

婦女健康計劃 Well Woman Programmes

	基本 A Basic A	基本 B Basic B	基本 C Basic C	更年期檢查 Menopausal Package	優越 Premier Package
身體檢查 (體重、身高、 血壓、脈搏及病歷評估) Physical Examination (Body Weight, Height, Blood Pressure, Pulse & Medical History)	✓	✓	✓	✓	✓
全科醫生會診 GP Consultation	✓	✓	✓	✓	✓
計算體質量脂肪分析 Body Mass Index (By Calculation)	✓	✓	✓	✓	✓
全血球計算 Complete Blood Count	-	-	-	-	✓
糖尿病測試 Blood Sugar Level	-	-	-	-	✓
血脂分析(膽固醇、三酸 甘油酯、高密度膽固醇) Lipid Profile (Cholesterol, Triglyceride, HDL&LDL)	-	-	-	-	✓
乙型肝炎檢驗(抗原、 抗體) Hepatitis Profile B (HbsAg&HbsAb)	-	-	-	-	✓
小便檢查 (只包括尿糖 及尿蛋白) Urinalysis (Sugar and Album only)	✓	✓	✓	✓	-
小便常規檢查 Urinalysis	-	-	-	-	✓
柏氏子宮頸細胞塗片 Pelvic Examination Including Pap Smear	-	✓	✓	✓	✓
盆腔超聲波檢查 Trans Abdominal Pelvic Ultrasound	✓	-	✓	✓	✓
乳房超聲波或乳房X光 造影 Breast Ultrasound or Mammogram	-	-	*✓	✓	*✓ (乳房X光 Mammogram)
骨質密度測試 Bone Densitometry	-	-	-	✓	✓
詳盡報告評估 Medical Report with Comment	✓	✓	✓	✓	✓
全科醫生講解報告 GP Follow Up Consultation	-	-	✓	✓	✓
收費 Charge	\$900	\$600	\$1950	\$2700	\$3700

* 附註：35歲以下的女士建議進行乳房超聲波；35歲或以上建議進行乳房X光造影。

* Remarks: Breast ultrasound is advisable for women aged under 35. Mammogram is advisable for women aged 35 or above.



已參加以上任何一種計劃之婦女，於同日接受其他檢查項目，可享有折扣優惠。

Participants of any one of the above packages are entitled to have discount on some additional item(s) when performed together with the package on the date of check-up.

肺功能測試
Lung Function Test

運動心電圖
Exercise ECG

純音聽覺測驗
Pure Tone Audiometry

中耳聽覺測驗
Impedance Audiometry

血型及Rh因子
Blood Group / Rh Type

愛滋病毒抗體
HIV Antibody

全腹腔超聲波掃描檢查
U/S Whole Abdomen

乳房X光檢查
Mammogram

乳房超聲波
U/S Breasts

骨質疏鬆X光檢查(脊椎骨及盤骨)
Bone Densitometry (Spine and Hip)

- 如需重做以上檢查，將另外收費
Extra fee will be charged if clients want to have the above test repeated
- 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

仁安保健中心 Union Health Maintenance Centre

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仁安醫院尖沙咀保健中心 Union Hospital Health Maintenance Centre (TST)

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女士健康計劃 Well Woman Programmes



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MAR/HMC-WH-1007

女士健康 締造美好人生

Well Women Beautify Your Life

現代女性兼顧家庭及事業，生活既緊張又繁忙，加上飲食習慣日趨西化，罹患各類婦女疾病的個案逐年遞增，發病年齡亦有下降的趨勢。故新一代的女性除注重外在美，更要有健康的體，才能締造美好的人生！

Women today face different challenges in both of their careers and families. The busy, stressful lifestyle and westernized diet put them at great risk. Apart from the physical attractiveness, health is also an important key for women to improve their wellness and build a better life.

仁安醫院關懷女士健康，由預防、診斷及治療均照顧周到，針對常見的婦科疾病而設置先進的醫療儀器，成立多個專科診斷及檢驗中心，由專科醫生主理，提供精確的診斷治療及一站式的綜合婦女保健服務。

Being staffed by experienced clinical professionals and equipped with state-of-the-art medical instruments, the various one-stop centres at Union Hospital provide a comprehensive range of women's health services from screening, diagnosis, treatment and follow-up.

常見的女性疾病 Common Women's Diseases

子宮頸癌 Cervical Cancer

根據衛生署的統計資料，子宮頸癌在本港最常見的癌症中，排行第四位。2008年，有120人死於子宮頸癌，是香港第九位的女性致命癌症。

According to the statistical information from Department of Health, cervical cancer was the fourth most common cancer among females in Hong Kong. There were 120 deaths of cervical cancer in 2008, as cervical cancer was the ninth most common cause of female cancer deaths.

