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護骨健恆計劃 Bone Health Programme

維持骨質密度，降低骨折風險
Maintain bone mass, lower the risk of fractures



尚至護骨健恆計劃的目的是為患者制定個人化的骨質疏鬆治療方案，協助患者維持骨質密度，降低骨折風險。計劃包括多項精密檢查，其中雙能量X光骨質密度檢查（Bone DXA）是目前診斷骨質疏鬆症的黃金標準。我們的跨專科醫療團隊會根據患者的個人狀況，提供適合的治療、藥物、營養及運動建議，並會安排專屬的健康顧問全程監察參加者的進度及提供專業意見。

Virtus Bone Health Programme aims to provide osteoporosis patients with personalized care to maintain bone mass and lower the risk of fractures. Multiple assessments will be performed to evaluate patients' bone health. This includes Bone DXA, the current gold standard for diagnosis of osteoporosis. Individualized advice for preventive, therapeutic and rehabilitative actions will be provided by our multidisciplinary medical team and a dedicated health consultant will be assigned to each patient to handle any related issues.

若有任何疑問，請向您的主診醫生查詢。 If you have any question, please consult your doctor.



全面體格檢查
General Health Assessment



雙能量X光骨質密度檢查
Bone DXA



血液檢驗
Biochemical Monitoring



醫生專業諮詢
Doctor Consultation



營養師諮詢
Dietitian Consultation



藥劑師輔導
Pharmacist Counselling



物理治療療程
Physiotherapy Intervention



專業個案管理
Case Manager Supervision



▲ 尚至骨科創傷中心
Virtus Orthopaedics Centre



▲ 雙能量X光骨質密度檢查
Bone DXA

護骨健恆計劃 Bone Health Programme

骨質疏鬆症
Osteoporosis



VIRTUS
尚至醫療

造骨與破骨 Bone Remodelling



骨骼是活的組織，長期處於不斷更新的狀態-破骨細胞會溶蝕舊的骨質，然後再由造骨細胞合成新的骨質。在年輕的時候，造骨的速度通常都比破骨的速度快；但隨著年齡增長，尤其是女性更年期後，骨骼新陳代謝逐漸變慢，骨質開始持續流失，骨質密度繼而減低，大大提升患上骨質疏鬆症的風險。

Bone is a dynamic living tissue that continually changes through a process called remodelling over the course of a lifetime. During the process, old or damaged bone tissue is removed and is subsequently replaced by newly formed bone. When we are young, the rate of bone formation usually exceeds that of bone resorption, resulting in the maintenance of bone mass. However, this balance changes with increasing age, especially after menopause. As a consequence, we start to lose more bone and become more prone to osteoporosis.

無聲小偷 A Silent Thief

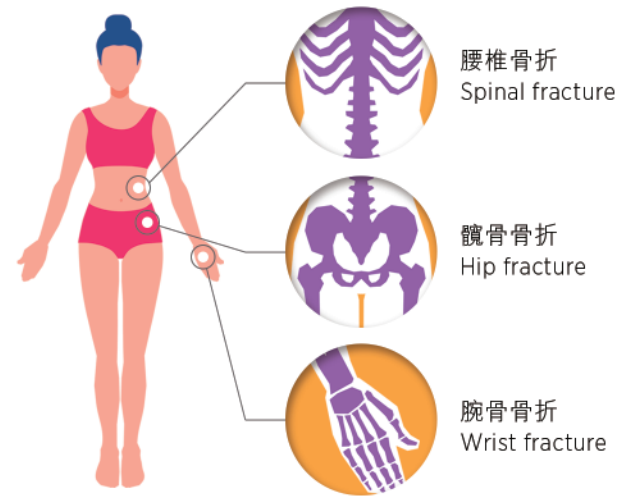


更年期婦女是高危一族!
Menopausal women most likely to be at risk!

骨質疏鬆症來得無聲又無息，患者初期一般不會出現任何症狀，往往要到骨折時才發現患病。當出現腰酸背痛、駝背及身高變矮時，脊椎可能已經變形，屬於相當嚴重的情況。另外，骨折造成的行動不便亦有機會誘發嚴重的併發症，包括肺炎、壓瘡及靜脈栓塞等，嚴重可引致死亡。

Osteoporosis is often known as a “silent disease” because bone loss happens with little to no symptom. Many are unaware of their condition until they break a bone. Some may observe back pain, kyphosis and loss of height resulting from osteoporotic deformities of the spine. Also, bone fractures are associated with a range of complications including pneumonia, pressure ulcer and deep vein thrombosis. In severe cases, death can be resulted.

常見骨折種類 Common Osteoporotic Fractures



高危因素 Risk Factors



- 過往曾經骨折
Having a history of bone fracture
- 年紀較大
Being older
- 有骨質疏鬆及骨折家族史
Having a family history of osteoporosis and bone fracture
- 長期服用類固醇
Taking steroid for a prolonged period of time
- 身形較為細小
Having a small and thin frame
- 女性
Being female
- 有吸煙或酗酒習慣
Smoking or consuming too much alcohol



預防骨質疏鬆－管理你的「骨質銀行戶口」 Osteoporosis Prevention – Better Manage Your “Bone Bank Account”

35歲前 Before Age 35

提升骨質 做好儲備
Deposit as much into your “bone savings”

儲蓄 Build Up

35歲後 After Age 35

保持骨質 減少流失
Preserve your “bone capital” to reduce loss

保本 Preserve

中年後 Post-Middle-Aged

增強體力 防止跌倒
Improve body strength to prevent fall

止蝕 Minimize Loss

均衡飲食 Balanced diet

攝取充足營養，尤其是鈣質及維他命D
Ensure adequate intake of nutrition, especially calcium and vitamin D

適量運動 Regular physical activity

持之以恆的負重運動及阻力訓練
Engage in regular weight-bearing and resistance exercises

生活習慣 Healthy lifestyle

戒煙及減低飲酒量，適量接觸陽光
Quit smoking, reduce alcohol consumption, get adequate sunlight exposure