

Stroke Risk Assessment 中風風險評估

Prevention is always better than cure. The best way to prevent stroke is to regularly check your blood pressure and cholesterol levels, maintaining a good physical condition and healthy lifestyle.

預防永遠勝於治療。預防中風的最佳方法是定期檢查您的血壓和膽固醇水平、保持良好的身體狀況和健康的生活方式。

Examination Items

檢查項目

Doctor's Consultation and Physical Examination
醫生會診及體格檢查

Medical History and Lifestyle Questionnaire
病歷及健康問卷

Body Mass Index / Waist Circumference
體重指數 / 腰圍量度

Electrocardiogram (ECG)
心電圖

24 Hours Holter Monitoring ECG
24 小時動態心電圖

Carotid Intima Thickness (cIMT) Ultrasound
頸動脈內膜厚度超聲波

CHA2DS2-VASc Risk Calculation
CHA2DS2-VASc 風險計算

Laboratory Investigations
化驗項目

Kidney Function 腎功能	Urea	尿素
	Creatinine	肌酸酐
Lipids Profile 血脂檢查	Cholesterol	膽固醇
	Triglyceride	三酸甘油脂
	HDL Cholesterol	高密度膽固醇
Diabetic Screening 糖尿病測試	LDL Cholesterol	低密度膽固醇
	Fasting blood glucose	血糖
	Haemoglobin A1c	糖化血色素

Medical Report with Comment
醫療報告及建議

Follow-up Consultation (Report Interpretation by Cardiologist)
覆診 (心臟科專科醫生解釋報告)

Fee 費用

HK\$ 6,000

Recommended for

適合對象

- Aged 55 or above
55歲或以上人士
- People who smoke, drink alcohol, and are obese
吸煙、酗酒、肥胖人士
- People with high blood pressure, high cholesterol, diabetes
曾有胸痛、呼吸急促、暈眩及噁心嘔吐等徵狀
- Have symptoms such as dizziness or temporary blur vision
有頭暈或暫時性視力模糊等症狀
- People with a history of stroke, heart disease, brain vessel tumor, and thin brain blood vessel wall
曾有中風病歷、患心臟疾病、腦血管瘤、腦血管壁過薄人士

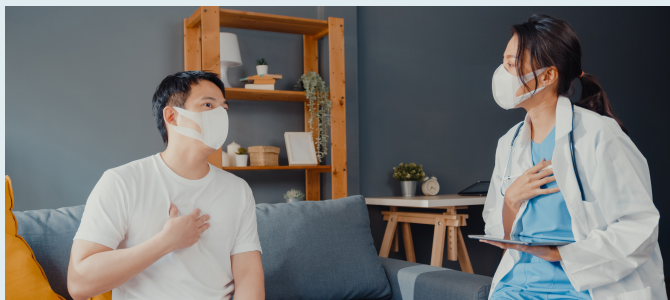
General Guidelines

注意事項

Eight hours of fasting will be required should your assessment program include diabetic screening or lipid profile screening.
若需進行糖尿病檢查或血脂檢查，您需要在八小時前禁食。

Please reschedule the assessment if you are feeling unwell on the day of the examination. Where possible, contact us at least one working day in advance if cancellation or changing of your appointment is necessary.
如在檢查當天感到不適，請重新安排檢查時間。如需取消或更改檢查日期，請至少一天前與中心聯絡。

Do continue any chronic medications that you need to take prior to your appointment, but do inform our Medical Centre staff when you attend for the checkup.
若您目前正使用任何長期藥物，請繼續服用，但在檢查時請告知檢查中心職員。



Notes 備註

- For enquiries, please contact our customer service representative.
如欲了解有關本計劃之詳情，請向客戶服務代表查詢。
- In case of any dispute, UMP Wellness & Metabolic Centre reserves the right of final decision.
如有任何爭議，聯合健康管理中心保留最終決定權。



聯合健康管理中心
UMP Wellness & Metabolic Centre

Stroke Risk Assessment 中風風險評估



What is Stroke?

