

「腎」全健康計劃 Holistic Renal Health Programme

尚至「腎」全健康計劃針對不同階段的慢性腎病患者，由腎病科專科醫生、營養師、藥劑師及護士組成的團隊為他們制定個人化的治療計劃。

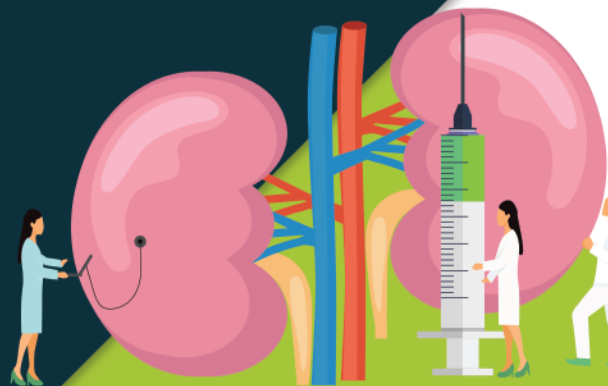
Virtus Holistic Renal Health Programme adopts a multidisciplinary approach and is managed by a team composed of nephrologists, dietitians, pharmacists and nurses to provide personalized health solution to patients in different stages of chronic kidney disease.

1次 1 Session	腎功能檢查及15分鐘藥劑師諮詢 Renal function examination and 15 mins pharmacist consultation
2次 2 Sessions	腎科醫生面診及報告分析 Nephrologist consultation and report analysis
3次 3 Sessions	營養師諮詢（每次45-60分鐘） Dietitian consultation (45-60 mins for each session)

費用 Fee: HK\$4,700

*如需接受腎臟超聲波檢查，另加HK\$900
（只適用於「腎」全健康計劃參加者）

*If kidney ultrasound is needed, the additional cost is HK\$900 (only applicable for those who participate in Holistic Renal Health Programme)



腎功能檢查 Renal Function Examination

體格檢查

Physical examination

- 血壓、脈搏、體重指數
Blood pressure, Pulse, Body Mass Index (BMI)

血液測試 (檢查前需空腹6-8小時)

Blood test (Fast 6-8 hours before test)

- 總膽固醇 • Total cholesterol
- 低密度膽固醇 • LDL-cholesterol
- 高密度膽固醇 • HDL-cholesterol
- 三酸甘油脂 • Triglycerides
- 白蛋白 • Albumin
- 肌酸酐 • Creatinine
- 尿素 • Urea
- 尿酸 • Uric acid
- 鉀 • Potassium
- 鈉 • Sodium
- 鈣 • Calcium
- 磷 • Phosphorus
- 重碳酸鹽 • Bicarbonate
- 空腹血糖 • Fasting blood glucose
- 糖化血色素 • HbA1C
- 血液常規檢查 • Complete blood count
- 估計腎小球過濾率 • Estimated glomerular filtration rate (eGFR)

尿液測試

Urine test

- 尿液常規檢查 • Urinalysis
- 白蛋肌酸酐比值 • Albumin to creatinine ratio (ACR)
- 24小時尿蛋白測試 • 24-hr urine protein
- 24小時肌酸酐清除率 • 24-hr creatinine clearance rate

影像檢查

Diagnostic imaging

- 腎臟超聲波 (選擇性項目)
Kidney ultrasound (Optional)

腎病科專科醫生面診 Nephrologist Consultation

腎病科專科醫生會透過臨床、血液、尿液及影像檢查為患者找出慢性腎病的潛在原因，並提供適當的治療方案。醫生亦會同時管理與腎衰竭相關的病理如高血壓和糖尿病等問題，減少腎臟進一步受損的機會。

Our nephrologists will look for the cause(s) of kidney disease through series of examinations including physical, blood, urine, and imaging examination to come up with a customized treatment plan for each patient accordingly. Our nephrologists will also offer comprehensive care to patients with other risk factors causing kidney failure, such as hypertension and diabetes, in addition to their underlying kidney disease to prevent further renal function decline.

藥劑師諮詢 Pharmacist Consultation

腎病患者一般同時服用多種藥物，而藥物之間互相制衡及影響的現象甚為常見。藥劑師會參考及評估患者的用藥記錄，並指導用藥的注意事項和確保藥物劑量的準確性。

Patients with chronic kidney disease commonly take multiple medications for the management of their kidney disease, and co-morbid conditions and drug-drug interactions are common. Our pharmacists will review patients' medication profile, give advice on the proper use of medications, and ensure the right dose of medication to be used by patients.

