

「過敏」是指當身體接觸環境中一般無害的物質時，免疫系統會產生不正常的過激反應。這些引致過敏的物質被稱為「致敏原」。常見的致敏原包括塵蟎、動物毛髮、花粉、黴菌、昆蟲叮咬、食物、藥物及疫苗等。

過敏反應及其嚴重程度因人而異，取決於身體對致敏原的敏感程度。一些較輕微至中度的過敏症狀包括痕癢、紅疹、蕁麻疹（俗稱「風癩」）、面部和四肢腫脹、濕疹加劇、流鼻涕、腹部絞痛、嘔吐、腹瀉、原因不明的嬰兒煩躁、哭鬧和疲倦等。而嚴重的過敏反應可導致喘鳴、呼吸困難、哮喘發作、低血壓、頭暈、昏厥或失去知覺（過敏性休克），甚至致命。

患有過敏症的人士在確認他們對哪些物質過敏，應採取相應措施盡量避免或減少接觸這些致敏原，以減低出現過敏反應的風險或次數。

“Allergy” refers to the abnormal exaggerated reactions of our immune system when the body comes into contact with some generally harmless substances in the environment. These substances are known as “allergens”. Some common allergens include dust mites, animal hair, pollen, mold, insect sting, food, drugs and vaccines.

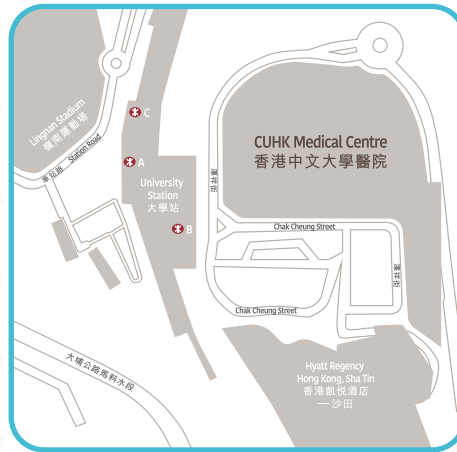
The severity of allergic reactions varies from person to person, which depend on sensitivity of the body to the allergens. Mild to moderate symptoms include itch, skin redness, urticaria (or hives), facial and limb swelling, eczema flare-up, runny nose, abdominal cramp, vomiting, diarrhea, and unexplained irritability, crying and tiredness in babies. Severe allergic reactions can lead to hoarseness, difficult breathing, asthma attacks, low blood pressure, dizziness, fainting or loss of consciousness (anaphylactic shock) and even death.

People who are confirmed to be allergic to specific substances should avoid or minimise exposure to those allergens so as to reduce the risk or frequency of developing allergic reactions.



### 兒童過敏測試計劃 Paediatric Allergy Programmes

- 食物過敏評估及治療計劃  
Food Allergy Assessment and Treatment Programme
- 哮喘和過敏性鼻炎評估及治療計劃  
Asthma and Allergic Rhinitis Assessment and Treatment Programme
- 濕疹評估及治療計劃  
Eczema Assessment and Treatment Programme



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香港中文大學醫院  
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## 香港中文大學醫院 過敏及免疫學中心

CUHK Medical Centre  
Allergy &  
Immunology Clinic





## 食物過敏評估及治療計劃 Food Allergy Assessment and Treatment Programme

### 甚麼是食物過敏？

食物過敏，是指免疫系統出現異常情況，以至於身體對一般無害的食物出現過激的反應。現時並未有可靠能根治食物過敏的方法。要避免出現過敏反應，唯一的方法是完全避免進食（或接觸）任何含有致敏原的食物或製品。患者還需要攜帶腎上腺素自動注射器，以備因誤食而產生的嚴重過敏反應。

過去幾年，曾經慎選食物過敏的患者作治療，他們受益於口服免疫療法，但在接受這種創新治療時，必須在過敏症專科醫生監督下進行。

### What is food allergy?

Food allergy is caused by an abnormal immune response to non-harmful substances in the food. Currently, there is no reliable curative treatment for food allergy. The only way to prevent allergic reactions to food is to strictly avoid food that contains allergens. Patients also need to carry adrenaline autoinjectors for emergency use in case they develop severe allergic reactions upon accidental food ingestion.

