

更年期

甚麼是更年期

- 女性身體的自然變化過程
- 卵巢老化，導致內部細胞耗盡並停止產生和釋放性荷爾蒙
- 在此期間月經週期出現紊亂，最終停止並且失去生育能力
- 臨床定義為連續**12**個月的月經停止

香港更年期中醫循證臨床指南

- Evidence-based Chinese medicine clinical practice guideline on menopausal syndrome
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Research paper

Evidence-based Chinese medicine clinical practice guideline on menopausal syndrome in Hong Kong

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ABSTRACT

Introduction: Menopause is usually accompanied by physical and mental health problems in women, including hot flashes, night sweats, insomnia, depression, and anxiety, which significantly affect their quality of life. Chinese medicine (CM) treatment for menopause is based on syndrome differentiation with few side effects. At present, there is no systematic and acceptable guideline to support clinical decisions on menopause management. Therefore, we aim to develop a guideline to assist clinical decisions on menopause management using CM approaches.

方法：

- 參考WHO指南建立手冊的六個步驟
1. 成立指南發展小組(指導、系統回顧及建議小組，各5人)
 2. 釐定研究範圍及主要臨床問題
 3. 搜集證據
 4. 將證據按等級分類(根據 (GRADE) 系統 Grading of Recommendations, Assessment, Development and Evaluations)
 5. 草擬建議及尋求專家意見
 6. 覆核建議
 7. 出版並實行

香港現況

- 年齡範圍：40-60歲
- 年齡中位數：51歲
- 70% 出現更年期相關症狀
- 大約51% 婦女使用補充或另類治療，例如
 - 催眠
 - 認知行為治療(CBT)
 - 冥想
 - 香薰治療
 - 膳食補充品

