

# 女士健康計劃 Well Woman Programmes

## 檢查項目 Check-up Items

|                                    |  | 基本A<br>Basic A | 基本B<br>Basic B | 基本C<br>Basic C | 卓越<br>Prestige | 優越<br>Premier |
|------------------------------------|--|----------------|----------------|----------------|----------------|---------------|
| 醫生諮詢<br>Doctor Consultation        | 醫生諮詢及初步評估 (首次到訪) Doctor's Consultation & Assessment (First Visit)  | ●              | ●              | ●              | ●              | ●             |
|                                    | 醫生會診及報告分析 (第二次到訪) Doctor's Consultation & Medical Report Analysis (Second Visit)                                       | —              | —              | ●              | ●              | ●             |
|                                    | 醫生電話講解報告 Medical Report Explained by Doctor Via Phone  | ●              | ●              | —              | —              | —             |
| 基本健康評估<br>Basic Health Assessment  | 身體檢查 (體重、身高、血壓、脈搏) 及病歷評估 Physical Examination (Body Weight, Height, Pulse, Blood Pressure) & Health History Assessment | ●              | ●              | ●              | ●              | ●             |
|                                    | 體質量指標 BMI (by Calculation)   | ●              | ●              | ●              | —              | —             |
|                                    | 體質量指標 BMI (by Body Impedance Analysis)   | —              | —              | —              | ●              | ●             |
| 化驗室檢驗 Laboratory Tests             |  |                |                |                |                |               |
| 血液檢查<br>Blood Analysis             | 全血球計算 (14項) Complete Blood Count (14 items)  | —              | —              | —              | ●              | ●             |
| 血脂分析<br>Lipid Profile              | 膽固醇 Cholesterol  | —              | —              | —              | —              | —             |
|                                    | 三酸甘油脂 Triglyceride   | —              | —              | —              | ●              | ●             |
|                                    | 高、低密度膽固醇 HDL, LDL  | —              | —              | —              | —              | —             |
| 糖尿病檢驗<br>Diabetic Screening        | 禁食後葡萄糖量 Fasting Glucose  | —              | —              | —              | ●              | ●             |
|                                    | 糖化血色素 HbA1c  | —              | —              | —              | —              | ●             |
| 骨骼代謝分析<br>Bone Metabolism Analysis | 維生素D Vitamin D   | —              | —              | —              | —              | ●             |
| 癌症指標測試<br>Cancer Screening         | 柏氏子宮頸細胞塗片檢查 Pelvis Examination including Pap smear   | —              | ●              | ●              | —              | ●             |
| 小便檢查<br>Urine Tests                | 小便檢查 (只包括尿糖及尿蛋白) Urine Test (Sugar and Albumin only)   | —              | ●              | ●              | —              | —             |
|                                    | 小便常規 (20項) Urinalysis (20 items)   | —              | —              | —              | ●              | ●             |
| 醫療造影檢驗 Medical Imaging             |  |                |                |                |                |               |
| 乳房檢查<br>Breast Examination         | 二維乳房 X光造影 2D Breasts Mammogram   | 2選1            | —              | 2選1            | 2選1            | 2選1           |
|                                    | 乳房超聲波 Breasts Ultrasound   | —              | —              | —              | —              | —             |
| 超聲波<br>Ultrasound                  | 盆腔超聲波 (經腹部) Pelvis Ultrasound (Transabdominal)   | —              | ●              | ●              | ●              | ●             |
| 骨骼密度測量<br>Bone Densitometry        | 骨質密度測試 (腰椎及髖關節) Bone Densitometry (Spine & Hips)   | —              | —              | —              | —              | ●             |
| 其他項目 Other Item                    |  |                |                |                |                |               |
| 營養健康管理<br>Nutritional Management   | 營養師諮詢 Dietitian Consultation   | —              | —              | —              | ●              | ●             |
| 詳盡報告評估<br>Detailed Medical Report  | —  | ●              | ●              | ●              | ●              | ●             |
| 原價 Original Charges                |  | HK\$2,660      | HK\$3,165      | HK\$5,035      | HK\$6,629      | HK\$9,938     |
| 套餐價錢 Package Charges               |  | HK\$1,600      | HK\$2,000      | HK\$3,400      | HK\$3,900      | HK\$6,100     |

\* 附註：35歲以下的女士建議進行乳房超聲波；35歲或以上的女士建議進行乳房X光造影。  
\* Remarks: Breast ultrasound is advisable for women aged under 35. Mammogram is advisable for women aged 35 or above.

