

# 仁安保健中心 Union Health Maintenance Centre

香港沙田大圍富健街18號

18 Fu Kin Street, Tai Wai, Shatin, Hong Kong

電話 Tel : 2608 3170 / 2608 3138

網址 Website : <http://www.union.org>

電子郵件 E-mail : [union@union.org](mailto:union@union.org)



## 仁安醫院尖沙咀保健中心

### Union Hospital Health Maintenance Centre (TST)

九龍尖沙咀彌敦道132號美麗華大廈(美麗華商場)18樓1803室

Unit 1803, 18/F, Miramar Tower (Miramar Shopping Centre),

132 Nathan Road, T.S.T., Kowloon

電話 Tel : 2986 1111



ISO 9001 : 2008  
Cert. No. FS96783



Accredited by The Australian Council on  
Healthcare Standards until June 2014

本院保留一切更改或刪改此單張之權利，而不作另行通知。  
Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification.



仁安醫院  
UNION HOSPITAL

# 知心計劃 Know Your Heart Programme



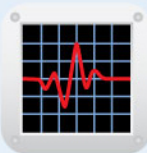
仁安保健中心 Union Health Maintenance Centre

Cholesterol or Triglyceride, if too high, will block the arteries. **HDL and LDL (High and Low Density Lipoprotein)** can predict how likely a person is affected by high cholesterol.

**Sugar or Glucose**, if elevated, may suggest Diabetes Mellitus. We know that patients with Diabetes are more prone to develop diseases in the Cardiovascular System.

### Stress Test or Exercise ECG

As patients usually develop heart attacks mainly during exercise or under stress, it would be more reliable to check for any blocked coronary arteries while the patients are exercising on a treadmill. Our Stress Tests are performed under the supervision of our Resident Doctors, and reported by our Cardiologist.



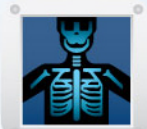
### Urine Test

If sugar is found in the urine, that would suggest Diabetes. If protein is found in the urine, we would recommend further tests for the kidneys.



### Chest X-Ray

The heart and the lung are closely related. A chest X-Ray can look at the size of the heart as well as any underlying lung diseases.



### Medical Examination and Report

This program includes an initial consultation with our Family Doctor who would take a detailed medical history and will perform a physical examination. A comprehensive written report will then be provided to explain any abnormalities detected.



Chest X-Ray may not be necessary if the patient has one performed within the last six months and was reported normal.

The cost for this package is **\$2,945**, or **\$2,800** if a Chest X-ray is not required.

We can arrange follow-up by cardiologist if the patient is considered to be at risk.

仁心、安心、貼您心

Tender • Loving • Caring



MAR / CSHP-1009

## 定期檢查 預防心臟病 延康意識 齊來響應

據衛生署統計，2009年香港有6,405居民死於心循環系統疾病，約佔全港於該年度死亡人數的一成半，僅次於佔第一位的癌症。

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



仁安保健中心特別為所有關心健康的人士提供一套「心循環系統檢查計劃」，以合理的價錢，作徹底的檢查，以便及早發現問題，作適當治療。此計劃包括以下：

### 血液檢驗

「全血球」檢查血液中紅血球、白血球、血小板的數量，反映出血液的濃度。血液太濃或太稀，均會增加心臟的工作量。

「腎功能」檢查血液中鈉、鉀、氯、尿素及肌酸酐的含量，任何異常均對心臟有不良影響。

「膽固醇、三酸甘油酯」含量過高，會堵塞血管。

「高密度脂蛋白及低密度脂蛋白」的血含量，能反映出血脂對人體的危害程度。

「血糖」過高者，可能患上糖尿病。醫學界公認糖尿病人易兼有血循環系統疾病。



### 運動心電圖

心臟病既然多在病人運動或情緒激動時發病，故在踏行滑板運動時作心電圖，對檢查冠狀動脈的流量，可靠性更高。為確保病人安全，是項檢查由本院駐院醫生監察進行，並由心臟科醫生覆核結果作出專業報告。

### 尿液檢查

尿液中含糖份或蛋白，顯示可能患有糖尿病或腎病。

### 胸肺 X 光

心與肺有莫大關連，故胸肺 X 光除檢視肺病外，也用於估計心臟的大小及功能。

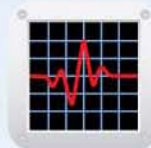
### 身體檢查及驗身報告

此計劃包括家庭醫生診斷、詢問病歷、檢查身體及安排其他檢查，並提供一份詳盡報告，以解釋各項檢查結果。

若在六個月內曾作此 X 光而報告正常者，則無須重拍。

此計劃全部收費為 **\$2,945**。  
無須拍胸肺 X 光者，費用為 **\$2,800**。

若發現有問題，會轉介心臟專科醫生跟進。



## Regular Health Check, Prevent Heart Attack. Health Aging, You can do it!

According to statistics from the Department of Health, in the year 2009, 6,405 of the Hong Kong population died of Cardiovascular diseases including Heart Attacks and Strokes, just came second 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

If we can identify the problems in the early stage and do something, we may be able to prevent the progression of the disease.

Our Health Maintenance Centre has designed a Health Check Programme that provides a comprehensive screening for underlying cardiovascular disease at a reasonable cost. We recommend it to anyone who is concerned about his/her health. Our programme includes the followings:

### Blood Tests

**Full Blood Count** checks for the number of Red Blood Cells, White Blood Cells, and Platelets. This can determine if the blood is too thick or too thin. Both situations can add work load to the heart.

**Renal or Kidney Function Test** estimates the concentration of Sodium, Potassium, Chloride, Urea and Creatinine in the blood. Any abnormality will have a detrimental effect on the heart.

