroke and Death (THALES).

In 2009, Dr. Fok set up Neurology services and intravenous thrombolysis for the treatment of acute ischemic stroke at Yan Chai Hospital. His areas of interest are in treatment and prevention of stroke, post-stroke rehabilitation, telemedicine, and post-stroke cognitive impairment. He has served as honorary secretary and honorary treasurer of the Hong Kong Stroke Society and has been a council member since 2010. He is currently the honorary secretary of the Hong Kong Stroke Fund executive committee as well as an instructor for advanced stroke life support (ASLS) courses.
In his free time, he enjoys running and hiking.

Dr. Leung Man Chee, Ada, Specialist in Emergency Medicine

Dr. Leung Man Chee, Ada graduated from the Faculty of Medicine at the Chinese University of Hong Kong in 2004 and has worked at Kwong Wah Hospital, Princess Margaret Hospital, and the Department of Health. After she obtained her specialist qualification, she continued to work in the Accident and Emergency Department of Princess Margaret Hospital to serve the public. With the challenges she encountered and her experience in disease prevention and health promotion has enabled her to dedicate herself to providing preventive healthcare services for the improvement of health in the community.

If you have further enquiries or would like to make an appointment, please call or visit our website.
Phone: (852) 2275 6688
Website: http://www.hkah.org.hk

外科顧問醫生　馬家朗醫生

馬家朗醫生畢業於香港大學醫學院，於九龍伊利沙伯醫院接受外科訓練。考取外科專科資格後，於2014年轉往香港瑪麗醫院肝臟胰腺及肝臟移植外科中心接受肝臟胰腺及肝臟移植訓練，並於2018年考獲香港大學外科碩士學位。馬醫生於國際醫學期刊刊登超過50篇論文，並在2020年獲香港大學外科顧問名銜臨床助理教授。除了科研及手術外，馬醫生亦致力於鏡頭超聲技術。2019年，他到法國、美國等地接受為期三個月的內鏡鏡頭超聲課程，教授病友引入，協鏡病人。2021年，馬家朗醫生加盟荃灣安寧醫院中心大家庭，繼續服務香港市民。

急症科顧問醫生　陳銘賢醫生

陳銘賢醫生於2005年畢業於香港中文大學醫學院，並在2012年取得急症科專科資格，及在2018年取得臨床毒理科專業資格。他擁有豐富的公立醫院工作經驗，曾在李鄭公立醫院工作達16年以上，他曾在李鄭醫院擔任副顧問醫生，並在那打素臨床模擬訓練中心擔任副總監。亦在香港大學擔任榮譽臨床助理教授，專為香港急症科醫學院臨床模擬小組教練會主席；他以提升病人安全為己任，為來自不同專科的醫護人員，組織及教授了大量的臨床模擬訓練。

陳醫生擅長處理所有急症，並樂於擔任協調及統籌的角色，為病患提供全方位的全人關顧。陳醫生很榮幸能成為香港港安醫院—荃灣大家庭的一員，並期待與全院所有醫護人員合作，為病人提供優質的醫療服務。

麻神經科顧問醫生　雷偉明醫生

雷偉明 (Joshua) 畢業於香港大學醫學院，1995年畢業於香港中文大學醫學院，並在實習後加入仁濟醫院內科部服務24年，他其後設立私營醫療市場，選擇通往仁濟醫院並沒有臨床經科顧問部，他在2006至2008年間，分別跟從高麗護醫生、劉國光醫生和高家慶教授於廣華醫院，瑪麗醫院和威爾斯親王醫院研習臨床經科顧問訓練，2008至2009年，他獲得香港中文大學內科及精神科治療學系的Henry C. H. Leung 研究生獎學金前往哈佛醫學院附屬醫院麻省總醫院跟從Dr. Aneesh Singhal 作臨床研究及臨床經科學習。他的研究專注於較少見的中風原因，reversible cerebral vasoconstriction syndromes 及 cerebral vasculitis，亦共注意超過10篇恩關研究摘要和文章，他是Acute Stroke or Transient Ischaemic Attack Treated With TiCAgrelor and ASA for PrEvention of Stroke and Death (THALES) 某中一個本地跟進研究者。

雷醫生在2009年於仁濟醫院成立臨床經科顧問服務及急性缺血性腦中風緊急治療，其治療重點在於中風治療及預防，中風後康復治療，還有電子診療，中風後認知障礙，他是香港中風學會現任會議及前任會長秘書，最近可連，現任香港中風基金執委會最近秘書。

他熱愛跑步和遠足。

急症科專科醫生　梁敏之醫生

梁敏之醫生於2004年畢業於香港中文大學醫學院，並曾於廣華醫院、瑪麗醫院及衞生署工作，她取得急症科專科資格後，繼續在瑪麗醫院急症室服務病人，她在急症室工作時面對的挑戰，以及她在疾病預防及健康促進活動方面的經驗，驅使她能力於預防醫療服務以改善公眾的健康。

如欲預約或查詢，請致電荃灣安寧頤養醫院，或瀏覽本院網站。
電話：(852) 2275 6688
網址：www.hkah.org.hk

24-Hour Urgent Care Center
24小時急診醫療

The Urgent Care Center at Hong Kong Adventist Hospital – Tsuen Wan is a unique private emergency care center in New Territories West. Staffed by emergency medicine specialists, the Center provides expeditious, life-saving medical care 24 hours a day.

