

Cardiovascular Health Screening Plan

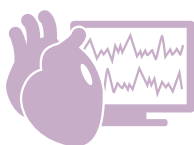
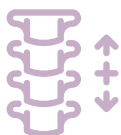
心血管健康檢查計劃

Who should have the Cardiovascular Health Screening Plan?

Cardiovascular diseases have been one of the leading causes of death in Hong Kong. The morbidity and mortality rate of sudden cardiovascular events are usually high. It is not easy to identify if an individual is at risk as there can be no obvious symptoms.

Cardiovascular health screening can provide an accurate picture of our heart health.

This Plan is indicated for men over 40, female over 50, and for individuals who regularly participate in exercises with moderate intensity; as well as patients who may have subtle cardiovascular symptoms such as shortness of breath, chest and / or neck discomfort on exertion.





Highlights of our Cardiovascular Health Screening Plan

In addition to the standardized check-up items like lipid profile, diabetes screening, renal function, liver function and thyroid function, our package provides:

- Novel blood tests to assess cardiac health from different angles such as
 - » NT-proBNP testing for cardiac failure diagnosis and monitoring
 - » Testing of Lipoprotein(a) which is an independent risk factor of cardiovascular disease treatable by a new class of drug named PCSK9 inhibitors;
 - » Testing of hsCRP (high sensitivity C-reactive protein) which is an independent cardiac risk marker for detection of arterial inflammation and homocysteine that can increase the risk of heart attack;
- Echocardiogram which allows our cardiologists to generate images of a patient's heart in real-time for assessment of its overall function and to detect different heart diseases such as valve disease, myocardial disease, pericardial diseases, cardiac masses and congenital heart disease etc.
- Instead of conducting traditional treadmill stress test which is only useful in identifying severe heart diseases, our cardiologists employ high resolution CT coronary angiogram to detect early arterial atherosclerosis. It also gives accurate assessment of narrowed or blocked arteries with detailed information on the site and degree of stenosis. This allows early and timely intervention of cardiac risk factors to prevent progression of disease and consideration of the use of anti-platelet agent to prevent acute heart attack. Patients with more significant stenosis will be referred for interventional procedures of coronary angiogram and stenting.

Pre-test consultation will be arranged to allow our experienced doctors to conduct a thorough history taking and physical examination for the screened individuals. Our doctors will also discuss the screening needs together with the individuals so that they can understand the objectives of the screening. Upon completion of the check-up, the health reports will be carefully interpreted and explained by our doctors who will offer practical medical and lifestyle advice to the screened individual with the goal of improving his / her health outcomes.

誰應接受心血管健康檢查計劃？

心血管疾病一直是香港主要的死亡原因之一，而當中突發性心血管疾病的發病率和死亡率亦非常高。可是，由於心血管疾病可以沒有明顯病徵，不少人如沒有定期進行檢查，則較難識別自己是否為潛在患者。

我們的心血管健康檢查可準確反映我們的心臟健康狀況。該計劃適用於 40 歲以上的男性、50 歲以上的女性、定期參加中等強度體能訓練的人士；以及出現輕微心血管症狀（勞動時出現呼吸急促、胸部和 / 或頸部不適）的患者。

