

## Supportive Programs 全方位的支援和輔助

Our Lifestyle Management Center offers the full support of a multidisciplinary team of wellness experts backed by programs and services designed to adapt to your changing needs. These services include:

- + nutrition counseling
- + lifestyle coaching
- + personal fitness coaching
- + online cooking demos and receipts
- + behavioral health sessions

了解每個人的健康之路不盡相同，本院健康生活促進中心專家雲集，能為您提供符合切身需要的服務，並且適時提供協助，又通過特別設計的課程來幫助您建立良好生活模式。有關服務和課程包括：

- + 營養諮詢
- + 生活模式指導
- + 個人運動指導
- + 網上食譜和烹飪示範
- + 新起點計劃

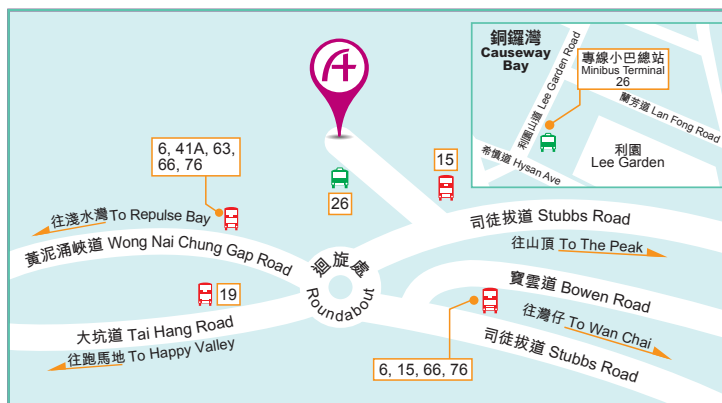


## Booking and Enquiries 預約及查詢

We welcome referrals by physicians and other healthcare professionals. Individuals may also contact our Lifestyle Medicine Clinic directly.

我們歡迎來自醫生或其他醫療專業人士的轉介。任何人士如有需要，亦可直接聯絡養生醫學診所。

Tel 電話 : (852) 3651 8808  
 Email 電郵 : lmc@hkah.org.hk  
 Website 網址 : www.hkah.org.hk



\* Taxi & Minibus no. 26 are available to and from the front entrance of Hospital. 乘計程車及專線小巴26號可直達本院大門前

### Bus 巴士

6, 15, 66	Central Bus Station 中環巴士總站
76	Causeway Bay 銅鑼灣
41A, 63	North Point 北角
19	Siu Sai Wan 小西灣

### Minibus 專線小巴

5, 26	Causeway Bay 銅鑼灣
24M	Admiralty 金鐘

### Taxi 計程車

Available to and from the front entrance of Hospital  
 乘計程車可直達本院大門前

### Parking 停車場

Parking is available for a fee for patients and visitors  
 本院設有收費停車場予病人及其家屬使用

### Hong Kong Adventist Hospital — Stubbs Road 香港港安醫院 — 司徒拔道

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 香港司徒拔道40號  
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## Lifestyle Medicine Clinic 養生醫學診所



## 4 What does your future health look like? 健康也可以預測？

The Lifestyle Medicine Clinic at Hong Kong Adventist Hospital – Stubbs Road can help you to find out the answer to this question.

Based on your present health, your answers to a lifestyle questionnaire with health risks rating, and crucial laboratory and radiologic tests, we can assess your risk of developing future medical conditions such as:

- + diabetes
- + osteoporosis
- + high blood pressure and coronary risk
- + metabolic syndrome
- + overweight or obesity
- + dyslipidemia (such as high cholesterol), C-reaction Protein (inflammatory problem)
- + cancers, such as lung cancer, breast cancer in women, and prostate cancer in men

來到香港港安醫院—司徒拔道的養生醫學診所，您會回答一份關於生活模式的問卷，和接受一些檢查。根據您目前的身體狀況、檢查結果和問卷答案及健康風險評級，我們便可以推斷有那些健康危機正在醞釀，及您未來可能面對的健康問題。例如：

