

胸肺健康

Lung Health

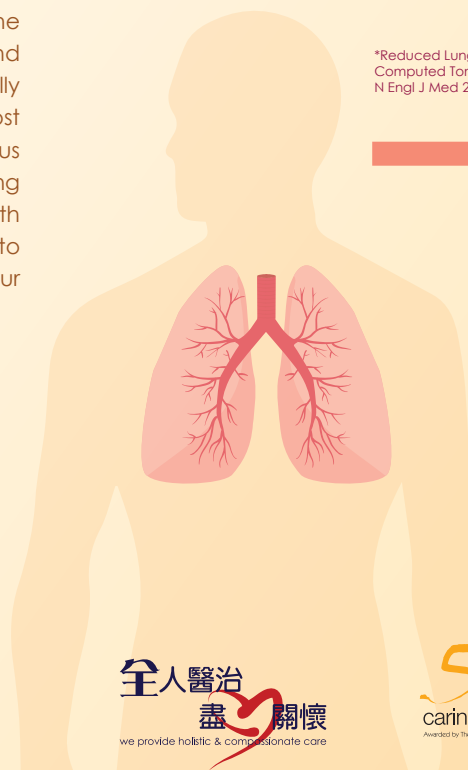
在香港肺癌是男性最常見的腫瘤，在女性最常見的腫瘤當中，肺癌排行第三位。肺癌亦是眾腫瘤中引發最高死亡率的那一種。初期的肺癌大多沒有明顯病徵，因此當病人被確診肺癌時大多已是晚期，病人存活率自不然大幅下降，因此務必要在肺癌還在初期時就要篩查出來並加以根治。

In Hong Kong, Lung Cancer was the most common cancer in men and the third commonest cancer in women. Lung cancer was also the leading cause of death from cancer in men and women. In the early stages, lung cancer usually has no noticeable symptoms. Hence, most patients are diagnosed at an advanced, and thus non-curable disease stage. Survival time of lung cancer patient decreases significantly with progression of disease. It is therefore crucial to detect lung cancer early, before symptoms occur and while curable therapy is still achievable.

吸煙包括二手煙正是肺癌的主要病因，所以肺癌篩查正正就要對準這些吸煙人士。可惜使用肺部X光或痰涎檢查作為篩查工具，卻不能減少肺癌的死亡率。直到美國大型研究*發現用低幅射電腦掃描(LDCT)作為篩查工具，比用肺部X光更能減少肺癌死亡率，而且高達20%。

Tobacco smoking, including second-hand smoke, is the most important risk factor for lung cancer. Screening is often considered for individuals with a significant history of heavy smoking. However, screening with chest X-ray or sputum cytology did not reduce lung cancer mortality. An important American landmark study* showed that screening with Low Dose CT Thorax (LDCT) in specified high risk population could reduce mortality 20% when compared using Chest X ray as screening tool.

*Reduced Lung-Cancer Mortality with Low-Dose Computed Tomographic Screening.
 N Engl J Med 2011;365:395-409.



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肺癌 篩查計劃



Lung Cancer Screening

慢性阻塞性肺病 (COPD) 與肺癌有共同的病因，兩者都是與吸煙有關。而慢阻肺病本身亦是肺癌的高危因素。低輻射電腦掃描 (LDCT) 不但可作為篩查肺癌工具，亦能檢測出肺氣腫。慢阻肺病在香港十分常見及其死亡率亦甚高。由此看來慢阻肺病 (COPD) 與肺癌同是與吸煙有關的常見危疾。



Both lung cancer and chronic obstructive pulmonary disease (COPD) share similar risk factors (tobacco use and secondhand smoke in common). In addition, COPD is associated with an increased risk of lung cancer. LDCT for lung cancer screening may also identify previously undiagnosed COPD. Thus, both Lung cancer and COPD are common and potential lethal smoking related health hazards in Hong Kong.

篩查是指醫生為個別高危人士在未有病徵時就進行檢測，旨在作出適時診斷及治療，所以並不是每一個人都能受惠於篩查計劃。本健康檢查計劃冀能在吸煙人士當中，篩查出初期肺癌及慢阻肺病。

對象 Target

- 50至80歲 50 to 80 years old
- 吸煙人士 Current smokers or people who have ever smoked

Screening means testing for a disease when there are no symptoms of that disease. Doctor recommend a screening test to find a disease early, when treatment may work better in that person. Hence not everyone will get benefit from screening program. Our Lung Health Awareness Program targets at Lung Cancer and COPD screening in smoking population.



肺癌篩查計劃 Lung Cancer Screening

- 呼吸系統科專科醫生評估及跟進
Respiratory Physician Assessment & Follow Up
- 低輻射電腦掃描 (LDCT)
Low dose CT thorax exam
 - 有效篩查肺癌
effective in detecting lung cancer
- 血含氧量測試
Pulse Oximetry

RMI
原價 \$3395



如發現有以下任何一個可疑病徵，請盡快詢問專業意見，以便排除患上肺癌的可能性。

If you have any one of following symptoms suspicious of lung cancer, please consult your doctor promptly for further investigation and management.

- 咳嗽持續或加劇中
Persistent or worsening cough
- 痰中有血
Blood stained sputum
- 胸口、背部或肩膀有不明痛楚
Unexplained chest or shoulder pain
- 不明氣喘
Unexplained shortness of breath
- 不明食慾不振及消瘦
Unexplained loss of appetite & weight
- 重覆肺炎
Recurrent chest infection