## Our Mission

To provide comprehensive care and support to patients with osteopenia and osteoporosis and related diseases through a multidisciplinary team approach.

To provide education programmes to increase public awareness and knowledge about bone health and osteoporosis prevention, early detection and treatment.

## Our Service

With a team of dedicated and specially trained healthcare professionals and the most-up-to-date imaging and laboratory services, we focus on education, prevention and treatment of bone loss related to normal aging. From bone health screening to expert care in the management of osteopenia and osteoporosis and their complications, there will be a programme suitable for individual need.

## What is Osteoporosis?

Osteoporosis is a condition characterized by progressive loss of bone tissue, leading to bone fragility and increased vulnerability to fractures. According to a 1997 survey by the Chinese University of Hong Kong, about 300,000 women and 100,000 men suffered from osteoporosis. In particular, about half of the women after menopause were affected.

## What are the Effects of Osteoporosis?

As a "silent disease", osteoporosis exhibits no symptom especially in the early stage. The progressive loss of bone tissues leads to increased risk of bone fractures and other complications. Hip and spine fractures are common and can have serious consequences. Currently in Hong Kong, the number of hip fractures is about 4,000 cases every year. The mortality rate of patients with fractured hip is 20%. Over 70% of them cannot resume normal everyday activities and 25% are bed-bound. Spinal collapse may cause severe pain, reduced body height and, in severe cases, neurological problems resulting in chronic pains or muscle atrophy.

## How to prevent osteoporosis?

The commonly used medications for treating osteoporosis can help slow the excessive loss of bone tissues but cannot increase or improve bone mass. Therefore, prevention is the key. Prevention efforts should begin early by adopting a healthy lifestyle, including eating a diet rich in calcium and protein, regular exercise, no smoking or drinking. These can help increase bone density during the bone growth period (before 35 years of age) and delay the loss rate of bone tissues afterwards. Regular examination is another preventive measure especially for women whose bone loss accelerates after menopause. Menopausal women and high-risk groups should measure their bone density regularly.

## How is osteoporosis diagnosed?

Dual Energy X-ray Absorptiometry (DEXA) is the most accurate diagnostic tool to measure bone mineral density. Ultrasound measurement is suitable for preliminary assessment but not sufficient to confirm diagnosis. T-values are the results of DEXA: patients with T-values of -2.5 or below are suffering from osteoporosis; -1 to -2.5 represent osteopenia which require further monitoring and assessment of signs of deterioration; and -1 or above are normal.

## Our Programme

### Bone Health Screening and Education

- Assessment by Specialists
- Bone Mineral Density (spine and hip) measurement by DEXA
- Explanation of report and health education by Specialists
- Dietary assessment and advice by Registered Dietitian

## Our Team

- Endocrinologist, Orthopaedic Surgeons, Gynaecologist
- Registered Dietitian
- Registered Nurse
- Pharmacist
- Radiologist

**For enquiries and appointment, please contact us at :**

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# BONE HEALTH SERVICE PACKAGE

# 骨健服務計劃

養和醫院
Hong Kong Sanatorium & Hospital

內分泌及糖尿病中心
Endocrine & Diabetes Centre

## 服務宗旨

匯聚各科醫護專才，為患上骨質流失/骨質疏鬆或有關疾病之人士提供全面醫療服務。

透過教育服務提高大眾對骨骼健康、預防骨質疏鬆、及早檢查和治療之關注和認識。

## 服務範圍

骨健中心擁有專科醫護人員隊伍，在先進的影像診斷及化驗科技的配合下，致力推廣骨健資訊，並協助患者預防及治療因老化引致的骨質流失。本中心之服務範圍非常全面，設有一系列如骨健普查、骨質流失/骨質疏鬆及其併發症等治療計劃，切合不同人士之需要。

## 骨質疏鬆症是甚麼？

顧名思義，骨質疏鬆是指骨骼組織逐漸減少，令骨骼變脆，容易導致骨折。根據中文大學於一九九七年的研究指出，本港約有三十萬名婦女及十萬名男士患有骨質疏鬆症。停經後的女性中，更有接近五成人患上此症。

## 骨質疏鬆症對身體有何影響？

骨質疏鬆症早期並無明顯徵狀，但隨著骨質不斷減少，最終有可能導致骨折並引起各項併發症。其中最常出現骨折的部位是脊椎骨及股骨，可引致嚴重後果。現時，本港每年約有四千宗股骨折斷的個案。股骨折斷者除了首年致命率高達兩成外，超過七成病人骨折後行動不能回復正常，四分之一需長期臥床。至於脊椎骨扁陷的情況，除了可引致劇痛及身高下降之外，更可能壓著附近的神經組織，引致各種痛症或肌肉萎縮等。

## 如何預防骨質疏鬆症？

一般骨質疏鬆症的治療藥物只能防止骨質過度流失，並不能增加或改善骨骼的質量。如患者已出現骨折，治療效果只會事倍功半，因此預防最為重要。首先，必須改變生活習慣，例如進食充足的鈣質和蛋白質、不吸煙、不酗酒及定期進行適量運動，令骨骼在成長期中 (一般指三十五歲前) 盡量累積骨骼組織，及減慢骨骼組織在成長期後的流失速度。其次是定期檢查，由於女性於更年期後骨質流失速度加快，因此，停經婦女及一些高危人士應定期作骨質密度檢查。

## 如何診斷骨質疏鬆症？

利用「雙能量X光收測定儀(DEXA)」進行骨質密度檢查是最為精確的診斷方法。一般超聲波量度方法只適用於初步檢查，並不能作為確診的工具。量度質密度後得出T值：如T值等於-2.5或之下者屬骨質疏鬆症；T值在-1至-2.5之間者屬骨質流失，需加強監察進度及詳細評估進一步惡化之可能性；T值等於-1或以上者則屬正常。

## 服務計劃

**骨健普查及教育計劃**

- 專科醫生進行病歷及體格檢查
- 骨質密度測試 (脊椎骨和股骨)
- 專科醫生分析報告和健康生活指導
- 註冊營養師進行營養評估及指導

## 醫護小組成員

- 專科醫生：內分泌科、骨科矯形及創傷外科、婦科
- 註冊營養師
- 註冊護士
- 藥劑師
- 放射診斷科醫生

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