

## 肺移植簡介

### A Brief Introduction on Lung Transplant

#### 香港肺移植項目

香港唯一的肺移植項目，是由葛量洪醫院結核暨胸肺內科與瑪麗醫院心胸外科聯合組成的肺移植團隊負責，病者在葛量洪醫院接受初步評估後，合適的病者會被安排作詳細的檢查。通過肺移植委員會審核後，適合接受肺移植的病者會被列入等候名冊，在等候肺移植期內，病者將繼續在原屬的專科部門接受適切的治療，並會定期到葛量洪醫院作有關的跟進。

#### Hong Kong Lung Transplant Program

The service is jointly provided by Cardiothoracic Department of Queen Mary Hospital and Tuberculosis and Chest unit of Grantham Hospital (GH). All patients referred are initially assessed in GH. Further evaluation is carried out for potential candidates. Suitable candidates will be put on waiting list after detailed assessment. These patients will be followed in their regional hospitals and with regular updates and follow up in GH.



肺移植有 3 種主要類型：

There are 3 main types of lung transplants:

單肺移植  
Single Lung



雙肺移植  
Double Lung



心肺移植  
Heart - Lung



什麼是肺移植？

What is Lung Transplant ?

肺移植是一種針對某類嚴重肺疾病的治療方式。用外科手術的方法切除原有的患肺，再將從捐贈者的健康肺植入，並以藥物控制身體對植入肺臟的排斥。

Lung transplantation is a treatment option for patients with certain severe lung diseases. The diseased lung is surgically removed and replaced by the donated healthy lung. It is followed by the use of drugs to suppress the rejection of the transplanted lung organ.



什麼人可能需要肺移植？

Who would need Lung Transplant ?

患有晚期肺部疾病，並在其他治療方法下無效的病人。

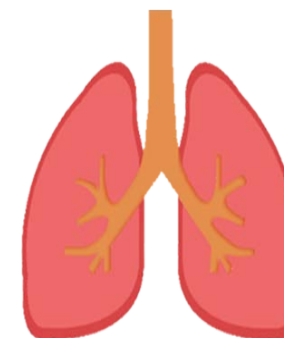
Patients with advanced lung diseases that has not responded to conventional treatments, may be considered for lung transplantation.


常見可以通過肺移植治療的病症包括：慢性阻塞性肺病 (COPD)，原發性肺纖維化，支氣管擴張，原發性肺動脈高壓病等。

Common conditions that can be treated with lung transplantation include: Chronic obstructive pulmonary disease (COPD), idiopathic pulmonary fibrosis, bronchiectasis, idiopathic pulmonary hypertension, etc.

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 葛量洪醫院 Grantham Hospital	Pamphlet
Ownership	TBCU 結核暨胸肺內科
Last review/ revision	Oct 2023
Approval	COS / TBCU
Distribution	As requested



## 肺移植的需求

### The demand for lung transplant

對肺移植的需求遠遠大於捐贈肺的供應。這意味著只有在認為成功機會相對較大的情況下才會進行移植。

The demand for lung transplantation far exceeds the available supply of donor lungs. This means that a transplant will only be performed if the chance of success is considered to be relatively good.



## 肺移植存活率

### Lung transplant survival rate

隨著醫學進步，近年來肺移植患者的存活率有所改善。在香港，肺移植術後 1 年存活率約 80%，5 年為 60-70%，10 年為 50-60%。

With the advancement of medical care, the recovery for patients who have undergone lung transplantation has improved in recent years. In Hong Kong, the survival rate after lung transplantation is about 80% at 1 year, 60-70% at 5 years, and 50-60% at 10 years.



## 移植前準備

### Preparation before transplant

在被列入移植名單之前，您需要進行一些測試，以評估您其他主要器官的功能，以確保您的身體狀態能支持您應付手術和術後的康復。您還需要改善生活方式，例如飲食和運動，期望能在進行移植時盡可能保持較佳狀態。

Before you are put on the transplant list, you will need to undergo some tests to assess your other body functions to make sure they are good enough to support you to go through transplant surgery and to recover afterwards. You may also need to make lifestyle changes, such as, dietary adjustment and daily modification of activities to maintain at a reasonable physical health to prepare for the transplant.



## 肺移植術中

### During transplant surgery

肺移植手術會在全身麻醉下進行，視乎手術的複雜程度，通常需要 6 至 10 小時不等。先將患病肺部切除，再植入捐贈的肺，縫合氣管和血管。

A lung transplant is performed under general anaesthesia and usually takes from 6 to 10 hours, depending on the complexity of the surgery. The diseased lung is first removed. The donated lung is then implanted and the airways and blood vessels are connected and sutured.



## 肺移植術後

### After lung transplant

肺移植是一項重大醫療程序，手術後一般需要留院數周（深切治療部和加護病房），身體可能需要幾個月的時間才能完全康復。

A lung transplant is a major medical treatment and it requires several weeks of hospital stay (in intensive care units and special wards) for postoperative care and recovery. It might take up to several months before full recovery occurs.

移植後需要定期覆診，從每週到 3 個月一次不等。以驗血，肺功能測試，胸部 X 光，或支氣管鏡等檢查來監測身體和肺部狀況。

Also, long-term regular follow-up with the medical team is required. The frequency of follow up visits ranges from once a week to once every few months.

During follow up visits, we would monitor your health by chest X-rays, blood tests, lung function test and bronchoscopies when necessary.

肺移植後出現併發症很普遍，包括排斥，感染，慢性肺功能下降等。

It is common for complications to occur after lung transplantation. These complications include rejections, infections, and chronic lung function decline, etc.