



# 聲沙 Hoarseness

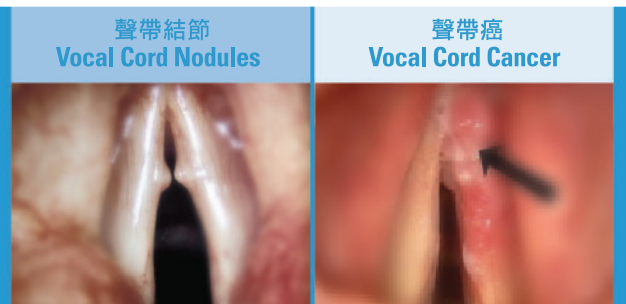


聲沙是由喉部或喉部以外的病變所引致，患者發聲時音量及音色變得沙啞，甚至出現氣弱或完全失聲。

Hoarseness might be caused by pathological change within larynx or outside larynx. The voice might have changed in pitch and volume, ranging from breathy to complete loss of voice.

## 聲沙的常見成因 Common Causes of Hoarseness

- 不正確發聲及長期過度用聲，引致聲帶受損。
- 傷風、感冒、喉嚨發炎或聲帶受病菌感染。
- 吸煙和飲酒均有機會導致慢性喉炎，甚至是惡性腫瘤，影響發音。
- 若長期聲沙（持續多於兩星期），可能是聲帶生繭、生息肉、發炎、聲帶變厚或聲帶癱瘓，甚至可能是喉癌，應及早找醫生檢查聲帶。聲帶檢查需由耳鼻喉專科醫生用反射鏡或內窺鏡檢視，以作出準確的診斷，並給予合適的治療計劃及意見。
- Inappropriate and excessive use of voice leads to injury to vocal cord.
- Laryngeal infection (Laryngitis) related to flu or common cold infection.
- Smoking and drinking may cause inflammation to vocal cord, and even malignancies which eventually affect voice.
- If hoarseness persists (for more than two weeks), it could be due to vocal cord nodule, vocal cord polyp, inflammation, vocal cord thickening, vocal cord palsy or even throat cancer. Early doctor assessment is advisable. Detailed vocal cord examination should be done by ENT specialists using larynx mirror and flexible nasopharyngoscopy for accurate diagnosis and appropriate.



# 仁安微創中心 Union Minimally Invasive Centre

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## 交通設施 Traffic Facilities

本院設有免費穿梭巴士，行走本院及大圍港鐵站。  
Free Union Hospital Shuttle Buses run between the Hospital and Tai Wai MTR Station.

- 專線小巴 Green Mini Bus : 68K (由沙田及大圍港鐵站開出)  
(From Shatin and Tai Wai MTR Station)
- 公共巴士 Buses : 46P, 46X, 80, 80P, 85B, 87B, 89B, 249X, 281M, 286X, 287X (由九龍開出 From Kowloon)

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# 耳鼻喉專科

## EAR, NOSE & THROAT

仁心、安心、貼您心

Caring · Reliable · Empathetic

鼻  
NOSE

## 纖維鼻咽喉鏡 Flexible Nasopharyngoscopy

纖維鼻咽喉鏡是一支纖幼的柔軟內視鏡，耳鼻喉科醫生利用纖維鏡能直接觀察鼻腔、鼻咽、喉及下咽，對鼻咽喉的病症作出準確的診斷。

Flexible nasopharyngoscopy is a soft & small endoscope that allows the ear, nose and throat doctor to exam the nasal cavities, nasopharynx, larynx and pharynx of the patient directly. This helps greatly in making diagnosis.

