

## 心臟超聲波檢查 Echocardiogram

利用先進的超聲波技術得出心臟跳動時的影像，幫助醫生評估及診斷先天或後天心臟疾病。

The use of ultrasound waves to investigate and display the action of the heart as it beats. It is used for the purpose of diagnosis and assessment of congenital and acquired heart diseases.

## 運動心電圖 Treadmill Exercise Test

病人接駁上心電圖檢查儀器後，在跑步機上跑步，同時監察呼吸和血壓。此檢查有助診斷出運動時心肌的缺氧情況，並助醫生判斷病患者可接受的運動量。

Whilst the patient is running on a Treadmill, an ECG, the respiration rate, and blood pressure fluctuations, are all recorded. These readings enable doctor to diagnose whether there is a lack of oxygen in the heart muscle during the test. The results can indicate a safe level of exercise for a patient who has had a heart attack, or previous cardiac surgery.

## 冠狀動脈血管造影 Coronary CT

荃灣港安醫院備有先進的多排電腦掃描儀器，有助準確診斷出早期的冠狀動脈梗塞。此儀器可偵察出心血管極微量的鈣化現象，計算出鈣化指數，有助預計冠心病。

Early coronary artery disease can be diagnosed accurately by our advanced CT scans, before symptoms occur. The results are conveniently quantified into an index called the 'calcium score', which is an independent risk factor.

## 查詢及預約 Bookings and Enquiries

如欲進一步了解本院的心臟健康檢查計劃，請與我們聯絡，或瀏覽下列網站。

For more details regarding our cardiac screening programs, please contact us on the telephone number below, or visit our website.

電話 Tel: 2276 7158

網址 Website: www.twah.org.hk

## 路線圖 Map



### 巴士 Bus

39A	荃灣西站	Tsuen Wan West Station
39M	荃灣地鐵站	Tsuen Wan MTR
30X	黃埔花園	Whampoa Gardens
30	長沙灣	Cheung Sha Wan

所有行經青山公路荃灣段之巴士：  
+ 於荃德花園站下車，  
+ 然後步行至荃景圍警署轉乘巴士到醫院。

To the Hospital Via Castle Peak Road:  
+ Alight at Tsuen Tak Garden  
+ Take the bus in front of Tsuen King Circuit Police Station

### 專線小巴 Minibus

95M	荃灣地鐵站	Tsuen Wan MTR
95	荃灣碼頭	Tsuen Wan Pier

## A 24 小時特別門診 hour priority clinic

**Adventist 港 Health 安** Tsuen Wan Adventist Hospital  
荃灣港安醫院

地址：新界荃灣荃景圍 199 號  
Address: 199 Tsuen King Circuit, Tsuen Wan, N.T.  
電話 Telephone: 2276 7676  
傳真 Fax: 2415 6767  
網頁 Website: www.twah.org.hk

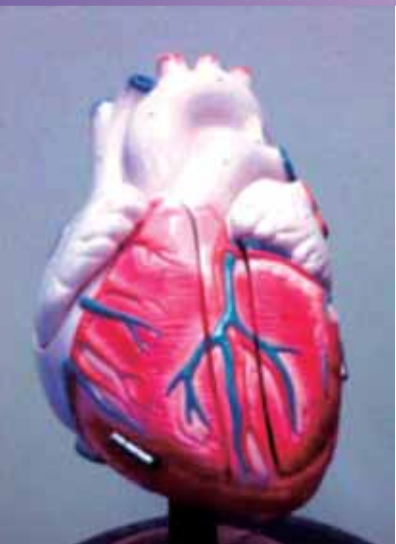
**Adventist 港 Health 安**

Tsuen Wan Adventist Hospital  
荃灣港安醫院

## 心臟檢查計劃 Cardiac Assessment Program

N-1105

## A 護心有法 Take Care of Your Heart!



冠心病是本港最常見的嚴重心臟病，是繼癌症後的第二大殺手，每一百名香港人便有十五人死於心臟病。絕大部份的患者沒有明顯病徵，至發作時，生死已沿於一線。當中，有四成死者甚至是未及就醫而亡的！

Heart Disease is responsible for more than 15% of all deaths in Hong Kong, and is second only to cancer. Coronary artery disease

(CAD) is the most common type of heart disease, and unfortunately, most people with CAD are not aware of their condition until symptoms occur, and then it is often too late. Nearly 40% of cardiac deaths are sudden.

## A 立即行動：心臟檢查計劃 Act Now: Join Our Cardiac Assessment Program

為了提高大眾對心臟的關注，荃灣港安醫院特別推出了二款心臟檢查計劃，以針對不同人士的需要。通過評估心臟病因素和多種心臟檢查，有助找出高危人士和隱形患者，提出改善建議，甚至施以適當治療，預防或阻止心臟病發作。

To prevent such tragedies from happening to you or your loved ones, Tsuen Wan Adventist Hospital is introducing two Cardiac Screening Programs, to cater for different areas of need. People at high risk, as well as the 'hidden' patients, can be identified before symptoms occur, by determining their risk factors with sophisticated medical instruments. Furthermore, we can provide useful advice, and if needed, appropriate treatment to help prevent CAD.

## A 專業親切服務 Professional Care

本院的心臟科專科醫生經驗豐富，配合各種先進的醫學儀器，專業而全面地照顧大家的心臟健康；加上親切的護理人員、治療師、健康生活指導員的幫助和指導，有助大家擺脫冠心病的威脅。

Our experienced and professional experts in cardiology at TWAH, will attend to your loved one or yourself, with the help of the nursing staff, therapists, dietitians and health educators. These personnel are not only helpful, but demonstrate a caring and friendly attitude, and are equipped to provide valuable advice and treatment.

