

## 少青風協會，簡稱少青風， 是一個兒童風濕病患者互助組織。

少青風是由一群兒童風濕病患者、家屬及其他專業人士建立，並於二零零五年組織成為一個香港慈善機構。其目的是向兒童風濕病患者及其家屬提供相關的教育及支援服務、並共同分享經驗。

## 少青風的宗旨：

1. 建立溝通渠道，讓兒童風濕病患者及其家屬能分享經驗及互助；
2. 提供有關兒童風濕病的資訊；
3. 舉辦風濕病相關的教育講座，讓患者、其家屬及社會大眾對兒童風濕病得到正確的認識；及
4. 籌劃適合兒童風濕病患者參加的健康活動。

## 什麼是兒童風濕病？

風濕病不單會攻擊成年人身體，亦會發生在兒童身上。

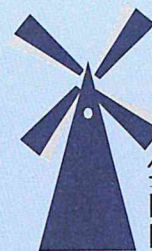
兒童風濕病是一種自身免疫系統出現失調及紊亂的病，因為失調及紊亂，自身免疫系統錯誤地攻擊兒童部分身體器官，繼而引發炎症，從而將其損害。兒童風濕病可以影響患童的身體發育成長及學習，亦會妨礙患童的社交及心靈上的健康發展。

兒童風濕病共有百多種，常見的有：「兒童系統性紅斑狼瘡症」、「幼年特發性關節炎」、「幼年皮膚炎」及「川崎病」等。

兒童風濕病有四個病徵：

1. 持續關節腫痛或骨痛；
2. 持續皮膚出現不癢的紅疹；
3. 肌肉無力；及
4. 持續發燒，高燒或低燒。

家長如發現孩子有以上四種病徵的其中一種，孩子便有可能患上兒童風濕病，應儘快向醫生求醫。及早確診，並配合適當治療，才可有效地控制病情、並減低風濕病對患童身體的傷害。若延誤治療，風濕病可以導致十分深遠和嚴重的後果，如器官受到永久性破壞、身體殘障，或甚至死亡。



少青風協會

Hong Kong Paediatric  
Rheumatism Association

## 兒童風濕病患者互助組織

Mutual Help Organization  
for Patients with Paediatric Rheumatism

給風濕病兒童多一點關懷  
多一點愛  
多一點希望

CARE AND SUPPORT TO THE  
CHILDREN WITH  
RHEUMATIC DISEASES



穎恩，2歲開始患有兒童風濕病  
Wing Yan, suffering from Paediatric Rheumatism since 2 years old

## Hong Kong Paediatric Rheumatism Association (HKPRA)

is a mutual help organization for patients with paediatric rheumatic diseases.

HKPRA was established by a group of patients, their family members and professionals and was incorporated in 2005 in Hong Kong as a charitable organization. It aims at providing education and mutual support and experience sharing among children suffering from rheumatic diseases and their family members.

## Mission of HKPRA

1. To establish communication channels for experience sharing and mutual support among paediatric rheumatic patients and their family members;
2. To provide information on paediatric rheumatic diseases;
3. To organize educational seminars on paediatric rheumatic diseases for patients, their family members and general public;
4. To organize suitable health activities for paediatric rheumatic patients.

## What are Paediatric Rheumatic Diseases?

Rheumatism would not attack the elderly only. It would also attack children.

Paediatric rheumatic diseases refer to the autoimmune inflammatory disorder that the immune system wrongly attacks the child's own body parts, resulting in inflammatory damage. The diseases can affect the children's growth and study. They can also affect the social and psychological development of the children.

There are over one hundred types of paediatric rheumatic diseases. The most common ones are juvenile systemic lupus erythematosus, juvenile idiopathic arthritis, juvenile dermatomyositis and Kawasaki disease.

Symptoms of paediatric rheumatic diseases include:

1. Continuous joint pain or joint swelling;
2. Rashes appearing on non-eczematic skin areas;
3. Muscle weakness; and
4. Chronic fever.

Parents should not hesitate to consult the doctor if any one of the above symptoms happens to their children. An early diagnosis coupled with an appropriate treatment plan would allow effective management over the disease and minimize destruction to the child's body. Without timely treatment, devastating consequences may result such as permanent organ damages, disability or even death.

## Ways to help rheumatic children

We provide, to the needy, subsidies on:

1. Hydrotherapy and physiotherapy therapy;
2. "Self financed" drug items;
3. Psychological therapy; and
4. Other medication and rehabilitation programmes.

## 怎樣幫助風濕病兒童

我們為有需要患童提供以下資助：

1. 「水療及物理治療」資助計劃幫助他們有效回復體能；
2. 資助他們購買昂貴的自費藥物；
3. 「心理治療」資助計劃；及
4. 其他醫療及復康資助。



少青風協會  
Hong Kong Paediatric  
Rheumatism Association



九龍深水埗南山邨南偉樓地下103-106室  
Flat 103-106, G/F, Nam Wai House, Nam Shan Estate, Sham Shui Po, Kowloon.

電話 Tel : (852) 2346 3223  
傳真 Fax : (852) 3020 6950  
電郵 Email : [info@hkpra.org](mailto:info@hkpra.org)  
網頁 Website : [www.hkpra.org](http://www.hkpra.org)