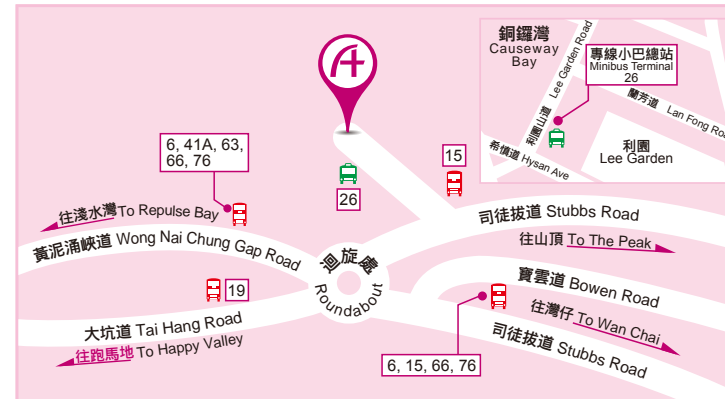


### Cardiac Assessment Program 心臟健康評估

#### Map 路線圖



\* Taxi & Minibus 26 are available to and from 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

Address 地址	: 40 Stubbs Road, Hong Kong 香港司徒拔道40號
Telephone 電話	: (852) 3651 8888
Email 電郵	: hkahinfo@hkah.org.hk
Website 網站	: www.hkah.org.hk

N-1610

#### Symptoms of a Heart Problem

##### 心臟病發的徵狀

If you experience symptoms of a heart problem, you should immediately seek advice from doctors for early and effective intervention. Some common symptoms of heart problems include:

- + Undue fatigue after exertion
- + Rapid, strong, and irregular heartbeat
- + Sense of weakness and being unsteady on your feet
- + Shortness of breath during exercise or when lying down
- + Pain or pressure in the chest; pain, numbness, or pressure in one or both arms; pain in the lower jaw or throat

以下是一些較常見的徵狀，若有類似以下情況，心臟可能已響起警號，應尋儘早求醫，以免錯失治療時機。

- + 用力後過度疲勞
- + 急促、強力而不規則的心跳
- + 感到虛弱及腳步虛浮
- + 運動或躺臥時感到氣促
- + 感到胸部疼痛、不適或壓迫；一隻或兩隻手臂感疼痛、緊迫或麻痺；甚至下顎或喉部疼痛。

#### Booking and Enquiries 預約及查詢

For further information or to make an appointment, please contact us or visit our website.

如欲進一步了解上述內容或預約服務，歡迎與我們聯絡，或瀏覽我們的網站。

Telephone 電話: (852) 3651 8789

Email 電郵: cohealth@hkah.org.hk

Website 網址: www.hkah.org.hk



## 4 Your Professional Medical Team 我們的專業醫護團隊

Coronary artery disease (CAD), also called coronary heart disease, is the most common type of heart disease and the second-leading cause of death in Hong Kong. Unfortunately, many people with coronary heart disease are not aware of their condition until severe symptoms surface or an attack arises, which may result in sudden death.

To combat heart disease, Hong Kong Adventist Hospital – Stubbs Road strives to promote the benefits of a healthy lifestyle to the public to reduce the risk of disease. The hospital also provides individual cardiac assessments to help patients identify their risk factors of coronary heart disease so that our specialists are able to formulate a personalized prevention strategy.

冠心病，或稱冠狀動脈心臟病，是本港最常見的嚴重心臟病，是繼癌症後的第二大殺手。大部份患者都沒有明顯病徵，一旦發作卻有機會致命。

故此，除了鼓勵大眾保持良好生活習慣，以減低患病風險，香港安醫院—司徒拔道還提供心臟健康評估，助你及早識別潛藏危機，針對性地預防心臟病發。

## 4 What is Coronary Artery Disease? 甚麼是冠心病？

A heart attack, also known as myocardial infarction (MI) or coronary thrombosis, develops when the arteries supplying blood to the heart muscle become narrowed or blocked, resulting in part of the muscle not receiving enough oxygenated blood. Heart attacks can be life-threatening, and symptoms may include chest tightness and dyspnea among others.

The most common cause of heart disease is atherosclerosis, which is the result of a build-up of fatty deposits (plaque) on the walls of an artery over many years. This in turn causes the artery to narrow, resulting in reduction of blood flow.

冠心病又稱「心肌梗塞」或「冠狀動脈血栓」，指負責供應心肌血液的動脈（冠狀動脈）狹窄或阻塞，前往心臟的血液暫停流動，導致部份心肌缺血受損，可能會出現胸口劇痛和感到氣促等病徵，嚴重者甚至致命。其最常見的成因是冠狀動脈粥樣硬化，即不正常的油脂組織（斑塊）積存在血管壁，令血管變窄，阻礙血液流動。

## 4 Uncover the Risk Factors of Coronary Artery Disease 找出潛藏的冠心病危機

Prevention is key to combating coronary artery disease. First and foremost, it is of utmost importance to maintain a healthy lifestyle, which keeps your heart and blood vessels healthy. The next step is to undergo a cardiac assessment, particularly for those at higher risk. Cardiac assessments can reveal hidden problems by:

- + Analyzing various risk factors through assessment of blood lipid and sugar levels, blood pressure, body mass index, and waist index.
- + Examining the condition of the heart and blood vessels through the use of technologically advanced tests such as exercise stress tests with electrocardiograph, echocardiograms, and carotid ultrasounds.

Based on the results of blood tests and other examinations, our cardiologists will analyze and assess your cardiac condition and provide personalized medical advice for you to control and prevent coronary heart disease.