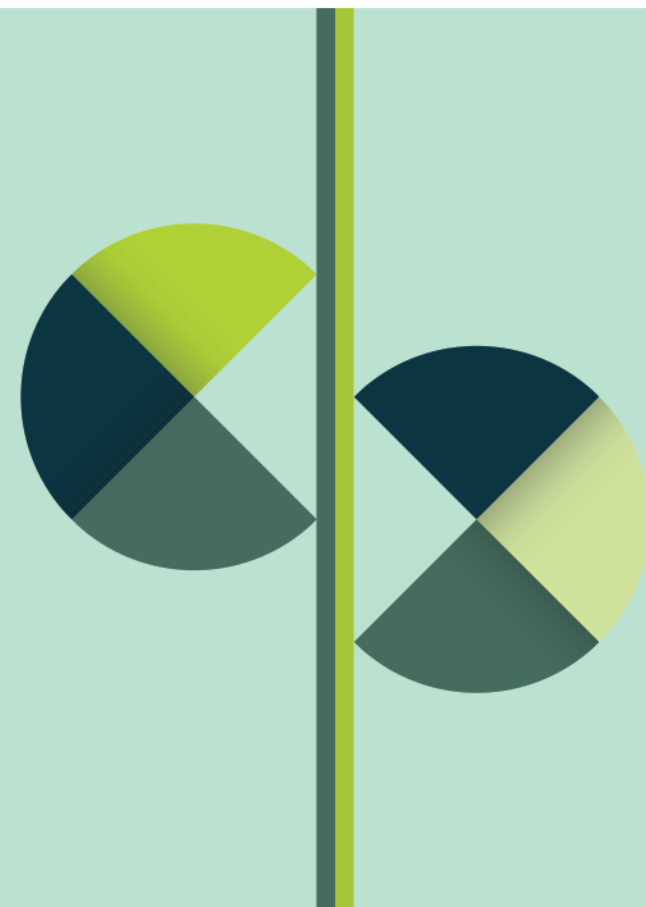
營養師諮詢 Dietitian Consultation

除了藥物治療外，飲食習慣對腎病患者來說亦是相當重要的一環。不同階段的腎病患者有不同的飲食需要，例如採用不同程度的低蛋白飲食來延緩腎功能惡化。我們的營養師會根據患者的狀況提供個人化的飲食輔導，並指導他們正確的食物選擇及處理食材的方法。

In addition to medication, having the right diet also plays a crucial role in managing the progression of CKD. Patients in different stages have different nutritional needs, such as a custom designed low-protein diets for slowing down the decline of renal function. Our dietitians will provide personalized dietary advice, which includes ways in selecting, handling and preparing food, to patients according to their health conditions and nutritional needs.

另外，患者將獲安排專屬的健康顧問，負責全程監督患者的治療進度，並提供專業意見。
In addition, a dedicated Virtus health consultant will be assigned to each patient to monitor the treatment progress and answer any related questions about the programme.

腎全健康計劃 Holistic Renal Health Programme



慢性腎病 Chronic Kidney Disease

腎臟是人體的過濾器，負責過濾身體內的毒素及新陳代謝產生的廢物，並協助平衡體內血壓、電解質及水分和製造紅血球，集多功能於一身。腎臟一旦受損，體內便會積聚毒素及水分，影響其他內臟功能。假如腎功能長期受到傷害並退化至末期腎衰竭階段，便有需要接受透析治療或腎臟移植。

Kidneys are filter of our body. Their major functions are to remove metabolic wastes and excessive fluid from the body, regulate balance of electrolytes and blood pressure, and make red blood cells. If kidney fails, unwanted substances will build up in our blood and can cause dysfunctions and damages to other organs and tissues. If kidney is continually being damaged, it will eventually progress to end-stage kidney failure. Patients will need dialysis or kidney transplant to sustain their lives.