## A 心臟病風險因素 Risk Factors of CAD

- + 肥胖
- + 缺乏運動
- + 長期壓力
- + 吸煙
- + 家族病史
- + 高血脂
- + 高血壓
- + 糖尿病
- + 男性
- + 年長
- + Obesity
- + Lack of physical activity
- + Chronic stress
- + Smoking
- + Positive family history
- + Abnormal cholesterol
- + Hypertension
- + Diabetes mellitus
- + The male gender
- + Advancing age



如有一項或以上的風險因素，建議定期接受心臟病計劃，以評估實際風險，並尋求改善方法。詳情請向醫生查詢。

For people with one or more risk factors for CAD, it is recommended that they undergo a cardiac assessment on a regular basis in order to monitor their level of risk. For more details, please speak to your doctor.

## A 另選檢查 Optional Tests

我們備有各類型先進心臟檢查器材，已參加任何一項心臟檢查計劃的人士如欲於本院接受跟進檢查，可享折扣優惠。

A wide range of state-of-the-art diagnostic equipment is available at TWAH. Participants in any of the Cardiac Screening Programs are entitled to a discount for any required investigations.

### 彩色超音波回音心電圖 Color Doppler Echocardiogram

超音波回音技術利用量度血液流經心臟和心瓣的情況，並以不同顏色顯示血液的流動方向，令診斷更精確。

Doppler is an ultrasound technique which can detect abnormal blood flow within the chambers of the heart. Color Doppler is an enhanced form of Doppler Echocardiography, where different colors are used to designate the direction of the blood flow.

### 頸動脈超音波 Carotid Doppler

利用二維超音波觀察頸部大動脈，幫助診斷血管粥狀硬化的情況，檢查動脈是否已變得狹窄或血流有否受阻。

This is a special ultrasound technique used to provide 2-dimensional images of the carotid arteries (blood vessels supplying the brain) in order to detect narrowing, blockages, or abnormal blood flow.

### 24小時心電圖記錄 Holter Monitoring



通過隨身攜帶一個小巧輕便的心電圖記錄儀，以24小時不停記錄心臟跳動的情況。

The Holter monitor is a small, portable, battery-powered ECG machine, used to continuously record the heart's electrical activity for a period of 24 hours or more.



## 心臟檢查計劃

檢查項目	安心	愛心
+ 心臟專科醫生健康評估及報告	✓	✓
<b>診斷影像</b>		
+ X光檢查 - 肺部	✓	✓
+ 靜止心電圖	✓	✓
+ 超聲波心電圖	✓	✓
+ 運動心電圖	✓	
+ 電腦掃描冠狀動脈血管造影		✓
<b>化驗室檢驗</b>		
+ 全面血球計算	✓	✓
+ 糖尿病測試 - 禁食血糖	✓	✓
+ 血脂測試(三酸甘油脂、總膽固醇、高、低密度膽固醇)	✓	✓
+ 肝功能檢查		✓
+ 腎功能檢查		✓
+ 甲狀腺素		✓
<b>費用</b>	<del>\$5905</del>	<del>\$11860</del>
<b>優惠價</b>	\$3980	\$ 7980

### 注意事項

- + 凡參加心臟檢查計劃人士，可享優惠價\$180參加營養評估及輔導，查詢請致電營養師2276 7338。
- + 凡參加本院心臟檢查計劃，並同時或同日預約進行下列檢查皆可獲折扣優待：
  - 腎功能檢查
  - 肝功能檢查
  - 糖化血色素
  - 同型半胱氨酸
- + 荃灣港安醫院保留更改及刪除上述資料權利，而無須另行通知。

### 查詢及預約

如欲進一步了解本院的心臟健康檢查計劃，請與我們聯絡，或瀏覽下列網站。

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# Cardiac Assessment Program

## Cardiac Assessment Program

+	Examination Items	Healthy Life	Healthy Heart
+	Health Assessment by Cardiologist and Report	✓	✓
Diagnostic Imaging			
+	X-Ray - Chest	✓	✓
+	Electrocardiogram (Resting)	✓	✓
+	Echocardiogram	✓	✓
+	Treadmill Exercise Test	✓	
+	CT Coronary Angiogram		✓
Laboratory Investigation			
+	Complete Blood Count	✓	✓
+	Fasting Blood Sugar	✓	✓
+	Lipid Profile - Cholesterol, Triglyceride, HDL, LDL	✓	✓
+	Liver Function Test		✓
+	Renal Function Test		✓
+	Thyroxine		✓
	<b>Price</b>	<del>\$5905</del>	<del>\$11860</del>
	<b>Discounted Price</b>	\$3980	\$ 7980

### Important Information

- + All participants of the Cardiac Assessment Program will enjoy a special price \$180 for nutritional assessment and dietetic advice. For details, please call Dietitian 2276 7338.
- + All who join our Cardiac Assessment Program can now enjoy a special discount on the following tests:
  - Renal Function Test
  - Liver Function Test
  - Glycohaemoglobin (Hb Alc)
  - Homocysteine
- + Tsuen Wan Adventist Hospital reserves the right to make alterations to the price list without prior notification.

### Bookings and Enquiries

For more details regarding our cardiac screening programs, please contact us on the telephone number below, or visit our website.

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Website: [www.twah.org.hk](http://www.twah.org.hk)

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