



香港大學中醫藥學院
中醫更年期綜合徵的分型研究
招募 45-55 歲女性參加者

當女性踏入更年期時，身體會出現一系列的症狀及不適，如潮熱、盜汗、失眠、疲倦、頭痛及情緒不穩定等。由於更年期婦女受到不同因素的影響，例如荷爾蒙水平差異、個體體質差異、從事的職業、生活習慣及飲食習慣等，而表現出的症狀及輕重程度會有所區別。一般來說，在中醫的角度引致更年期綜合徵大致上可分為三個症型，包括「腎陰虛証」、「腎陽虛証」和「腎陰陽兩虛証」。

研究顯示，中醫中藥通過辨證論治能緩解更年期的不同症狀，有鑑於此，香港大學中醫藥學院現正進行一項有關「中醫更年期綜合徵的分型研究」，此研究是為了探討香港更年期綜合徵婦女的中醫証候的分型，以及各種証型與客觀臨床指標之間的關係，以便為緩解更年期綜合徵症狀提供治療和調養方案。本學院現正招募 400 位中國籍女士參與此項研究，完成研究後，每位參加者將可獲一份合適症型之中醫養生保健參考方案。

研究項目及參加者條件詳列如下，研究項目包括：

1. 一次症狀評估及問卷調查，由註冊中醫師提供；
2. 一次抽血化驗；

研究完成後，每位參與者將獲贈一份合適症型的中醫養生保健方案。

***以上項目費用全免**

本院歡迎符合以下條件的中國籍女性參與此項研究：

1. 年齡介乎 45—55 歲；
2. 具備更年期綜合徵病徵；
3. 沒有長期慢性病患；及
4. 在 3 個月以內沒有使用激素替代療法。



THE UNIVERSITY OF HONG KONG
SCHOOL OF CHINESE MEDICINE
香港大學中醫藥學院

報名及查詢方法：

如欲參與此項研究，請於香港大學中醫藥學院網站(<http://www.hku.hk/chinmed>)下載報名表格，填妥後可透過以下途徑交給學院：

1. 傳真至 2168 4259 或
2. 郵寄至香港薄扶林沙宣道 10 號香港大學中醫藥學院林琳中醫師收，信封面註明參加「中醫更年期綜合徵的分型研究」。

如對此項研究有任何查詢，歡迎致電林琳中醫師，電話：2589 0431 / 6875 4385。

傳媒查詢，請隨時聯絡：

王小姐 電話：2589 0489 電郵：chrwong@hkucc.hku.hk



Press Release

April 19, 2010

**The School of Chinese Medicine, HKU recruits women participants aged 45-55 for
A Pilot Study of Syndrome Differentiation by Evaluating the Clinical Data of
Symptoms of Menopausal Syndrome in Chinese Medicine**

When women go through menopausal transition, most of them would experience hot flushes, cold or night sweat, insomnia, fatigue, headache, unstable emotion, etc. The frequency and severity of the clinical symptoms are different in menopausal women due to difference in hormone levels, individual constitution, occupation, living and dietary habit, etc. In general, Chinese medicine classified menopausal syndrome into three types: “deficiency of Kidney-Yin”, “deficiency of Kidney-Yang” and “deficiency of Kidney-Yin and Kidney-Yang”. Previous researches indicated that the treatment of Chinese medicine in terms of the syndrome differentiation is effective in relieving menopausal symptoms. Therefore, we are carrying out a research study to distinguish the categories of the syndrome according to Traditional Chinese Medicine (TCM) theory and evaluate the relationship between categories of menopausal syndrome and serum markers. The study may provide consultation and objective treatment for relieving menopausal symptoms in the future.

The study involves the following items:

1. An interview with a questionnaire;
2. A Blood test; and
3. A consultation to indicate your syndrome category and advice on daily diet.

***All of the above items are free of charge.**

Chinese women fulfilling the following requirements are welcomed to participate in the study:

1. Aged 45 to 55;
2. Present with menopausal symptoms;
3. Without chronic diseases; and
4. Have not used hormone replaced therapy (HRT) in the preceding three months.

No of participants recruit: About 400 women

Registration and enquiry:

If you are interested in participating in this study, please download and fill in the registration form at <http://www.hku.hk/chinmed>. The form could be return to Miss Lam Lam (Chinese Medicine Practitioner) for arrangement by:

1. Fax: 2168 4259, or
2. Mail: The School of Chinese Medicine, 10 Sassoon Road, Pokfulam, HK

If you have any enquiry about the study, please contact Miss Lam Lam (Chinese Medicine Practitioner) by 2589 0431 or 6875 4385.

Media Enquiry: Ms Christine Wong Tel: 2589 0489 Email: chrwong@hku.hk