



關於我們 About Us

尚至婦女健康中心致力為不同年齡的女性提供全面的預防、治療及復康服務。我們的跨專科醫療團隊專門為女士提供乳房、婦科及泌尿外科問題的諮詢、診斷及治療，中心亦配備先進的醫療設備，能夠提供準確及快捷的檢查，實現一站式婦女健康管理。

Virtus Women Health Centre is dedicated to taking care of women of all ages by providing a comprehensive range of preventive, therapeutic, and rehabilitative services. Our multidisciplinary team works closely together to offer one-stop healthcare services to women with breast, gynaecological, and urological problems. Our centre is also fully equipped to facilitate accurate and efficient examinations of conditions specific to women.



服務一覽 List of Services

- 乳房及盆腔觸診
- 乳房及婦科超聲波掃描
- 2D或3D乳房X光造影
- 超聲波、2D或3D引導下乳房幼針或粗針抽取組織化驗
- 3D斷層引導下乳房真空輔助抽取活組織化驗
- 子宮頸細胞檢查（柏氏抹片）
- 泌尿婦科檢查及治療
- 雙能量X光骨質密度檢查
- 血液檢查
- 更年期及骨質疏鬆症諮詢和治療
- 荷爾蒙補充療法
- 九價子宮頸癌疫苗注射
- 帶狀疱疹疫苗、肝炎疫苗注射

- Clinical Breast & Pelvic Examination
- Breast & Gynaecological Ultrasound
- 2D or 3D Mammogram
- Ultrasound, 2D or 3D Guided Fine or Core Needle Biopsy of Breast
- 3D Tomo-Guided Vacuum-Assisted Biopsy of Breast
- Cervical Smear (Pap Smear) Test
- Women's Urological Conditions Examination & Treatment
- Bone DXA Scan
- Blood Test
- Menopause & Osteoporosis Consultation & Treatment
- Hormonal Replacement Therapy
- Administration of 9-valent HPV Vaccine
- Administration of Herpes Zoster Vaccine & Hepatitis Vaccine

尚至 VIRTUS

婦女健康中心 WOMEN HEALTH CENTRE



聯絡我們 Contact Us

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VIRTUS WOMEN HEALTH
尚至醫療婦女健康中心



婦女常見健康問題

Common Health Conditions



乳癌 Breast Cancer

乳癌是香港女性最常見的癌症，平均每14人便有一人有機會患上此病。大部分乳癌患者都是50歲或以上。如果在未出現病徵前通過定期的乳房檢查發現早期乳癌，五年存活率可達97%。

Breast cancer is the commonest cancer among women in Hong Kong, about 1 in every 14 women will develop this disease over the course of her lifetime. Most breast cancers are diagnosed after the age of 50. The 5-year survival rate can reach up to 97% if the cancer is detected at an early stage and before the development of any noticeable symptoms.

症狀 Symptoms

乳房有腫塊、形狀變異、乳頭凹陷、出現分泌物等。
e.g. breast lumps, change in shape of the breast(s), nipple retraction, nipple discharge.

尚至婦女健康中心提供乳癌篩查、手術及治療服務，全方位照顧妳的乳房健康。Virtus Women Health Centre provides a full spectrum of breast care services from breast cancer screening, to surgery and other therapeutic services.



子宮頸癌 Cervical Cancer

大部分子宮頸癌是因持續感染人類乳頭瘤病毒（HPV）所致。過早有性行為、有多個性伴侶及多次生育的女性患上子宮頸癌的機會較高。

Almost all cervical cancers are caused by persistent infection with Human Papillomavirus (HPV). The risk factors for cervical cancer include early onset of sexual activity, multiple sexual partners and multiparity.

症狀 Symptoms

早期症狀不明顯，後期會出現陰道不正常出血、分泌物增多並氣味難聞等狀況。

No obvious signs in its early stages. More advanced stages may observe unusual vaginal bleeding, increased discharge with unpleasant odour etc.

注射HPV疫苗及定期接受子宮頸細胞檢查能夠有效預防子宮頸癌。HPV vaccination and regular cervical smear can help protect you against cervical cancer.



婦女尿失禁 Urinary Incontinence in Women

正常的盆底肌肉是可以控制小便的，但若果因生產或年齡增長而造成盆底肌肉或尿道內膜鬆弛及老化，便有機會導致尿失禁。

Normally, the pelvic floor muscle is strong enough to control urination. However, with increasing age or through pregnancy and childbirth, the pelvic floor muscle or the lining of the urethra are at risk of becoming weakened and can result in urinary incontinence.

症狀 Symptoms

只要漏第一滴小便，便應求醫。
Please seek medical attention even if it is the tiniest bit of leakage.

婦女尿失禁可透過手術的方式改善，我們的泌尿科醫生會為妳提供適當的治療，助妳重拾正常生活。Urinary incontinence can be treated by surgical procedures. Our urologists will work with you to develop a suitable treatment plan and help you to resume a normal life.



骨質疏鬆症 Osteoporosis

骨質密度隨著年紀漸長會慢慢流失。根據統計，約四分之一女性在收經後約10年左右便會患上骨質疏鬆症。患者早期沒有明顯症狀，通常都是等到骨折後才發現患上骨質疏鬆症。

Osteoporosis is a characteristic of human ageing. According to statistics, 1 out of 4 women suffers from osteoporosis around 10 years from the onset of menopause. Bone loss occurs with no obvious signs, patients are usually unaware of their condition until they break a bone.

症狀 Symptoms

骨折、變矮駝背、骨痛等。
e.g. bone fracture, loss of height, bone pain.

飲食控制、適當運動及定期骨質檢查可及早預防骨質疏鬆症。Eating a healthy diet, doing proper exercises and having regular bone density tests are effective ways to prevent osteoporosis.



婦女更年期 Female Menopause

更年期是指女性停經前後生理及心理上出現變化的過渡期，是中年女性的必經之路。香港女性平均收經年齡為51歲。

Menopause refers to the transition phase before and after a woman's last menopause and is a period of dynamic physical and psychological changes. In Hong Kong, the average age for menopause is 51.

症狀 Symptoms

潮熱、盜汗、陰道乾澀、失眠、情緒不穩等。
e.g. hot flashes, night sweats, vaginal dryness, sleep problems, mood changes.

我們的專業團隊樂意為妳提供個人化的更年期諮詢、荷爾蒙治療以及營養、運動和心理照顧。Our professional team will support you through your menopause by providing menopause consultation, hormonal replacement therapy and total care services that look after your nutritional needs, physical activity and mental health.



雙能量X光骨質密度檢查 Bone DXA

利用兩道X光射線量度骨質密度，是目前最準確並最常用的檢查。The current gold standard for diagnosing osteoporosis.



乳房X光造影 Mammogram

2D及3D斷層造影技術，清晰顯示乳腺組織，能夠發現早期乳癌。Creates 2D or 3D detailed image of breast tissue, helps detect breast cancer at an early stage.



盆腔超聲波 Pelvic Ultrasound

檢查子宮、卵巢及膀胱的狀況，有助發現婦科癌症。Allows quick visualization of the uterus, ovaries and bladder, helps find gynaecological cancers.