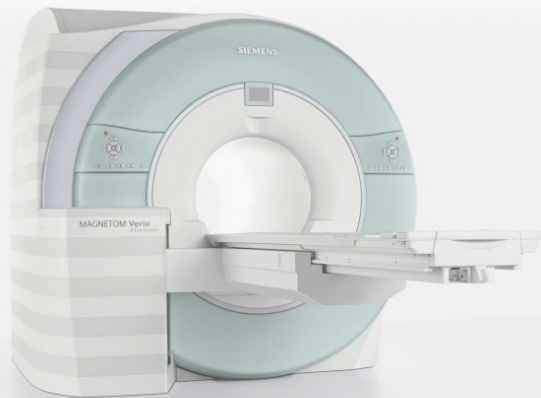


## Please Note 注意事項

- + An enema may be required to cleanse the intestines 2 to 4 hours before the scan
- + To protect personal belongings against the apparatus's magnetic force, or prevent distortion of images due to metal objects, please remove and store personal items such as watches, credit cards and jewelry separately before the scan
- + People with claustrophobia, or those who have had cardiac pacemakers and cochlear implants should consult their doctor before deciding if MRI scans are appropriate for them
- + 掃描前2至4小時，有可能需要進行灌腸，清潔腸臟
- + 為防止個人物品被儀器的磁力破壞，或掃描影像被金屬物品扭曲，掃描開始前，請將個人物品，如手錶、信用卡及首飾等置於儲物櫃中
- + 患有幽閉恐懼症，或曾經植入心臟起搏器或人工耳蝸等醫療設備的人士請諮詢醫生的意見，以決定是否適合進行磁力共振掃描

## Risks of MRI Screening 磁力共振掃描風險

- + In general, MRI screening will not cause patients any danger
- + The strong magnetic field is harmless to the human body but may affect the function of medical instruments implanted in the body. Please consult your doctors if in doubt
- + 磁力共振掃描對一般病人不會構成危險
- + 強力磁場對人體並無傷害，但對於植入人體的醫療儀器可能產生影響，如有疑問，可向您的醫生查詢



## What can you do if scans show signs of prostate diseases? 如掃描結果發現前列腺出現毛病，應如何處理？

With its professional team and specialists from different departments, Hong Kong Adventist Hospital – Stubbs Road can provide patients with the most appropriate follow-up action and treatment. Take severe benign prostatic hyperplasia for example; a urology specialist could perform an operation on the patient in the most advanced operating theatre. In the unfortunate case of prostate cancer, radical prostatectomy either by a minimally-invasive procedure or use of the latest robotic arm could be considered. We also provide an alternative option to destroy tumors with precision at our Oncology Center, the only center in Hong Kong equipped with both CyberKnife and TomoHD radiation therapy. In addition, our hospital is equipped with endoscopy services that will allow patients and doctors to better understand the conditions of the bladder, prostate and urethra.

香港港安醫院—司徒拔道提供專業的醫護團隊及設有不同專科部門，為病人作最適當的跟進及治療。如針對嚴重的前列腺肥大症，泌尿科專科醫生可在先進的手術室內進行手術；若不幸患上前列腺癌，可考慮微創根治性切除，或最先進的機械臂輔助根治性切除，也可在本院的腫瘤中心，透過全港唯一的數碼導航刀及高速螺旋放射治療平台，精確地消滅腫瘤。另外，本院更備有內視鏡檢查服務，讓病人及醫生更清楚膀胱、前列腺和尿道的狀況。



## Map 路線圖



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

40 Stubbs Road, Hong Kong  
香港司徒拔道40號  
(852) 3651 8789  
cohealth@hkah.org.hk



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2022/01 Revised 修訂



## Men's Health Examination Plan 男士健康檢查計劃



## 4 The Prostate- What Is It? 甚麼是前列腺？

The prostate is part of the male reproductive system. Its primary function is to secrete prostatic fluid, an important part of semen. The prostate is shaped like a chestnut and is located below the bladder, in front of the rectum and surrounds the urethra. The prostate can vary in size between individuals and may become enlarged with age which may hinder the flow of urine.

前列腺是男性生殖系統的一部分，負責分泌前列腺液，為精液的重要部分。前列腺形狀似栗子，位於膀胱之下，在直腸前面，並圍繞尿道。前列腺的大小因人而異。隨着年齡的增長，前列腺很多時候會變大，並且可能阻礙尿流。

### 4 Symptoms of Prostate Diseases 前列腺疾病徵狀

- + Frequent urination
- + Strong or urgent need to urinate
- + Painful urination
- + Difficulty in starting to urinate
- + Unable to urinate
- + Weak, reduced or intermittent urine flow
- + Feeling that the bladder has not yet been fully emptied after urination
- + Traces of blood in the urine or semen
- + Painful ejaculation
- + 尿意頻繁
- + 強烈或迫切的尿意
- + 小便疼痛
- + 排尿初段感到困難
- + 無法小便
- + 尿流弱、減少或斷斷續續
- + 小便後，仍覺得還未完全排清尿液
- + 尿液或精液帶血
- + 射精疼痛