心血管健康檢查計劃的特點

除了標準檢查項目，例如血脂狀況，糖尿病篩查，腎，肝及甲狀腺功能的測試外，我們的計劃還提供：

- 嶄新的血液測試從而以不同角度評估心臟健康，例如：
 - » N 端腦鈉肽前體 (NT-proBNP)：用於心臟衰竭診斷和監測；
 - » 脂蛋白 a 的檢測：脂蛋白 a 是心血管疾病重要危險因素之一，但現時可透過新型藥物 PCSK9 抑制劑作出治療；
 - » 高敏感度 C-反應蛋白 (hsCRP) 及同型半胱氨酸 (Homocysteine) 測試：前者是反映動脈炎症情況的獨立風險因素；而後者是反映增加心臟病發風險的指標
- 計劃包括超聲波心動圖的檢測，使我們的心臟科專科醫生可實時從患者心臟的影像評估其整體功能，並檢測出各種心臟疾病，例如瓣膜病、心肌病、心包疾病、心臟腫塊和先天性心臟病等。
- 礙於傳統運動心電圖只對檢測嚴重心臟疾病有效，我們的心臟科專科醫生會使用高清電腦掃描冠狀動脈造影 (High Resolution CT Coronary Angiogram) 來檢測早期的心臟情況如動脈粥樣硬化。此檢測還可準確地評估動脈狹窄或阻塞的位置及情況。這不但讓醫生可及時針對構成心臟疾病的危險因素作出干預，亦可令醫生有足夠資料考慮處方抗血小板藥來預防急性心臟病的發生。如狹窄程度已屬高危的患者，醫生將轉介他們作進一步的跟進如冠狀動脈造影或植入支架等。

我們經驗豐富的醫生將向您了解個人及家族的病史，並仔細進行全面的身體檢查。醫生並會與您分析及討論檢查的目的及需要。完成檢查後，醫生將向您詳細分析報告結果，並提供能夠改善身體狀況的健康管理資訊及實用貼士。

Cardiovascular Health Screening Plan

心血管健康檢查計劃

Life Style Evaluation 生活方式評估

Blood Pressure & Pulse, Height & Weight, BMI
血壓、脈搏、身高、體重及體重指數

Health Questionnaire
健康問卷

Visual Acuity and Colour Vision
視力及色盲測試

Blood Analysis, Anaemia Testing 血液分析及貧血檢查

CBC
全血細胞計數

ESR
紅血球沉降率

Cardiovascular Risk Screening 心臟病風險篩查

Total Cholesterol
總膽固醇

HDL Cholesterol
高密度膽固醇

LDL Cholesterol
低密度膽固醇

VLDL Cholesterol
極低密度膽固醇

Triglycerides 三酸甘油脂	
Homocysteine 同型半胱氨酸	
C-reactive Protein (High Sensitivity) 高敏感度 C- 反應蛋白	
NT-proBNP N 端腦鈉肽前體	
Lipoprotein (a) 脂蛋白 (a)	
Resting ECG 靜態心電圖	
CT Coronary Angiogram and Calcium Score 冠狀動脈造影及冠狀動脈鈣化評分	
2D Echocardiography 二維超聲心動圖檢查	
Diabetes Screening 糖尿病篩查	
Fasting Glucose 空腹血糖	Haemoglobin A1c (HbA1c) 糖化血色素
Renal Function 腎功能	
Urea 尿素	Creatinine 肌酐
Sodium 鈉	Potassium 鉀
Chloride 氯化物	CO2 二氧化碳
Microalbumin (UMA) 微白蛋白	Urine Routine 小便常規
Liver Function 肝功能	
Alkaline Phosphatase 鹼性磷酸酶	Total Bilirubin 總膽紅素

Total Protein 總蛋白質	Albumin 白蛋白
Globulin 球蛋白	AST (SGOT) 谷草轉氨酶
ALT (SGPT) 谷丙轉氨酶	Gamma Glutamyl Transferase (GGT) 谷氨醯基轉移酶
LDH 乳酸脫氫酶	
Bone Metabolism 骨骼代謝	
Calcium 鈣	Phosphorus 磷
Gout Screening 痛風症篩查	
Uric Acid 尿酸	
Thyroid Function 甲狀腺功能	
TSH 促甲狀腺激素	Free T4 游離甲狀腺素
Report Explanation 報告解釋	
Report interpreted and explained by a registered physician 由註冊醫生解釋及說明檢查結果	

Optional Item 自選項目
Report interpreted and explained by a specialist cardiologist 由心臟科專科醫生解釋及說明檢查結果



立即預約
Book Now

MC 禮護醫療服務
Medical Concierge

+ 852 2230 5170

enquiry@hkmedicalconcierge.com

