

男士健康計劃

Men's Health Screening Programmes

檢查項目 Check-up Items	銀計劃 Silver	金計劃 Gold	鑽石計劃 Dimond	鉑金計劃 Platinum	
醫生諮詢 Doctor Consultation	醫生諮詢及初步評估 (首次到訪) Doctor's Consultation & Assessment (First Visit)	●	●	●	
	醫生會診及報告分析 (第二次到訪) Doctor's Consultation & Medical Report Analysis (Second Visit)	—	●	●	
	醫生電話講解報告 Medical Report Explained by Doctor Via Phone	●	—	—	
基本健康評估 Basic Health Assessment	身體檢查 (體重、身高、血壓、脈搏) 及病歷評估 Physical Examination (Body Weight, Height, Pulse, Blood Pressure) & Health History Assessment	●	●	●	
	體質量指標 BMI (by Calculation)	●	—	—	
	體質量指標 BMI (by Body Impedance Analysis)	—	●	●	
化驗室檢驗 Laboratory Tests					
血液檢查 Blood Analysis	全血球計算 (14項) Complete Blood Count (14 items)	●	●	●	
	膽固醇 Cholesterol	●	●	●	
血脂分析 Lipid Profile	三酸甘油脂 Triglyceride	●	●	●	
	高、低密度膽固醇 HDL, LDL	●	●	●	
糖尿病檢驗 Diabetic Screening	禁食後葡萄糖量 Fasting Glucose	●	●	●	
	糖化血色素 HbA1c	—	—	●	
腎功能 Renal Functions	尿素 Urea	—	●	●	
	肌酸酐 Creatinine	—	●	●	
肝功能 Liver Functions	谷丙轉氨酶 ALT (SGPT)	—	●	—	
	鹼性磷酸酶 Alkaline Phosphatase (ALKP)	—	●	—	
	全肝功能測試 (9項) Liver Function Tests (9 items)	—	—	●	
肝炎檢查 Hepatitis Screening	乙型肝炎表面抗體 HBsAb	—	—	●	
	乙型肝炎表面抗原 HBsAg	—	—	●	
痛風症測試 Gout Screening	尿酸 Uric Acid	●	●	●	
甲狀腺功能 Thyroid Function	促甲狀腺激素 Thyroid Stimulating Hormone (TSH)	—	—	●	
	游離甲狀腺素 FT4	—	—	●	
癌症指標測試 Cancer Screening	總前列腺特異抗原 Prostate Specific Antigen (PSA)	—	●	●	
小便檢查 Urine Tests	小便檢查 (只包括尿糖及尿蛋白) Urine Test (Sugar and Albumin only)	●	—	—	
	小便常規 (20項) Urinalysis (20 items)	—	●	●	
其他項目 Other Item					
心臟健康檢查 Cardiac Health Screening	靜臥心電圖 Resting Electrocardiogram	—	●	●	
	運動心電圖 Treadmill	—	—	●	
	尿流速測試 Uroflowmetry	—	●	●	
男士排尿功能檢查 Men Uroflow Test	剩尿測試 Post-void Bladder Scan	—	●	●	
	國際前列腺症狀評分 I-PSS	●	●	●	
營養健康管理 Nutritional Management	營養師諮詢 Dietitian Consultation	—	●	●	
詳盡報告評估 Detailed Medical Report		●	●	●	
	原價 Original Charges	HK\$2,400	HK\$0,212	HK\$9,238	HK\$11,438
	套餐價錢 Package Charges	HK\$1,500	HK\$3,500	HK\$5,300	HK\$6,800

建議附加之檢查項目 Extra Tests Recommended

社交衛生 (梅毒及愛滋病抗體檢驗) Social Hygiene (Syphilis & HIV Antibody Tests)	乙型肝炎檢驗 (表面抗原及表面抗體) Hepatitis B Screening (HBsAg & HBsAb)
胸肺X光 Chest X Ray	低輻射量胸肺電腦掃描 Low dose CT Thorax
運動心電圖 Treadmill	營養師跟進 Dietitian Consultation

同日接受其他檢查項目，最高可獲八折優惠。

Up to 20% discount will be offered for extra tests with the above packages on the same day.