### 適合使用纖維鼻咽喉鏡之病症 Conditions Suitable for Nasopharyngoscopy

鼻及鼻咽 Nose	鼻出血、鼻息肉、鼻竇炎，鼻咽癌的診斷（配合內視鏡拿取活檢）。 Nose bleeding, nasal polyps, sinusitis, diagnosis of nasopharyngeal carcinoma (with the use of biopsy under endoscopy).
睡眠呼吸障礙 Sleep Disordered Breathing	檢查上呼吸道在睡眠中阻塞的位置。 To determine the site of upper airway obstruction during sleep.
喉 Throat	聲沙、喉炎、發聲問題、喉癌、小兒呼吸困難及喘鳴。 Hoarseness, laryngitis, voice problems, cancer of larynx, stridor and breathing difficulties in infants.
咽 Pharynx	咽喉異物、咽喉炎、吞嚥困難、下咽癌 纖維鼻咽喉鏡檢查簡單、直接、快捷、舒適、初生嬰兒及長者皆合適。 Foreign body ingestion, pharyngitis, difficulties in swallowing, cancer of the hypopharynx.

纖維鼻咽喉鏡檢查簡單、直接、快捷、舒適、初生嬰兒及長者皆合適。

Flexible nasopharyngoscopy exam is simple, rapid & comfortable. It is suitable for the elderly and infant.

## 纖維鼻咽喉鏡檢查的程序 Procedure in Performing the Flexible Nasopharyngoscopy

在檢查時，醫生會把內鏡放入鼻孔，檢查該鼻腔及鼻竇開口，然後把內鏡伸展深入鼻腔，以檢查鼻咽。

檢查咽喉部位時，醫生會把內鏡從鼻孔再伸展深入十多公分，這時醫生或會要求病人吞嚥或發聲，以便檢查喉部之活動。

如有需要，醫生會在鼻腔或鼻咽深處有懷疑的地方放少量局部麻醉藥，以拿取組織進行活檢化驗。

整個檢查過程不會超過十分鐘，病人在檢查時可能會因內鏡碰到鼻及喉的黏膜，而感到輕微不適。檢查時，醫生或會拍照或錄影作醫療記錄參考之用。

A small flexible endoscope would be inserted into the nostril, examining the nasal cavity and the openings of the sinuses. Then doctor would advance the endoscope to examine the nasopharynx.

When examining the larynx and pharynx, doctor would advance the endoscope into the throat. At this stage, patient may be asked to phonate or swallow in order to facilitate the examination of movements of the throat.

If a biopsy is required, doctor would place local anesthetics into the nasal cavities or nasopharynx and take some tissue sample for pathological examination.

The whole examination would be finished within ten minutes. Sometimes, patient might feel discomfort as the endoscope may touch the mucosa of the nose and throat during the examination. Photos or video might be taken during the examination as medical record reference.

### 纖維鼻咽喉鏡之影像 Images by Flexible Nasopharyngoscopy



耳  
EAR

耳垢  
Earwax

耳垢通常有保護耳道的作用，但若果耳垢積累太多，則會影響聽力，嚴重會引起外耳炎。如要清除耳垢，必須用正確的方法，否則會弄巧反拙。

Generally, earwax forms a layer of protection to human ear channel. However, excess earwax could hinder hearing, or even cause external otitis. To remove earwax, one has to adopt appropriate methods, or else the situation could be worse.

### 一般家用的耳道清潔方法及注意事項 General Domestic Ear Channel Cleaning Methods & Cautions

棉花棒只適用於清潔少量耳垢，使用時必須格外小心及注意以下事項：

- 確保身邊沒有人騷擾，以免造成碰撞，弄穿耳膜。
- 不宜把棉花棒深入伸進耳道內清理。

Cotton swabs are only applicable to small amount of earwax. Use with caution & pay attention to the follows:

- Make sure there is no interruption nearby. Collision might cause injury to eardrum.
- Do not advance cotton swabs too deep into ear channel.

### 專業的耳道清潔方法 Professional Methods of Ear Channel Cleansing

醫生根據個別耳垢的情況而決定使用不同的清潔方法。以下是專業的耳道清潔方法及儀器。

For impacted ear wax, Doctor would use different kinds of cleansing methods. The followings are some professional cleansing methods and instruments for ear examination and cleaning.

