

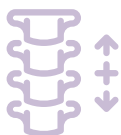
Post-menopausal Health Screening Plan

更年期婦女健康 檢查計劃

Menopause is the time when a woman stops having menstruation for 1 year or more. It is an important milestone in a woman's life. It signifies the time when a woman should be taking more time to focus on herself, especially on her health. Many health problems, including metabolic diseases and osteoporosis, might emerge after menopause. These diseases, if detected early, can be treated to ensure that the woman stays healthy.

Who should have Post-menopausal Health Screening?

Women who have experienced a last menstrual period over 1 year ago are considered to be menopausal and can consider undergoing this screening.





What is included in Post-menopausal Health Screening?

Blood tests for general health assessment, bone health including calcium, phosphorus and vitamin D as well as metabolic assessment will be done. DEXA will be done to provide a baseline result for future comparison or to make a diagnosis of early osteoporosis. Additional options for breast disorder screening and psychological assessment are available upon request.

What happens after the Screening?

The results will be reviewed by an endocrinologist and a report will be prepared for you. Treatment options for any problems discovered will be discussed with you and a personalized plan will be recommended for follow-up treatment.

更年期的定義是指女性停經一年或以上，這對女性來說是另一個重要的人生里程碑，它標誌著女性應該花更多時間關心自己，特別是身心健康方面。

事實上，女性踏入更年期後可能出現許多健康問題，包括代謝疾病和骨質疏鬆症等。如能及早發現這些疾病，便可透過治療處理以保持健康。

誰應接受更年期婦女健康檢查？

倘若上一次經期已是一年前或更長，這已是踏入更年期的訊號，女士便可考慮接受此全面性檢查，以詳細了解自己的身體狀況。

計劃涵蓋什麼檢查項目？

檢查包括進行血液測試以評估整體身體狀況，亦包括骨骼健康及代謝狀況的測試。如有需要，也可加入乳腺疾病篩查項目或心理健康評估。

完成檢查後應如何跟進？

內分泌及糖尿病專科醫生將審閱檢查結果，並為您準備報告。倘若檢查顯示您身體出現毛病，我們將與您討論相關的治療選擇，或建議您接受個人化的治療。

Post-menopausal Health Screening Plan

更年期婦女健康
檢查計劃

General Health Assessment 總體健康評估
General Body Function Assessment 身體功能評估
CBC 全血細胞計數
Liver Function: Alkaline Phosphatase, Total Bilirubin, Albumin, ALT (SGPT), AST (SGOT), Gamma Glutamyl Transferase (GGT) 肝功能：鹼性磷酸酶、總膽紅素、白蛋白、谷丙轉氨酶、谷草轉氨酶、谷氨酰基轉移酶
Renal Function: Urea, Creatinine, Sodium, Potassium, Chloride 腎功能：尿素、肌酐、鈉、鉀、氯化物
Thyroid Function: TSH, Free T4, Free T3 甲狀腺功能：促甲狀腺激素、游離甲狀腺素、游離三碘甲狀腺素
Bone Health Test 骨骼健康檢查
Serum Calcium 血清鈣
Phosphorus 磷酸鹽
25-Hydroxy Vitamin D 25- 羥基維生素 D
DEXA Bone Densitometry 骨密度測試

Metabolic Assessment 代謝評估

FBG
空腹血糖

HbA1c
糖化血色素

Uric Acid
尿酸

Total Cholesterol
總膽固醇

HDL Cholesterol
高密度膽固醇

LDL Cholesterol
低密度膽固醇

Triglycerides
三酸甘油脂

Optional Check-up Items 自選檢查項目

Ultrasound of Breasts
乳房超聲波掃描

3D Mammogram
三維乳房造影

Memory and Mood Assessment
記憶及情緒評估

- Memory and cognitive functions assessment by clinical psychologist
由臨床心理學家進行的記憶及認知能力評估
- Depression and anxiety screening (PHQ-9 and GAD-7)
抑鬱及憂慮情緒評估 (使用 PHQ-9 及 GAD-7 評估工具)



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