

## Why should I have a stroke check-up? 為甚麼要接受預防中風檢查?

Appropriate check-ups can help assess one's health conditions in specific area. Through measurements of the width of brain vessels and the hardness of neck vessels, medical professionals can assess a patient's risk of suffering a stroke. This allows preventive actions or early treatment where necessary.

適當的檢查可以針對性地了解身體的狀況，如腦血管狹窄程度、頸動脈硬化程度等。根據這些結果，醫生和專業人士就可以因應您的個別情況評估中風的風險，提供專業意見，好讓您及早作適當治療或改善生活習慣，預防中風。

### Appointment & Enquiries 預約及查詢

For further information or appointment with our neurologists, please contact us on the telephone number below, or visit our website.

如欲進一步了解本診所各項服務，或預約診症，歡迎與我們聯絡，或瀏覽本院網站。

Telephone 電話 : 2275 6888

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



Like us on

Hong Kong Adventist Hospital - Tsuen Wan



## Map 路線圖



### Bus 巴士

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

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

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

### Minibus 專線小巴

95M	Tsuen Wan MTR	荃灣港鐵站
95	Nina Tower	如心廣場
84	Tsuen Wan Chung On Street	荃灣眾安街

## A 24 小時急診中心 Hour Urgent Care Center

**Adventist Health 港安** Hong Kong Adventist Hospital · Tsuen Wan  
香港港安醫院 · 荃灣

Address 地址 : 199 Tsuen King Circuit, Tsuen Wan, N.T.  
新界荃灣荃景圍199號

Telephone 電話 : (852) 2275 6688

Fax 傳真 : (852) 2275 6767

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



Valid date 有效期至 : 2019/12/31

The Hospital reserves the right to change or amend details without prior notification.

For the latest information, please visit our website at [www.twah.org.hk](http://www.twah.org.hk)

如有任何資料調整或變更，本院毋須另行通知。

如欲查閱最新資料，請瀏覽本院網站 [www.twah.org.hk](http://www.twah.org.hk)。

Adventist 港  
Health 安

Hong Kong Adventist Hospital · Tsuen Wan

香港港安醫院 · 荃灣

## Pre-stroke Risk Assessment Screening 預防中風檢查



Pre-stroke Risk Assessment Screening

Extending the Healing Ministry of Christ  
延續基督的醫治大能

## 4 Your Professional Medical Team 您的專業醫療團隊

Strokes can occur unexpectedly. Regular check-ups allow the assessment of one's risk of suffering a stroke and, therefore, serve important preventive functions. Hong Kong Adventist Hospital – Tsuen Wan offers brain and brain vessel assessments conducted by seasoned neurologists and other healthcare professionals in conjunction with state-of-the-art equipment.

中風可以是毫無先兆及突如其來的，不過，適當檢查能夠評估中風的風險，以及早防患於未然。香港港安醫院—荃灣的腦神經科醫生經驗豐富，配合各種先進、新穎的醫學儀器，加上親切盡責的醫護人員從旁協助，助您評估腦部及腦血管的情況。

## 4 What is a Stroke? 甚麼是中風？

Stroke is the fourth highest cause of death in Hong Kong, with about 20,000 cases every year and a death rate between 15 to 20 percent.

Also known as a “cerebrovascular accident”, it is a medical emergency in which blood flow to parts of the brain is cut off due to either the burst of a blood vessel or the blockage by a blood clot. The stop of oxygen supply kills brain cells and therefore damages the functions of body parts commanded by them. There are two major types of strokes:

中風的醫學名稱是「大腦血管疾病」。香港每年約有20,000宗中風，死亡率約15至20%，是香港第四號殺手。

當腦部血管遭阻塞或爆裂，令腦細胞突然缺氧壞死，繼而令該部份腦細胞支配的身體功能受障礙，就是中風。根據其發病原因，可以分為下列兩類：

## 4 Ischemic Stroke 缺血性中風

It occurs when a blood clot blocks a brain vessel. This can be caused by the narrowing of a hardened blood vessel or the blockage by plaques which develop in a neck artery and travel up to a brain vessel.

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

## 4 Haemorrhagic Stroke 出血性中風

It occurs when a blood vessel suddenly bursts, which leads to the leakage of blood into the brain. Causes include high blood pressure, hits in the head which injure the brain, intake of anticoagulants or anti-platelet agents, brain tumours and brain vessel diseases.

A stroke is not only a serious medical condition in itself but can also result in many types of long-term harms, such as hemiplegia, embolism of veins in the lower limbs, muscle atrophy, dementia and depression. Patients may lose their ability to work. Some may even be no longer able to take care of themselves in daily life and need 24-hour care from family members. The most serious cases can kill.

