服務及收費 Services & Charges

睡眠窒息症診斷計劃 Sleep Apnoea Diagnosis Package

檢查項目	业	計劃 Package			
	Charge	A	В	С	
醫生診症 Doctor Consultation	\$450	•	•	•	
阻塞性睡眠窒息症評分 Epworth Sleepiness Score / STOP-BANG Questionnaire	\$100	•	•	•	
睡眠檢查報告 Sleep Report	\$895	•	•	•	
呼吸系統科專科醫生覆診 Follow up Consultation by Respiratory Specialist	\$500	•	•	•	
在家睡眠檢查 (1晚) Home Sleep Study (1 night)					
● 多頻道睡眠診斷 Polysomnography	\$2,700	•			
● 便携式睡眠診斷 (自行配戴裝置) Limited Channel Sleep Study (Self-hook up)	\$900		•		
● 便携式睡眠診斷 (現場配戴装置) Limited Channel Sleep Study (On-site hook up)	\$1,800			•	
總收費 Total Charge		\$4,645	\$2,845	\$3,745	
優惠價 Discounted Charge		\$4,600	\$2,800	\$3,700	

專科診症 Specialist Consultation

		收費 Charge
呼吸系統專科 Respiratory Specialist Service New	新症 v case	\$580
Ole	舊症 d case	\$500

東華三院醫療中心(北角)
TWGHs Medical Centre (North Point)

呼吸系統專科服務

Respiratory Specialist Services

開放時間 Opening Hours

星期-至五	9:00am — 1:00pm
Monday to Friday	2:00pm — 5:00pm
星期六 Saturday	9:00am — 1:00pm

星期日及公眾假期休息 Closed on Sundays & Public Holidays

電話及地址 Telephone and Address

網址 Website	http://www.tungwah.org.hk/mcnp
傳真號碼 Fax Number	2157 9053
查詢及預約電話 Enquiry & Appointment	3703 5680

地址 香港北角馬寶道28號華匯中心11樓 Address 11/F, China United Centre, 28 Marble Road, North Point, Hong Kong



註1 北行巴士: 10, 23, 27, 38, 42, 63, 65, 82 註: 資料以巴士公司最新公佈為準。 註2東行巴士: 601, 619, 671, 680, 690

註3東行巴士: 2, 2A, 8H, 8X, 18, 18P, 19, 77, 81, 99

註4西行巴士:8H,10,18,18P,23,27,38,42,63,65,77,81,85,99,671 註5西行巴士:2,2A,8X,10,18,18P,19,23,102,106,112,116

服務收費以本院最新公佈為準。內容如有修訂, 恕不另行通知。 The updated charges are subject to the announcement of Tung Wah Group. All information is subject to change without prior notice. 東華三院醫療中心(出角)
TWGHs Medical Centre (North Point)

呼吸系統專科服務 Respiratory Specialist Services





睡眠窒息

睡眠窒息是指呼吸在睡眠期間短暫停止,引致血氧不足,大腦因而「喚醒」患者呼吸,令患者在睡夢中驚醒。上述情況每晚可發生數十至數百次,每次達十秒甚至更長時間。患者難以維持深層睡眠,睡眠質素不理想,所以經常疲倦、嗜睡,他們的反應、專注力、記憶能力也可能下降,長遠而言會增加患上高血壓、糖尿病、心腦血管病的風險。因此,及時診斷及配合適當的治療十分重要。

睡眠窒息症可分為三大類 —— 阻塞性、中樞性及混合性,當中阻塞性睡眠窒息症最常見。根據統計數字,成年人之中,約4% 男士和2% 女士患有此症。如果身形肥胖或患有血壓高及糖尿病,患上睡眠窒息症的風險會更加高。

Sleep Apnoea

Sleep apnoea means intermittent stop of breathing during sleep. It can happen up to hundreds of times during sleep and each may last for a few seconds to a few minutes. It can result in excessive daytime sleepiness and loss of concentration, and also increase the risk of developing hypertension, stroke and heart diseases. Prompt diagnosis and adequate treatment of sleep apnoea is therefore very important.

Sleep apnoea can be divided into 3 types viz. obstructive, central and mixed type. Obstructive Sleep Apnoea (OSA) is the most common type, affecting around 4% of middle-aged men and 2% of middle-aged women in Hong Kong. It is even more prevalent in population with obesity, hypertension and diabetes mellitus.



診斷及治療

透過睡眠檢查,可以及早診斷睡眠窒息。發展至今,睡眠檢查可以在家中進行,方便省時。若果確診睡眠窒息,病情輕微的患者可以透過減肥及改善生活習慣減輕病情,而病情較嚴重的患者,醫生會建議使用連續正氣壓睡眠呼吸機(CPAP),有效保持氣道暢通及改善睡眠質素。

Diagnosis and Treatment

OSA can be diagnosed through sleep study. Nowadays, sleep study can be arranged more conveniently at home setting. After diagnosis, those having mild OSA can be managed through life style modification with better sleep hygiene and weight reduction. For those having severe OSA, doctor will arrange treatment with continuous positive airway pressure (CPAP).