甚麼是中風？

Stroke, also known as cerebrovascular accidents, occur when the arteries of the brain “burst” or become “blocked”, depriving the brain of nutrients and oxygen. As a result, the affected brain cells die, resulting in neurological symptoms.

「中風」即是「腦血管意外」，是由於腦部血管「爆裂」或「阻塞」，令腦組織不能得到充分的養料和氧氣，受影響的神經細胞因而壞死，產生各種神經症狀。

Main Risk Factors for Stroke

導致中風的危險因素

01 Smoking
吸煙

02 Age - the risk of stroke increases with age
年齡 - 年紀越大，中風機會越大

03 High blood pressure
高血壓

04 High blood cholesterol level
血內膽固醇過高

05 Overweight
過重

06 Lack of exercise
缺乏運動

07 Congenital brain aneurysms and abnormalities
先天性腦血管腫瘤或血管壁過薄

08 Other illnesses such as diabetes, rheumatic heart disease can greatly increase the risk of stroke
其他疾病如糖尿病、風濕性心臟病等會令中風危險倍增

Symptoms of a Stroke

中風的徵狀

- | | |
|--|------------|
| ● Slurred speech | 言語不清 |
| ● Drooping mouth | 嘴歪 |
| ● Double vision | 重影 |
| ● Difficulty in swallowing | 吞嚥困難 |
| ● Numbness | 感覺麻木 |
| ● Drooling of saliva | 流口水 |
| ● Incontinence | 大小便失禁 |
| ● Paralysis of the body and / or limbs | 半身不遂 |
| ● In severe cases, the patient may go into a coma or die | 嚴重者甚至昏迷或死亡 |

Preventive Measures Against Strokes

中風的預防

In recent years, the number of people in Hong Kong developing a stroke has greatly increased. In fact, stroke is now one of the major killer diseases in Hong Kong. The main causes of stroke are smoking, high blood pressure, and hardening of the arteries, so the best way to prevent stroke is to develop healthy living habits such as:

近年來香港中風的人數大幅增加。事實上，中風現在是香港主要的致命疾病之一。中風的主要原因是吸煙、高血壓和動脈硬化，因此預防中風的最好方法是養成健康的生活習慣，例如：

Avoid smoking and excessive alcohol.
戒除煙酒

Follow a regular schedule of work and rest, avoid stress, and exercise regularly.
作息定時，保持心境平和，加上適當有恆的運動

Maintain a balanced diet and an optimal weight, avoid high fat and sweet foods.
保持均衡飲食和適中體重、避免高脂肪和甜食。

If your blood cholesterol level is high, you should review our diet, and receive the appropriate treatment if necessary.
如果您的血液膽固醇水平過高，您應該審視飲食習慣，並在必要時接受適當的治療。

If you have high blood pressure or diabetes, you should follow up regularly and receive appropriate treatment.
高血壓、糖尿病患者要定期接受檢查和治療

Enquiry & Appointment

查詢及預約

For more information about our services or appointment booking, please contact us or visit our website.

如欲了解我們的服務或預約，歡迎與我們聯絡或瀏覽我們的網站。

Telephone 電話: (852) 2507 2656
Website 網站: www.ump-wmc.com.hk

UMP Wellness & Metabolic Centre location 聯合健康管理中心位置

Address Room 1603, 16/F, Wing On House,
71 Des Voeux Road Central, Hong Kong

地址 香港中環德輔道中 71 號
永安集團大廈16樓1603室

How to access 如何前往

MTR 港鐵

MTR Central Station Exit A or B (5 minutes walk)
港鐵中環站A或B出口 (步行 5 分鐘)

MTR Hong Kong Station Exit C (3 minutes walk)
港鐵香港站C出口 (步行 3 分鐘)