要對付冠心病，預防往往勝於治療；一方面要有良好生活習慣，保持心血管健康，另一方面應定期進行心臟檢查，因為心血管問題不一定可以從表徵得知，所以需要深入的醫療檢查才能發現：

- + 了解血脂、血糖和血壓水平，加上體質指數和腰圍分析，有助了解風險因素；
- + 適當地利用先進儀器，如運動心電圖、超聲心動圖和頸動脈超聲波，有助了解心臟和血管狀況。

本院的心臟專科醫生會結合驗血報告和各項檢查結果，深入檢查潛在的心臟和血管問題，繼而仔細評估冠心病的風險，及提出個人化的建議，幫助大家更有效地控制和預防心臟病發作。



## 4 Should I Undergo an Assessment? 誰需要檢查？

**Although there is no single direct cause for coronary artery disease, some risk factors include:**

**雖然冠心病沒有絕對的單一成因，但以下風險因素會增加患病機會：**

- + Gender (male): men are at a greater risk  
男性
- + Advanced age  
年長
- + Family history of heart disease, diabetes, or hypertension  
家族有心臟病、糖尿病或高血壓病史
- + Smoking  
吸煙
- + High blood cholesterol  
高膽固醇
- + Low level of physical activity  
缺乏運動
- + Stress  
憂慮或精神緊張
- + High blood pressure (hypertension)  
高血壓
- + Being overweight  
過重
- + Diabetes  
糖尿病

These risk factors are associated with certain cardiovascular problems that may trigger a heart attack. If you have any of the above risk factors, it is recommended that you receive regular check-ups.

這些風險因素可能會引致或加劇一些心血管問題，進而觸發冠心病。如有一項或以上的風險因素，建議定期進行心臟檢查，找出隱藏危機。





Cardiac Assessment  
Managed by Hospital Designated Specialists

Items	Healthy Heart	Strong Heart	Smart Heart
1. Detailed Medical History and Physical Examination by Specialist	✓	✓	✓
2. Managed by Nurse:			
+ Blood pressure test	✓	✓	✓
+ Body mass index (BMI) measurement and analysis	✓	✓	✓
+ Waist circumference measurement	✓	✓	✓
3. Exercise Stress Test (treadmill test)	✓	✓	✓
4. Electrocardiogram (ECG)	✓	✓	✓
5. Echocardiogram			✓
6. Diagnostic Imaging:			
+ Chest x-ray	✓	✓	✓
+ Ultrasound measurement of carotid intima media thickness (CIMT)		✓	
7. Laboratory Tests Include:			
+ Complete blood count	✓	✓	✓
+ Cardiovascular disease risk / CVD risk		✓	
Apolipoprotein A and B, lipoprotein A		✓	
C-reactive protein (CRP)		✓	✓
+ Diabetic screening	✓	✓	✓
Fasting blood glucose	✓	✓	✓
+ Electrolytes	✓	✓	✓
Chloride, potassium, and sodium	✓	✓	✓
+ Lipid profile	✓	✓	✓
Total cholesterol, HDL and LDL cholesterol, triglycerides, and TL / HDL – C ratio	✓	✓	✓
+ Liver function		✓	✓
Total bilirubin, SGOT (AST), SGPT (ALT), and alkaline phosphatase (ALP)		✓	✓
+ Protein		✓	✓
Total protein, albumin, globulin, and A/G ratio		✓	✓
+ Renal function	✓	✓	✓
Creatinine and urea nitrogen (BUN)	✓	✓	✓
+ Thyroid function		✓	✓
TSH, T4		✓	✓
+ Urine routine examination	✓	✓	✓
8. Explanation of the Report and Personalized Recommendation(s) by Specialist	✓	✓	✓
<b>Package Price</b>	<b>HK\$7,000</b>	<b>HK\$11,700</b>	<b>HK\$11,700</b>

Important Information

- + Appointments are required. To make or cancel an appointment, please contact our staff at least 24 hours in advance.
- + Extra charges may be incurred if medication, additional examinations, or laboratory tests that are 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](mailto:cohealth@hkah.org.hk) or visit our website at [www.hkah.org.hk](http://www.hkah.org.hk).



## 心臟健康評估

由本院指定專科醫生主理

項目	至健心	至強心	至護心
1. 詳細病歷評估及身體檢查	✓	✓	✓
2. 醫護人員主理			
+ 量血壓	✓	✓	✓
+ 計算並分析體質指數	✓	✓	✓
+ 量度腰圍	✓	✓	✓
3. 運動心電圖	✓	✓	✓
4. 靜態心電圖	✓	✓	✓
5. 心臟超聲波			✓
6. 放射診斷檢查			
+ 肺部X光檢查	✓	✓	✓
+ 頸動脈超聲波檢查		✓	
7. 化驗室檢驗包括：			
+ 全套血球計算	✓	✓	✓
+ 心臟病風險		✓	
		✓	✓
		✓	✓
+ 糖尿病檢測	✓	✓	✓
+ 電解質	✓	✓	✓
+ 血脂分析	✓	✓	✓
		✓	✓
+ 肝功能		✓	✓
+ 蛋白質分析		✓	✓
+ 腎功能	✓	✓	✓
+ 甲狀腺功能		✓	✓
+ 尿液常規檢查	✓	✓	✓
8. 專科醫生解釋報告及提出個人化建議	✓	✓	✓
費用	HK\$7,000	HK\$11,700	HK\$11,700

### 注意事項

- + 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。
- + 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—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](mailto:cohealth@hkah.org.hk)，亦可瀏覽本院網站 [www.hkah.org.hk](http://www.hkah.org.hk)。