### 4 Common Prostate Diseases 常見前列腺疾病

- + Benign Prostatic Hyperplasia
- + Prostatitis
- + Prostate Cancer
- + 良性前列腺增生
- + 前列腺炎
- + 前列腺癌

### 4 Who should receive prostate examination? 哪些人應該接受前列腺檢查？

- + Individuals who show symptoms of prostate diseases
- + Individuals who have a family history of prostate cancer or other illnesses
- + Men above the age of 50
- + 出現前列腺疾病徵狀人士
- + 家族有前列腺癌或其他毛病人士
- + 五十歲以上男士



### 4 Transrectal Ultrasound of the Prostate 前列腺超聲波掃描

- + Ultrasound uses the echo of sound waves to construct a picture of the structure of internal organs. Such depiction can provide vital information regarding an individual's health
- + Unlike the X-ray, ultrasound does not carry any radiation and is extremely safe
- + 超聲波檢查利用聲波的反彈，「描繪」體內器官的結構，從而反映出其健康狀況
- + 有別於X光，超聲波不帶任何輻射，非常安全

### 4 Advantages 優點

- + Non-radioactive
- + Clearer than X-ray images
- + Will not cause other health problems and examinations can be repeated
- + Provide instant images to guide doctors to perform examinations like prostate biopsies
- + 無輻射性
- + 比X光更清晰
- + 不會引致其他健康問題，可重複進行檢查
- + 提供即時影像，協助醫生進行其他微創醫學檢查，如抽取細胞樣本等

### 4 Please Note 注意事項

- + If cell samples have to be taken, avoid taking blood thinners such as aspirin 7 to 10 days before the ultrasound scan is carried out
- + An enema may be required to cleanse the intestines about 2 to 4 hours before the scan
- + Patients have to avoid urination an hour before the scan
- + 如需抽取細胞樣本，在進行超聲波掃描前7至10天應避免服用薄血藥，如阿士匹靈
- + 掃描前2至4小時，有可能需要進行灌腸，清潔腸臟
- + 掃描前1小時起，病人需避免排尿



## 4 Prostate Magnetic Resonance Imaging (MRI) 前列腺磁力共振掃描

- + Magnetic Resonance Imaging, or MRI in short, uses magnetic resonance to form images of organs
- + Different from X-ray examinations or CT scans, MRI does not transmit any radiation
- + The human body is first placed within a strong magnetic field. Radio wave pulses are used to stimulate hydrogen atoms within the body. The signals generated by the hydrogen atoms can then be recorded by the computer and presented as images
- + Different organs and tissues generate different signals. These signals are then analyzed by the computer and display as images. Abnormalities and pathologies can then be identified
- + 磁力共振，簡稱MRI，即利用磁力共振成像
- + 與X光檢查或電腦掃描不同，磁力共振並沒有輻射
- + 原理是將人體放置於強磁場內，以無線電波激發體內氫原子發生物理作用，再由電腦紀錄氫原子所產生的訊號，經重組後以影像呈現
- + 人體不同部位及器官所產生的訊號各有不同，磁力共振造影系統能分析這些訊號，把不同器官的圖像展現

### 4 Advantages 優點

- + Non-radioactive and non-invasive, an incredibly safe scanning technology
- + Detailed scanned images that can clearly show the location, shape and area of lesions
- + Effective in assisting doctors for early diagnosis of tumors and identify the stage of the tumor
- + Clear observation of bone lesions in ways that other scans cannot detect
- + If a patient is suspected to suffer from prostate cancer, the MRI scan can be used to help identify the spread of cancer cells
- + 無輻射性及非入侵性，是十分安全的掃描技術
- + 掃描影像細緻，可清楚顯示病變之位置、形狀及範圍
- + 有效協助醫生及早診斷腫瘤，為腫瘤分期
- + 可清楚觀測其他掃描無法檢驗的骨骼病變
- + 若懷疑病人患前列腺癌，可利用磁力共振掃描檢查癌細胞擴散的情況



