

肥胖與非酒精性脂肪肝 Obesity & Non-alcoholic Fatty Liver Disease (NAFLD)






「脂肪肝」顧名思義是指脂肪積聚在肝臟。正常來說人體肝臟只含有少量脂肪，因此當脂肪佔肝臟重量的5%以上，醫學上便可定義為脂肪肝。這疾病初期並不會有明顯的症狀，亦不會令肝臟馬上失去功能，但嚴重的話，可以惡化為脂肪性肝炎、肝纖維化、肝硬化等併發症。脂肪肝與代謝綜合症息息相關，假如患有脂肪肝，患上糖尿病、高血壓、高血脂等的風險亦會增加。脂肪肝並非肥胖人士的「專利」，最近有研究顯示，每五個BMI正常的人士中，便有一個患上脂肪肝。

Fatty liver disease, as its name suggests, refers to the accumulation of fat in the liver. It is normal to have a small amount of fat in the liver, but if the accumulation of fat in the liver exceeds 5% of its weight, the liver can be considered as fatty, otherwise known as hepatic steatosis. FLD causes no obvious symptoms and does not lead to an immediate loss in liver function; but in severe cases, it can develop into steatohepatitis, liver fibrosis and cirrhosis. FLD goes hand in hand with other metabolic diseases, such as diabetes, high blood pressure and high blood lipids. FLD is not a disease that only affects people with obesity, it is also an emerging problem among the non-obese population. Recent studies have shown that in every 5 person whose BMI lies within the normal range, 1 is diagnosed with FLD.

我適合參加「全方位體重管理計劃」嗎？ Is Dropsize 321 Programme Suitable for Me?

尚至「全方位體重管理計劃」是一項為期8星期的體重管理計劃，為關注健康或需要管理體重的人士而設。我們的團隊由醫生、營養師及物理治療師組成，以改善體脂及肌肉比例為目標，為參加者制定個人化的體重管理計劃。本計劃適合以下人士參加：

The Dropsize 321 Programme is an eight-week weight management programme designed to provide medical assistance to people with health concerns or the need to lose weight. The programme is tailor-made by our professional team, which is composed of specialist doctors, dietitians and physiotherapists, with the aim to improve participants' body fat-to-muscle ratio. The programme is suitable for people with the following problems:

-  BMI ≥ 23 人士
BMI ≥ 23
-  中央肥胖人士
Central obesity
-  血糖異常或糖尿病患者
Abnormal blood glucose/diabetes
-  脂肪肝患者
Fatty liver disease
-  三高（高血糖、高血脂、高血壓）人士
3 "highs" (high blood glucose, high blood lipids, high blood pressure)

計劃目的 Programme Objective

透過可實踐的飲食管理和個人化的運動指導，以循序漸進的方式達致「減脂保肌」的目標，並協助參加者建立長遠及可持續的健康生活模式。

The programme adopts a step-by-step approach to help participants lose fat while preserving muscle through viable diet management and personalized fitness training. It also provides participants with tips to create a sustainable and healthy lifestyle.

計劃內容包括 Items Including:

- ✔ 初步評估 Initial Assessment
 - 醫生初步評估身體狀況
Initial physical examination by doctor
 - 測量體質指數(BMI)，腰臀比例和體脂
BMI, waist-to-hip ratio and body fat percentage measurement
 - 肝纖維化掃描
FibroScan (fatty liver disease examination)
 - 營養師進行飲食習慣評估
Dietary habits evaluation by dietitian
 - 物理治療師進行體能評估及功能性檢查
Fitness assessment and functional examination by physiotherapist
 - 醫療團隊制定體重目標及體重管理方案
Weight-loss goal and weight management plan tailor-made by the medical team

✔ 飲食輔導 Dietary Counselling



營養師會按個別人士的營養需要和喜好提供飲食建議及調整餐單，並解決個別的營養問題，教導參加者如何精明地外出用膳，在家健康煮食和閱讀食品營養標籤等等。

Our dietitian will offer participants with personalized dietary advice, help adjust diet patterns, answer any nutritional enquiries, and equip them with the skills they need in their daily routine, such as tips for dining out, healthy cooking ideas, how to read nutrition labels, etc.

