



Hong Kong Obesity Society
香港肥胖學會

About Hong Kong Obesity Society (HKOS)

HKOS is an academic society consisting of medical professionals looking after patients with obesity aims :

- to raise awareness of obesity in Hong Kong
- to serve as a platform to connect doctors and allied health professionals involved in the management of obesity and obesity-related disorder
- to serve as a bridge between the local and international professional communities in the field of obesity medicine.

HKOS Council

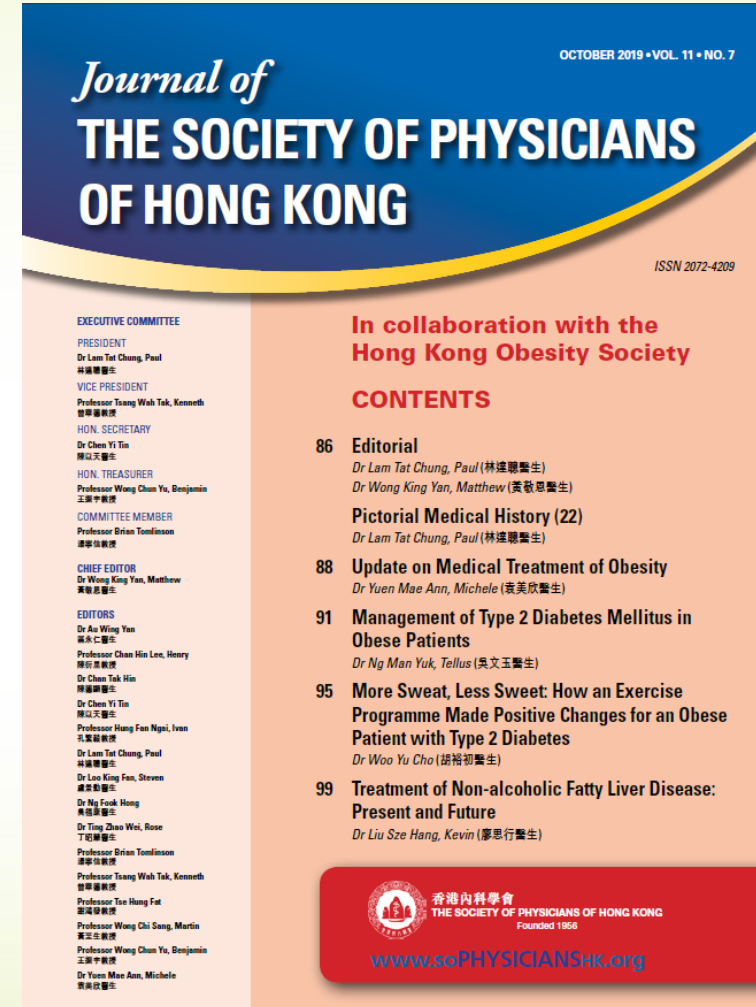
President :	Dr Wing Sun CHOW	
President-Elect :	Dr Tsun Miu TSUI	
Vice-President :	Dr Tellus Man Yuk NG (Medical)	Dr David Kai Wing LEUNG (Surgical)
Honorary Treasurer :	Dr Terence Chi Chun TAM	
Honorary Secretary :	Dr Patrick Man Pan CHAN	
Immediate Past Co-Presidents :	Dr Michele Mae Ann YUEN (Medical)	Dr Daniel King Hung TONG (Surgical)
Council Member :	Dr Velda Ling Yu CHOW	Dr Jo Jo Siu Han HAI
	Dr Gloria Yu Yan HWANG	Dr Ka Wah LEE
	Dr Catherine Pui Ka SZE	Dr Joanna Yuet Ling TUNG
	Dr Kelvin Ka Fai WONG	Dr Yu Cho WOO
	Dr Desmond Yat Hin YAP	Mr Ivan Ngai Chung YEUNG
	Ms Vivien Man Wai YU	

Works of HKOS

- Manage an issue of the Journal of the Society of Physicians of Hong Kong
- Be part of the Multi-Specialty Medical Mega Conference organizing committee
- Produce educational video and leaflet
- Create low-calorie diet recipes
- Organize Go, 膏 Go!! running program
- Organize Annual Symposium

The Journal of the Society of Physicians of Hong Kong

HKOS has managed the October issue in 2019 and will manage the August issue in 2020, respectively.



Multi-Specialty Medical Mega Conference

HKOS has been part of the Multi-Specialty Medical Mega Conference organizing committee since 2017.



Multi-Specialty Medical Mega Conference

Multi-Specialty Medical Mega Conference 2018



Educational Video and Leaflet

HKOS has produced a video last year and a leaflet this year about surgical weight loss solutions. More will be coming.




