

仁安保健中心 Health Maintenance Programme

新界沙田大圍富健街18號
18 Fu Kin Street, Tai Wai, Shatin, Hong Kong
電話 Tel: 2608 3170 / 2608 3388
網址 Website: <http://www.union.org>
電子郵件 E-mail: union@union.org

請登入以上網址申請成為「仁安醫院@新消息速遞」會員，
你便可收到本院最新健康活動資訊。

To receive information on health promotional activities, please register
as member of Union@News Express at our Hospital's website.

本院保留一切更改或刪改此單張之權利，而不作另行通知。
Our Hospital reserves the RIGHT to amend any information in this leaflet
without prior notification.

交通設施 Traffic Facilities

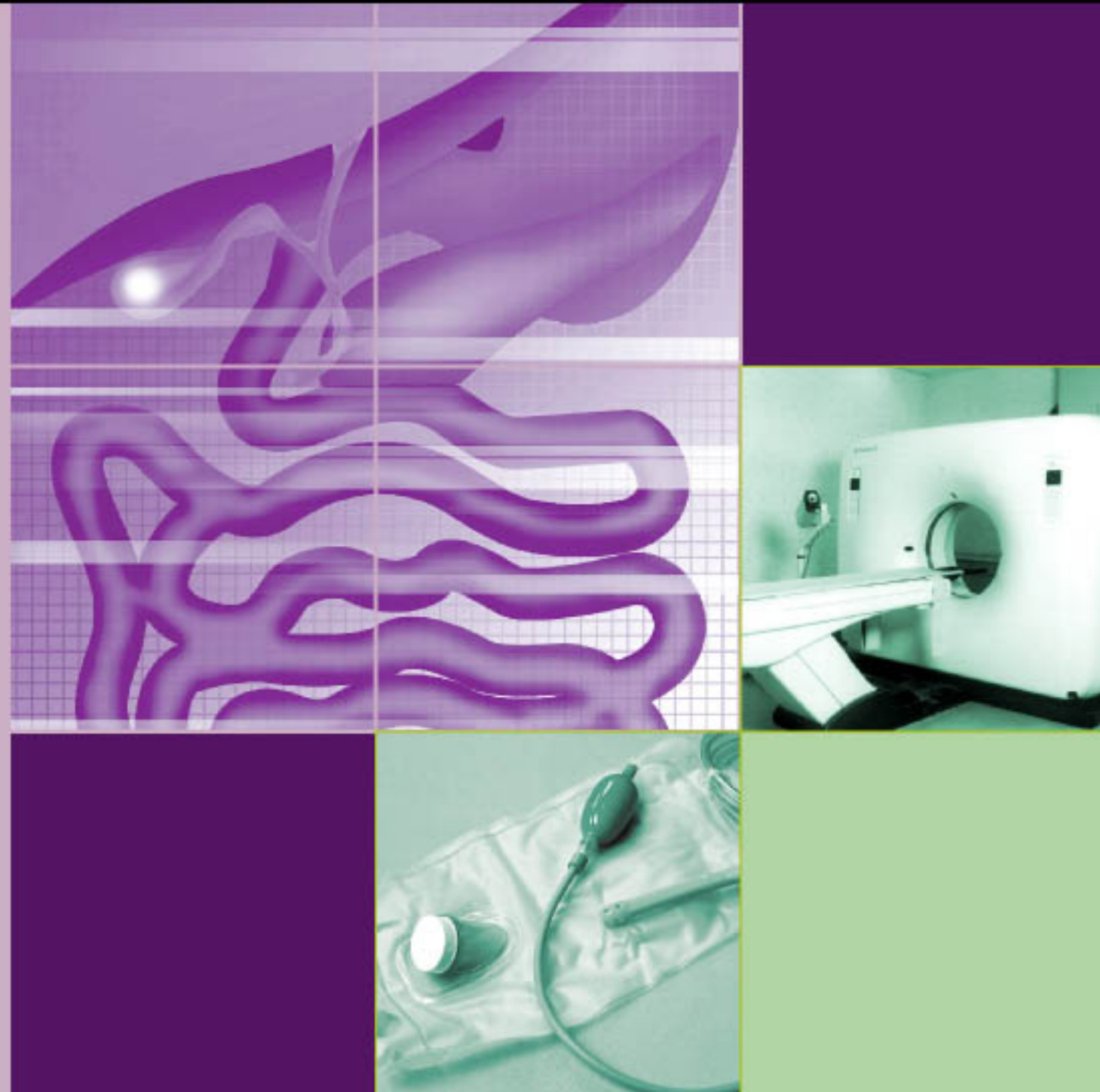
本院設有免費穿梭巴士，行走本院及大圍。
Free Union Hospital Shuttle Buses run between the Hospital and Tai Wai.

