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16 July 2021 · 🌐

**【精神科藥物會食肥人？】**

確診情緒或精神病之後，藥物通常是治療的重要一環；然而，有時候患者會反映服食精神科藥物令他們有體重增加的問題，影響他們的服藥意願，臨床上更有不少患者因此而自行減藥甚至停藥，結果令病情反覆。到底精神科藥物是否會引致肥胖問題？作為精神科專科醫生，又應如何為患者選擇適當的藥物，釋除他們的疑慮呢？

阿文（化名）大學畢業後投身社會工作，公司的密集式訓練令他承受龐大壓力，深感無法適應工作緊密的節奏，令他情緒低落了一段時間。及後，他的情緒更經常出現波動，變得時而抑鬱、時而亢奮，在亢奮階段，他仿似有用不完的精力，更曾激動得向父親動武。家人意識到問題嚴重，決定帶他到精神科求診。最後，醫生診斷出他患上了躁鬱症，並為他處方了兩種穩定情緒藥物控制病情。

本來阿文的病情稍作紓緩，但數月後，情緒又異常地高漲，甚至胡亂花費購物。覆診時，阿文解釋，服用其中一種藥物後令他胃口大增，每日三餐也暴飲暴食，令體重短時間暴升十多公斤。他哭訴，肥胖的外表影響到他的自信，同時也憂慮要終身服用這些藥物，於是把心一橫，自行停藥，最終導致復發。

阿文最初服用的其中一種藥物，有較大機會影響荷爾蒙分泌，繼而影響



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有所改善，當中亦有些採用不同的藥埋機制，令其致肥的風險相對較低。

其實，醫生為患者制定治療方案時，會因應他們的病情進展而調校藥物劑量，例如病發初期，服用劑量就會較高，而當病情轉趨平穩，則會慢慢降低劑量甚至更換藥物種類，部份患者更會轉用長效針劑作單一維持治療，只需每月一針，無需進食口服藥物。

除了考慮轉藥之外，運動及健康的飲食習慣對於妥善控制體重亦有著相當重要的角色，而且更可以改善精神健康。醫生幫阿文轉藥之後，他的體重已經有所回落，再配合運動，幫助他減壓，現在他的病情亦十分穩定，打算轉用長效針劑作維持治療。

精神科疾病的治療有多種不同方案，各有不同成效、副作用及風險，視乎個人體質及病情。如果藥物的副作用令你覺得困擾，不妨向醫生反映並查詢更適合你的治療方案，切忌諱疾忌醫及自行減藥或停藥，否則病情反覆反而令治療更困難，形成惡性循環。

[Psychological minerals feed humans?]

After a severe emotional or mental illness, minerals are usually an important part of treatment; however, patients with chronic conditions reflect problems of eating psychopathic minerals that cause him to have a significant increase in his stomach, affecting his desire to serve, and clinically fewer patients, therefore, self-activating and even stopping, resulting in a reflux of disease. Do psychopathic minerals cause kidney problems? Cheating on psychiatry and dental hygienist, and how to convince a patient to choose the appropriate pet to clear his suspicion of his stupidity?

After graduating from the university, Aven (Has been named) he went to work in the company. The company's intensive training made him withstand the extensive pressure, and he deeply felt the intense rhythm of the illegal application of the work, causing his emotion to decrease for a while. Later on, his emotions fluctuate more frequently. When he understands it, he is agitated from time to time. During the struggle stage, his seemingly useless energy, and he is more agitated to fight against his father. The family became aware of the problem and decided to send him to a psychiatric ward. Ultimately, a stranger revealed he had cancer, which he opted for a penis control disease.

Benji Aven's ill-fated emotions were fluctuating, but after a month, emotions were abnormally high, and even the flowers were shopping. At the time of pregnancy, Avun analysed his stomach, took one of the minerals, and his appetite increased significantly, and ate three meals a day, causing his weight to rise over ten kilograms in a short time. He, the appearance of his self-confidence affected his confidence, and at the same time, he had to take some pets all his life, which was to take a break from his heart, self-pause, and eventually lead to revenge.