- + 糖尿病
- + 骨質疏鬆
- + 心腦血管疾病，如心臟病和中風等
- + 高血壓
- + 代謝失調綜合症
- + 超重肥胖而健議體重控制
- + 血脂（如高膽固醇，心臟風險，C-反應蛋白炎症問題）；及
- + 癌症，如肺癌、乳癌和前列腺癌

## 4 Identifying your health risk is the first step in safeguarding your future health. 了解患病風險，守護健康未來

Cardiovascular diseases (for example, heart attack and stroke) Once we have identified your disease risks, we will be able to show you how to minimize them by offering expert advice on how to change your lifestyle with coaching through electronic means. We will include and review factors such as nutrition, exercise, and stress management to enable you to enjoy a long, happy and healthy life.

了解危機所在，就可以及早防範，讓它化於無形。我們會就營養、運動習慣和壓力處理等方面提出專業意見，通過電子教練進行溝通。協助您改變目前的生活模式，好活得健康又豐盛，長久又愉快。



## 4 What is lifestyle medicine? 甚麼是養生醫學？

The American College of Lifestyle Medicine defines the field as the utilization of evidence-based lifestyle interventions such as nutrition, exercise, stress management, and other lifestyle modalities in the prevention, management, and treatment of diseases and health-related problems.

根據美國養生醫學會的定義，以經過實證的醫學方式為基礎，通過種種生活方式來預防、管理和治療疾病，或改善身體狀況，就是「養生醫學」。這些醫學方式包括營養學、運動、壓力管理等等。

## 4 Experience the life-changing programs and services of our Lifestyle Medicine Clinic 健康之路上，我們會一直為您護航，快來親身體驗吧！

Our professional team at our Lifestyle Medicine Clinic includes experienced doctors, nurses and dietitians. The team will help you create a vibrant and healthy life through listening to your concerns, and helping you to adapt your everyday life as your goals evolve.

養生醫學診所的專業團隊包括醫生、護士及營養師。他們均有多年的臨床經驗，能時刻關注您的需要，幫助您適應日常生活的點滴改變，陪伴您踏上身心康泰之途，創出豐盛人生。





Items	Price
Initial assessment and consultation (by Lifestyle Medicine Doctor + Registered Dietitian with Lifestyle Medicine Credential)	<b>HK\$1,400</b>
Follow-up consultation	<b>HK\$500 per visit</b>
Dietitian package (1 initial consultation + 3 follow-ups)	<b>HK\$2,000</b>

### Remarks:

- + The fees above do not include charges for medication, examinations and laboratory tests (such as blood tests). Please ask our staff for details.
- + Each consultation will be led by a physician and a registered dietitian. Consultation times may vary depending on the patient's condition.

### Booking and Enquiries

We welcome referrals by physicians and other healthcare professionals. Patients may also contact our Lifestyle Medicine Clinic directly.

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Email: [lmc@hkah.org.hk](mailto:lmc@hkah.org.hk)

Website: [www.hkah.org.hk](http://www.hkah.org.hk)

### Important Information

Hong Kong Adventist Hospital – Stubbs Road reserves the right to make alterations to the pricelist and services offered without prior notification.



服務	費用
養生醫學醫生及養生醫學註冊營養師 首次諮詢	HK\$1,400
覆診跟進	HK\$500 (每次)
註冊營養師首次諮詢1次+覆診跟進3次	HK\$2,000

### 備註:

- + 上述收費不包括藥物、檢查及化驗費用（如驗血）。有關服務收費詳情，請向本院職員查詢。
- + 每次諮詢由醫生和營養師一起會診，所需時間視乎情況而定。

### 預約及查詢

我們歡迎來自醫生或其他醫療專業人士的轉介。病人亦可直接聯絡養生醫學診所。

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### 注意事項

香港港安醫院 — 司徒拔道保留更改及刪改上述資料權利，而毋須另行通知。