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Respiratory Syncytial Virus: Burden of Disease and Clinical Cases in Infants

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呼吸道融合病毒 (RSV) 是嬰兒呼吸道感染常見的病原，是嬰兒住院和接受重症照護的重要原因，尤其是對於早產兒和有先天性疾病的嬰兒，其影響尤為顯著，但是即使是足月出生的兒童也會因為嚴重感染而需要住院插管治療。研究顯示，RSV 感染是兒童嚴重的下呼吸道感染 (如細支氣管炎和肺炎) 住院的主要原因。這些嚴重疾病的治療需要高強度的醫療資源，對全球各地以及台灣的健康帶來了沉重負擔。本次演講將詳細探討 RSV 的流行病學特徵，從全球數據到台灣的流行現況、易感族群以及傳播途徑，揭示該病毒在嬰兒群體中的發病率和死亡率。此演講也將探討臨床真實案例，展示 RSV 在好發年齡層嬰兒中的典型發病情況。

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Protect from the First Breathe: Role of ABRYSVO Maternal Immunization against RSV

鄭名芳 院長,
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呼吸道融合病毒 (RSV) 是新生兒常見且潛在嚴重的呼吸道感染病原。每年許多家庭因該病毒所引發的疾病而承受巨大壓力，尤其是在病情發展成重症肺炎或支氣管炎的情況下。近年來，醫學界致力於尋找有效的預防方法，以減少這一疾病對新生兒健康的威脅。

隨著科技的進步，研究人員逐漸認識到通過母體免疫來保護新生兒是一種有效且可行的方法。此演講中將介紹母體免疫的基本原理，解釋孕婦在懷孕期間接種疫苗如何使胎兒獲得被動免疫，從而在出生後的初期生活中提供保護。這種策略已被證明對許多傳染病有效，並正在逐步應用於對抗 RSV 的研究中。

演講中也將介紹 ABRYSVO 這一針對 RSV 的母體免疫疫苗。該疫苗的研發歷時多年，經過多次臨床試驗終於取得突破。從早期的實驗室研究，到臨床試驗的設計與實施，再到最終獲得批准的過程。他將展示疫苗在臨床試驗中的效果數據，包括疫苗安全性、免疫反應以及對新生兒保護效力的證據，以應對新生兒健康保護的挑戰。

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- Deputy Chairman, Division O&G, KKH, 2019 - 2013
- Chairman, Division of O&G, KKH, 2014 - 2019
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Single-Use Hysteroscopy: An Advanced Choice to Enhance Fertility

In 1805, Philipp Bozzini became the first scientist to illuminate the human body. In 1869, Pantaleoni performed the first successful hysteroscopy on a menopausal woman using a cystoscope developed by Desormeaux. By 1877, Nitze introduced an early cystoscope that closely resembled the modern hysteroscope, establishing the foundation for contemporary techniques.

Over the years, hysteroscopy has gained significant importance in modern gynecologic practice. Initially recognized as a cornerstone for evaluating the uterine cavity in women with abnormal uterine bleeding, its role in fertility has expanded greatly, particularly with the advancements in office-based hysteroscopic techniques and instrumentation. One such significant advancement is the single-use hysteroscope, which has revolutionized the way procedures are performed. These single-use devices eliminate the need for sterilization between uses, meaning they are ready for immediate use, effectively increasing surgical efficiency and saving valuable time during procedures. Unlike traditional reusable models, which require sterilization and have the risk of cross-contamination, single-use hysteroscopes help maintain a sterile environment, significantly reducing the chances of infection.

The 4.8mm ultra-fine diameter of these single-use hysteroscopes ensures a painless procedure for the patient, who can undergo the procedure without needing anesthesia. The fine design eliminates the need for invasive techniques like use of speculums, cervical dilation, grasping devices, or uterine sounding, making the procedure far less invasive and more comfortable for patients.

In conclusion, with single-use hysteroscopes, gynecologists can significantly improve surgical efficiency, patient comfort, and overall safety. These advancements help shorten procedure times, enhance precision, and contribute to better outcomes in fertility treatments and diagnostic evaluations, ultimately transforming the landscape of modern gynecologic practice.

