

4 Five Warning Signs of Stroke  
中風的五個警號

Most strokes come without warning. If you experience any of the following conditions, you should consult your doctor immediately to alleviate any impact of a stroke:

大部份中風前是毫無先兆的。一旦出現下列警告訊號，應該立即求醫，以減少和減輕中風的後遺症：

- + Sudden numbness, weakness, or even paralysis on one side of the body  
半邊身體突然麻痺、無力甚至癱瘓
- + Difficulty swallowing or talking  
吞嚥困難或口齒不清
- + Blurred vision or transient loss of vision  
視力模糊或暫時失去視力
- + Acute headache or dizziness  
劇烈頭痛或頭暈
- + Sudden loss or partial impairment of consciousness  
突然失去意識，或部份意識障礙

A transient ischemic attack shares similar symptoms with stroke but its symptoms usually last for only a few minutes (less than 24 hours). However, it is a warning sign of stroke and signifies a greatly increased risk of developing a major stroke in the following weeks. Those who have experienced a transient ischemic attack should immediately consult their doctor.

短暫缺血性中風的徵狀與中風相若，只是維持時間較短，往往數分鐘（少於24小時）便消失。這可能是中風的先兆，表示未來數週內很大機會出現中風，故也應立即求醫。

4 Determining Your Risk of a Stroke  
如何及早找出中風危機

Clinical symptoms and risk factors such as blood pressure, cholesterol level, blood sugar level, haemorrhagic tendency, and blood viscosity can help physicians assess a patient's risk of stroke. A computed tomography (CT) or magnetic resonance imaging (MRI) scan may also be used to help physicians assess the condition of a patient's brain tissues and blood vessels more clearly and precisely.

醫生通過了解臨床徵狀和各種風險因素的情況，如血壓、膽固醇和血糖水平、出血傾向和血粘稠度等，都有助評估中風風險。利用先進的電腦掃描或磁力共振，可以幫助醫生了解腦組織和血管的情況，能作出更準確的評估。



## 4 Booking and Enquiries 預約及查詢

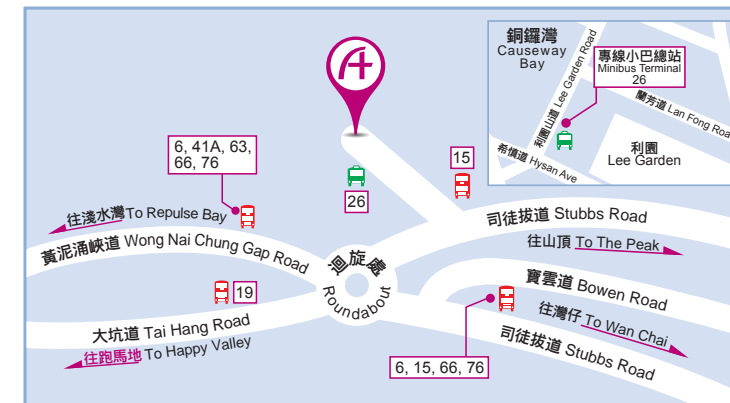
For further information or to make an appointment, please contact us or visit our website.

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



\* 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

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香港司徒拔道40號

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

Approximately 20,000 people in Hong Kong suffer a stroke each year. As the fourth leading cause of death in the city, stroke has a death rate of 15 to 20 percent and often causes long-term effects in survivors, affecting their quality of life and requiring extensive treatment.

In an effort to help patients identify and reduce the risk of stroke, Hong Kong Adventist Hospital – Stubbs Road offers comprehensive checkups that focus on the health condition of the brain and its blood vessels. Assessments are conducted by our experienced specialists with the support of state-of-the-art medical technology.

香港每年約有20,000人中風，它是本地第四號都市殺手，死亡率約15%至20%，而存活者當中亦不少有後遺症，不但影響生活，還需接受漫長的治療。

為協助大眾防範於未然，香港安醫院—司徒拔道提供全面的腦部健康檢查服務，由專科醫生採用先進的醫學科技，為您評估腦部和腦血管的健康狀況。



Brain Health Assessment

## 4 What is Stroke? 甚麼是中風？

The medical term for a stroke is cerebrovascular accident. It occurs when a blood vessel in the brain is blocked or ruptures, causing brain cells to be deprived of oxygen and die. The body parts that are controlled by the affected brain cells are therefore disabled.

There are two major types of stroke:

### (1) Ischemic stroke

An ischemic stroke occurs when a blood vessel carrying blood to the brain is blocked. This may be caused by atherosclerosis, as in the hardening of the vessel itself, or by blockage of the vessel due to a blood clot carried from arteries in the heart or neck.

### (2) Haemorrhagic stroke

A haemorrhagic stroke occurs when a blood vessel in the brain suddenly ruptures. Causes include poorly controlled high blood pressure, usage of blood thinners or antiplatelet drugs, brain tumour, or disease of the blood vessels in the brain such as aneurysm or vascular malformations.

中風的醫學名稱是「大腦血管疾病」。當腦部血管阻塞或爆裂，腦細胞會突然缺氧壞死，那些腦細胞原負責支配的身體功能便會受障礙，這就是中風。中風可分為兩大類：

### (1) 缺血性中風

即腦血管堵塞，可以是腦血管粥狀硬化而變得狹窄，或者是心、頸大動脈形成的小血塊隨血液流到腦血管引致堵塞造成的。

### (2) 出血性中風

俗稱「爆血管」，即腦血管突然破裂出血。其原因包括：血壓高、服食薄血藥或抗血小板藥、腦腫瘤、腦血管疾病等。

Brain Health Assessment

## 4 Why is Early Prevention Important? 及早檢查有多重要？

A stroke can be fatal or may bring about serious consequences, including hemiplegia, speech impairment, cognitive impairment, seizure and depression. Some patients lose the ability to take care of themselves, bringing stress and pressure to themselves and their families.