**A Men's Health Examination**

<b>A Men's Health Examination</b>	<b>Plan 1</b>	<b>Plan 2</b>	<b>Plan 3</b>
1. Detailed Medical History and Physical Examination by Urologist	✓	✓	✓
2. Routine Urine Examination	✓	✓	✓
3. Uroflow Test			
+ Uroflowmetry	✓	✓	✓
+ Measurement of Postvoid Residual (PVR) Bladder Volume	✓	✓	✓
4. Transrectal Ultrasound of the Prostate	✓		
5. Magnetic Resonance Imaging (MRI) of Prostate without Contrast*		✓	✓
6. Laboratory Tests			
+ Lipid Profile (Total Cholesterol, HDL Cholesterol, LDL Cholesterol, Triglycerides)			✓
+ Diabetes Screening (Fasting Blood Glucose)			✓
+ Tumour Marker - Prostate Cancer (Total PSA and Free PSA)	✓	✓	✓
+ Renal Function	✓	✓	✓
+ Urine Culture and Sensitivity	✓	✓	✓
+ Hormone Level (Serum Testosterone, LH, FSH)	✓	✓	✓
7. Explanation of the Report by Urologist	✓	✓	✓
8. Lifestyle Management Program <sup>#</sup>			
+ Health risk assessment			✓
+ Analysis of health risk assessment results by physician / registered dietitian at the Lifestyle Medicine Clinic			✓
+ Nutrition counseling by phone for one month (2 to 3 sessions at 5 to 10 minutes per session)			✓
+ Follow-up lifestyle coaching by SMS / email / phone for one month			✓
+ Follow-up consultation by physician / registered dietitian at the Lifestyle Medicine Clinic			✓
<b>Package Price</b>	<b>HK\$7,300</b>	<b>HK\$9,420</b>	<b>HK\$11,650</b>

**About the Lifestyle Management Program**

The Lifestyle Management Program assesses your risk of developing health conditions in the future based on your present health, your answers in a lifestyle questionnaire, and crucial laboratory and radiologic tests.

Once our experts have identified your risks, they will recommend specific changes to your lifestyle or address various areas such as nutrition, exercise, and stress management, assisting you in minimizing your risks to enjoy a long, happy, and healthy life.

**Important Information**

- +\* An additional charge will be applied for MR of prostate with contrast.
- +<sup>#</sup> The Lifestyle Management Program must be completed within three months from the date of health examination. Outstanding sessions are not subject to extensions or refunds, and are not transferrable.
- + Hong Kong Adventist Hospital – Stubbs Road reserves the right to make alterations to the price list without prior notice.

**Appointment and Enquiries**

For further information or to book an appointment for our prostate screening plan, please contact our Health Assessment Center at (852) 3651 8789, email us at cohealth@hkah.org.hk, or visit our website at www.hkah.org.hk.

2022/01 Revised



男士健康檢查計劃	計劃 1	計劃 2	計劃 3
1. 泌尿科醫生作詳細病歷評估及身體檢查	✓	✓	✓
2. 尿液常規檢查	✓	✓	✓
3. 排尿功能檢查			
+ 尿流速測試	✓	✓	✓
+ 剩餘小便量測定	✓	✓	✓
4. 前列腺超聲波掃描	✓		
5. 前列腺磁力共振掃描（沒有顯影劑）*		✓	✓
6. 化驗室檢驗			
+ 血脂分析（高、低密度脂蛋白膽固醇、總膽固醇、三酸甘油酯）			✓
+ 糖尿病檢測（空腹血糖）			✓
+ 腫瘤標記 - 前列腺癌（全部前列腺特異抗原、游離前列腺特異抗原）	✓	✓	✓
+ 腎功能檢查	✓	✓	✓
+ 尿液細菌培養及藥物敏感測試	✓	✓	✓
+ 賀爾蒙測試（睪脂酮、黃體生成激素、卵泡激素）	✓	✓	✓
7. 泌尿科醫生解釋驗身報告	✓	✓	✓
8. 健康管理計劃#			
+ 健康風險評估			✓
+ 由養生醫學診所醫生 / 註冊營養師分析有關評估結果			✓
+ 營養輔導（一個月內2至3次電話指導，每次約5至10分鐘）			✓
+ 專人跟進生活模式（以短訊 / 電郵 / 電話跟進，為期一個月）			✓
+ 養生醫學診所醫生 / 註冊營養師覆診 / 跟進			✓
<b>費用</b>	<b>HK\$7,300</b>	<b>HK\$9,420</b>	<b>HK\$11,650</b>

### 關於「健康管理計劃」

「健康管理計劃」的目的，是根據您目前的身體狀況、身體檢查結果和風險評估報告，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。

了解危機所在，就可以及早防範，讓它化於無形。本院養生醫學診所的專業團隊會就營養、運動習慣和壓力處理等方面提出專業意見和跟進，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。

### 注意事項

- +\* 若於前列腺磁力共振掃描中需要使用顯影劑，需另加收費。
- +# 「健康管理計劃」須於身體檢查當日起計三個月內完成，未能於指定時限內完成的服務不設延期、退款或轉讓名額。
- + 香港港安醫院—司徒拔道保留更改及刪改上述資料的權利，而毋須另行通知。

### 預約及查詢

如需預約或查詢詳細檢查內容，歡迎致電 (852) 3651 8789，或電郵至 [cohealth@hkah.org.hk](mailto:cohealth@hkah.org.hk) 與本院身體檢查中心聯絡，亦可瀏覽本院網站 [www.hkah.org.hk](http://www.hkah.org.hk)。