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

中風是嚴重疾病，有機會帶來許多後遺症，如半身不遂、下肢靜脈血管堵塞，肌肉萎縮、癱瘓、抑鬱等，部份病人甚至不能回到工作崗位，連日常生活都需要別人照顧，增加病人及家屬的壓力。如病情嚴重，甚至會引致死亡。

## 4 Symptoms 病徵

In view of the risks of a delayed diagnosis and the serious consequences of a stroke, you should be aware of the following symptoms and seek medical consultation immediately if any of them occurs:

- + Numbness, weakness or paralysis on one side of the body
- + Difficulty in swallowing or speaking
- + Blurred vision or temporary loss of vision
- + Severe headache or dizziness
- + Sudden unconsciousness

中風可以帶來深遠影響，因此，當出現下列警告訊號時，要立即求醫，以減低中風的後遺症：

- + 半邊身體突然麻痺、無力甚至癱瘓
- + 吞嚥困難或口齒不清
- + 視線模糊或暫時失去視力
- + 劇烈頭痛或頭暈
- + 突然失去意識

## 4 Risk Factors 風險因素

- + Male
- + Aged 60 or above
- + Family history of stroke
- + Metabolic syndrome (diabetes, high blood pressure and high blood fat)
- + Coronary heart disease or cardiac arrhythmias
- + Obesity
- + Lack of exercise
- + Excessive stress
- + Smoking
- + Alcoholism
  
- + 男性
- + 60歲以上
- + 家族病史
- + 代謝症候群（糖尿病、高血壓、高血脂）
- + 冠心病或心律不正
- + 肥胖
- + 缺乏運動
- + 壓力過大
- + 吸煙
- + 酗酒





# Pre-stroke Risk Assessment Screening

## **A** Pre-stroke Risk Assessment Screening (The following plans only apply to Out-patients)

<b>A</b>	Examination Items	Plan 1	Plan 2
	+ Health Assessment by Neurologist and Report + 2 times of doctor consultation are included	✓	✓
Diagnostic Imaging			
	+ CT Stroke Package (Brain, Neck, Carotid Arteries and Circle of Willis)		✓
	+ MRI Brain and Magnetic Resonance Angiography (Plain)	✓	
	+ Electrocardiogram (Resting)	✓	✓
Laboratory Investigation			
	+ Complete Blood Count	✓	✓
	+ Renal Function Test	✓	✓
	+ Fasting Lipid Profile - Cholesterol, Triglyceride, HDL, LDL	✓	✓
	+ Liver Function Test	✓	✓
	+ Diabetic Screening - Fasting Blood Sugar	✓	✓
	<b>Price</b>	<b>\$10,250</b>	<b>\$10,740</b>

### Important Information

- + Should the examination involve additional medication or use of medical supplies not included within the package, additional fees may apply. For further details, please contact hospital staff.
- + All who join our Pre-stroke Risk Assessment Screening can now enjoy a special discount on the following tests:
  - CT Coronary Angiogram
  - Treadmill Exercise Test
  - Thyroxine
  - X-Ray - Chest
  - Echocardiogram
- + The Hospital reserves the right to change or amend details without prior notification.
- + For the latest information, please visit our website at [www.twah.org.hk](http://www.twah.org.hk)

### Appointment & Enquiries

For further information or appointment with our neurologists, please contact us on the telephone number below, or visit our website.

Telephone : 2275 6888

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

Valid date : 2019/12/31



# 預防中風 檢查

## A 預防中風檢查 (以下計劃只適用於門診病人)

A	檢查項目	計劃1	計劃2
+	腦神經專科醫生健康評估及報告	✓	✓
+	包括兩次醫生診症		
診斷影像			
+	電腦掃描中風檢查 (腦部、腦部血管及頸部血管)		✓
+	磁力共振腦部及血管造影 (平片)	✓	
+	靜止心電圖	✓	✓
化驗室檢驗			
+	全血球計算	✓	✓
+	腎功能檢查	✓	✓
+	空腹血脂測試 (三酸甘油脂、總膽固醇及高、低密度膽固醇)	✓	✓
+	肝功能檢驗	✓	✓
+	糖尿病測試 - 空腹血糖	✓	✓
費用		\$10,250	\$10,740

### 注意事項

- + 如檢查過程需要額外藥物或治療，又或所需之物品並不包括在套餐之內，均須額外收費。詳情請向本院職員查詢。
- + 凡參加本院預防中風風險評估檢查計劃，並預約進行下列檢查皆可獲折扣優待：
  - 電腦掃描冠狀動脈血管造影
  - 運動心電圖
  - 甲狀腺素
  - X光檢查 - 肺部
  - 心臟超聲波
- + 如有任何資料調整或變更，本院毋須另行通知。
- + 如欲查閱最新資料，請瀏覽本院網站[www.twah.org.hk](http://www.twah.org.hk)。

### 預約及查詢

如欲進一步了解，或預約本院腦神經科醫生，請與我們聯絡，或瀏覽下列網站。

電話：2275 6888

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

有效期至：2019/12/31