✔ 運動訓練 Fitness Training



物理治療師將會因應個別人士的身體狀況，為參加者進行體能及健康檢測，循序漸進地進行肌力強化運動及輕、中強度的帶氧運動。後期亦將會配合高強度間歇式運動，以便提升運動減脂效能，與及強化心肺功能。

Our physiotherapists will help participants to achieve their goal through exercise training programmes that will suit their fitness level and health condition. This will be achieved via progressive muscle training and cardiopulmonary programmes. High intensity interval training will also be implemented in later stage to increase the participants' exercise capacity and enhance their cardiopulmonary fitness.

✔ 醫生諮詢 Doctor Consultation



醫生定期跟進參加者的健康狀況，並會為參加者進行兩次FibroScan肝纖維化掃描，以監察肝臟的健康狀況。

A specialist doctor will follow up with the participants regularly to check on their condition, and perform 2 sessions of FibroScan examination to monitor their liver function.



全方位體重管理計劃 DROPSIZE 321 PROGRAMME





肥胖 OBESITY 不只是外觀問題，更是一種病症！ More to Health Than Appearance!

世界衛生組織（WHO）將肥胖定義為會對健康構成一定風險的過量或異常脂肪累積。肥胖症已被正式列為一種慢性疾病，除可引起各種健康問題外，還會令到壽命縮短。

According to the World Health Organization (WHO), obesity and overweight are defined as excessive and abnormal accumulation of fat that presents a risk to health. Obesity is officially recognized as a chronic disease. Not only can it cause other health problems, but it can also shorten one's life expectancy.

我過胖嗎？ Am I Obese?

1. 體質指數 Body Mass Index (BMI)

$$\text{BMI} = \frac{\text{體重 Weight (公斤kg)}}{\text{身高 Height (米m)}^2}$$

類別 Category	BMI (歐美標準) (European/American)	BMI (亞洲標準) (Asian)
過輕 Underweight	<18.5	<18.5
正常 Normal	18.5-24.9	18.5-22.9
過重 Pre-obesity	25-29.9	23-24.9
肥胖 Obesity	≥30	≥25

* 此分類男女通用，但不適用於18歲以下人士、懷孕或哺乳中的婦女、運動員或進行重量訓練人士。
Applicable to both male and female, but not applicable to children under 18, pregnant women, breastfeeding women, athletes or bodybuilders.

BMI數值愈高，患上和肥胖相關的慢性病的風險愈大。不過BMI未能把脂肪和非脂肪部分（如骨骼、肌肉、水分）分開計算，因此得出的數值只能當作參考標準。

The higher the BMI, the higher the risk for obesity-related chronic diseases. However, this measurement cannot distinguish fat mass from lean body mass (bones, muscles, water, etc.); hence, the BMI should be taken as a reference only when gauging obesity.



2. 腰臀比 Waist-to-hip ratio, WHR

$$\text{WHR} = \frac{\text{腰圍腰圍 (厘米) Waist circumference (cm)}}{\text{臀圍 (厘米) Hip circumference (cm)}}$$

健康風險 Health Risk	女性 Women	男性 Men
低 Low	<0.80	<0.95
中 Moderate	0.81 - 0.85	0.96 - 1.0
高 High	>0.85	>1.0

腰臀比是指腰圍和臀圍的比例，也是一種用來判斷肥胖的準則。腰臀比能推算出脂肪分佈的比例，更能準確預測心血管疾病的風險。研究發現，即使BMI處於正常範圍，腰臀比愈高，患上心血管疾病和糖尿病的風險也愈高。

Waist-to-hip ratio is a quick measurement of the fat distribution in the body and can provide a more accurate prediction about the risk of cardiovascular diseases. Studies have shown that the risk of cardiovascular diseases and diabetes increases with an increasing WHR, even if the BMI lies within the normal range.



我過胖嗎？ Am I Obese?



