

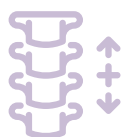
# Post-menopausal Health Screening Plan

## 更年期妇女健康 检查计划

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.

更年期的定义是指女性停经一年或以上，这对女性来说是另一个重要的人生里程碑，它标志著女性应该花更多时间关心自己，特别是身心健康方面。

事实上，女性踏入更年期后可能出现许多健康问题，包括代谢疾病和骨质疏松症等。如能及早发现这些疾病，便可透过治疗处理以保持健康。

## 谁应接受更年期妇女健康检查？

倘若上一次经期已是一年前或更长，这已是踏入更年期的讯号，女士便可考虑接受此全面性检查，以详细了解自己的身体状况。

## 计划涵盖什么检查项目？

检查包括进行血液测试以评估整体身体状况，亦包括骨骼健康及代谢状况的测试。如有需要，也可加入乳腺疾病筛查项目或心理健康评估。

## 完成检查后应如何跟进？

内分泌及糖尿病专科医生将审阅检查结果，并为您准备报告。倘若检查显示您身体出现毛病，我们将与您讨论相关的治疗选择，或建议您接受个人化的治疗。

# Post-menopausal Health Screening Plan

## 更年期妇女健康检查计划

General Health Assessment 总体健康评估
General Body Function Assessment 身体功能评估
CBC 全血细胞计数
Liver Function: Alkaline Phosphatase, Total Bilirubin, Albumin, ALT (SGPT), AST (SGOT), Gamma Glutamyl Transferase (GGT) 肝功能：硷性磷酸酶、总胆红素、白蛋白、谷丙转氨酶、谷草转氨酶、谷氨酰基转移酶
Renal Function: Urea, Creatinine, Sodium, Potassium, Chloride 肾功能：尿素、肌酐、钠、钾、氯化物
Thyroid Function: TSH, Free T4, Free T3 甲状腺功能：促甲状腺激素、游离甲状腺素、游离三碘甲状腺素
Bone Health Test 骨骼健康检查
Serum Calcium 血清钙
Phosphorus 磷酸盐
25-Hydroxy Vitamin D 25-羟基维生素 D
DEXA Bone Densitometry 骨密度测试

### Metabolic Assessment 代谢评估

FBG  
空腹血糖

HbA1c  
糖化血色素

Uric Acid  
尿酸

Total Cholesterol  
总胆固醇

HDL Cholesterol  
高密度胆固醇

LDL Cholesterol  
低密度胆固醇

Triglycerides  
三酸甘油酯

### Optional Check-up Items 自选检查项目

Ultrasound of Breasts  
乳房超声波扫描

3D Mammogram  
三维乳房造影

Memory and Mood Assessment  
记忆及情绪评估

- Memory and cognitive functions assessment by clinical psychologist  
由临床心理学家进行的记忆及认知能力评估
- Depression and anxiety screening (PHQ-9 and GAD-7)  
抑郁及忧虑情绪评估 (使用 PHQ-9 及 GAD-7 评估工具)



立即预约  
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