

壽而康

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墨寶《壽而康》
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我需要見老人科醫生嗎？
Do I Need a Geriatrician?

年齡增長除了是數字上的遞增外，我們的身體亦會隨之出現諸多的變化。中老年人在生理儲備、應對疾病以及從疾病中復原的能力等方面，都與年輕人有明顯的差異。此外，中老年人通常多病纏身，表現往往非典型，同時亦較易受到入侵性檢查引發的併發症及藥物副作用影響。老人科專科醫生專門針對及促進中老年人健康，幫助預防及治療中老年人的疾病，並保持及改善他們的生活質素。

Going silver is not simply a number issue. There are significant differences between young and old in terms of their physiological reserves, capacity to cope with diseases, and ability to recover from illnesses. In addition, the elderly usually have more than one disease, and the clinical presentation is often atypical. They are also susceptible to complications from invasive examinations and side effects of drugs. Geriatricians specifically target and promote the health of the elderly, help prevent and treat diseases of the elderly, and maintain and improve their quality of life.

長者的常見症狀 Geriatric Giants



體重減輕
Loss of weight



大小便失禁
Incontinence



醫源病
Iatrogenesis



體力下降
Reduced physical strength



步履不穩
Instability or fall



認知能力受損
Impaired intellect

尚至壽而康中心
Virtus Ageless Health



VIRTUS AGELESS HEALTH
尚至醫療壽而康中心

尚至壽而康中心 Virtus Ageless Health

尚至壽而康中心匯聚不同領域的專業人士，致力為中老年人提供全面的預防、治療、復康及舒緩服務。我們的使命是透過跨專科的團隊合作，預防、延緩甚至逆轉中老年人的虛弱狀態，為他們締造健康、積極的優質生活。

Virtus Ageless Health brings together expertise from across disciplines to provide the elderly with holistic preventive, therapeutic, rehabilitative and palliative care services. Our mission is to prevent, delay and even reverse frailty in the elderly by facilitating collaboration among disciplines, and to promote quality aging by assisting the greying population transition gracefully into older age.

核心團隊 Core Team

- 老人科專科醫生 • Geriatrician
- 內科專科醫生 • Internal medicine specialist
- 物理治療師 • Physiotherapist
- 職業治療師 • Occupational therapist
- 言語治療師 • Speech therapist
- 營養師 • Dietitian
- 藥劑師 • Pharmacist
- 註冊護士 • Registered nurse

合作專科 Collaborative Partners

- 心臟科專科醫生 • Cardiologist
- 腎病科專科醫生 • Nephrologist
- 腦神經科專科醫生 • Neurologist
- 骨科專科醫生 • Orthopaedic surgeon
- 呼吸系統科專科醫生 • Respiratory medicine specialist
- 風濕病科專科醫生 • Rheumatologist
- 精神科專科醫生 • Psychiatrist
- 臨床心理學家 • Clinical psychologist



服務範疇

健康評估及前瞻性護理

- 身體檢查
- 認知健康評估
- 跌倒風險評估
- 癌症篩查
- 疫苗注射

慢性疾病管理

- 三高：高血壓、高膽固醇、高血糖
- 骨質疏鬆症
- 肌少症
- 認知障礙症
- 帕金森症
- 冠心病
- 慢性阻塞性肺病
- 慢性腎病
- 關節疾病及痛症

復康治療

- 長者復康
- 中風後復康
- 心臟復康
- 胸肺復康
- 骨傷復康
- 手術前及手術後復康

藥物管理

營養健康指導

家居安全支援

患者及照顧者情緒輔導

- 情緒病評估（如抑鬱症、焦慮症）

Our Services

Health Assessment and Anticipatory Care

- Ageless health check-up
- Cognitive assessment
- Fall risk assessment
- Cancer screening
- Vaccination

Chronic Disease Management

- Three “hypers”:
 - Hypertension
 - Hyperlipidaemia
 - Hyperglycaemia
- Osteoporosis
- Sarcopenia
- Dementia
- Parkinson's disease
- Coronary heart disease
- Chronic obstructive pulmonary disease (COPD)
- Chronic kidney disease
- Joint disease and chronic pain

Rehabilitation

- Geriatric rehabilitation
- Stroke rehabilitation
- Cardiac rehabilitation
- Pulmonary rehabilitation
- Orthopaedic rehabilitation
- Perioperative rehabilitation

Drug Management

Nutritional Care

Home Safety Support

Patient and Caregiver Counselling

- Mood disorder assessment (e.g. depression, anxiety)

醫療券 本中心接受醫療券
Health Care Voucher
Health Care Vouchers are accepted