成因 Causes

研究顯示，人類乳頭瘤病毒(Human Papillomavirus, HPV)是子宮頸癌的成因。子宮頸細胞因受人類乳頭瘤病毒(HPV)感染而產生病變，由於大部份人的免疫系統能清除此病毒，所以病變多數會回復正常，但小部份會在數年間發展成子宮頸癌。人類乳頭瘤病毒(HPV)包含超過100種類型，其中40種會感染人類性器官，所以曾有性生活的婦女都有機會受到感染。當中部分與子宮頸癌有關的病毒類型，被稱為「高風險人類乳頭瘤病毒」，其中HPV-16及HPV-18與七成的子宮頸癌有關。



風險因素包括：有多個性伴侶，或伴侶有多個性伴侶，過早開始有性行為、吸煙及抵抗力弱。

Human papillomavirus (HPV) infection has been established as a cause of cervical cancer and its precursor lesions. It is mainly transmitted through sexual intercourse. However, only minority of women with HPV infection develop cervical cancer as the body immunity may clear this virus. HPV is a group of virus consisting of more than 100 subtypes. Among them, approximately 40 types can infect the human genital tract. HPV 16 and 18 account for about 70% of all cervical cancer worldwide.

Risk factors include multiple sexual partners, or sexual partner has multiple sexual partners; starting sexual activity at an early age; smoking and weakened immunity.

徵狀 Symptoms

- 早期沒有明顯徵兆 No significant sign in early stage
- 後期陰道有異常出血(如月經之間) Unusual vaginal bleeding (e.g. between menstrual periods)
- 性交後白帶增多或有血絲 Increased leucorrhoea and/or bleeding after sexual activity

預防 Prevention

接受HPV疫苗有助對抗上述兩類型高風險的病毒，成效達百分之九十以上，因此可預防達百分之七十的子宮頸癌，但疫苗不能對抗其他高風險類型的病毒，而且疫苗亦不能取代定期子宮頸細胞檢查。

早期的子宮頸癌可能沒有任何病徵，所以建議25至65歲的女士定期接受子宮頸細胞檢查，可以大大減少病變細胞發展成癌症的機會，成效高達百分之九十。

最新劑配方子宮頸癌疫苗作3針注射，詳情請向醫生查詢

HPV Vaccine is a prophylactic vaccine developed to prevent about 70% of cervical cancer through preventing infection by the two high-risk HPV types. Changes in the cervical cells can happen without noticing any symptoms. So women who have ever had sexual experience and are between the ages of 25 and 65 should have regular cervical smear. With regular cervical screening, the chance of developing into cancer from early cell changes can be reduced by up to 90%.

乳癌 Breast Cancer

乳癌是香港女性癌病的頭號殺手，患者多為30至50歲女性，年紀越大，患上乳癌的機會越高。及早診療，治癒率可超過八成。高危人士包括直系親屬曾患有乳癌、35歲後首次懷孕及從未分娩過的婦女。

Breast cancer is the most common cancer among women in Hong Kong and becomes more common with increasing age, especially among those between 30 and 50 years old. Over 80% of breast cancer can be cured through early detection and treatment. Nulliparous women, women with a late first childbirth and those with first-degree relatives who have had breast cancer, have a higher risk of suffering from breast cancer.

徵狀 Symptoms

- 乳房內有腫塊、外形變異 Breast lump, change in consistency or shape of breasts
- 乳房皮膚凹陷或呈橙皮狀 Skin dimpling or puckering
- 乳頭縮陷 Retraction or change of the positions of nipples
- 乳頭出血或有分泌物 Bleeding or unusual discharge from nipple

子宮纖維瘤 Uterine Fibroid

子宮纖維瘤乃生長在子宮肌壁上之良性腫瘤，病發原因不明，估計是雌激素和孕激素不平衡所致，多見於未生育過的女性。

Uterine fibroids are benign tumours of muscle and connective tissue that are attached to or develop within the uterine wall. The cause of uterine fibroma is unknown. However, it seems to be associated with the oestrogen and progesterone stimulation, and mostly occurs in nulliparous women.

徵狀 Symptoms

- 沒有明顯不適 No significant warning sign
- 大多在定期婦科檢查時發現 Mostly found in regular health screening
- 經期出血異常 Abnormal menstrual bleeding

骨質疏鬆 Osteoporosis

當人體骨骼裡儲存的鈣質逐漸流失，導致骨骼的礦物質密度減低，就形成骨質疏鬆，引起骨痛、駝背及容易骨折。停經後的婦女、缺少運動、酗酒及吸煙、體重過輕及骨架小的人士較易患上。

It is caused by the loss of calcium in bone. The loss of mineral content reduces the bone density, resulting in hunchback, pain and fracture. Risk factors are menopause, lack of exercise, smoking, excessive alcohol consumption, and thin or small-boned habitus.

徵狀 Symptoms

- 背部疼痛 Back pain
- 走動、工作、承托或提重物時感到背痛 Pain in the back or bone of the limbs while walking, working, lifting heavy things
- 身材漸漸矮小，出現駝背 Height loss, hunchback
- 骨痛及容易骨折 Bone pain and proneness to have fracture