

檢驗方法 Tests for Smokers

肺功能檢查和血液含氧量 Lung Function Test and Oxygen Saturation

用來偵測早期慢性阻塞性肺病，是一項簡單和方便的方法。
This is a simple and convenient way to detect early COPD.



肺功能分析測試
Pulmonary function
analysis system



血液含氧量量度計
Oximeter for measuring oxygen
saturation of blood

胸肺X光 Chest X-ray

用來偵測與吸煙有關的肺病，包括慢性阻塞性肺病和肺癌。
This is a simple way to detect smoking related lung diseases
including COPD and lung cancer.

呼出氣內一氧化碳含量檢定 Measurement of Expired Carbon Monoxide

用來量度體內一氧化碳的含量。一氧化碳能與血色素結合，
降低血液的帶氧能力，導致體能下降及加速衰老。
Carbon monoxide from smoking will combine with
haemoglobin and reduce its oxygen carrying capacity, thus
weakening physical ability and accelerating aging.

吸煙人士健康檢查計劃 Health Check Package for Smokers

吸煙習慣評估表格
Questionnaire for assessment of smoking habit

身體檢查
Physical examination

肺功能檢查
Lung function test

胸肺X光
Chest X-ray

血液含氧量
Oxygen saturation of blood

呼出氣內一氧化碳含量
Expired carbon monoxide

呼吸系統專科醫生會診及詳盡檢查報告
Respiratory physician consultation and
detailed medical report

\$1,130

另可自由選擇其他檢查
Optional items:

- 心電圖
Electrocardiogram
- 運動心電圖
Exercise electrocardiogram
- 禁食後血糖
Fasting blood glucose
- 禁食後血脂分析 (高、低密度膽固醇)
Fasting serum lipid profile
- 低輻射量肺部電腦掃描
Low radiation dose CT scan of thorax

已參加健康檢查計劃者，如同日接受其他檢查，可獲高達
8折優惠。
Up to 20% discount offered to additional test(s) performed
together with the package on the same check-up day.

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交通設施 Traffic Facilities

仁安醫院免費穿梭巴士 Union Hospital Free Shuttle Bus :
本院設有免費穿梭巴士，行走本院至大圍港鐵站B出口 (大圍港鐵站公共運
輸交匯處)。

Free Union Hospital Shuttle Buses run between Union Hospital and Tai Wai
MTR Station Exit B (Tai Wai MTR Station Public Transport Interchange).

綠色專線小巴 Green Mini Bus :
可於沙田或大圍港鐵站乘搭68K綠色專線小巴，於仁安醫院停車場下車。
Take route No.68K green minibus from Shatin or Tai Wai MTR Station to the
Union Hospital car park.

公共巴士(由九龍開出) Buses (From Kowloon) :
於下列巴士站下車後，往大圍港鐵站公共運輸交匯處乘搭本院的免費穿梭
巴士。
Take the free hospital shuttle bus at Tai Wai MTR Station Public Transport
Interchange after getting off the buses from the following bus stops.

巴士站 Bus Stops :
大圍站總站 Tai Wai Station Bus Terminus : 88, 46X, 72A, 80K, 82B, 88K
大圍站 Tai Wai MTR Station : 81C, 85B, 86A, 87B, 89B,
249X, 281M, 287X

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吸煙人士
健康檢查

Smokers
Health Check



仁心、安心、貼您心
Caring · Reliable · Empathetic



據統計，2017年習慣每日吸煙的人士有615,000人，其中男性佔527,000人(85.7%)，女性則佔88,000人(14.3%)。

吸煙仍是本港引致疾病及死亡的最大原因，每年因為吸煙而死亡的人數超過6,800人，即每日有18.6人因吸煙而死亡。

In 2017, out of the 615,000 daily cigarette smokers, 527,000 (85.7%) were males and 88,000 (14.3%) were females.

Smoking is still the single largest cause of illnesses and premature deaths in Hong Kong. The estimated deaths caused by smoking amount to over 6,800 deaths per year, i.e. 18.6 deaths per day.

吸煙對健康的影響 Tobacco and General Health



吸煙已被證實會危害健康

It is a proven fact that tobacco is hazardous to health.