One of the minerals Aven initially took, had a large machine that influenced the lotus analysis, and the dietary metabolism, but on top of that. 用not all psychological minerals attract bacteria. In





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effects have been improved, and some of them use different texture mechanisms, causing it to lower the fatal windfall.

In other words, when developing a treatment program for patients with cerebral palsy, due to the progress of their disease, for example, in the early stage of the disease, the amount of doses taken is high, while the mood of the disease is balanced, slowly decreases the amount and even changes the types of minerals. Some patients use long-term operation. One bottle per month, and no need to consume oral minerals.

In addition to the study, exercise and healthy eating habits play an important role in controlling cancer and can improve mental health. After Yingui Yunji, his weight has dropped significantly, and he has regenerated exercises to help his stomach. Now his condition is well stable, and he is planning to take long-term operation and maintenance treatment.

The treatment of psychiatric disorders has a variety of different programs, each with varying outcomes, side effects and symptoms, depending on individual conditions and conditions. If the side effects of the pet are bothering you, do not hesitate to reflect on strangers' 治 is more suitable for your treatment plan, cut and do it on your own or pause, whether the disease feedback is more difficult to treat, forming a magnetic tumor.

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Kat Yu

亞文，每天運動是必需的。思维可改動一吓，將壓力变成推動力。越有料的人，工作分配越多，自己分配好時間去做。所有有料專業人仕，老細的壓力比你還重。你慢慢一一越過，當是挑战，成功在望。希望医藥亦能幫助你。祝你早日康復，做個成功人仕。👍👍👍

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Hilda Wong

其實運動真係好緊要，我之前食完葯真係重咗好多，又因為疫情關係整天留在家裏，體重一度大咗一個碼。後來心情較為好轉，在家庭醫生的鼓勵/激勵下，每日都做一個小時運動，體重已經下降番

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1 reply



Yan Cy



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Louisa Li

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Monica Chan

幸好不是活在非洲缺糧地區 👍

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Graeme Kong

香港生活壓力大，日日





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Bella Cheung



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Henry Chow
副作用是正常

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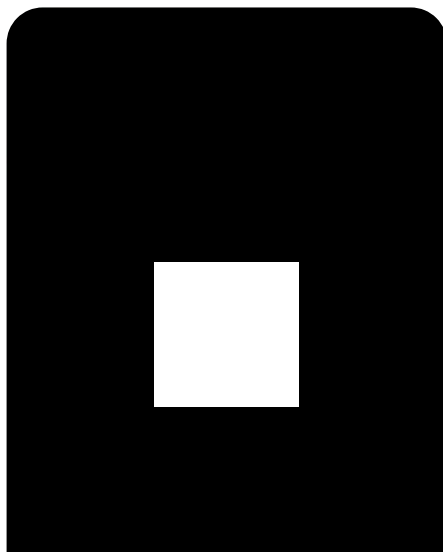


Energy Wong
藥物的正常作用

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Sandy Leung



Tenor

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Chau Yukyi
我重咗40磅啦! 点算?



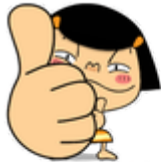


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Top fan

Raymond Leung



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【Maggie同你開live傾醫啲！傾吓泌尿疾病點樣醫！】

泌尿科疾病困擾好多香港人，究竟近年嘅治療上面有無新發展呢？嚟緊4月21日（星期四）晚上8時，梁凱寧 Maggie Leung 會同香港中文大學微創醫療技術培訓中心主任吳志輝教授一齊探討吓同泌尿系統相關嘅疾病，仲會講下近年備受注目嘅「機械人手術」，點樣應用嘅泌尿科疾病（特別係癌症）嘅治療上、對病人帶嚟乜嘢好處等。如果大家有相關問題，記得喺comment box留言，吳教授到時會為大家解答！記得mark低以下時間！

《泌尿疾病治療新時代》FB直播... See more

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