

由於手術以微創方式進行，因此引起併發症的機會甚低。然而，手術只是體重控制計劃的一部份。手術後，病者必須持續控制飲食，並配合運動，方可達到持久而健康的減重目的。

養和醫院承諾為病者提供最好的醫療服務。外科中心的專科醫生全面顧及病者需要和安全，在使用微創手術幫助病者減重方面，均具備豐富經驗和超卓技術。

外科中心 Surgery Centre

查詢或預約，歡迎聯絡我們

外科中心

香港跑馬地山村道二號
養和醫院李樹芬院二樓
電話：2835 8698
傳真：2892 7511
電郵：surgerycentre@hksh.com

辦公時間

星期一至星期五：上午九時至下午五時
星期六：上午九時至下午一時
星期日及公眾假期休息

www.hksh.com

© 香港養和醫院有限公司 版權所有

我是否需要做 減肥手術？



養和醫院
Hong Kong Sanatorium & Hospital

外科中心
Surgery Centre

肥胖的定義

超出理想體重 20% 或以上，便屬於肥胖。釐定肥胖的嚴重程度有很多標準，而最常用的是「身體密度指數」(Body Mass Index, BMI)。

「身體密度指數」(BMI) = 體重(千克) ÷ 身高(米)²

根據亞洲人的參考標準：

	BMI
標準體重	18.5 - 22.9
對健康有風險	> 23.0
過重	23 - 24.9
肥胖 I 型	25 - 29.9
肥胖 II 型	> 30
病態肥胖	> 35

肥胖引致的健康問題

肥胖會引致各種健康問題，增加患病和死亡的風險，而 BMI 愈高，風險就愈大。BMI > 40 的人士，其死亡率更比標準體重的人士高兩倍以上。

因肥胖引發的疾病包括：

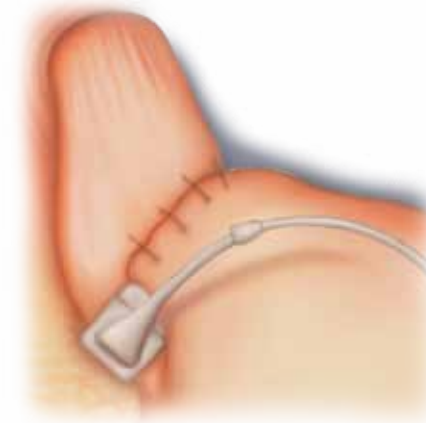
- 第二型糖尿病
- 高血壓
- 血脂過高
- 心血管疾病
- 某些癌症
- 睡眠窒息症
- 膽結石
- 生育能力下降
- 骨關節炎
- 心理社交問題

誰人需要做減肥手術？

對於病態肥胖 (BMI > 35) 及 BMI > 32 且出現各種併發症的人士來說，單靠配合飲食、運動和藥物來減重，效用相當有限。而減肥手術是唯一證實能有效幫助他們持久減重的療法。手術後，病者一般可於兩年內減去 1/2 至 2/3 的超標體重 (即實際體重與理想體重之間的差距)。

微創手術減重有法

1. **胃箍**：這是最常用的減肥手術。醫生用可調校寬緊的矽膠圈圍住胃的上半部，透過定期收緊胃箍，可減少食量而達到減重之效。



2. **內置胃氣球**：利用胃鏡把氣球經食道放進胃的上半部，能縮小胃部容量，使病者容易感到飽脹而減少進食。胃氣球一般需於六個月內取出。



The complication rate of these minimally invasive procedures is low. As surgery is only part of the weight control programme, patients must continue with the diet-exercise regime so as to achieve a healthy and sustainable weight loss.

Hong Kong Sanatorium & Hospital is committed to providing the most up-to-date and the best service to our patients. Experienced specialists in our Centre can offer the most patient-friendly approach to lose weight safely using minimally invasive technique.

外科中心 Surgery Centre

For enquiries and appointments,
please contact us at:

Surgery Centre

2/F, Li Shu Fan Block
Hong Kong Sanatorium & Hospital
2 Village Road, Happy Valley, Hong Kong

Tel: 2835 8698
Fax: 2892 7511
Email: surgerycentre@hksh.com

Service Hours

Monday to Friday: 9:00 am – 5:00 pm
Saturday: 9:00 am – 1:00 pm
Closed on Sundays and Public Holidays

www.hksh.com

© Hong Kong Sanatorium & Hospital Limited. All rights reserved.

Do I need Obesity Surgery?



養和醫院
Hong Kong Sanatorium & Hospital

外科中心
Surgery Centre

Who Is Obese?

Obesity is defined as being 20% or more over ideal body weight. There are different ways of defining the severity of obesity. The most common parameter is the Body Mass Index (BMI).

$$\text{Body Mass Index} = \text{weight (kg)} / \text{height (m)}^2$$

According to Asia-Pacific Classification:

	BMI
Normal weight	18.5 - 22.9
At risk	> 23.0
Overweight	23 - 24.9
Obesity I	25 - 29.9
Obesity II	> 30
Morbid Obesity	> 35

How Does Obesity Affect Health?

Obesity is associated with a wide array of adverse health consequences resulting in increased morbidity and reduced life expectancy. Your risk is directly proportional to your level of obesity. The death rate of people with BMI>40 is 2 times greater than those with normal weight. Obesity is associated with many diseases and co-morbidities:

- Type 2 diabetes
- Hypertension
- Dyslipidemia
- Cardiovascular diseases
- Some Cancers
- Sleep apnea
- Gallstone disease
- Reduced fertility
- Osteoarthritis
- Psychosocial problems

Who Needs Obesity Surgery?

Diet-exercise-drug therapy programme is of little use in those with morbid obesity (BMI>35) or those with BMI>33 and medical co-morbidities. For them, the only proven value of treatment method in achieving long term weight loss is obesity surgery. In general, we expect patients can lose 1/2 to 2/3 of the excess body weight (actual weight – ideal weight) in 2 years.

Reducing Weight by Minimally Invasive Surgery

1. Lap-Band: Placement of an adjustable silicone band around the proximal stomach is the most common type of obesity surgery being performed. The tightness of the band can be adjusted accordingly and regularly to control the food intake.



2. Intra-gastric Balloon: Endoscopic placement of a large gastric balloon will occupy the proximal part of the stomach, leading to volume reduction and induced gastric fullness. Patients cannot eat freely as they want. The balloon is usually removed within 6 months.