香港女性常見的更年期症狀

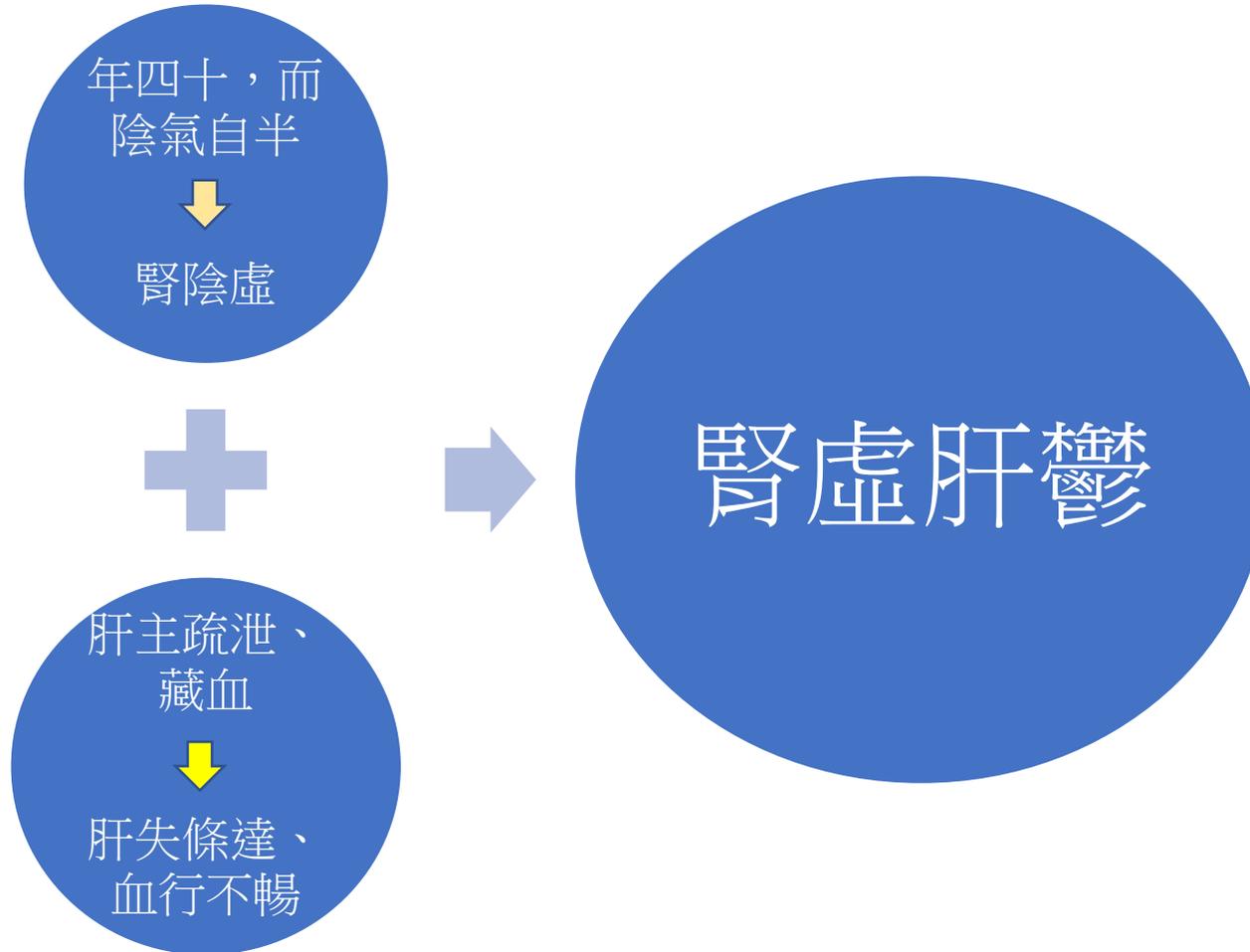
• 常見不適：

- 月經不規律
- 潮熱夜汗
- 煩躁
- 失眠
- 情緒低落

• 其他不適：

- 陰道乾澀
- 心悸
- 腰痛
- 水腫
- 便秘

病因病機



證型分類

1. 肝腎陰虛
2. 腎陽不足
3. 腎陰陽兩虛
4. 心腎不交
5. 肝鬱脾虛
6. 肝鬱氣滯
7. 肝鬱化火

證型1-肝腎陰虛

- 症狀：腰膝痠軟、筋攣瞶瘵、舌紅少苔、脈弦沉弦細數
- 治則：補益肝腎
- 方藥：知柏地黃丸、青蒿鱉甲湯、更年湯
- 穴位：肝俞、腎俞

證型2-腎陽不足

- 症狀：腰膝痠冷、遺尿、小便頻、畏寒、舌淡苔白、脈沉緩
- 治則：溫補腎陽
- 方藥：右歸丸、金匱腎氣丸
- 穴位：神門、關元、命門

證型3-腎陰陽兩虛

- 症狀：畏寒或五心煩熱、腰膝痠軟、眩暈耳鳴、健忘、夜尿、舌淡或紅，苔薄黃或薄白
- 治則：陰陽雙補
- 方藥：二仙湯
- 穴位：關元、氣海、腎俞、三陰交

證型4-心腎不交

- 症狀：失眠、幻覺、心悸、潮熱夜汗、脈細數
- 治則：清心補腎
- 方藥：酸棗仁湯、交泰丸
- 穴位：百會、神門、內關

證型5-肝鬱脾虛

- 症狀：煩躁、納呆、腹脹、倦怠乏力、便秘、白苔、脈弦或緩
- 治則：疏肝健脾
- 方藥：逍遙散合甘麥大棗湯
- 穴位：足三里、肝俞、支溝、照海

證型6-肝鬱氣滯

- 症狀：腹/胸/乳房脹痛，惱怒後加重、煩躁、情緒低落、脈弦
- 治則：疏肝理氣
- 方藥：香附湯、逍遙散
- 穴位：合谷、中脘

證型7-肝鬱化火

- 症狀：易怒、口乾苦、眩暈、舌紅苔黃、脈弦數
- 治則：疏肝理氣瀉火
- 方藥：丹梔逍遙散、龍膽瀉肝湯
- 穴位：期門、行間

針灸常用穴位

- 足三里
- 三陰交
- 太沖
- 太溪

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