

甚麼是「肌少症」?

What is Sarcopenia?

「肌少症」是指肌肉量及肌力持續減少，因而影響患者的日常生活甚至自理能力。肌肉會隨年齡增長以及荷爾蒙的轉變而逐漸減少。踏入30歲，我們的肌肉便會以每年1%的速度流失；到了60歲以後，肌肉流失的速度會更快。

'Sarcopenia' refers to the progressive loss in muscle mass and strength, which would affect patients' daily life and even their ability to take care of themselves. Body muscle will decrease with age and hormonal changes. After the age of 30, we will lose 1% of our muscle mass every year and the loss will become even more rapid after the age of 60.

肌少症的成因

Causes of Sarcopenia

營養不良 (例如：因患病而引致胃口不佳)	Malnutrition (e.g. poor appetite due to illness)
因關節疼痛或行動不便而缺少運動	Lack of exercise due to joint pain or immobility
因病而長期臥床	Prolonged bed rest due to illness
代謝性疾病 (例如：糖尿病、高血壓和肥胖)	Metabolic disease (e.g. diabetes, hypertension and obesity)
器官衰竭 (例如：慢性心臟衰竭、慢性腎衰竭)	Organ failure (e.g. chronic heart failure, chronic renal failure)
慢性疾病 (例如：慢性阻塞性肺病)	Chronic disease (e.g. chronic obstructive pulmonary disease)
骨質疏鬆症	Osteoporosis
癌症	Cancer

肌少症會增加長者跌倒的風險，有機會使患者因骨折而失去活動能力或長期臥床
Sarcopenia increases the risk of falls in older adults, leading to immobility or prolonged bed rest caused by bone fracture

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共創生肌計劃

Strength & Balance Programme



肌少症自我評估

Self-assessment of Sarcopenia

評估項目 Assessment Item	問題 Question	分數 Score
肌力 Strength	拿起或搬動5公斤重的物品有多困難? How much difficulty do you have in lifting and carrying 5kg?	
	沒有困難 None	0
	有一些困難 Some	1
	很困難/無法完成 A lot or unable	2
行走輔助 Assistance in walking	走過一個房間有多困難? How much difficulty do you have walking across a room?	
	沒有困難 None	0
	有一些困難 Some	1
	很困難/需要使用輔助工具/無法完成 A lot, use aids or unable	2
從椅子上起身 Rise from a chair	從椅子上或床上起身有多困難? How much difficulty do you have transferring from a chair or bed?	
	沒有困難 None	0
	有一些困難 Some	1
	很困難/沒有其他人輔助時無法完成 A lot or unable without help	2
上樓梯 Climb stairs	上10級樓梯會有多困難? How much difficulty do you have climbing a flight of 10 stairs?	
	沒有困難 None	0
	有一些困難 Some	1
	很困難/無法完成 A lot or unable	2
跌倒 Falls	在過去一年跌倒過多少次? How many times have you fallen in the last year?	
	沒有跌倒 None	0
	跌倒1-3次 1-3 falls	1
	跌倒4次或以上 4 or more falls	2

4分以上表示您可能患上肌少症
Score of 4 or above indicates that you may suffer from Sarcopenia

如何治療肌少症

Preventing and Treating Sarcopenia

雖然現時沒有藥物可治療肌少症，但肌少症是可以逆轉的。醫生會為患者進行全面的健康評估，找出肌少症的成因。若肌少症是由其他慢性疾病引起，醫生會先對症下藥。患者需配合均衡飲食及持續運動，增加身體肌肉量。部分慢性病患者或需服用營養補充劑以加強成效。

There is currently no approved drug treatment for sarcopenia, but the disease is still reversible with appropriate interventions. Patients should undergo a comprehensive health assessment to find out the cause of the problem. If it appears to be associated with any chronic disease, treating the underlying cause is fundamental. Patients should also eat a balanced diet and exercise regularly to increase muscle mass and strength. Some patients with chronic disease may require nutritional supplements to enhance the effectiveness of the treatment.

共創生肌計劃

Strength and Balance Programme

「共創生肌」計劃適合任何肌少症患者參加。我們專業的醫護團隊會因應患者的健康狀況制定增肌計劃。

The Strength and Balance Programme is designed by our professional medical team to help all patients with sarcopenia. Personalized care is of utmost importance and we are dedicated to looking after each patient's unique health condition when formulating the programme plan.

共創生肌計劃

Strength & Balance Programme

計劃包括 Programme includes :



醫生諮詢

Doctor Consultation

醫生會定期為患者進行肌少症評估，並就肌肉力量管理提供個人化的醫學建議。

Doctor will assess patients regularly and provide them with personalized medical advice on muscle strength management.



物理治療運動

Physiotherapy Session

物理治療師會為患者作功能性檢查，並指導患者進行安全的主動式運動訓練。需要時或會配合輔助治療(如電療)或使用高端訓練器材如震動訓練機等以加強成效。

Physiotherapist will assess patients' physical functionality and guide them through the steps of active rehabilitation exercises. If required, electrotherapy or other therapies that involve advanced equipment (e.g. vibration platform) may be incorporated for better outcome.



營養指導

Nutrition Consultation

提供針對性的飲食建議，從而改善肌肉量，並制定個人化的餐單協助患者攝取蛋白質及不同營養，刺激身體肌肉合成，維護肌肉及骨質健康。

Our dietitian will provide personalized dietary recommendation to ensure patients get adequate protein and other nutrients to support and maintain muscle synthesis, muscle strength and bone density.