



Mature Health Assessment
Managed by a Hospital Designated Specialist

Mature Health Assessment

1. Detailed Medical History and Physical Examination by Specialist

2. Blood Pressure Test

3. Body Mass Index (BMI) Measurement and Analysis

4. Visual Acuity Test by Nurse

5. Uroflowmetry (Male Only)

6. Electrocardiogram (ECG)

7. Chest X-ray

8. Laboratory Tests Include:

+ Complete Blood Count

+ ESR

+ **Renal Function** Creatinine, Urea Nitrogen (BUN)

+ **Electrolytes** Sodium, Potassium, Phosphorus, Calcium

+ **Vitamin** Vitamin D (25-OH), Vitamin B12

+ **Liver Function** Total Bilirubin, SGOT (AST), SGPT (ALT), Alkaline Phosphatase (ALP), GGTP

+ **Protein** Albumin, Globulin, A/G Ratio

+ **Thyroid Function** TSH

+ **Lipid Profile** Total Cholesterol, HDL Cholesterol, LDL Cholesterol, Triglycerides

+ **Diabetic Screening** Fasting Blood Glucose

+ **Urine Examination** Urine Microalbumin

+ **Stool Analysis** Parasites and Occult Blood

9. Neuropsychiatric Assessment by Specialist

+ Cognitive Screening

+ Mood Assessment

+ Stroke Risk Assessment

10. Functional Assessment by Specialist

+ Balance, Mobility and Fall Risk Assessments

+ Assessment of Basic and Instrumental Activities of Daily Living (ADLs and IADLs)

+ Chinese Disability Assessment for Dementia (CDAD) if suspected of having memory problem

+ Bedside Swallowing Assessment

+ Sarcopenia Screening and Assessment with Handgrip Strength Test

+ Continence Assessment

+ Measurement of Fitness and Frailty by Clinical Frailty Scale

11. Explanation of the Report and Personalized Recommendation(s) by Specialist

Original Price: ~~HK\$9,200~~ **Special Price: HK\$6,800**

Important Information

- + Package includes one meal, either breakfast or lunch.
- + Appointments are required. To book, or cancel an appointment, please contact our staff at least 24 hours in advance.
- + Family members or prior/current caregiver(s) are highly recommended to participate in the assessment along with the patient.
- + Extra charges may be incurred if medication, additional examinations or laboratory tests not included in the package are required. For details, please contact our staff.
- + Hong Kong Adventist Hospital – Stubbs Road reserves the right to amend or change details of the above information without prior notice.

Booking and Enquiries

For further information or to make an appointment, please contact us on (852) 3651 8789, email cohealth@hkah.org.hk, or visit our website at www.hkah.org.hk.

頤康評估計劃

由本院指定專科醫生主理

頤康評估計劃

1. 詳細病歷評估及身體檢查
2. 量血壓
3. 計算並分析體質指數
4. 視力檢查，由醫護人員主理
5. 尿流速測試（只限男性）
6. 心電圖
7. 肺部X光檢查
8. 化驗室檢驗包括：

+ 全套血球計算

+ 血沉降率

+ 腎功能 肌酸酐，血尿素氮

+ 電解質 鈉，鉀，磷，鈣

+ 維他命 維他命D（25-OH），維他命B12

+ 肝功能 全套膽紅素，谷草轉氨酶，
谷丙轉氨酶，鹼性磷酸酶，GGTP
白蛋白，球蛋白，白蛋白與球蛋白比值

+ 蛋白質分析 促甲狀腺素

+ 甲狀腺功能 總膽固醇，高密度脂蛋白膽固醇，
低密度脂蛋白膽固醇，三酸甘油脂

+ 血脂分析 空腹血糖

+ 糖尿病檢測 尿液微白蛋白

+ 尿液測試 寄生蟲及隱匿的血液

+ 糞便分析

9. 腦神經心理評估

+ 認知功能篩檢

+ 情緒

+ 中風風險

10. 功能性評估

+ 平衡和活動能力，跌倒風險

+ 日常生活中基本活動和使用工具的能力

+ 使用「中文版認知障礙症功能障礙評估量表」評估
(如懷疑記憶力衰退)

+ 吞嚥能力臨床檢查

+ 肌少症篩檢及評估，輔以握力測試

+ 失禁

+ 使用「臨床衰弱量表」評估身體狀況

11. 專科醫生解釋報告及提出個人化建議程

原價：HK\$9,200

優惠價：HK\$6,800

注意事項

- + 計劃已包括早餐或午餐。
- + 敬請預約。如需更改或取消預約，務請於24小時前聯絡本院職員。
- + 本院由衷建議家人或照顧者陪同參加者接受上述評估。
- + 如需額外藥物、檢查或化驗，均須額外收費。詳情請向本院職員查詢。
- + 香港港安醫院一司徒拔道保留更改及刪改上述資料權利，而毋須另行通知。

預約及查詢

如欲進一步查詢或預約，歡迎致電（852）3651 8789，或電郵至 cohealth@hkah.org.hk，亦可瀏覽本院網站 www.hkah.org.hk。



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