

# 男士健康計劃 Men's Health Screening Programme

	金計劃 Gold Plan	鑽石計劃 Diamond Plan	鉑金計劃 Platinum Plan
病歷、生活習慣評估及國際前列腺症狀評分表 (健康飲食、身體狀況、精神壓力管理及性生活問題) Health History, Lifestyle Assessment & I-PSS Questionnaire (Health diet, physical activities, stress management and sex life)	●	●	●
身體檢查 (身高、體重、脈搏及血壓) Physical Examination (Body weight & height, blood pressure & pulse)	●	●	●
全球計算 Complete Blood Count	●	●	●
腎功能 (尿素、肌酐) Renal Function Test (Urea, Creatinine)	●	●	●
肝功能測試 (膽紅素、谷草轉氨酶、谷丙轉氨酶、白蛋白等) Liver Function Test (Bilirubin, SGOT, SGPT, Albumin, etc.)	●	●	●
肝炎檢驗 (乙型肝炎表面抗原及乙型肝炎表面抗體) Hepatitis Screening (HBsAg & HBsAb)	●	●	●
血脂檢驗 (膽固醇及三酸甘油酯) Lipid Screening (Cholesterol, Triglyceride)	●	●	●
血脂分析 (高、低密度脂蛋白) Lipid Profile (HDL & LDL)	●	●	●
禁食後葡萄糖量 Fasting Glucose	●	●	●
痛風症測試 Uric Acid	●	●	●
前列腺抗原 PSA	●	●	●
甲狀腺功能測試 (促甲狀腺激素、甲狀腺素) Thyroid Screening (TSH, T4)	●	●	●
小便常規檢查 Urinalysis	●	●	●

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排尿流動量測試 Uroflowmetry	●	●	●
膀胱掃描 Bladder Scan	●	●	●
心电图 Electrocardiogram	●	●	●
運動心电图 Exercise ECG			●
胸片X光 Chest X Ray		●	●
腎輪廓管及膀胱X光 KUB X Ray			●
體質量指標分析 BMI (By Calculation)	●	●	●
骨質密度X光檢查 (脊椎骨及髖骨) Bone Densitometry (Spine & Hip)		●	●
全科醫生會診及詳細檢查報告 GP Consultation and Detailed Medical Report	●	●	●
<b>費用 Charges</b>	<b>\$2,260</b>	<b>\$3,660</b>	<b>\$5,410</b>

\*如重做以上檢查，將另外收費 Extra charges will be incurred on request of repeated tests  
\*檢查套餐不適用於住院顧客 Check-up Packages not applicable to in-patients  
\*有關檢查報告需約一星期 Reports usually available one week after check up

建議附加之檢查項目 Extra Tests Recommended
社衛衛生 (梅毒及愛滋病抗體檢驗) Social Hygiene (VDRL & HIV Antibody Tests)
胸片X光 Chest X Ray
乙型肝炎檢驗 (表面抗原及表面抗體) Hepatitis B Screening (HBsAg & HBsAb)
丙型肝炎抗體 HCV Antibody
運動心电图 Exercise ECG

已參加健康檢查計劃者，如即日接受其他檢查，可享折扣優惠。  
Some discount will be offered to additional test(s) performed together with the package on the same check-up day.

## 仁安男士保健中心 Union Men's Health Centre

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# 男士健康計劃 Men's Health Screening Programmes



## 仁安男士保健中心 Union Men's Health Centre

仁心、安心、貼您心  
Tender • Loving • Caring



現代都市人生活繁忙緊張，尤其男性須擔當起家庭經濟之柱的重任，生活壓力令健康問題容易受到忽略。故男士專注事業外，更要保持健康的體魄，接受挑戰。仁安醫院「男士健康計劃」，為男士提供度身訂造的健康檢查，加上多種附加檢查項目，可以切合男士各方面不同需要。

## 男士常見健康問題

### Common Male Health Problems

#### 癌症 Cancers

- 男士死於癌症的比率較女性為高，與男士吸煙的習慣有莫大的關係。而因癌病去世的男士當中以肺癌、肝癌及結腸癌居多。
- The death rate from all cancers is higher in men when compared with women, mostly related to men's smoking habit. The major causes of cancer deaths for men are associated with lung, liver and colon.



#### 高血壓 Hypertension

- 高血壓是病徵不明顯的隱形殺手，它雖不是疾病，但若患者沒有接受適當的治療，有心臟病及中風的機會比一般人高。
- Hypertension is an asymptomatic killer. Although it is not an ailment, it would increase the chance of heart disease and stroke if not treated properly.

#### 心臟病及中風 Heart Disease and Stroke

- 男士的生活及飲食習慣，包括長期受精神困擾、高脂肪飲食、吸煙及缺乏運動，令他們過胖及腰圍數字上升，增加患心臟病及中風的危險。
- Unhealthy lifestyles, such as high fat diet, physical inactivity, smoking and stress at work will lead to overweight and a big-line waist which will finally increase the chance of having heart disease and stroke.



#### 性病及愛滋病 Sexually Transmitted Disease and AIDS

- 不安全性行為是感染性病的主因，某些性病可引致嚴重的併發症並禍及家人。
- 男性感染愛滋病的數目佔總數有八成之多。
- Unsafe sex is the major channel of contracting sexually transmitted diseases which if not thoroughly treated will affect the entire body and family members.
- Over 80% of AIDS sufferers are men.

#### 陽萎及前列腺增生症 Erectile Dysfunction and Benign Prostatic Hyperplasia

- 陽萎是男士關注的生理問題，香煙內的尼古丁、長期飲用酒精高飲料、工作壓力、精神緊張、某些疾病或藥物均會造成勃起功能障礙。
- 前列腺增生症常見於50歲或以上男士，隨著年齡增長，前列腺不斷增大，使尿道變窄，影響排尿，令患者不適。
- Erectile dysfunction is a common health problem, which may be caused by smoking, excessive alcohol intake, stress or anxiety, certain systemic diseases and medications.
- Benign Prostatic Hyperplasia is commonly seen in men aged over 50. Progressive enlargement of the gland with increasing age may cause significant obstruction of the urethra and interfere with the normal flow of urine.

#### 糖尿病 Diabetes Mellitus

- 它是香港男性死亡的其中一個主因。全港約有一成人患上此症，它對患者的生活質素有很大的影響，嚴重時更可引致心臟病、失明、截肢、腎衰竭等。
- Diabetes mellitus remains one of the major causes of death in Hong Kong. Approximately one in ten adults has been diagnosed with diabetes. It may lead to serious complications such as cardiovascular diseases, blindness, lower limb amputation, kidney failure which greatly affect the quality of life.

## 提高健康意識

### 共享豐盛人生

#### Strike for Your Well Being and Get the Most out of Your Life

Modern urbanites face severe stress on their busy lifestyle, especially men, who take the responsibility to play the role of breadwinner of the family. It is important to maintain healthy body and soul to enjoy the life of success. Our Men's Health Screening Programme provides regular health screening for men with a variety of extra tests catering for different age groups.