

定期檢查 預防心臟病 延康意識 齊來響應

Regular Health Check,
Prevent Heart Attack.

Health Aging, You can do it!

據衛生署統計，2012年香港約每十萬人便有87.4人死於心循環系統疾病，約佔全港於該年度死亡人數約一成半，僅次於佔第三位的癌症。

心臟由三條動脈提供氧份，以滋養心肌。血管的直徑若被堵塞，其血流會減少，當心臟因運動或情緒激昂，心肌會因得不到足夠的氧份，導致缺氧而壞死。病人臨床表現為前胸壓痛、冷汗、暈眩及呼吸困難。若搶救不及，將有生命危險。

心臟病的危險性在於病發前可全無先兆。
現今醫學界公認以下因素與心臟病有密切關係：

- 高血脂（膽固醇及三酸甘油酯）
- 高血壓
- 高血糖（糖尿病）
- 身體過重
- 抽煙

According to statistics from the Department of Health, in the year 2012, every 87.4 person per 100,000 population died of Cardiovascular diseases including Heart Attacks and Strokes, just came third after "Cancer".

The commonly called "Heart Attack" is a result of blockage of the "Coronary Arteries". These arteries provide nutrients and oxygen to the heart muscles. During exercise and stress, the blocked vessels cannot provide adequate supply. Consequently the heart muscles are damaged, the heart loses its function as a pump. The patient develops chest pain, collapses and can die suddenly.

We now know the following factors can lead to Heart Attacks:

- High cholesterol
- High blood pressure
- High blood sugar (Diabetes)
- Overweight
- Smoking

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只參與澳洲醫療服務標準委員會「醫院認證」計劃
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知心計劃 Know Your Heart Programme



仁安保健中心 Union Health Maintenance Centre

仁心、安心、貼您心

Caring · Reliable · Empathetic

仁安醫院以專業的團隊，先進的儀器，為閣下提供全面的心循環系統檢查。

Being staffed by experienced medical professionals and equipped with state-of-the-art equipment, Union Hospital provides a comprehensive health screening for underlying cardiovascular disease.

檢查項目 Checkup Tests	檢查目的 Reasons for checking		計劃 Plan 1	計劃 Plan 2
身體檢查 Physical Examination (量度體重、身高、脈搏、血壓及體重指標) (Weight, Height, Blood Pressure & BMI)	身體過重及高血壓也是引致心臟疾病的其中因素。	Overweight and high Blood pressure are the factors which can lead to Heart attack.	✓	✓
醫生會診及詳盡檢查報告 Doctor Consultation and detail medical report	醫生診斷及詢問病歷以作評估。	Doctor will take a detailed medical history before assessment.	✓	✓
化驗室檢驗 Laboratory Test				
全血球計算 Complete Blood Count	檢查血液血球數量，太多太少均會增加心臟工作量。	To check numbers of blood cells and platelets to determine the thickness of blood as it can add workload to the heart.	✓	✓
糖尿病檢驗 Diabetic Screening (禁食後葡萄糖量) (Fasting Glucose)	糖尿病人易患上心循環血管之疾病。	Patients with Diabetes are prone to develop Cardiovascular Disease.	✓	✓
血脂分析 Lipid Profile (膽固醇、三酸甘油酯、高低密度膽固醇) (Cholesterol, Triglyceride, HDL & LDL)	高血脂含量是會阻塞血管及增加患上心循環血管病風險。	High lipid level will block the arteries and increase the risk of heart disease.	✓	✓
腎功能 Renal or Kidneys Functions (尿素、肌酸酐、鈉、鉀、氯化物) (Urea, Creatinine, NA, K, Cl)	血液中鈉、鉀等電解質異常皆對心循環血管有不良影響。	To check concentration of blood electrolytes as any abnormality will have a detrimental effect on cardiovascular system.	✓	✓
小便檢驗 Urine Test (尿糖、蛋白、血等十項測試) (Sugar, Albumin and Blood etc)	測試患上糖尿病或腎病風險。	To screen the risk of having diabetes and renal dysfunction.	✓	✓
心臟評估 Cardiac Assessment				
運動心電圖 Treadmill Exercise Test	在踏行滑板運動時作心電圖能檢查冠狀動脈的流量。	To check for any blocked coronary arteries while patient is exercising on a treadmill.	✓	✓
其他檢驗 Other Test				
胸部X光 Chest X-Ray	胸部X光能顯示心臟的大小及其他肺部疾病如肺炎和肺腫瘤等。	Chest X-Ray can see the size of the heart as well as any underlying lung diseases.		✓
費用 Charges			\$3,330	\$3,500