

Cardiovascular Health Screening Plan

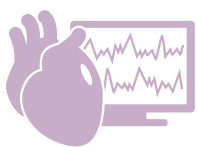
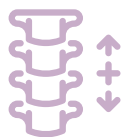
心血管健康检查计划

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.

谁应接受心血管健康检查计划？

心血管疾病一直是香港主要的死亡原因之一，而当中突发性心血管疾病的发病率和死亡率亦非常高。可是，由于心血管疾病可以没有明显病徵，不少人如没有定期进行检查，则较难识别自己是否为潜在患者。

我们的心血管健康检查可准确反映我们的心脏健康状况。该计划适用于 40 岁以上的男性、50 岁以上的女性、定期参加中等强度体能训练的人士；以及出现轻微心血管症状（劳动时出现呼吸急促、胸部和 / 或颈部不适）的患者。

心血管健康检查计划的特点

除了标准检查项目，例如血脂状况，糖尿病筛查，肾，肝及甲状腺功能的测试外，我们的计划还提供：

- 崭新的血液测试从而以不同角度评估心脏健康，例如：
 - » N 端脑钠肽前体 (NT-proBNP)：用于心脏衰竭诊断和监测；
 - » 脂蛋白 a 的检测：脂蛋白 a 是心血管疾病重要危险因素之一，但现时可透过新型药物 PCSK9 抑制剂作出治疗；
 - » 高敏感度 C- 反应蛋白 (hsCRP) 及同型半胱氨酸 (Homocysteine) 测试：前者是反映动脉炎症情况的独立风险因素；而后者是反映增加心脏病发风险的指标
- 计划包括超声波心动图的检测，使我们的心脏科专科医生可实时从患者心脏的影像评估其整体功能，并检测出各种心脏疾病，例如瓣膜病、心肌病、心包疾病、心脏肿块和先天性心脏病等。
- 碍于传统运动心电图只对检测严重心脏疾病有效，我们的心脏科专科医生会使用高清电脑扫描冠状动脉造影 (High Resolution CT Coronary Angiogram) 来检测早期的心脏情况如动脉粥样硬化。此检测还可准确地评估动脉狭窄或阻塞的位置及情况。这不但让医生可及时针对构成心脏疾病的危险因素作出干预，亦可令医生有足够资料考虑处方抗血小板药来预防急性心脏病的发生。如狭窄程度已属高危的患者，医生将转介他们作进一步的跟进如冠状动脉造影或植入支架等。

我们经验丰富的医生将向您了解个人及家族的病史，并仔细进行全面的身体检查。医生并会与您分析及讨论检查的目的及需要。完成检查后，医生将向您详细分析报告结果，并提供能够改善身体状况的健康管理资讯及实用贴士。

Cardiovascular Health Screening Plan

心血管健康检查计划

Life Style Evaluation 生活方式评估

Blood Pressure & Pulse, Height & Weight, BMI
血压、脉搏、身高、体重及体重指数

Health Questionnaire
健康问卷

Visual Acuity and Colour Vision
视力及色盲测试

Blood Analysis, Anaemia Testing 血液分析及贫血检查

CBC
全血细胞计数

ESR
红血球沉降率

Cardiovascular Risk Screening 心脏病风险筛查

Total Cholesterol
总胆固醇

HDL Cholesterol
高密度胆固醇

LDL Cholesterol
低密度胆固醇

VLDL Cholesterol
极低密度胆固醇

Triglycerides 三酸甘油脂	
Homocysteine 同型半胱氨酸	
C-reactive Protein (High Sensitivity) 高敏感度 C- 反应蛋白	
NT-proBNP N 端脑钠肽前体	
Lipoprotein (a) 脂蛋白 (a)	
Resting ECG 静态心电图	
CT Coronary Angiogram and Calcium Score 冠状动脉造影及冠状动脉钙化评分	
2D Echocardiography 二维超声心动图检查	
Diabetes Screening 糖尿病筛查	
Fasting Glucose 空腹血糖	Haemoglobin A1c (HbA1c) 糖化血色素
Renal Function 肾功能	
Urea 尿素	Creatinine 肌酐
Sodium 钠	Potassium 钾
Chloride 氯化物	CO2 二氧化碳
Microalbumin (UMA) 微白蛋白	Urine Routine 小便常规
Liver Function 肝功能	
Alkaline Phosphatase 硷性磷酸酶	Total Bilirubin 总胆红素

Total Protein 总蛋白质	Albumin 白蛋白
Globulin 球蛋白	AST (SGOT) 谷草转氨酶
ALT (SGPT) 谷丙转氨酶	Gamma Glutamyl Transferase (GGT) 谷氨酰基转移酶
LDH 乳酸脱氢酶	
Bone Metabolism 骨骼代谢	
Calcium 钙	Phosphorus 磷
Gout Screening 痛风症筛查	
Uric Acid 尿酸	
Thyroid Function 甲状腺功能	
TSH 促甲状腺激素	Free T4 游离甲状腺素
Report Explanation 报告解释	
Report interpreted and explained by a registered physician 由注册医生解释及说明检查结果	

Optional Item 自选项目
Report interpreted and explained by a specialist cardiologist 由心脏科专科医生解释及说明检查结果



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