Patients are immediately assessed and triaged by qualified nurses upon arrival and are attended to first if their condition is deemed serious or critical.
Experienced Emergency Medicine Specialists will stabilize the patients, provide personalized care and admit them if necessary to our Hospital for further management and investigations. After stabilization, patients may also be referred to a doctor of another specialty or another tertiary medical centre or a doctor of their choice, including their own family doctor.

Clinical Services

- Resuscitation and stabilization
- 24-hour urgent care
- 24-hour imaging (ultrasound, CT, MRI)
- Admission and in-patient care
- High dependency care
- Urgent case follow-up
- Transfer to another tertiary medical centre
- Referral to other specialist or doctor of patient's choice

Location: G/F, Main Tower, 199 Tsuen King Circuit, Tsuen Wan, N.T., Hong Kong
Telephone: (852) 2275 6688

香港港安醫院－荃灣　急診中心是新界西區唯一提供急診服務的私營醫院。我們專注為您提供迅捷、及時的醫療和急救服務。每天二十四小時，均有急症科專科醫生駐診。

到達醫院後，具備豐富臨床經驗和體力適合處理緊急情況的護士會立即評估您的情況及分流如病況危急，醫護人員會馬上為您治療和急救，本院具備最新的急症科專科醫生會先給病人穩定病情，給予病人化的治療方案；如有需要，會安排病人入院作進一步治療及檢查。病人情況穩定後，我們醫生可轉介病人至相關專科部門，包括其他醫療機構或您的家庭醫生。

醫療服務

- 急救及穩定病情
- 24小時急診治療
- 24小時影像診斷服務，如超聲波、電腦掃描、磁力共振
- 入院服務
- 加護病房護理
- 跟進治療
- 轉介至其他醫療機構
- 轉介至各專科或家庭醫生跟進

PEM sharing: Compassion: Reflecting God's love through care, kindness, and empathy
以仁為本 彰顯主愛 請告與聞標

Compassion: Reflecting God's love through care, kindness, and empathy

A 90-year-old male cancer patient was initially admitted to a public hospital because of his worsening condition, but due to visitor restrictions, the man's family decided to transfer him to a low-charge bed at Hong Kong Adventist Hospital – Tsuen Wan (HKAH – TW) so that they could accompany him during his last days.

The hospital pastor visited the patient often during his time at HKAH – TW, praying for him, expressing care for his physical and mental health, and demonstrating the love of God. The patient's family was greatly appreciative of this, while the patient himself also expressed his gratitude to the pastor after seeing how his four children were taking care of him and respecting and supporting each other.
Even though the patient had been practising traditional religion for many years, he reaffirmed his belief in Christ before the pastor and his family a few days prior to his death.

After the patient passed away peacefully, his family thanked the medical staff of HKAH – TW and expressed their appreciation for the hospital's professional and compassionate support for chronically ill patients, as well as the Low-Charge Bed scheme, which offers an affordable option for patients and families seeking quality medical services.

Adventist Health Hong Kong is a Christian, non-profit healthcare organization served by a team of dedicated professionals with a passion for excellence, a spirit of Christian service, and a commitment to whole-person healing.

一位九十歲伯伯因癌症病情惡化入院，無奈在疫情下，公立醫院對探訪設有限制，其家人想陪伴伯伯走過人生最後一段路，特意轉到荃灣港安醫院入住低收費病床。

來臺讓擔牧師在伯伯住院期間多次探訪，關懷伯伯。伯伯對牧師表示，感恩四名子女一直照顧及陪伴自己，彼此關心、尊重和扶持。牧師又誠心為他祈禱，關心伯伯的心靈健康。

經然伯伯多年來一直信奉傳統宗教，在臨終前數日，伯伯分別對牧師及家人堅定表達信奉基督教的意願。

伯伯最後安祥離世，其家屬向荃灣港安的醫護人員致謝。來臺表示，很欣賞荃灣港安對長期病患者的支援，他們特別讚賞「低收費病床計劃」，提供**卓越高質素的醫療服務**，悉心照顧長期病患者甚至臨終病人。此計劃給予家人陪伴病人的空間，家人亦能在病床前盡孝，讓病人感到安心。

本院多年來秉持**以仁為本、彰顯主愛**的宗旨，作為基督教非牟利醫院，港安醫療雲集專業英才，矢志提供卓越服務，並實踐全人醫治，以發揚基督精神，延續基督的醫治大能。

Three-Month Funfit Belly Management Weight-Control Plan
【Funfit - Belly Management腰腹控制計劃】（三個月）

Losing weight is not just about "going on a diet" or "having a plan". The best way to maintain a healthy weight is to balance appropriate exercise with a healthy diet.

