

Health Screening Plan (M) - VICA-40 身體檢查計劃 (男) - VICA-40

Screening Items 檢查項目	Check up Details 檢查項目細節	Check up Purpose 檢查目的	All of Items 1 - 24 包括1 - 24項
1 Detail Medical History 詳細病歷	- Past and current medical history 過往及近期病歷 - Family History 家族病歷 - Lifestyle History 社交、家庭及生活方式 - Psychological wellness assessment 心理健康評估	A comprehensive understanding of medical history, lifestyle risk factors and family background for an overall health assessment 透過問卷綜合了解個人及至家族的過往及近期病歷	✓
2 Comprehensive Physical Measurement 綜合身體指標	- Height and weight 身高及體重 - Body mass weight (BMI) 體重指標 - Hip/waist ratio 臀/腰比例 - Body fat analysis 脂肪分析 - Blood pressure and pulse 血壓及脈搏	Indicators of physical well-being and establish normal references for other tests 透過綜合身體指標顯示基本的健康情況	✓
3 Physical Examination 體格檢查	- Visual acuity 視覺測試 - Colour vision assessment 色覺評估 - Ear, nose and throat 耳、鼻、喉檢查 - Hearing 聽覺檢查 - Cardiovascular system 心臟系統檢查 - Respiratory system 呼吸系統檢查 - Abdominal 腹部檢查 - Nerves system and Reflexes 神經系統及反應檢查 - Locomotor system and back 活動系統及背部檢查 - Skin 皮膚檢查	For checking physical signs of diseases, functionality and weaknesses 檢查身體各官能及偵察出其他疾病的徵兆	✓
4 Complete Blood Profile (CBP) 血全像	- Haemoglobin 血紅素 - Red cell count 紅血球數目 - MCV, MCH, MCHC 紅血球指數 - White cell count 白血球數目 - White cell differentials 白血球分類指標 - Platelet count 血小板數目	To check for anaemia, possibility of thalassemia, white cell abnormalities, leukemia, haematological cancer and platelet disorders 可測知貧血、白血球過多症、血癌、發炎及血液疾病等	✓
5 Blood Group and Rh Factor 血型及恆河猴因子	- ABO Blood group and Rh factor ABO血型及恆河猴因子	To check blood group 可測知血型及恆河猴因子	✓
6 ESR 紅血球沉降率	- Erythrocyte sedimentation rate 紅血球沉降率	Assessment for hidden inflammations and infection 可測知隱性發炎及感染性惡疾	✓
7 RA Factor 類風濕因子	- Rheumatoid factor 類風濕因子指數	Assessment for rheumatological diseases such as rheumatoid arthritis and related diseases 可測知類風濕關節炎及相關疾病	✓
8 Liver Function Test 肝功能測試	- Bilirubin (direct & indirect) 膽紅素 (直接及間接) - ALT 谷丙轉氨酶 - AST 谷草轉氨酶 - ALP 鹼性磷酸酶 - Total protein 總蛋白質 - Albumin 白蛋白 - Globulin 球蛋白 - GGT 丙種谷氨酰轉移酶	Assessment for liver disorders e.g. indications of fatty liver, chronic hepatitis and other liver diseases 可測知由肝炎或酒精引致的肝功能衰退、脂肪肝及其他肝臟問題等疾病	✓
9 Renal Function Test 腎功能測試	- Sodium 鈉 - Potassium 鉀 - Chloride 氯化物 - Urea 尿素 - Creatinine 肌酸酐 - Bicarbonate 重碳酸鹽	Assessment for kidney function, biochemical and metabolic disorders 可測知由腎炎、糖尿病或高血壓引致的腎功能衰退及其他生化、新陳代謝等問題	✓
10 Thyroid Function Test 甲狀腺功能測試	- T4 甲狀腺素	Assessment for thyroid disease which is a common hormonal disorder 可測知甲狀腺分泌有否異常	✓
11 Lipid Profile Test 血脂檢查測試	- Total cholesterol 總膽固醇 - High density lipoprotein 高密度膽固醇 - Low density lipoprotein 低密度膽固醇 - Triglyceride 三酸甘油脂	Assessment for cholesterol and lipid disorders and for cardiovascular disease (heart disease and stroke) risk assessment 可測知血中總膽固醇水平及血脂情況，盡早預防心臟病、高血壓及中風等疾病	✓

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12 Fasting Blood Sugar 空腹血糖測試	- Glucose 血葡萄糖	Screening for diabetes 可測知是否患有糖尿病	✓
13 Uric Acid 尿酸	- Uric Acid 尿酸	Screening for gout 可測知是否患有痛風症	✓
14 Calcium and Phosphate 鈣及磷	- Calcium and Phosphate 鈣及磷	Screening for bone and/or calcium metabolism disorders 檢查體內鈣質及磷質的新陳代謝有否失調	✓
15 Lung Function Test 肺功能測試	- Peak expiratory flow rate 最高呼氣率	Check for airway restrictions, asthma, chronic obstructive airway diseases 可測知是否患有呼吸道阻塞、哮喘及慢性阻塞性肺疾病	✓
16 ECG 心電圖	- Resting Electrocardiogram 靜態心電圖	Screening for heart diseases and heart rate abnormalities 檢查是否患有心臟病及心律不齊等疾病	✓
17 Urine Analysis 小便常規檢查	- Urine RBC, WBC, protein, ketone, glucose 紅血球及白血球數目、蛋白質、酮及尿糖	Screening for kidney and urinary tract disorders 可測知是否患有糖尿病、腎病、膀胱及尿道炎等疾病	✓
18 Stool Test 大便測試	- Stool analysis, occult blood 大便常規及隱血檢查	Screening for bleeding, infections and possibility of cancer in gastrointestinal track 可測知大腸有否發炎及出血等徵狀，並顯示出有否患上腸胃癌	✓
19 Chest X-ray 胸肺X光造影	- Digital Chest X-ray 胸肺X光造影	Screening for chest abnormalities such as TB, lung cancer, airway diseases 可測知是否患有肺癌、肺炎、肺結核及呼吸道等疾病	✓
20 Testosterone 睪脂酮(雄激素)	- Total Testosterone 總睪脂酮	Screening for diseases that may relate to low testosterone such as tiredness, weight gain, diabetes, high cholesterol, fertility, etc. 可測知因睪脂酮不足而引致的疾病，如經常感到疲倦、體重上升、糖尿病、高血脂、不育等	✓
21 PSA 前列腺癌抗原	- Total PSA 前列腺癌抗原	Screening for prostate cancer and prostatitis 可測知是否患有前列腺癌及前列腺炎	✓
22 Homocysteine 同型半胱胺酸	- Homocysteine 同型半胱胺酸	An important risk factor for screening heart disease and stroke 可測知心血管疾病風險。過高會容易引發心血管方面的疾病，如心肌梗塞、腦中風等	✓
23 Cancer Markers 癌指標	- EBV, CEA, AFP 鼻咽、腸及肝癌指標	Checking for nasopharyngeal, bowel and liver cancer 透過血液檢驗偵測是否患有鼻咽癌、腸癌及肝癌	✓
24 Health Screening Report & Review Consultation 醫療報告及醫生臨床解釋	- Bilingual health screening reports with Executive Summary and consultation by our Medical Director 詳盡(中英對照)健康檢查報告	詳盡(中英對照)健康檢查報告及摘要連醫務總監臨床解釋	✓