3. 腰圍 Waist circumference

女性腰圍 Female waist circumference	> 80厘米 (31.5吋) 80cm (31.5")	= 肥胖 Obese
男性腰圍 Male waist circumference	> 90厘米 (35.5吋) 90cm (35.5")	= 肥胖 Obese

除了脂肪的總含量外，脂肪的分佈與健康同樣有密切關係。脂肪可分為皮下脂肪及內臟脂肪。研究指出，內臟脂肪過多會增加患上高血脂及糖尿病的風險，其不良影響比皮下脂肪還大。腹部愈肥胖，代表內臟脂肪積聚愈多，因此腰圍可視為判斷肥胖的標準之一。

Besides the total amount of fat, the distribution of fat is also a determinant of our health. Fat can be categorized into subcutaneous fat and visceral fat. According to studies, the accumulation of visceral fat is even more dangerous than that of subcutaneous fat as the former is closely associated with diseases such as high blood lipids and diabetes. One of the signs of excess visceral fat is a protruding belly, therefore, waist circumference can also serve as a measurement of obesity.



4. 體脂率 Body Fat Percentage (BFP)

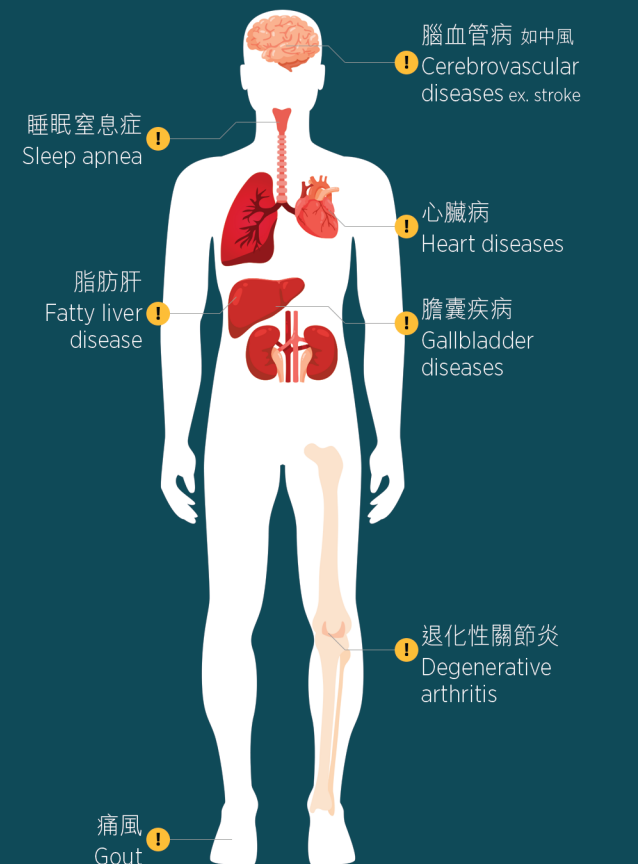
女性體脂率 Female BFP	>31%;	男性平均體脂率 Male BFP	>24% = 肥胖 Obese
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體脂率是人體脂肪（皮下脂肪及內臟脂肪）含量與體重的百分比。不同年齡、性別及種族人士的體脂率均有所不同。一般來說，女性的平均體脂率介乎25-31%而男性的則介乎18-24%。但隨著年齡增長，即使體重不變，體脂率也會慢慢增加。

Body fat percentage refers to the proportion of the total mass of fat to the total body weight and it varies between different age, sex and racial-ethnic groups. In general, the average BFP is 25-31% for female and 18-24% for male. However, body fat tends to increase naturally with age. When one ages, he/she may find his/her BFP increases without seeing a change in his/her body weight.

肥胖對健康的影響 The Impact of Obesity on Health

肥胖症是一種高危的慢性疾病，可以增加患上以下疾病的風險 Obesity is a chronic disease that can lead to an increased risk of the following diseases:



- 高血壓 High blood pressure
- 高膽固醇 High cholesterol
- 二型糖尿病 Type 2 diabetes
- 癌症 Cancers
如乳癌、前列腺癌、結直腸癌及子宮內膜癌
ex. breast cancer, prostate cancer, colorectal cancer, endometrial cancer

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