Over the past few years, carefully selected patients with food allergy may benefit from oral immunotherapy. However, they must be closely supervised by allergists while receiving such novel treatment.



### 計劃詳情 Programme Details

#### 飲食諮詢與輔導

Dietary consultation & counselling

#### 營養師的電話跟進

Phone follow-up by Dietitian

#### 過敏反應管理和行動計劃教育

Education on anaphylaxis management and action plan

**價錢 Price: 港幣(HKD) 1,600**

\*以上計劃不包括醫生諮詢費。

\*The above programme excluding doctor consultation fee



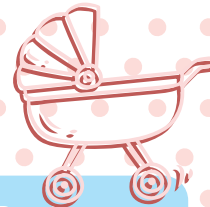
## 哮喘和過敏性鼻炎評估 及治療計劃 Asthma and Allergic Rhinitis Assessment and Treatment Programme

### 甚麼是哮喘？

哮喘是一種過敏支氣管疾病。患者的支氣管在病發時會對一些本來沒有傷害性的物質有過敏反應。氣管會發炎變得腫脹、狹窄、積聚痰液及分泌物令氣流阻塞而引致呼吸不順暢，病情惡化時或長時間不治療更可能致命。

### What is asthma?

Asthma is an allergic and hyperactive airway disease. Asthma patients' airway has an allergic reaction to some originally innocuous substances that they become sensitised at the onset of the disease. The inflamed airway becomes swollen and narrower with phlegm and secretions, which limits the airflow and makes breathing difficult. It can be fatal during severe exacerbation or when left untreated for a long time.



### 計劃詳情 Programme Details

#### 哮喘知識測驗：ACT/C-ACT

Asthma knowledge test : ACT/C-ACT

#### 藥物測試（運用吸入器作檢測）

Assessment by use of medications and inhaler techniques

#### 基本肺功能測試（2次）及呼出一氧化氮水平檢測

Simple Spirometry (2 times) and exhaled nitric oxide test

#### 哮喘管理和行動計劃教育

Education on asthma management and action plan

**價錢 Price: 港幣(HKD) 2,700**

\*以上計劃不包括醫生諮詢費。

\*The above programme excluding doctor consultation fee



## 濕疹評估及治療計劃 Eczema Assessment and Treatment Programme

### 甚麼是濕疹？

濕疹即異位性皮膚炎，是一種具有遺傳傾向的慢性皮膚病，與免疫過敏性體質有關。親屬中有人患有濕疹或其他過敏性疾病如哮喘、鼻敏感，孩子患上濕疹的機會也較高。濕疹所致的痕癢和皮膚乾燥令孩子想搔抓，通常會導致皮膚紅腫、傷口疼痛和感染，以及睡眠不足和影響注意力。目前並無有效能根治濕疹的方法，但通過日常護理和合適的外用，口服和注射藥物，可適當地控制和舒緩病情。

### What is eczema?

Eczema, or atopic dermatitis, is a chronic skin disease with genetic predisposition. Eczema is related to impaired skin barrier and abnormal immune reactions to allergens. Children has a higher chance of getting eczema if their family members have history of eczema or other allergic diseases such as asthma and nasal allergies. Skin itching and dryness caused by eczema makes children difficult to resist scratching, which commonly leads to red swollen skin, painful and infected wounds as well as sleep loss and inattention. There is currently no effective cure for eczema, but which can be adequately controlled and relieved through daily skin care and appropriate topical, oral and injection medications.



### 計劃詳情 Programme Details

濕疹嚴重程度和生活質量的問卷評估包括 SCORAD、NESS、POEM、DLQI問卷

Assessment of eczema severity and QoL by SCORAD, NESS, POEM, CDLQI

皮膚水分補充和表皮水分流失檢測

Measurement on skin hydration and transepidermal water loss

濕疹管理和行動計劃教育

Education on eczema management and action plan

**價錢 Price: 港幣(HKD) 1,770**

\*以上計劃不包括醫生諮詢費。

\*The above programme excluding doctor consultation fee