Highlights

- Hysteroscopy plays a dual role in fertility as both a diagnostic and therapeutic tool, effectively managing intrauterine pathologies to improve implantation and pregnancy outcomes.
- It is the gold standard for treating conditions like submucosal polyps, fibroids, uterine septa, and adhesions, with advancements such as second-look hysteroscopy reducing risks like adhesion formation.
- Performing hysteroscopy before IVF significantly improves pregnancy and live birth rates by optimizing the uterine environment, particularly for women with recurrent implantation failure or unsuccessful IVF cycles.
- Single-Use Hysteroscopy Enhances Procedure Efficiency and Safety

吳珮如
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海扶刀子宮腫瘤治療手術專家
一般婦科腫瘤內視鏡手術（子宮肌瘤切除、子宮切除、卵巢腫瘤）專家
子宮鏡手術專家

革新婦產科治療：「赫拉刀」術式引領婦科領域的技術突破

這場演講聚焦於「赫拉刀」技術在婦科治療中的應用與進展，特別是在子宮疾病的精確處置方面的優勢。講解中詳細闡述了該技術如何結合一次性使用子宮鏡和導管，通過高效、精確的操作，實現對子宮肌瘤、瘜肉及其他婦科疾病的治療。這一創新技術的應用，不僅提高了治療的準確度，還有效縮短了手術時間並減少了風險，與傳統手術方法相比，能更好地保護健康組織。

同時，演講也探討了「赫拉刀」技術未來的發展潛力，強調了其在婦科領域中廣泛應用的前景。隨著微創技術的不斷提升，這一技術將能夠為更多婦科疾病的處理提供更加精準、安全和高效的解決方案，對提升女性生殖健康具有深遠的意義。

亮點

- 新術式「赫拉刀」是一項先進的微創手術技術，將一次性使用的子宮鏡、剪鉗、雷射及導管巧妙結合，專為處理婦科問題，如瘜肉和肌瘤。
- 多個臨床案例顯示，「赫拉刀」能有效縮短手術時間、提高精準度並減少風險，顯著改善治療效果。

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RSV 母嬰預防共識

RSV 是嬰幼兒呼吸道感染的主要原因，特別是在高危險群如早產兒或患有先天性心臟病的嬰兒中，RSV 感染可能導致嚴重的下呼吸道疾病，甚至住院。

過去常見的方法是透過孕婦接種疫苗，將抗體傳遞給胎兒，這種方式稱為被動免疫。然而，這種策略並非完美。孕婦的免疫反應差異可能影響保護效果，並且接種疫苗也存在早產風險。此外，這種方式無法保護所有嬰兒。

另一個更加直接且有效的方法是單株抗體的使用。單株抗體如 Nirsevimab 能夠快速提供保護，注射後，抗體立即在嬰兒體內發揮作用，不需要依賴嬰兒或孕婦的免疫系統。這意味著無論嬰兒的年齡、性別、種族或孕期如何，單株抗體都能提供穩定且一致的保護效果。而且，它具有高度的安全性，副作用非常少。

研究表明，Nirsevimab 能有效降低高達 83.2%的 RSV 住院率，這是一個令人振奮的數據。與傳統的疫苗接種不同，單株抗體僅需一次注射，就能提供長達五個月的保護，覆蓋整個 RSV 流行季節。

臨床上可透過醫病共享決策(shared decision making)工具，提供孕婦 RSV 疾病簡介, 孕期接種疫苗或其他預防 RSV 方式之優缺點，幫助孕婦做出符合其偏好的醫療臨床決定

總結來說，單株抗體提供了一個更加簡單、快速且安全的預防策略，能夠有效保護所有嬰幼兒免受 RSV 感染。相比於傳統的孕婦疫苗接種策略，單株抗體能夠提供更加直接且一致的保護，並顯著降低重症風險。

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再生醫學應用於婦產科的新趨勢：
全球獨家合法私密處外泌體「魔性 IRLV」帶來的全新概念
Advancing Women's Health:
The Impact of IRLV Exosome in Intimate Regenerative Therapy

Taiwan’ s intimate cosmetic medicine is rapidly developing, with market demand increasing year by year. Current analyses encompass both technological applications and clinical outcomes. The introduction of the world’ s only legally exclusive intimate extracellular vesicle technology provides a completely new treatment option that reduces inflammation, promotes regeneration, delays aging, and enhances hydration. Looking ahead, further applications and developments in this technology are expected, positioning extracellular vesicle technology as a key breakthrough in intimate aesthetics that will improve women’ s health and quality of life.

Keywords: Exosome, Regenerative

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魔泌 IRLV: 新的武器在婦女泌尿領域扮演的生物性角色

Exosomes, small extracellular vesicles derived from various cell types, show immense promise in urogynecology, offering innovative solutions for tissue regeneration, inflammation control, and wound healing. Current evidence highlights their therapeutic potential across several key areas:

1.Pelvic Floor Disorders: Mesenchymal stem cell-derived exosomes (MSC-Exos) enhance collagen synthesis, elastin production, and extracellular matrix remodeling, showing promise in addressing pelvic organ prolapse (POP) and pelvic floor weakness. Preclinical models demonstrate improved tissue strength and repair.