吸煙能引致多種嚴重疾病

It can cause a variety of diseases.

呼吸系統疾病 Respiratory Diseases

慢性阻塞性肺病 (慢性支氣管炎及肺氣腫) Chronic Obstructive Pulmonary Disease (Chronic Bronchitis and Emphysema)

- 香港排行第七的致命殺手，每年大約有1,500人因此病而死亡。

It is the No. 7 disease killer in Hong Kong. About 1,500 people die of this disease every year.

- 病徵包括嚴重咳嗽、多痰、體能下降、容易疲勞、頭暈及頭痛。

Symptoms of this disease include severe cough with daily production of sputum, gradual reduction in exercise tolerance, easy fatigue, dizziness and headache.

- 已變壞了的肺功能是不會恢復的，而且大大增加出現肺炎和右心衰竭的機會，最後形成倚賴氧氣、長期坐輪椅及長期臥床的情況。

The deteriorated lung function will become irreversible. Moreover, there is increased incidence of pneumonia and right heart failure. The final outcome is oxygen dependence, chair-ridden or bed-ridden.

- 世界性的研究肯定早期治療可以改善病況及延長生命。
International research confirms that improvement in symptoms and survival are possible if early treatment is instituted.

阻塞性睡眠窒息症 Obstructive Sleep Apnoea Syndrome

吸煙會使睡眠窒息症的病徵惡化。

Symptoms of obstructive sleep apnoea will be aggravated.

血管硬化病 Atherosclerotic Vascular Diseases

心血管病 Cardiovascular Disease

增加患上冠狀動脈收窄及閉塞的機會，引致心絞痛和心肌梗塞。

Increase the risk of stenosis and occlusion of coronary arteries causing angina and myocardial infarction.

腦血管病 Cerebrovascular Disease

增加患上大腦動脈收窄及閉塞的機會，引致中風和半身不遂。

Increase the risk of stenosis and occlusion of cerebral vessels causing cerebral infarct and hemiplegia.

外圍血管病 Peripheral Vascular Disease

令通往肢體動脈收窄及閉塞，引致長期四肢疼痛及壞死，甚至需要切除。

Leads to stenosis and occlusion of peripheral vessels causing severe pain in limbs, gangrene and amputation.

癌症 Cancers

吸煙增加以下癌症的機會：

Smoking increases the risk of various cancers:

- 肺癌
- 口腔癌
- 胃癌
- 食道癌
- 子宮及子宮頸癌
- 膀胱癌
- Lung cancer
- Oral cancer
- Gastric cancer
- Oesophageal cancer
- Uterine and cervical cancer
- Bladder cancer

消化道疾病 GI Tract Diseases

吸煙令以下疾病惡化：

Smoking can worsen the following conditions:

- 胃潰瘍
- 胃液倒流病
- Peptic ulcer
- Gastro-esophageal reflux disease

生殖器官疾病 Diseases of the Reproductive System

吸煙會損害血液循環系統，令陰莖血管閉塞，導致陽痿。吸煙亦會減低荷爾蒙分泌，使生殖器官的反應遲緩。此外，煙毒會減少精子數目，破壞精子的正常發育及活動能力，導致不育。

Smoking damages the blood vessels in the penis and results in sexual impotence. It also reduces hormone secretion and retards the response of sexual organs. Moreover, smoking may reduce sperm production, damage sperm development and activity leading to infertility.

- 吸煙會增加患陽痿的機會 (八成陽痿患者是吸煙人士)。
Smoking increases the chance of sexual impotence (80% of impotent sufferers are smokers).
- 吸煙會減低對治療陽痿藥物的反應。
Smokers have poorer response to impotent drugs.
- 吸煙男士的精子數目較少，比非吸煙者平均少兩成。
Smoking reduces sperm count (on average 20% less than those of non-smokers).
- 吸煙男士精子畸形的機會較常人高出一倍。
100% higher risk of sperm malformation caused by smoking.
- 吸煙會增加伴侶流產和胎兒畸形的機會。
Smoking increases the chance of male smokers' partners having stillbirths and malformed fetus.