

text: 邹文学

真实医疗档案

受访者: 陈伟达 (36岁, 资讯专家;
6岁病人陈奕翰的父亲)



奕翰和他的父母陈伟达及刘秀玉 (受访者提供)

问医生



资料提供:
吴有晶医生

Q: 输入脐带血对脑瘫儿童有用吗? 有什么风险?

A: 脐带血的主要优点是含有干细胞, 有助于受损的脑神经元的修复和再生。由于脐带血是自体的, 产生过敏或输血错误配搭的风险很低。过去10年的研究显示, 这些干细胞不会演变成肿瘤或者引发其他医药问题。

Q: 输血过程是怎样的?

A: 脐带血的输血过程与一般手术后病人的输血过程相似。先给病人作静脉滴注, 防止病人产生过敏, 然后溶化脐带血再输入病人血管。整个过程需时约30至45分钟。之后, 病人需接受四五个小时的观察, 如果没有不适, 便可以出院。

Q: 输送脐带血疗法的适应症有哪些?

A: 适合输入脐带血治疗的疾病超过70种, 最常见的是血癌, 如白血病和淋巴瘤, 尤其是那些骨髓受感染的病例, 也包括有些遗传病和代谢失常症等。目前正在进行临床治疗的疾病, 包括儿童糖尿病、脊柱损伤和自闭症。

Q: 按照你的观察, 奕翰在接受两次脐带血的输血治疗后, 进展如何?

A: 我留意到他的运动功能已有进步, 比以前有力气, 能控制自己的手脚动作。如果有扶持, 还可以走几步。他也比较有反应, 认知能力也提高了。



我儿生下来就 脑瘫

六年前, 我们的孩子奕翰三个月大时, 我们发现他的颈项太软撑不起来。赶快带他看医生, 然后到竹脚妇幼医院作进一步检查。医生说, 他患了发育迟缓和四肢瘫痪的脑瘫症。耳鼻喉专家也指出, 他的两边耳朵都失聪。听到这些诊断, 自然如晴天霹雳, 非常伤心。

医生说, 奕翰以后不可能像常人那样活动。为了协助他像一般儿童那样生活, 如使用吸管喝水和拍手等, 他须要接受很多治疗并使用昂贵的仪器。

输回脐带血

三四年后, 在“婴儿与儿童及早干预计划”主办的一次户外课程里, 我发现有个脑瘫孩子的病情有显著进步, 便向他妈妈请教。她回答是在接受脐带血治疗后取得的疗效。

我记得奕翰出生时, 我们参加了新加坡康盛人生 (Cordlife Singapore) 的脐

带血储存计划, 可是却没想到脐带血有助于改善脑瘫儿童的运动原功能和互动技巧。

经过医生评估和获得卫生部审核批准后, 2014年11月和2015年9月, 在吴有晶医生的监督下, 奕翰两次输送回自己的血液。自此, 他的运动功能、与我们的互动都有进步。最难忘的是, 在得回自己的血液后, 他会和侄女“打架”, 那是他第一次与另一个儿童的互动。他也能迅速坐起身, 情绪也好很多。

奕翰输回自己的血液, 没产生任何副作用或过敏反应。不过, 申请输回脐带血的手续还是挺麻烦的。

在竹脚妇幼医院的安排下, 奕翰还需要接受很多种治疗, 如职能治疗、理疗讲话、讲话与语言治疗、听觉语言治疗和喂食治疗等。这些治疗都需长期进行, 希望最终能大大改善他的运动技能和其他病情。

My child was born with cerebral palsy



Interviewee: Mr Tan (36-year old, IT Professional, father of 6-year-old son, Tan Ee Han)

Six years ago, when Ee Han was 3 months old, we realised that his neck was too soft and couldn't hold his own head. We quickly took him to KKH for a check-up. After further checks at the hospital, doctors concluded that Ee Han had growth development delay and quadriplegic cerebral palsy. The ENT doctor also pointed out that he had severe hearing loss in both ears. Upon hearing these, we were devastated. It was as though our world had come to an end.

The doctor told us that Ee Han would not be able to do normal, everyday things like an ordinary person. For example, to carry out simple tasks such as using a straw to drink or clap his hands, Ee Han would have to undergo many expensive therapy sessions

Infusion of cord blood stem cells

After several years, while at an outdoor course organised by the "Early Intervention Programme for Infants and Children", I learnt that a child with cerebral palsy had experienced improvement in his condition. The child's mother revealed her son's condition had improved after receiving a cord blood stem cell infusion.

I remembered that we made the decision to collect and store Ee Han's cord blood with Cordlife Singapore at birth. I wasn't aware that cord blood could help children with cerebral palsy to improve their cognitive and motor skills.

After medical evaluation and approval from the Ministry of Health, the cord blood transplant using Ee Han's own cord blood was carried out by Dr Keith Goh in November 2014 and September 2015. Following the transplant, Ee Han did not experience any side effects or allergies. Since then, his movement, interaction skills and temperament has improved. The most unforgettable moment after the infusion was when Ee Han "fought" with his niece, as it was his first time interacting with another child.

Ee Han still needs to undergo a variety of therapies such as speech, language, hearing and feeding therapy. We hope that these treatments will help to further improve his condition.



ASK THE DOCTOR

– Dr Keith Goh

Q: Is cord blood transplant beneficial for cerebral palsy patients? What are the risks involved?

A: Umbilical cord blood contains stem cells that can aid in the recovery of neurological conditions. As the cord blood comes from the patients themselves (autologous), there is very low risk of rejection or tissue mismatch. Over the past decade, research has shown that these stem cells are safe and do not pose any medical issues.

Q: What is the process of the transplant?

A: The process is similar to a blood transfusion. Cord blood is intravenously infused into the patient. The whole process takes about 30-45 minutes. The patient will then be put under observation for four to five hours. If everything is fine, they can be discharged.

Q: What conditions can cord blood treat?

A: There are over 70 treatable diseases using cord blood stem cells and some common conditions include leukaemia and lymphoma, infected bone marrows, certain genetic diseases and metabolic disorders. Some conditions such as juvenile diabetes, spinal injury and autism, are still undergoing clinical trial.

Q: From your observation, how is Ee Han's progress like, after undergoing two cord blood infusions?

A: I have noticed that there is an improvement in his motor skills; he has more strength now and has better control of his limbs. He is also able to take a few assisted steps and is now more responsive with better cognitive ability.
