



(高血壓、高血糖、高血脂)

**\$1,330**

[ 套餐優惠價 Package Offer ]

原價 Original Price: \$2,190

# 常規三高檢查

High Blood Pressure/ Sugar/ Cholesterol  
Regular Physical Examination



## 檢查項目 Examination Items

身體健康報告	Medical Report
視力基礎檢查	Visual Acuity
血壓、脈搏檢查	Blood Pressure and Pulse
高度及體重	Height and Weight
尿素	Blood Urea Nitrogen (BUN)
肌酸肝	Creatinine
電解質(鈉、鉀)	Electrolyte (Sodium & Potassium)
總膽固醇	Total Cholesterol
高密度膽固醇	HDL Cholesterol
低密度膽固醇	LDL Cholesterol
三酸甘油酯	Triglycerides
空腹血糖	Fasting Blood Glucose
小便分析	Urinalysis

檢查套餐已包括普通科醫生診症及解釋報告費用。專科醫生診症及解釋報告需另加 \$300，並於同日進行或預約其他本院基本 X 光/化驗檢查者，可享八折優惠。

General outpatient consultation and medical report explanation fee included in all health check package. Extra \$300 charge for consultation and medical report explanation by specialist, 20% discount is offered to other hospital basic investigations performed or by appointment made on the same day with the health check programs.

以上收費只適用於門診部，收費及內容如有更改，恕不另行通知。  
The above charges are for outpatients only and are subject to change without prior notice.

高血壓沒有明顯病症，一般在例行身體檢查中量度血壓時發現。小部份病者會有頭痛、頭暈、疲倦等現象。

由於高血壓並不容易察覺，因此建議成年人每年最少一次量度血壓，以便及早發現問題所在。

預防高血壓可從建立良好的生活習慣入手：

- ★ 食鹽的主要成份為鈉，進食過多的鈉會令血壓上升。要注意日常飲食中鹽份的攝取量，如減少進食燻製或醃製的高鹽食物、或以香草、香料、檸檬汁等替代食鹽或味精烹調食物
- ★ 增加蔬菜、水果的攝取量
- ★ 戒煙、限製飲酒
- ★ 控制體重
- ★ 保持運動：血管缺乏運動，影響其彈性；血管會變得愈來愈硬，容易出現高血壓
- ★ 保持心境輕鬆

Most people with hypertension do not have obvious symptoms and it is usually detected in a routine body check. A small number of patients may have symptoms of headache, dizziness and fatigue.

Since hypertension cannot be identified easily, it is suggested that adults should have blood pressure measured at least once a year, for early detection of the disease.

Prevention of hypertension starts with good living habits:

- ★ Salt is mainly made of sodium and high sodium in diet will lead to hypertension. Beware of the intake of salt in daily diet, e.g. reducing the consumption of smoked or pickled food with a high salt content. Herbs, spices or lemon juice may be used to replace salt or MSG (a flavour-enhancing compound) in cooking.
- ★ Eat more vegetables and fruits
- ★ Quit smoking and reduce alcohol consumption
- ★ Weight control
- ★ Regular exercise: lack of exercise will affect the flexibility of blood vessels, which causes stiffening of the vessels and induces hypertension.

(撰自智友站健康資訊天地 Information from Smart Patient)



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