檢查套餐不適用於住院客人 Checkup packages are not applicable to inpatient clients

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Men's Health Screening Programmes



仁心、安心、貼您心

Caring · Reliable · Empathetic

提高健康意識

共享豐盛人生

Strike for Your Well Being and Get the Most out of Your Life

現代都市人生活繁忙緊張，尤其男性須擔當起家庭經濟之柱的重任，生活壓力令健康問題容易受到忽略。故男士專注事業外，更要保持健康的體魄，接受挑戰。仁安醫院「男士健康計劃」，為男士提供度身訂造的健康檢查，加上多種附加檢查項目，可以切合男士各方面不同需要。

Modern urbanites face severe stress in their busy lifestyle, especially men, who often have the responsibility of being the breadwinner of the family. It is important to maintain healthy body to enjoy the life of success. Our Men's Health Screening Programme provides regular health screening for men with a variety of extra tests catering for different age groups.

男士常見健康問題 Common Male Health Problems

癌症 Cancers

- 男士死於癌症的比率較女性為高，與男士吸煙的習慣有莫大的關係。而因癌病去世的男士當中以肺癌、肝癌及結腸癌居多。
- The death rate from all cancers is higher in men when compared with women, mostly related to men's smoking habit. The major causes of cancer deaths for men are lung, liver and colon cancers.



高血壓 Hypertension

- 高血壓是病徵不明顯的隱形殺手，它雖不是疾病，但若患者沒有接受適當的治療，有心臟病及中風的機會比一般人高。
- Hypertension is an asymptomatic killer. Although it is not an ailment, it increases the chance of heart disease and stroke if not treated early.

心臟病及中風 Heart Disease and Stroke

- 男士的生活及飲食習慣，包括長期受精神困擾、高脂肪飲食、吸煙及缺乏運動，令他們過胖及腰圍數字上升，增加患心臟病及中風的危險。
- Unhealthy lifestyles, such as high fat diet, physical inactivity, smoking and stress at work will lead to overweight and obesity which increases the chance of having heart disease and stroke.



性病及愛滋病 Sexually Transmitted Disease and AIDS

- 不安全性行為是感染病的主因，某些性病可引致嚴重的併發症並禍及家人。
- 男性感染愛滋病的數目佔總數有八成之多。
- Unsafe sex is the major channel of contracting sexually transmitted diseases which if not thoroughly treated will affect the entire body and other family members.
- Over 80% of AIDS sufferers are men.

陽萎及前列腺增生症 Erectile Dysfunction and Benign Prostatic Hyperplasia

- 陽萎是男士關注的生理問題，香煙內的尼古丁、長期飲用酒精高飲料、工作壓力、精神緊張、某些疾病或藥物均會造成勃起功能障礙。
- 前列腺增生症常見於50歲或以上男士，隨著年齡增長，前列腺不斷增大，使尿道變窄，影響排尿，令患者不適。
- Erectile dysfunction is a common health problem, which may be caused by smoking, excessive alcohol intake, stress or anxiety, certain systemic diseases and medications.
- Benign Prostatic Hyperplasia is commonly seen in men aged over 50. Progressive enlargement of the gland with increasing age may cause significant obstruction of the urethra and interfere with the normal flow of urine.

糖尿病 Diabetes Mellitus

- 它是香港男性死亡的其中一個主因。全港約有一成人患上此症，它對患者的生活質素有很大的影響，嚴重時更可引發心臟病、失明、截肢、腎衰竭等。
- Diabetes mellitus remains one of the major causes of death in Hong Kong. Approximately one in ten adults has been associated with diabetes. It may lead to serious complications such as cardiovascular diseases, blindness, lower limb amputation, kidney failure all of which significantly affect the quality of life.