外科減重知多點

肥胖
是一種需要治療的疾病

世界衛生組織定義肥胖為可損害健康的異常或過量脂肪累積。香港衛生署2014-15健康狀況調查顯示本港約五成年齡介乎15至84歲的人士屬於超重或肥胖。肥胖是一種慢性病，和肥胖息息相關的疾病包括三高、阻塞性睡眠窒息症、冠心病、中風、脂肪肝、膽石、退化性關節炎、女性多囊卵巢症和癌症等。透過對肥胖症有效的治療，除了可以減重外，還可有效紓緩這些相關的疾病。

肥胖治療方案按肥胖程度制訂

治療方案	肥胖程度 (以BMI計算)			
	23.1-27.4 (超重)	27.5-34.9 (肥胖)	35-39.9 (以及肥胖相關疾病)	≥40 (肥胖)
改善生活習慣	✓	✓	✓	✓
藥物治療		+/-	+/-	+/-
胃水球		+/-	+/-	+/-
代謝減重手術 如: 縮胃 胃繞道			✓	✓



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香港肥胖學會

香港肥胖學會於2016年4月成立，其宗旨在於提升公眾對肥胖症的認識。同時，本會亦提供平台讓本港參與肥胖症治療的醫生和專職人員交流意見，並提供機會與世界治療肥胖症的專家溝通，希望為肥胖症患者帶來有效的治療方案。

資訊由香港肥胖學會提供
肥胖症治療詳情請向專業醫護人員查詢

References

- * https://www.chp.gov.hk/files/pdf/oh_phis_2014_15_full_report_eng.pdf
- * Kasama K, Mui W, Lee WJ, et al. IFSO-APC consensus statements 2011. Obes Surg. 2012;22(5):477-484.
- △ ASMBS Statement on Intra-gastric Balloon Therapy / Surgery for Obesity and Related Diseases 12 (2016) 463-467
- # www.ifo.com/patient-sleeve-gastroctomy/
- + www.ifo.com/tout-en-y-gastric-bypass/

網址: www.hkobesity.org

香港肥胖學會

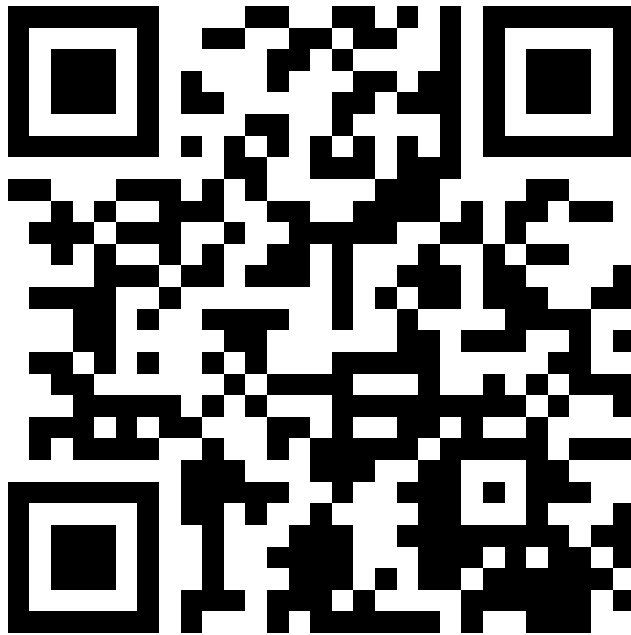
Educational Video and Leaflet

Video shooting day



Educational Video and Leaflet

The video and leaflet are available on our website :



Low-Calorie Diet Recipes



★ Nutrition Tips ★

Nuts such as peanuts and almonds are great sources of unsaturated fatty acids, dietary fiber, calcium, magnesium and potassium. Since nuts are small in size but high in fat, they can easily be overconsumed and lead to weight gain, resulting in an increased risk of cardiovascular diseases. Therefore, nuts can only be consumed in moderation and the recommended intake is 1 ounce per day.

Mango and Almond Milk Pudding

100 kcal

6 Servings



Ingredients

Mango.....	2 pcs
Skim milk.....	250 ml
Low fat yoghurt.....	200 ml
Almond (unsalted)	6-12 pcs
Gelatin.....	3 slices OR
Gelatin powder.....	15 g



Methods

1. Peel, seed and dice the mangos.
2. Bring the skim milk to a boil. Remove from heat and set aside. Cool the skim milk under room temperature for 5 minutes. Stir in low fat yoghurt.
3. Dissolve the gelatin in hot water. Mix in the dissolved gelatin to the skim milk mixture and add in the diced mangos.
4. Chill the mango pudding for 4 hours. Decorate with almonds before serving.

Low-Calorie Diet Recipes



★ Nutrition Tips ★

This simple and easy recipe makes use of vegetables of different colours. It not only provides dietary fiber but also contains a wide range of antioxidants, which can help reduce the risk of cardiovascular diseases. Replacing salt and high-sodium condiments with black pepper and herbs can lower the sodium content of soup and help reduce the risk of hypertension.