專線小巴 Green Bus : 68K (由沙田及大圍火車站開出)
(From Shatin and Tai Wai KCR Stations)
公共巴士(由九龍開出) : 46P, 46X, 80, 80P, 81M, 85B, 86B, 87B, 88M, 89B
Buses (From Kowloon)

贊助 Sponsor :

sanofi~synthelabo

MAR / CCS-0402



腸癌普查計劃

Colon Cancer Screening Programme



仁
安
保
健
中
心

Health Maintenance
Programme



ISO 9001:2000 Cert. No. FS 68763



腸癌

Colon Cancer

腸癌的趨勢

Colon Cancer in Hong Kong

腸癌又稱大腸癌或結腸癌，是香港癌病的第二殺手，每年有超過千人死於此症，而新症數目均幾及三千宗，患者的平均年齡在50歲以上，當中尤以男性居多；預防及早期發現是控制及治療腸癌的關鍵，腸癌如能及早治療，治癒率及5年生存率都很可觀。

In Hong Kong, colon cancer is the second most frequent cause of cancer death. Close to three thousand new cases are diagnosed and more than one thousand people die of the disease per annum. It is commonly found in those aged over 50, especially among men. Screening and surveillance are key factors in controlling and curing colon cancer. By early detection, both cure rate and five year survival rate are surprisingly high.

什麼是腸癌

What is Colon Cancer?

腸癌是腸內生長的癌細胞。腸癌是由生長於腸內壁細小的息肉所形成。這些息肉起初是無害的，但數年後，有部份的息肉產生病變，形成癌細胞。

Colon cancer is an abnormal growth of cells in colon. Colon cancer starts out as polyps, which are small, benign growth of cells on the inner lining of the colon. Over the years, some of these polyps may grow larger and become cancerous.

症狀

Symptoms

早期 Early Stage	血便或無明顯症狀。 No significant symptom or blood found in/on the stool.
中期 Intermediate Stage	裏急後重(即大便後仍想再大解)、大便有黏液(因腫瘤有分泌物)、大便習慣改變(特別頻密或持續便秘)、體重下降。 A feeling that the bowel does not empty completely; mucus found in the stool; change in bowel movement, especially frequent motions or continual constipation and unexplained weight loss.
晚期 Late Stage	可摸到腹部腫塊及淋巴腺腫大、腹痛。 Mass that can be felt, lymph node swelling and abdominal pain.

高危人仕

Risk Factors

1 高齡

年紀愈大患上此病機會愈高，尤以50歲以上為甚。

Age

The risk of developing colon cancer generally increases with advancing age, especially over 50.

2 高脂飲食

高脂肪低纖維的飲食習慣是患上大腸癌的主因。

Diet

A high-fat and low-fibre diet, along with excess caloric intake, all contribute to increasing risk of developing colon cancer.

3 家族病歷

如直系親屬曾患直腸癌、息肉群症或腺癌(如肺、腸、胃、卵巢、甲狀腺或乳癌)，其家屬患上此症的機會較普通人高。

Family Medical History

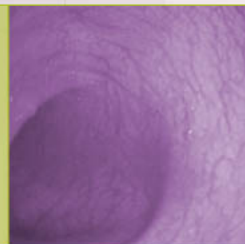
Close relatives with a history of colon polyps or cancer, or adenocarcinoma (of lung, colon, stomach, ovary, thyroid gland or breast) increases the chance of developing colon cancer.

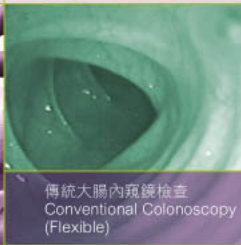
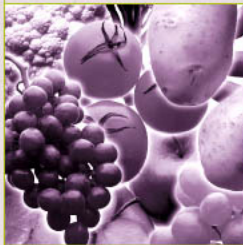
4 個人病歷

過去曾患直腸癌、腸道腺癌、大腸息肉、潰瘍性大腸炎、乳癌或甲狀腺癌者，患上此症的機會較普通人高。

Personal Medical History

Individuals with a prior history of colon polyps or cancer, ulcerative colitis or adenocarcinoma of thyroid gland or breast will have an increased risk of developing colon cancer.





傳統大腸內窺鏡檢查
Conventional Colonoscopy
(Flexible)



「鋇」劑灌腸X光造影檢查
Barium Enema

預防方法

Prevention

1 健康飲食

由於腸癌與長期進食高脂肪食物有關，因此應減少進食高脂肪食物及多進食高纖維食物；纖維有助吸收腸內水份，使糞便體積增大，刺激腸內壁的蠕動，方便排泄，從而縮短致癌物質留在腸內的時間，令患上腸癌的機會減少。

High-Fibre, Low-Fat Diet

A high-fibre, low-fat diet may have protective role in colon cancer since it may reduce the exposure of colon to cancer promoters. High fibre decreases the time it takes to move the intestinal contents and therefore reduces the time the colon is exposed to cancer promoters.