The Funfit Weight Control Plan offered by Hong Kong Adventist Hospital – Tsuen Wan (HKAH – TW) aims to help individuals achieve their goal weight by engaging both fitness trainers and registered dietitians, who work together to develop a personal weight control plan for clients and follow up with them through a communication app. Clients are encouraged to choose their own physical examination plan according to their needs, so that they may have a clearer understanding of their health condition.

A Professional Health Team Dedicated to Supporting You in Your Journey to Health

Physical Examination Plan
To cater to different needs, the Funfit plan offers two physical examination plans, which allow clients to better understand their own health condition, potential risks, and how to improve their living habits. Our health education team also uses the physical examination report to formulate a more appropriate weight control plan.

Personalized Exercise Training
Senior fitness coaches will first evaluate each client's physical fitness and work with them to set their personal sports goals. They will also provide one-on-one fitness training (only applicable to comprehensive plans), follow up with clients, and conduct effectiveness analyses.

Personalized Dietary Guidance
Registered dietitians provide personalized dietary advice to clients according to their health condition, including guidance on how to increase satiety and effectively lose weight, with the goal of enabling clients to maintain a healthy weight in the long run while still enjoying food.

Follow-Up by the Lifestyle Management Center (LMC)
The LMC carries out health risk assessments and analyses based on each client's personal lifestyle habits, and works alongside clients to formulate goals and improvement plans. Health education instructors also follow up with clients on their progress in a variety of interactive ways while providing practical information throughout the process to encourage them to achieve their goals.

The Impact of Obesity
According to the World Health Organization, obesity is a chronic disease and all countries should pay attention to health hazards associated with obesity. Being overweight increases the burden on the body, affects bodily functions, and raises the risk of diabetes, high blood pressure, cardiovascular disease, and cancer. Physical activity, as well as life and eating habits, play an important role in maintaining our health, and studies have shown that losing 5 to 10% of excess weight can help improve blood pressure, blood sugar, and cholesterol levels.

Flexible service plans: Funfit offers two plans to suit the individual needs of clients.

Basic Plan
Suitable for those seeking to adjust their lifestyle to improve weight and health.

Comprehensive Plan
Designed for those looking to gain a comprehensive understanding of their physical condition, adopt a healthier lifestyle, and achieve a healthy weight under the guidance of a professional team.

[Registration and Enquiries]
WhatsApp: 5507-8038 or by clicking the link: https://wa.me/85255078038
Phone: 2275-6338

減肥不只是「節食」或一個「計劃」，適當運動配合健康飲食，是控制及維持健康體重的不二法門。本院Funfit體重控制計劃集合健身教練及註冊營養師，一對一為您制定個人的體重控制計劃，並透過通訊軟件作出跟時的跟進及提醒，助您達到控制體重的目標。為了更清楚了解您的身體狀況，客人更可按需要選擇適合自己的身體檢查計劃。

專業健康團隊 一條龍助您守護健康

身體檢查計劃
了解自己的健康狀況和潛在危機，有助改善生活習慣，而健康教育團隊亦能透過您的身體檢查報告，制定更適切的體重控制方案。針對不同的需要，Funfit設有兩款身體檢查計劃，讓您更了解您的健康狀況及需要改善的地方。

健身教練個人化運動訓練
資深健身教練會先評估您的體適能狀況，與您一起訂定個人的運動目標，提供一對一健身訓練（只適用於全面計劃），貼心跟進及成效分析。

註冊營養師飲食個別指導
根據您的健康狀況，提供個人化飲食建議，指導如何增加飽足感並有效地減重，讓您在享受美食的同時，能長期維持健康體重。

健康教育團隊全程跟進
以個人生活習慣進行健康風險評估及分析，與您一起制定目標及改善方案。健康教育導師全程跟進進度及提供實用資訊，以多樣化互動方式激勵您達成目標。

肥胖帶來的影響
世界衛生組織指出「肥胖是一種慢性疾病」，呼籲世界各國重視肥胖對健康的危害。超重會增加身體負擔，影響體內的機能，繼而增加患糖尿病、高血壓、心血管疾病及癌症等風險，要改善體重及健康，體能活動、生活和飲食習慣擔當扮演重要的角色。研究指出，只要您能減去5-10%的多餘體重，就能改善血壓、血糖及體固醇過高的問題。

靈活的服務計劃：Funfit設有兩款計劃，配合個人需要，選擇適合的服務。

基本計劃
適合希望開始調整生活模式，以改善體重及關注健康的您。

全面計劃
適合注重健康的您，全面了解自己身體狀況，在專業團隊指導下實踐健康生活，有效地達至理想體重。

【報名及查詢】
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