2.Stress Urinary Incontinence (SUI): MSC-Exos regenerate urethral sphincter muscles and promote vascularization, aiding in the recovery of continence mechanisms in animal studies.

3.Wound Healing: Exosomes accelerate epithelialization, angiogenesis, and fibrosis reduction. They have shown efficacy in surgical cases, minimizing scarring and preventing complications like infections and dehiscence.

4.Anti-Inflammatory Effects: Exosomes deliver microRNAs (e.g., miR-146a) and cytokine modulators to suppress inflammation. This is particularly relevant in chronic inflammation-related urogynecological conditions such as interstitial cystitis.

5.Vaginal Atrophy: Preclinical evidence suggests exosomes enhance tissue hydration, elasticity, and angiogenesis, offering a potential non-hormonal treatment for postmenopausal atrophy.

Exosomes are safe, cell-free, and hypoimmunogenic, making them an ideal alternative to stem cell therapies. While current findings are promising, further clinical trials are necessary to validate their efficacy and standardize protocols for broader urogynecological applications.

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1. Pelvic Floor Regeneration

Evidence: Studies in animal models (rats) with pelvic organ prolapse (POP) treated with mesenchymal stem cell-derived exosomes (MSC-Exos) showed enhanced collagen synthesis, elastin production, and extracellular matrix remodeling, critical for pelvic floor repair.

Source: Yang G., Waheed S., et al. (2023). "Exosomes and their bioengineering strategies in the cutaneous wound healing and related complications: current knowledge and future perspectives." International Journal of Biological Sciences, 19: 1430-1454. DOI: 10.7150/ijbs.80430.

2. Stress Urinary Incontinence (SUI)

Evidence: MSC-Exos have shown to regenerate urethral sphincter muscles in preclinical models of

SUI by delivering growth factors and anti-fibrotic miRNAs. Studies report improved urethral function after exosome injection.

Source: Hade M.D., Suire C.N., Suo Z. (2021). "Mesenchymal stem cell-derived exosomes: applications in regenerative medicine." Cells, 10: 1959. DOI: 10.3390/cells10081959.

3. Wound Healing and Post-Surgical Applications

Evidence: Clinical case reports and animal studies demonstrate accelerated wound healing, reduced fibrosis, and lower infection rates with the application of MSC-Exos in surgical sites. Exosome use has also been reported in improving wound healing in complex cases like Behçet' s disease and abdominoplasty.

Source: Elajami M.H. (2024). "The Usefulness of Exosomes in Accelerating Healing and Preventing Complications in Behçet' s Disease: A Case Report." Cureus, 16(11): e74476. DOI: 10.7759/cureus.74476.

4. Vaginal Atrophy

Evidence: Adipose-derived exosomes have shown promise in preclinical models by enhancing angiogenesis, epithelial proliferation, and collagen production in atrophied tissues. While research is limited, these effects suggest potential use for non-hormonal treatment of postmenopausal vaginal atrophy.

Source: Zhong Y., Zhang Y., et al. (2023). "Therapeutic role of exosomes and conditioned medium in keloid and hypertrophic scar and possible mechanisms." Frontiers in Physiology, 14: 1247734. DOI: 10.3389/fphys.2023.1247734.

5. Anti-Inflammatory Properties

Evidence: Exosomes derived from mesenchymal stem cells modulate inflammatory pathways by delivering microRNAs (e.g., miR-146a) that suppress inflammatory cytokines such as TNF-α and IL-1β . This effect has been studied in wound healing and inflammation-associated conditions.

Source: Malhotra P., Shukla M., et al. (2022). "Mesenchymal stem cells as prospective novel off-the-shelf wound management tools." Drug Delivery and Translational Research, 12: 79-104. DOI: 10.1007/s13346-021-00925-6.

6. Bioengineering and Drug Delivery

Evidence: Studies emphasize the ability to engineer exosomes for targeted delivery of growth factors, drugs, or nucleic acids to urogynecological tissues. These advances improve therapeutic efficacy and safety.

Source: Moghassemi S., Dadashzadeh A., et al. (2024). "Extracellular vesicles in nanomedicine and regenerative medicine: a review over the last decade." Bioactive Materials, 36: 126-156. DOI: 10.1016/j.bioactmat.2024.02.021.

7. General Mechanisms and Safety

Evidence: Exosomes are cell-free and hypoimmunogenic, making them safer alternatives to stem cells. Their mechanisms include carrying bioactive molecules such as RNA, proteins, and lipids to target cells, promoting tissue repair and reducing inflammation.

