

## 治療方案 Treatment Options

### 調節生活方式 Modification of lifestyles

例如控制體重等等為最根本治療原則。

Modification of lifestyles such as weight control is always the most fundamental measure.

### 使用持續正壓通氣(CPAP)睡眠機

#### Continuous Positive Airway Pressure (CPAP)

利用氣壓固定病者的上呼吸道，以防止阻塞，一般而言CPAP適用於大部份患者。

The first line treatment in most patients with significant OSA is nasal Continuous Positive Airway Pressure (CPAP). CPAP splints up patient's upper airway with air pressure in order to prevent its collapse during sleep.

### 口腔矯治器 Oral appliances (OA)

利用特別訂造的牙膠使病者下顎移前，擴闊上呼吸道。對那些不能適應或不願意長期使用CPAP的患者，口腔矯治器是另一個可行的次選擇。

Oral appliances (OA) will be considered in those who are intolerant or unwilling to adhere to CPAP. OA works by moving the lower jaw forward with a custom made dental device, thereby enlarging the upper respiratory tract of OSA patient.

### 外科手術 Surgery

在某些非常特別情況下，切除或矯正阻礙上呼吸道的喉部結構，能使進出病人肺部的氣流恢復正常，從而改善睡眠窒息症。

Surgery are occasionally indicated when a surgically correctable abnormality is believed to be the source of the problem. These surgical procedures may resect or reposition throat structures obstructing the upper airway and all these operations target at restoring normal flow of air in and out of the lungs.

# 多頻道睡眠測試

## Multi-channels Overnight Sleep Study

- 無痛及無創性檢查，並於舒適單人房進行。  
The Sleep Study is painless and noninvasive, it will be conducted in a **single room**.
- 連續記錄腦電圖、眼電圖、下巴及腳肌電圖、呼吸量、腹胸肺壁移動及血氧量。  
It records EEG, EOG, chin & leg EMG, nasal airflow, abdominal/chest wall movements and digital oximetry of patients.
- 可選擇於完成檢測後翌日或自選日子(公眾假期除外)聽取詳盡專業測試報告。  
Detail screening report will be provided on the day after screening or the other date selected by patient (Public Holidays excluded).
- 由呼吸系統科專科醫生主理。  
The Sleep Study will be performed by the specialist of Respiratory Medicine.

\*計劃不包括首次專科醫生評估/收費如有更改恕不另行通知  
The first consultation fee is not included / Price are subject to change without prior notice

### 適切治療 跟進 Follow Up Treatment (歡迎查詢收費)

- 安排持續正壓通氣(CPAP)睡眠治療  
Continuous Positive Airway Pressure (CPAP) will be arranged for treatment.
- 精心設計跟進覆診計劃以評估治療成效  
Structured scheme of follow up will be provided to evaluate the treatment response.

詳情請瀏覽本院網頁及宣傳單張  
Please visit our website and promotion leaflet for more details



# 睡眠檢測服務

## Sleep Apnea Diagnostic Service





## SLEEP APNEA 睡眠窒息症

與睡眠有關的呼吸性疾病在香港其實相當普遍，其中以阻塞性睡眠窒息症為最常見的睡眠呼吸性疾病，約有4%的中年男性及2%的中年女性患上此症。阻塞性睡眠窒息症是因病人上呼吸道於睡眠時受阻，空氣不能順利通過呼吸道而導致窒息。這種情況令患者缺氧、大腦經常短暫驚醒而得不到充足睡眠。

Sleep disordered breathing is a prevalent medical condition. Obstructive Sleep Apnea (OSA) is the most common condition in sleep disordered breathing. It affects 4% of males and 2% of females among the middle-aged population in Hong Kong. Obstructive sleep apnea (OSA) is caused by repetitive collapse of the pharyngeal airway during sleep, which results in ongoing respiratory effort during pharyngeal collapse. It leads to arterial oxygen desaturation and frequent awakenings of patients. Hence individuals suffering from OSA would have fragmented sleep and poor sleep quality.

## 常見病徵 Common Symptoms of OSA

1. 慣性打鼻鼾 habitual snoring
2. 日間嗜睡 excessive daytime sleepiness
3. 睡眠時呼吸困難或窒息 witnessed apnea & choking during sleep
4. 失眠 insomnia
5. 頭痛 headache
6. 較難集中精神 concentration deficit
7. 夜尿頻繁 nocturia
8. 抑鬱 depression

## 對健康的整體影響 Systemic Effect of OSA on Health

阻塞性睡眠窒息症患者有較高機會患上高血壓、糖尿病、心臟病和腦血管疾病。若患者沒有接受適切治療，更容易遇上因疲倦造成的交通意外。

OSA is a recognized contributing factor for hypertension, insulin resistance, cardiovascular and cerebrovascular diseases. The risk of road traffic accident is higher than untreated OSA patients due to drowsy driving.



## 高危因素 Risk Factors

1. 家族史 Genetic: often have positive family history
2. 男性為主及更年期女性傾向容易患上阻塞性睡眠窒息症  
Gender: male, menopause increase the predisposition for developing OSA in women
3. 中年以後  
Age: progressively increases in middle age
4. 肥胖 Obesity
5. 煙酒 Smoking/alcohol
6. 下顎細 Small jaw
7. 甲狀腺分泌過低 Hypothyroidism



## 自我評估 Self-evaluation

如果你是阻塞性睡眠窒息症的高危一族，可以首先透過以下超連結進行自我評估，請注意這些外國網站只有英文版本。若讀者進一步發現自己可能患上阻塞性睡眠窒息症，請從速向你的家庭醫生求助。

If you think you may suffer from obstructive sleep apnea, there are several simple tests you can take that may suggest you should discuss the possibility with your doctor.



<https://sleepapnea.org/learn/sleep-apnea/do-i-have-sleep-apnea/four-sleep-apnea-tests-you-can-take-right-now/>



<http://www.sleepeducation.org/essentials-in-sleep/sleep-apnea/self-tests>

## 專業診斷 Diagnostic Confirmation

多頻道睡眠測試是診斷阻塞性睡眠窒息症的黃金標準，這是一項無痛及無創傷性的檢查並於舒適隔音房間進行。睡眠測試可連續記錄病人腦電圖、眼電圖、下巴及腳的肌電圖、呼吸量、呼吸時腹和胸肺壁的移動及血氧測量。

The golden standard of diagnostic modality for OSA is overnight Polysomnography (multi-channels overnight Sleep Study). It records EEG, EOG, chin & leg EMG, ECG, nasal airflow, abdominal & chest wall movements and digital oximetry of patients. Sleep Study will be conducted in a designated room. The sound and light proof fittings will provide a comfortable environment which allows people falling asleep easily.



SLEEP APNEA