

Health Screening Plan - VICO-38 身體檢查計劃 - VICO-38

Essential Regular Screening 必要的常規檢查		Check up Details 檢查項目細節	Check up Purpose 檢查目的	All of Items 1 - 21 包括1 - 21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	✓
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	✓

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13	Uric Acid 尿酸	- Uric Acid 尿酸	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	PSA (for male) <i>or</i> 前列腺癌抗原 (男性) 或	- 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	✓
	Pap Smear (for female) 柏氏子宮頸細胞抹 (女性)	- Thin pap / autocyte	子宮頸抹片檢查	Screening for cervical cancer 可測知是否患有子宮頸癌病變	✓
21	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	✓

Infection Control Screening 傳染性疾病檢查		Check up Details 檢查項目細節		Check up Purpose 檢查目的	Choose one of 22 - 25 從22 - 25 選擇一項
22	Hepatitis A & B Immunity Screening 甲型及乙型肝炎抗體普驗	- Hep A antibody (IgG) - Hep B surface antigen (Ag) and antibody (Ab)	甲型肝炎抗體 乙型肝炎表面抗原及抗體	Screening for Hepatitis A immunity and Hepatitis B immunity or carrier status 可測知是否乙型肝炎帶菌者或是否已帶有甲乙型肝炎抗體	or
23	Helicobacter Pylori Test 幽門螺旋桿菌抗體測試	- Helicobacter antibody (IgG)	幽門螺旋桿菌抗體	Screening for H. Pylori which is a common cause for stomach problems and possibly leads to stomach cancer 檢查是否因幽門螺旋桿菌而造成胃炎、胃潰瘍、十二指腸潰瘍及胃癌等胃部不適	or
24	HPV DNA 人類乳頭瘤病毒DNA	- HPV (Human Papilloma Virus) DNA	人類乳頭瘤病毒DNA 高危(H)型	Performed while having pap smear. Screening for carriage of HPV virus. Assessing risk of cervical cancer and need for HPV vaccination 於子宮頸抹片檢查時進行，測知及了解有否因感染人類乳頭瘤病毒而增加患上子宮頸癌的機會	or
25	Rubella Immunity 德國麻疹免疫	- Rubella IgG	德國麻疹抗體IgG (免疫性)	For female intended for pregnancy 為打算懷孕的女性作出抗體測試	or

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Critical Disease Screening 危疾檢查		Check up Details 檢查項目細節	Check up Purpose 檢查目的	Choose one of 26 - 32 從26 - 32 選擇一項
26	Exercise Tolerance Test 運動耐受性檢查	- Treadmill ECG 運動心電圖	Checking for coronary artery (heart) disease and exercise fitness 評估心肺功能，並顯示出心肌有否缺氧及冠心病等徵兆	or
27	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	or
28	Liver, Gall Bladder and Spleen Ultrasound 肝、膽囊及脾臟超聲波	- Ultrasound for liver, gall bladder and spleen 肝、膽及脾超聲波檢查	Checking for structure problems for liver, gall bladder and spleen, such as fatty liver, liver cancer, cirrhosis, gall stone, etc. 透過檢查肝臟、膽囊及脾臟的組織，偵察出是否患有脂肪肝、肝癌、肝囊腫、肝臟血管瘤、膽結石等疾病	or
29	Pelvic Ultrasound 盆腔超聲波	- Transabdominal pelvic ultrasound 經腹部盆腔超聲波檢查	Checking for pelvic abnormalities, such as fibroid, ovarian cyts/cancer, endometriosis, etc. 檢查盆腔是否出現異象，如纖維瘤、子宮肌瘤、卵巢囊腫及子宮內膜組織異位等	or
30	Breast Ultrasound 乳房超聲波	- Bilateral breast ultrasound 兩邊乳房超聲波檢查	Screening for breast abnormalities in female <40 years old 為四十歲前的女性檢查乳房是否有異象，如水瘤、纖維瘤等	or
31	Mammogram 乳房X光造影	- Bilateral digital mammogram 兩邊乳房X光造影	Screening for breast abnormalities in female >40 years old 為四十歲後的女性檢查乳房是否有異象，如腫瘤	or
32	DEXA scan X光骨質密度檢查	- DEXA bone density for hip and lumbar spine 脊骨及股骨骨質密度檢查	Screening for osteoporosis 透過X光檢查腰椎和股骨關節的骨質密度	or