Source: Wei H., Chen Q., et al. (2021). "Regulation of exosome production and cargo sorting." International Journal of Biological Sciences, 17: 163-177. DOI: 10.7150/ijbs.53671.

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外陰美學領域的演變？魔性 IRLV 的絕對角色與經驗分享

IRLV Exosome in Vulvar Aesthetics: Clinical Insights and the Future of Regenerative Care

外泌體（Exosomes）是一種由細胞分泌出的微小囊泡，直徑約在 50-150 奈米之間，比細胞小很多，它的外層是脂質雙層膜，主要作為細胞間訊息交換傳遞的核心物質；內部則包含了豐富的蛋白質、DNA、mRNA、生長因子等生物活性分子，能夠促進組織的修復和再生、並且提供強大抗發炎及抗老的用途！

所有細胞皆具有外泌體，而幹細胞外泌體則是特別由幹細胞以旁泌方式釋出外泌體，目前以化妝品方式使用，對於肌膚使用能利用複合式的方式來提升及改善效果。女性私密處也和人體肌膚組織一樣，會隨著年齡增長逐漸出現老化、鬆弛、暗沉、失去彈性、不再緊緻等困擾，而全球獨家合法婦科外泌體「魔性 IRLV」婦科外泌體含多種再生因子能補足肌膚所需，給予內陰健康環境、提升敏感度；塗抹於外陰能重建肌膚光澤水嫩感，在滋養細胞的同時達到延緩老化的效果。

魔泌(ASCE plus)是由國際知名再生醫學公司 ExoCoBio，所研發的植物外泌體保養品，其核心成分為大馬士革玫瑰外泌體。透過獨家專利技術，將美國專利認證的玫瑰幹細胞外泌體來源，經由 TFF 雙層切向過濾技術，將外泌體純度提升至 99.9%，並以凍晶乾粉形式，將珍貴活性成分能以 2 年時間放置在 2-8 度 c 冷藏完整封存。

「魔性 IRLV」，它專門用於私密處的植物幹細胞外泌體精華！也是目前台灣獨家合法的私密處外泌體，可以使用在婦科手術雷射的術後加強保養，也可單純塗膜改善內陰黏膜層的婦科問題，創造更加健康的陰道微環境，亦可應用在外陰美學的領域，提升除毛後女性第二張臉在型態與色澤上的滿意度與信心！玫瑰外泌體特有的再生特性，強大抗發炎作用、促進強化活化細胞，在搭配儀器使用後，能有 1+1>2 的超強提升術後效果！

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週纖達® Wegovy® (semaglutide injection 2.4mg) 是全球首款一週一次 Glucagon-like peptide-1 RA (GLP-1 RA) 減重藥物，藥效激活後可增加飽足感、降低食慾、刺激胰臟胰島分泌胰島素、抑制昇糖素及延遲胃排空，半衰期延長至七天，週纖達® Wegovy®為目前半衰期最長的減肥用藥，每週僅需一次皮下注射即可有效減重。週纖達® Wegovy® 除了能提供較優異的減重效果外，更提供超越減重的加值好處，顯著降低心血管事件風險，保護心臟、胰臟、腎臟和大腦等多重器官，扮演在臨床應用中的重要地位。週纖達® Wegovy®更於 2023 年榮獲第 19 屆國家新創獎肯定，成為首個榮獲國家新創獎的減重藥物，更因在 SELECT 試驗中的卓越表現，成為歐洲心臟病學會最新的 2024 ESC CCS 指引中唯一被列入的減重藥物，使用於 BMI >27 kg/m²或 BMI >30 kg/m²（無糖尿病）的慢性冠狀動脈綜合症患者，以降低心血管死亡、心肌梗塞或中風的風險。

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鄭雅敏

L10

Long-term dienogest treatment in endometriosis: Consensus from Taiwanese experts

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Dienogest has been proven effective as long-term therapeutic option for pelvic pain caused by endometriosis. However, in Taiwan, there is a lack of a well-tailored consensus on its long-term administration. To address this gap, Taiwanese experts in collaboration with the Taiwan Endometriosis Society (TES), convened to provide structured recommendations on dienogest treatment and monitoring strategies. Drawing from clinical evidence and collective expertise, the experts formulated individualized treatment strategies based on treatment objectives and the patient’ s demographics.

The experts recommend long-term dienogest administration for endometriosis patients for appropriate symptom control while reducing the risk of disease recurrence. Specifically, they recommend regular ultrasound examinations and relevant blood tests to monitor disease progression and therapeutic response with additional breast screening for patients at high risk for breast cancer. These recommendations aim to provide physicians with comprehensive guidance on the long-term administration of dienogest for endometriosis, ensuring patient safety and optimizing treatment outcomes.