Early assessment helps patients understand the risks associated with stroke and allows for prompt intervention when necessary.

Those who have a history of minor stroke or transient ischemic attack may prevent relapses with the help of medication. If a blood vessel in the brain is found to be too narrow or an artery in the neck has over-hardened, patients may still have time to treat the condition or prevent it from worsening.

Those with a strong family history of cerebrovascular diseases can have their risk factors identified and controlled before irreversible damaged is caused.

中風可引致死亡或多種嚴重後遺症，包括半身不遂、言語障礙、認知障礙、癲癇和抑鬱等，部份病人甚至連日常生活都需要別人照顧，增加自己及家人的壓力。

如家族有中風病史，宜盡早識別本身的中風風險，並作針對性預防，以避免因中風所致的不可逆轉的傷害。



Brain Health Assessment

## 4 Who Needs a Checkup? 誰需要檢查？

**We recommend individuals with the following risk factors to stay alert:**

**如果有下列風險因素，就要提高警覺：**

- + A family history of stroke  
家族有中風病史
- + Aged above 50 (risk increases with age)  
50歲以上，年紀愈大，機會愈高
- + History of minor stroke (or transient ischemic attack)  
曾出現「小中風」，或短暫缺血性中風
- + History of metabolic syndrome, such as diabetes, high blood pressure, hyperlipidemia  
患有代謝症候群，如糖尿病、高血壓和高血脂
- + History of cardiovascular disease, such as coronary artery disease, irregular heartbeats  
患有心血管疾病，如冠心病、心律不正等
- + Obesity  
肥胖
- + Lack of exercise  
缺乏運動
- + Excessive stress  
壓力過大
- + Smoking  
吸煙
- + Heavy alcohol consumption  
酗酒



Brain Health Assessment





# Brain Health Screening Program

# 腦血管健康普查計劃

Brain Health Screening Program  
Managed by Hospital Designated Specialist

腦血管健康普查計劃  
由本院指定專科醫生主理

Items	Smart	Wise
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. Electrocardiogram (ECG)	✓	✓
6. Diagnostic Imaging		
+ Magnetic Resonance Imaging (MRI) of the Brain		✓
+ Magnetic Resonance Angiography (MRA) of the Brain and Neck		✓
+ Computed Tomography (CT) Scan of the Brain	✓	
+ Computed Tomography Angiography (CTA) of the Brain and Neck	✓	
7. Laboratory Tests Include:		
+ Complete Blood Count	✓	✓
+ Renal Function		
Creatinine	✓	✓
Urea Nitrogen (BUN)	✓	✓
+ Electrolytes		
Sodium	✓	✓
Potassium	✓	✓
Chloride	✓	✓
+ Liver Function		
Total Bilirubin	✓	✓
Direct Bilirubin		✓
Indirect Bilirubin		✓
SGOT (AST)	✓	✓
SGPT (ALT)	✓	✓
Alkaline Phosphatase (ALP)	✓	✓
GGTP		✓
+ Protein		
Total Protein	✓	✓
Albumin		✓
Globulin		✓
A/G Ratio		✓
+ Thyroid Function		
TSH		✓
+ Lipid Profile		
Total Cholesterol	✓	✓
HDL Cholesterol	✓	✓
LDL Cholesterol	✓	✓
Triglycerides	✓	✓
TL / HDL - C Ratio	✓	✓
+ Diabetic Screening		
Fasting Blood Glucose	✓	✓
+ Gout Screening		
Urine Acid		✓
+ Urine Routine Examination	✓	✓
8. Explanation of the Report and Personalized Recommendation(s) by Specialist	✓	✓
Original Price (HK\$)	\$16,830	\$19,795
Special Price (HK\$)	\$13,900	\$14,600

項目	護智	護腦
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. 心電圖	✓	✓
6. 放射診斷檢查		
+ 腦部磁力共振掃描		✓
+ 顱內和頸部磁力共振血管造影		✓
+ 腦部電腦掃描	✓	
+ 顱內和頸部電腦掃描血管造影	✓	
7. 化驗室檢驗包括:		
+ 全套血球計算	✓	✓
+ 腎功能		
肌酸酐	✓	✓
血尿素氮	✓	✓
+ 電解質		
鈉	✓	✓
鉀	✓	✓
氯化物	✓	✓
+ 肝功能		
全套膽紅素	✓	✓
直接膽紅素		✓
間接膽紅素		✓
谷草轉氨酶	✓	✓
谷丙轉氨酶	✓	✓
鹼性磷酸酶	✓	✓
GGTP		✓
+ 蛋白質分析		
總蛋白	✓	✓
白蛋白		✓
球蛋白		✓
白蛋白與球蛋白比值		✓
+ 甲狀腺功能		
促甲狀腺素		✓
+ 血脂分析		
總膽固醇	✓	✓
高密度脂蛋白膽固醇	✓	✓
低密度脂蛋白膽固醇	✓	✓
三酸甘油酯	✓	✓
總膽固醇與高密度脂蛋白膽固醇比值	✓	✓
+ 糖尿病檢測		
空腹血糖	✓	✓
+ 痛風檢查		
尿酸		✓
+ 尿液常規檢查	✓	✓
8. 專科醫生解釋報告及提出個人化建議	✓	✓
原價	\$16,830	\$19,795
優惠價	\$13,900	\$14,600

## Important Information

- + Appointments are required. To make schedule, 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 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 website at www.hkah.org.hk.

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## 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，亦可瀏覽本院網站www.hkah.org.hk。