

# Metabolic Syndrome

代謝綜合症



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Gleneagles

HONG KONG

港怡醫院

# Metabolic Syndrome

## 代謝綜合症



### Free Shuttle Service 免費專車服務

Gleneagles Hong Kong Hospital provides free shuttle bus service for public between MTR Ocean Park Station (Exit A) and the hospital (main entrance).

港怡醫院為市民提供免費專車服務往來港鐵海洋公園站 (A出口) 及醫院 (正門)。



Free Shuttle Schedule  
免費專車服務時間表

### MTR 港鐵

- South Island Line 南港島綫
- Tsuen Wan Line 荃灣綫
- Island Line 港島綫
- Tung Chung Line 東涌綫
- Airport Express Line 機場快綫



**Hospital address**  
1 Nam Fung Path,  
Wong Chuk Hang, Hong Kong

**醫院地址**  
香港黃竹坑南風徑1號

**Mainline 電話** +852 3153 9000  
**Service hotline 服務熱線** +852 2122 1333  
**Fax 傳真** +852 2528 0081

[www.gleneagles.hk](http://www.gleneagles.hk)

港怡醫院  
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## What is metabolic syndrome? 甚麼是代謝綜合症?

Metabolic syndrome is the presence of central obesity along with high glucose (diabetic mellitus or pre-diabetes), high blood pressure, high triglycerides and low HDL (good cholesterol).

Metabolic syndrome increases the risk of hypercholesterolemia (high LDL-cholesterol), fatty liver and atherosclerosis. Untreated fatty liver can result in liver failure and atherosclerosis can lead to ischemic heart disease, stroke and peripheral vascular disease. Therefore, early detection and treatment of metabolic syndrome are important.

代謝綜合症是指包括中央肥胖、高糖症(糖尿病或糖尿前期)、高血壓、高三酸甘油酯及「高密度膽固醇」偏低的症候群。

代謝綜合症大大提升了患有壞膽固醇過高、脂肪肝及血管粥樣化的風險。嚴重的脂肪肝能導致肝衰竭，而血管粥樣化可引致心臟病、中風以及下肢血管閉塞等問題。因此，及早發現及治理尤其重要。

## Who is at risk of metabolic syndrome? 誰是代謝綜合症高風險人士?

- I Overweight 過重
- I Obese 肥胖症
- I High percentage of body fat 身體脂肪比例過高

## Am I obese? 我肥胖嗎?

Category 級別	BMI (International) 國際指標	BMI (Asian) 亞洲人指標
Normal 正常	18.5 – 24.9	18.5 – 22.9
Pre-Obesity 超重	25.0 – 29.9	23.0 – 27.4
Obesity Class I 輕微肥胖	30.0 – 34.9	27.5 – 32.4
Obesity Class II 中度肥胖	35.0 – 39.9	32.5 – 37.4
Obesity Class III 嚴重肥胖	≥40	≥37.5

## Metabolic Screening Package 代謝檢查計劃

### 檢查項目 Package includes

內分泌專科醫生會診及臨床檢查  
Endocrinologist consultation and physical examination

### 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 and Hip Circumference

身體脂肪分析  
%Body Fat 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、總膽紅質、  
丙種谷氨酰轉肽酶、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

血脂分析：總膽固醇、高密度膽固醇、低密度膽固醇、三酸甘油酯  
Lipid Profile: Total Cholesterol, HDL, LDL, Triglycerides

血糖(空腹)  
Blood Glucose (Fasting)

糖化血色素，尿酸  
HbA1C, Uric Acid

### 其他檢查 Other Diagnostic Test

肝纖維化掃描  
Fibroscan

原價 Original Price -\$4390-

優惠價 (九折)  
Special Offer (10% off) \$3950

### Specialist Outpatient General Medicine Clinic

#### 普通內科專科門診

G/F, Tower B  
B座地下

#### Service hours 服務時間

Monday - Friday 星期一至五 9:00 am – 6:00 pm  
Saturday 星期六 9:00 am – 1:00 pm  
Sunday and public holiday 星期日及公眾假期 Closed 休息

Service hotline 服務熱線 +852 2122 1333