Keywords: Endometriosis; consensus; dienogest; management; monitoring

Highlights

• The experts recommend dienogest as the first-line treatment for symptomatic endometriosis patients unless surgery is required. In cases where patients require surgery, dienogest is recommended to be continued as maintenance hormone therapy post-surgery.

• The consensus among Taiwanese experts recommends a minimum of two years of dienogest administration to manage symptoms and mitigate recurrence.

• A structured diagnosis and treatment approaches based on age group and treatment goals are advised.

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L11

"E4/DRSP – The wonders of a new generation of oral contraceptives"
E4/DRSP – 新一代口服避孕藥的臨床應用

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Combined oral contraceptives contain the estrogen component contributes to the contraceptive activity and balances the progestin effect to provide an acceptable bleeding pattern and to counteract any potential estrogen deficiency symptoms. Estetrol (E4) is a natural human estrogen produced during human pregnancy in the fetal liver with a unique mechanism of action that displays tissue-selective activity, and behaves as a natural selective estrogen receptor modulator. It has a moderate affinity for both human estrogen receptor alpha (ERα) and beta (ERβ), with a preference for ERα . E4 has lower binding affinity for the ER-α in contrast to estradiol and has antagonistic properties against membrane ER-α in several tissues, including the breast, while retaining agonistic activity on receptors located in the nucleus. Clinical studies have demonstrated COC containing E4 and drospirenone (DRSP) showed a high acceptability, tolerability, and user satisfaction also when compared to COCs containing ethinyl estradiol (EE). E4/DRSP effectively inhibits ovulation, with a similar effect on endometrium thickness than that of EE-containing COCs. Low doses (15 mg) of E4 with DRSP (3 mg) showed promising results in term of bleeding pattern and cycle control, also when compared to other COCs containing synthetic estrogens. This combination also could drive a lower risk of venous thromboembolism than EE-containing COCs.

Approximately 10 % of women of reproductive age are affected by endometriosis-associated chronic pelvic pain (CPP). Women usually take non-steroidal anti-inflammatory drugs (NSAIDs) on demand as first-line agents to control CPP. COC or progestins are mainly used to counteract the effects of ovarian estrogenic secretion on the development of endometrium-like tissue outside the uterus. Recently, COCs containing E2 or E4 could be an alternatively better treatment for women with endometriosis-associated pain than COCs containing EE. They may represent a suitable alternative to the use of DNG, particularly for women who do not want to become pregnant.

吳貞璇

L12

- Vice-Chairperson of Gynecological Oncology Team of Cancer Center of Taiwanese Association of Gynecological Oncologist, Kaohsiung Chang Gung Memorial Hospital (2019~present)
- Deputy-Secretary-Society of Gynecologic Oncology, Republic of China (Aug 1, 2024~present)

Strategies and Challenges in Comprehensive Cervical Cancer Prevention
全面防治子宮頸癌的策略與挑戰

子宮頸癌是一種主要由人類乳突瘤病毒（Human Papillomavirus; HPV）感染引起的癌症。為了有效防治子宮頸癌，各國制定了多項策略，其中 HPV 疫苗接種和 HPV 檢測是關鍵組成部分。

首先，HPV 疫苗的接種是一項重要的預防措施。根據世界衛生組織（WHO）的報告，HPV 疫苗能顯著降低高致癌型 HPV 感染的風險，進而減少子宮頸癌的發病率。疫苗通常接種於青少年時期，以確保在性行為開始之前獲得保護。儘管疫苗的有效性已被廣泛證實，但在推廣過程中仍面臨許多挑戰，包括疫苗接種率低、社會文化障礙以及對疫苗安全性的誤解等。

其次，HPV 檢測及子宮頸抹片是子宮頸癌篩檢的重要工具。透過定期檢測，可以及早發現 HPV 感染和前期病變，並及時進行治療。HPV 檢測的敏感性高於傳統的抹片檢查，因此在篩檢策略中愈來愈受到重視。台灣也在 2025 年開始針對 35、45 及 65 歲女性新增 HPV 篩檢的公費政策。然而提升婦女以及醫師對 HPV 檢測的認知仍是主要挑戰。

總結來說，全面防治子宮頸癌的策略需要整合 HPV 疫苗接種、HPV 檢測、子宮頸抹片及男女共同施打，並克服社會文化、經濟和健康系統中的挑戰。這要求政策制定者、醫療提供者和社區共同努力，以提高疫苗接種率和檢測的可及性，最終達成減少子宮頸癌發病率和死亡率的目標。