慢性腎病的治療 Treatment for CKD

慢性腎病無法根治，但最重要是可以透過治療延緩腎功能衰退、減少併發症、控制病情以及改善患者生活質素。由於大部分腎病是由其他疾病如糖尿病、腎小球炎和高血壓等引致，因此治療的第一步是要找出潛在原因，並對症下藥。另外，患者亦需嚴格遵從飲食及服藥建議，以達致最佳的治療效果。

Chronic kidney disease (CKD) cannot be cured. However, there are measures to slow down the progression of kidney failure, reduce complications, control symptoms, and improve the quality of life. CKD is often caused by other illnesses such as diabetes, glomerulonephritis and hypertension. Hence, the first step in treating CKD usually begins with identifying and controlling the underlying cause. Besides, it is also important for patients to follow a strict dietary and medication regimen in order to achieve the best results of treatment for the control and prevention of disease progression to end-stage kidney failure.

常見症狀 Common Symptoms

腰部疼痛
Back pain



眼皮、腹部、下肢水腫
Swelling in eyelids, abdomen and lower limbs



小便帶血、小便起泡、
夜尿增加或小便量變少
Blood in urine, foamy or bubbly urine, increased nocturia or reduced urine output



高血壓
Hypertension



氣喘
Shortness of breath



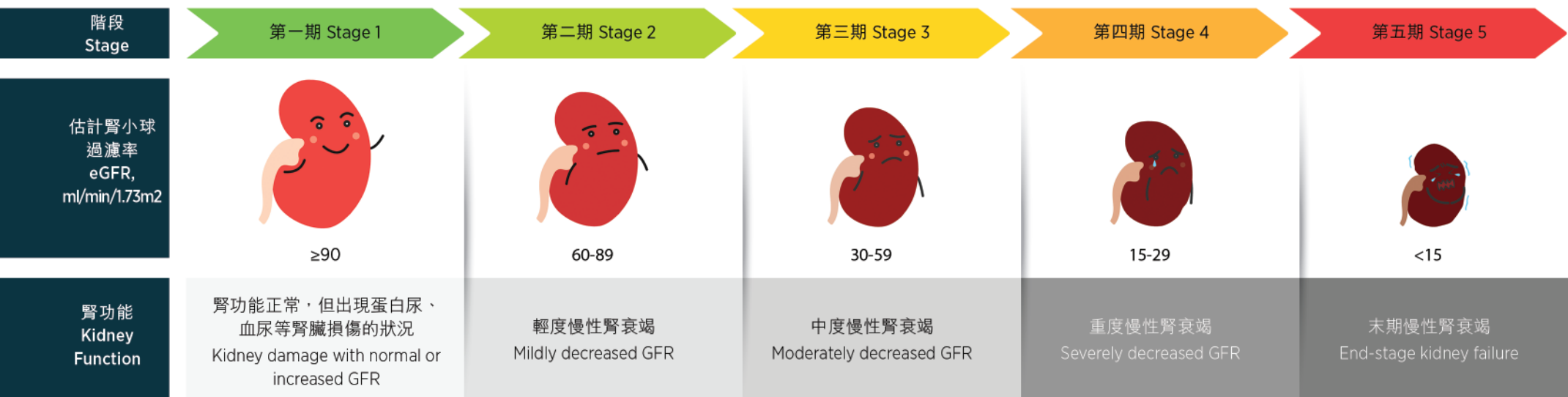
疲倦無力或貧血
Fatigue or anaemia symptom



食慾減退、噁心、嘔吐、痕癢
Loss of appetite, nausea, vomiting and itchiness



慢性腎病的五個階段 The 5 Stages of Chronic Kidney Disease



*估計腎小球過濾率可有效評估腎臟功能，正常的數值為90-120 ml/min/1.73m²。eGFR (estimated glomerular filtration rate) is considered as the optimal way to measure renal function. A normal eGFR should lie between 90-120ml/min/1.73 m².

尿液分析
Urinalysis



血液檢驗
Blood test



影像檢查
Diagnostic imaging



腎活檢病理分析
Renal biopsy



診斷
Diagnosis

聯絡我們 Contact Us

尚至醫療中心 (尖沙咀)
Virtus Medical Centre (TST)

九龍尖沙咀中間道15號H Zentre 11樓
11/F, H Zentre, 15 Middle Road, Tsim Sha Tsui, Kowloon

尚至醫療大樓 (中環)
Virtus Medical Tower (Central)

香港中環皇后大道中122號尚至醫療大樓9樓
9/F, Virtus Medical Tower, 122 Queen's Road Central, Hong Kong

+852 8102 2022

+852 9325 4580

CustomerCare@VirtusMedical.com

www.VirtusMedical.com



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