## 建議附加之檢查項目 Extra Tests Recommended

|   |                              |
|---|------------------------------|
| 全腹腔超聲波掃描檢查 US Whole Abdomen                         | 乳房X光檢查 (3D) Mammogram (3D)   |
| 骨質疏鬆X光檢查 (脊椎骨及盤骨) Bone Densitometry (Spine and Hip) | 乳房超聲波 US Breasts             |
| 人類乳頭狀瘤病毒基因檢測 HPV DNA Genotyping                     | 營養師跟進 Dietitian Consultation |

• 檢查套餐不適用於住院客人 Checkup packages are not applicable to inpatient clients

同日接受其他檢查項目，最高可獲八折優惠。

Up to 20% discount will be offered to extra test with above packages on the same day.

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 WhatsApp : 9178 9863  
網址 Website : [www.union.org](http://www.union.org)  
電郵 E-mail : [hmc@union.org](mailto:hmc@union.org)



## 仁安體檢中心 (H Zentre) Union Healthcheck Centre (H Zentre)

九龍尖沙咀中間道 15 號 H Zentre 9 樓  
9/F, H Zentre, 15 Middle Road, Tsim Sha Tsui, Kowloon  
網址 Website : [www.union.org/uhc](http://www.union.org/uhc)  
電話 Tel : 2682 2313 WhatsApp : 9132 9287



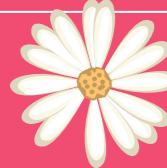
女士  
健康計劃  
Well Woman  
Programmes



仁心、安心、貼您心

Caring • Reliable • Empathetic

# 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，更要有健康的身體，才能締造美好的人生！

Woman today face different challenges in their careers and families. The busy, stressful lifestyle and westernized diet puts them at great risk of various illnesses. Good 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 equipment, the various one-stop centres at Union Hospital provide a comprehensive range of women's health services including screening, diagnosis, treatment and follow-up.

## 常見女性疾病 Common Women's Diseases



### 子宮頸癌 Cervical Cancer

根據衛生署的統計資料，子宮頸癌在香港女性最常見的癌症中排第7位。2016年，有151名女性死於子宮頸癌，是香港第9位的女性致命癌症。

According to statistical information from Department of Health, cervical cancer was the seventh most common cancer among females in Hong Kong. There were 151 female deaths from cervical cancer in 2016, and 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、吸煙及低抵抗力弱。

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 adequately deals with this virus. HPV is a group of viruses 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 cancers 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 discharge 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，可預防達百份之九十的子宮頸癌，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，成效高達百份之九十。

HPV Vaccine is a prophylactic vaccine developed to prevent about 90% of cervical cancers through preventing infection by the two high-risk HPV types. Changes in the cervical cells may occur without any symptoms, hence women who have ever had sexual experience and are between the ages of 25 and 65 should have regular cervical smears. 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 the risk increases with increasing age, especially among those between 30 to 50 years old. Over 80% of breast cancers can be treated 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
- 乳房縮陷 Retraction or change of the position 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 fibroids is unknown. However, it seems to be associated with oestrogen and progesterone stimulation, and mostly occurs in nulliparous women.

#### 徵狀 Symptoms

- 沒有明顯不適 No significant early warning sign
- 大多在定期婦科檢查時發現 Mostly found on 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 the limbs while walking, working, lifting heavy objects
- 身材漸漸矮小，出現駝背 Height loss, hunchback
- 骨痛及容易骨折 Bone pain, prone to fractures

\* 部份資料來源：衛生署

Reference: Department of Health

