

Kerry Fung & Associates Physiotherapy Services 馮偉業物理治療師事務所

Central Clinic: 2537 2083 Mongkok Clinic: 2831 8233 E-mail: physio@kerryfung.com Website: <http://www.kerryfung.com>

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Monthly Health Education Seminars

Do you want to have a *slim & healthy body*?

In order to have a slim body build, most people, especially ladies urge to participate in weight reduction program and this kind of program is becoming very popular. Needless to say, obesity affects our appearance and is highly related to chronic diseases. This seminar will focus on the followings:

- Chronic diseases caused by obesity and their adverse effects
- How to simply test if you are obese
- Exercise therapy to reduce weight correctly & healthily

Speaker: Mr. Ray To (Registered Physiotherapist)

Date: 23rd February, 2006 (Thursday)

Time: 7:00 – 8:30pm

Venue: Rm. 508 Takshing Hse., 20 Des Voeux Rd. Central

Language: Cantonese

Free Admission. Seats are limited, please reserve yours early.

For enquiries and reservation, please contact us at 2537 2083.

每月健康講座

減肥瘦身，你有需要嗎？

時下流行減肥瘦身，大部份人，尤其是女仕們都多為擁有美好身段而投身瘦身行列。眾所周知，肥胖除了影響外觀，還與很多心肺血管的慢性疾病有直接關係。本講座的重點如下：

- 肥胖所帶來的慢性疾病及其影響
- 如何測試自己是否肥胖
- 如何正確及健康地減肥

講者：陶智超註冊物理治療師

日期：二零零六年二月二十三日（星期四）

時間：晚上七時至八時半

地點：中環德輔道中 20 號德成大廈 508 室

語言：廣東話

費用全免。報名及查詢請電 2537 2083。

座位有限，請早預約。

What is Stress Incontinence? 甚麼是壓力性小便失禁?

- the involuntary and undesired loss of urine on effort or exertion
運動或使勁時不自主地排出尿液
- E.g. coughing, sneezing, laughing, lifting heavy objects, or physical exercise (e.g. running or aerobics).
如咳嗽、打噴嚏、大笑、提舉重物、體育運動(如跑步、跳健康舞)等

Causes of Stress Incontinence 小便失禁的成因

- Weakness of Pelvic Floor Muscles (especially Levator Ani Group) and hypermobility of urethra ("prolapse")
盤腔底部肌肉(特別是提肛肌群)衰弱及尿道鬆弛(「下垂」)
- intrinsic sphincter deficiency (ISD) (Rare)
內括約肌不足症候群(不常見)

What are likely to be affected? 誰人最易患上?

- Race (less common in black women than white, Hispanic or Asian women),
種族(黑人較白人、亞裔、拉丁裔為少)
- Older age (especially after the menopause),
年齡增長(特別是更年期後)
- Menopause (the reduction in oestrogen levels causes the muscles that line the vagina and urethra to weaken)
更年期(雌激素減少令陰道及尿道的肌肉變弱)
- Childbirth (the single most important factor)
生育(其中一個最重要的因素)
- Smoking and obesity
吸煙及肥胖
- Pelvic surgery
盤腔手術

Treatment

Pelvic Floor Training 盤底肌肉訓練

- includes Pelvic Floor Exercise (Kegel Exercises, etc), Pressure Biofeedback, Weighted Vaginal Cones and Electrical Stimulation
包括盤底運動，壓力生物反饋，陰道重力訓練和電刺激

Acupuncture and Chinese Medicine 針灸及中藥治療

- 尿失禁屬中醫的小便不禁、尿自遺
- 中醫認為，其病因主要因患者脾肺氣虛、或下元虛冷、腎虛不固，導致膀胱失約而致病
- 治法：補肺健脾、溫腎固澀
- 方藥：補中益氣湯合菟絲子丸加減
- 補中益氣湯：黃芪、黨參、當歸、白朮、陳皮、炙甘草、升麻、柴胡、大棗、生薑；
- 菟絲子丸：菟絲子、肉蓯蓉、鹿茸、五味子、雞內金、益智仁、烏藥、牡蠣、附子、桑螵蛸、山藥
- 針或灸治療(常用灸法以起溫補作用)，取穴腎俞、次骨膠、三陰交、關元、中極、足三里

Medication 藥物治療

- Aims at improving the contractility of sphincter muscles
用以改善內括約肌的收縮能力

Prevention is better than cure 預防勝於治療

- Perform antenatal and postnatal exercises
進行產前和產後運動
- Improve general fitness and reduce obesity
改善體適能和減少肥胖
- Quit smoking
戒煙

News Flash 快訊

整全保健學院 Institute of Holistic Healthcare

The coming courses are as follows,
Positional Release Therapy for the Lower Quadrant
Sat 8/4/2006 - Tue 11/4/2006
Positional Release Therapy for the Upper Quadrant
Sat 15/4/2006 - Mon 17/4/2006

“Clinical Application of Acupuncture in Common Sports Injuries” workshop

Mr. Kerry Fung is going to conduct a workshop in “Clinical Application of Acupuncture in Common Sports Injuries” on 15 February 2006 at Queen Elizabeth Hospital, which is organized by HKPA for physiotherapists only.

Enquiry: Mrs. May Cheung (Tel.: 31296050)

「常見運動創傷的針灸臨床應用」工作坊

馮偉業物理治療師將於二月十五日在伊利沙伯醫院教授「常見運動創傷的針灸臨床應用」工作坊。此工作坊是由香港物理治療學會有限公司主辦，只限物理治療師參加。詳情請致電 31296050 與張小姐聯絡。

Health is a continuum of physical, mental & spiritual well being.
整全健康道 至善身心靈