2 養成健康排便的習慣

保持每天排便能夠縮短致癌物質留在腸內的時間，令患上腸癌的機會減少。

Regular Bowel Habit

Regular bowel movement each day can also decrease the time cancer promoters staying in the colon and therefore reduces the colon's exposure to cancer promoters.

3 定期身體檢查

由於腸癌形成的時間較長，定期身體檢查可預防腸癌的形成。故建議50歲以上人士每年進行潛血檢查及每5年接受一次大腸內窺鏡檢查。而個人或家族病歷導致增加患腸癌機會的人士，則應於40歲後每5年接受一次大腸內窺鏡檢查。

Regular Screening Programme

Since colon cancer grows very slowly, it can be prevented with regular screenings. For people with no known risk factors, they are recommended to have stool blood test annually and colonoscopy (conventional or virtual) every five years when they reach 50 years of age. If personal history or family history put the individuals at high risk, they should have a colonoscopy (conventional or virtual) every five years beginning at age 40.

檢查方法

Screening Methods

1 潛血檢查

大腸直腸癌所引起的潰瘍常會因排泄糞便的刺激而流血，若連續三次潛血檢查均是陰性反應，大約八成以上沒有問題，若呈陽性反應則需接受進一步檢查。

Faecal Occult Blood Test

The ulcer caused by colon cancer may bleed in the course of bowel movements. If faecal occult blood test is negative on three consecutive occasions, approximately 80% of examined individuals are normal. If blood is found in or on the stool, further examinations are recommended.

2 抽血檢查－癌胚抗原CEA

血液中的CEA，又稱癌胚抗原，是從大腸癌細胞分離出來的，它在血中的濃度會隨著大腸癌的發展而升高。

CEA

Carcinogenic embryonic antigen (CEA) is a substance that is often elevated in patients who have colon cancers.

3 「鋇」劑灌腸X光造影檢查

「鋇」是一種X光不能穿透的物質，醫生將「鋇」劑經肛門灌入腸內，透過照腹部X光，如腸內有異常息肉或腫瘤，便可從X光中見到。

Barium Enema

Barium Enema is an examination for polyps and cancer in the large bowel using barium solution, which can show up on X ray. The barium is instilled via a tube that is inserted into the rectum and x-rays are taken to look for polyps and cancer.

4 傳統大腸內窺鏡檢查

傳統大腸內窺鏡檢查以柔軟的光導纖維內窺鏡，直達盲腸，可觀察整個結腸，並可取得活組織作病理化驗。由於患者需要麻醉及於檢查後接受觀察，故檢查會安排在內窺鏡房內進行。檢查本身需要大約15至30分鐘，但由於病人於檢查後需要接受觀察，故整個過程需時約3至4小時。

Conventional Colonoscopy (Flexible)

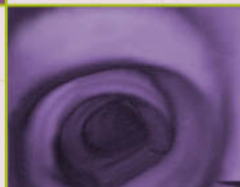
Colonoscopy is an examination of the entire colon using a thin, lighted and flexible tube called colonoscope. The procedure is done in an endoscopy room with the patient sedated. The procedure itself takes 15 to 30 minutes. However, since the patient must be observed after the procedure, the entire appointment will take three to four hours.

5 虛擬大腸內窺鏡檢查

虛擬大腸內窺鏡是近年發展的新技術，透過電腦掃描及電腦模擬程式，透視大腸內的狀況，以檢查是否有癌病的先兆。由於毋須插入內窺鏡或麻醉，故檢查時間亦不過20分鐘，病人於檢驗後毋須休息和可即時進食。虛擬大腸內窺鏡的準確率超過90份比，亦比一些檢查腸癌方法更方便和舒適，適合現今講求高效率的都市人。

Virtual Colonoscopy

Virtual colonoscopy is a recently developed technique that uses a CT scanner and computer virtual reality software to look at the colon without having to insert a long colonoscope or fill the colon with liquid barium. The total time required for the test is around 20 minutes. Because sedation is not required, patient can resume normal daily activities such as eating, drinking or working immediately after the test. With a high accuracy of over 90% and being comparatively more comfortable and less time consuming, virtual colonoscopy proves to be more appealing to nowadays busy life.



虛擬大腸內窺鏡檢查
Virtual Colonoscopy

腸癌普查計劃

Colon Cancer Screening Programme

- 醫生會診 (2次)
Doctor's Consultations (2 visits)
- 全血球計算
Complete Blood Count
- 癌胚抗原
CEA
- 大便潛血 (3次)
Stool for Occult Blood (3 times)
- 虛擬大腸內窺鏡
Virtual Colonoscopy
- 身體檢查 (量度體重、身高、脈搏、血壓及肛門指檢)
Physical Check-Up (Blood weight, Height, Pulse, Blood Pressure & Digital Rectal Examination)
- 詳盡檢查報告
Detailed Medical Report

費用

Package Price \$5,050

預約及查詢

Booking & Enquiry : 2608 3170

