



糖尿病是甚麼？

What is Diabetes Mellitus?

糖尿病是一種慢性代謝疾病，與胰島素的分泌或功能減少相關，其特徵是血糖（葡萄糖）水平異常偏高。

Diabetes mellitus is a chronic metabolic disease associated with decreased insulin secretion or function, characterized by abnormally high blood sugar (glucose) levels.



糖尿病併發症是甚麼？

What are the complications of diabetes mellitus?

糖尿病患者長期血糖過高加上相關代謝問題，如高血壓，高血脂，肥胖等會引致各種健康問題，尤其對血管及神經造成損害。糖尿病併發症包括 心血管疾病、腎病、視網膜病變、神經病變和足部病變。

High blood glucose in diabetic patients, together with associated metabolic problems such as hypertension, hyperlipidemia and obesity, can lead to various health problems, especially damage to blood vessels and nerves. Complications of diabetes include cardiovascular disease, renal disease, retinopathy, neuropathy, and foot problems.



為何需要篩查糖尿病併發症？

Why should we screen for diabetic complications?

因為大多數糖尿病併發症，如糖尿病眼病，糖尿病腎病，足部病變等早期未必有徵狀，當出現徵狀時可能問題已經嚴重，已錯過及早治療的機會。

Most diabetic complications such as diabetic eye disease, diabetic kidney disease, foot lesions, etc. may not have symptoms in the early stages, and by the time symptoms appear, the problem may already be serious and the opportunity for early treatment may have been missed.

- 糖尿病患者患上心血管病的風險比正常人士高2-3倍。
- 糖尿病視網膜病變是常見導致成人失明的原因之一。
- 超過三分之一糖尿病患者同時有慢性腎病，多於一半末期洗腎病人是糖尿病患者。
- 糖尿病患者截足的風險比非糖尿病患者高出15倍或以上。

- The risk of cardiovascular disease is 2-3 times higher in diabetics than in normal people.
- Diabetic Retinopathy is a common cause of blindness in adults.
- More than one-third of diabetic patients have chronic kidney disease and more than half of patients on dialysis are diabetic.
- The risk of foot amputation is 15 times or more higher in diabetics than in non-diabetics.



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糖尿病評估及併發症檢查計劃

Diabetes Assessment
and Complication
Screening Programme

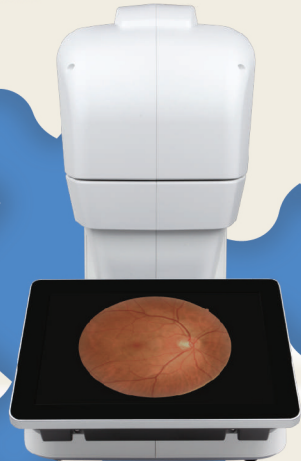


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糖尿病併發症評估跟一般體檢有何不同？ What is the difference between a diabetes complication assessment and a usual health check ?

糖尿病併發症評估除了驗血檢查血糖控制及心血管疾病高危因素如膽固醇外，亦主要集中評估微血管和神經病變，包括微蛋白尿、眼底血管、足部神經線病變及皮膚受損情況等。

In addition to blood tests for glycemic control and risk factors for cardiovascular disease such as cholesterol, the assessment of diabetic complications also focuses on the assessment of small blood vessel and neuropathy, including albuminuria, fundus blood vessels, neuropathy of the foot and skin lesions.



需要多久接受一次糖尿病併發症評估？ How often should I be assessed for diabetic complications ?

建議一般每隔一至二年。

It is recommended that you have a diabetic complication evaluation every one to two years.

糖尿病評估及併發症檢查計劃 DM COMPLICATION SCREENING

	標準 Standard	卓越 Premium
詳細報告 Comprehensive Report with Specialist comment	✓	✓
內分泌專科醫生會診 Endocrinologist Consultation	✓	✓
全面體格檢查 General Health Assessment		
血壓、身高、體重、身高體重指數、腰及坐圍量度 Blood Pressure, Height, Weight, Body Mass Index, Waist & Hip Circumference	✓	✓
病史，家族史及藥史記錄 Past Medical History, Family History, Drug History	✓	✓
身體成份分析 Body Composition Analysis	✓	✓
血液檢驗 Blood Analysis		
血全像 Complete Blood Count	✓	✓
肝功能：谷草轉氨酶、谷丙轉氨酶、鹼性磷酸酶、總膽紅素、丙種球蛋白轉氨酶、白蛋白 Liver Function Test: S.G.O.T. (AST), S.G.P.T. (ALT), Alkaline Phosphatase, Total Bilirubin, Gamma GT, Albumin	✓	✓
腎功能：鈉、鉀、氯化物、血尿素、肌酸酐 Renal Function Test: Sodium, Potassium, Chloride, Urea, Creatinine	✓	✓
骨質：鈣質，磷酸鹽 Bone Profile : Calcium , Phosphate	✓	✓
血脂分析：總膽固醇、高密度脂蛋白、低密度脂蛋白、三酸甘油酯 Lipid Profile: Total Cholesterol, HDL Cholesterol, LDL Cholesterol, Triglycerides	✓	✓
血糖（空腹） Blood Glucose (Fasting)	✓	✓
糖化血色素 HbA1C	✓	✓
尿酸 Urate	✓	✓
糖尿病腎評估 Diabetic Kidney Assessment		
腎小球過濾率 Estimated Glomerular Filtration Rate	✓	✓
尿液微型蛋白 Urine Microalbumin	✓	✓
尿液肌酸酐 Urine Creatinine	✓	✓
尿白蛋白與肌酸酐比率 Urine Albumin / Creatinine Ratio	✓	✓
糖尿病眼部檢查 Diabetic Eye Assessment		
視力測試 Visual Acuity Test	✓	✓
眼底血管影像 Fundus Photography	✓	✓
糖尿病足部檢測 Diabetic Foot Assessment		
基本足部檢測 General Foot examination	✓	✓
震動感知覺最低極限測試 Vibration Perception Threshold Test	✓	✓
足部感覺神經測試：十克單絲測試 Foot Sensation Test 10g Monofilament Test	✓	✓
心臟檢查 Heart Assessment		
心電圖 Electrocardiogram	✓	✓
脂肪肝檢查 Fatty Liver Examination		
肝纖維化掃描 Fibroscan		✓
套餐計劃收費 PACKAGE PRICE		\$2,800
保糖測® D PROTECT®		\$4,000
		+\$1,000
		+\$1,000