Italian Minestrone

100 kcal

2 Servings



Ingredients

Carrot.....1 pc
Onion..... $\frac{1}{2}$ pc
Celery.....1 bunch
Tomato..... 1 pc

Seasonings

Salt..... $\frac{1}{2}$ tsp
Corn oil..... $\frac{1}{2}$ tbsp
Black pepper.....1 pinch
Parsley.....1 pinch



Methods

1. Rinse, peel and dice all vegetables.
2. Stir-fry the onion in oil until golden brown, gradually add in carrot, celery and tomato.
3. Slowly pour in 1-2 cups of water to the pot. Simmer under low heat for 3-5 minutes.
4. Season with ground black pepper and salt. Sprinkle with chopped parsley.

Low-Calorie Diet Recipes



★ Nutrition Tips ★

Soda water is a sugar-free and low-calorie drink. The fizz in the soda water together with mint leaves can give extra freshness to your drink.

Honeydew Melon and Mint Shaved Ice

100 kcal

2 Servings



Ingredients

Honeydew melon..... 250 g
Soda water..... 1 can (355 ml)
Lime (juiced)..... ½ pc
Mint leaves..... few pcs



Methods

1. Scoop half of the honeydew melon into balls with a spoon.
2. Scrape off the rest of melon flesh and mix with soda water. Freeze for 4 hours into ice.
3. Blend the ice into shaved ice with a blender.
4. Divide the shaved ice into 2 glasses and top with the honeydew melon balls and mint leaves.

Low-Calorie Diet Recipes



★ Nutrition Tips ★

Using whole wheat flour to make pancakes can enhance the texture and fiber content. This recipe selected skim milk instead of whole milk in order to lower the fat content.

Low Sugar pancakes with Applesauce

200 kcal

2 Servings



Ingredients

Whole wheat flour..... $\frac{3}{4}$ cup
Skim milk..... 100 ml
Egg..... $\frac{1}{2}$ pc
Canola oil..... $\frac{1}{2}$ tsp
Baking soda..... $\frac{1}{8}$ tsp

Sauces

Low fat yoghurt..... $\frac{1}{2}$ cup
Applesauce..... 1 tbsp



Methods

1. Mix the whole wheat flour, low-fat milk, eggs and baking soda in a large bowl.
2. In a heated wok, drizzle some oil and pan-fry half of the egg mixture to make a pancake over low heat. Repeat the frying process with the other half of the mixture.
3. Arrange the pancakes onto a serving plate and top with low fat yoghurt and applesauce.

Low-Calorie Diet Recipes



★ Nutrition Tips ★

Dark green vegetables such as Chinese kale, Choy Sum, Bok Choy and broccoli are high in calcium. They can help vegans or those who consume very little dairy products to increase their calcium intake.

Chinese Kale and Oyster Congee

300 kcal

2 Servings



Ingredients

Cooked rice.....	1½ bowl
Chinese kale.....	200 g
Mini oysters.....	100 g
Stockfish.....	20 g
Fresh beancurd sheet.....	2 pcs
Minced ginger.....	2 tbsps
Water.....	100 ml
Broth.....	½ cup

Seasonings

Salt.....	½ tsp
White Pepper.....	1 pinch



Methods

1. Rinse ingredients and drain.
2. Rub mini oysters with flour, then rinse and drain.
3. Dice Chinese kale and fresh beancurd sheet.
4. Soak stockfish in water for 10 minutes and dice.
5. Heat oil in wok, sauté minced ginger until fragrant. Stir in and fry with Chinese kale.
6. Add in white rice, broth and water, cook over high heat for 2 minutes. Then add mini oysters, stockfish and fresh beancurd sheet. Season with pepper after it comes to a boil.

Low-Calorie Diet Recipes

For more recipes, please visit our website:



Go, 膏 Go!!

Spear-headed by Dr Yu Cho Woo, Sports and Recreation Chairman of HKOS, and coached by Mr Kevin Poon, “Go, 膏 Go!!” is a community outreach program that aims to encourage physical activities among people seeking to control their body weight.

Go, 膏 Go!!

The Program was started in Aberdeen in 2017.



Go, 膏 Go!!

Still running in 2020.



Go, 膏 Go!!

The results are encouraging!



Go,膏 Go!!

For more photos please visit the Go, 膏 Go!! virtual booth!

Annual Symposium

HKOS was officially inaugurated on January 7, 2017!



Annual Symposium

The Symposium is organized annually.



Annual Symposium 2018

Annual Symposium



Annual Symposium 2019

Annual Symposium

This year, HKOS is doing the 4th Annual Symposium! Thanks for
everyone's support!

To find out more about HKOS, please visit our website:

