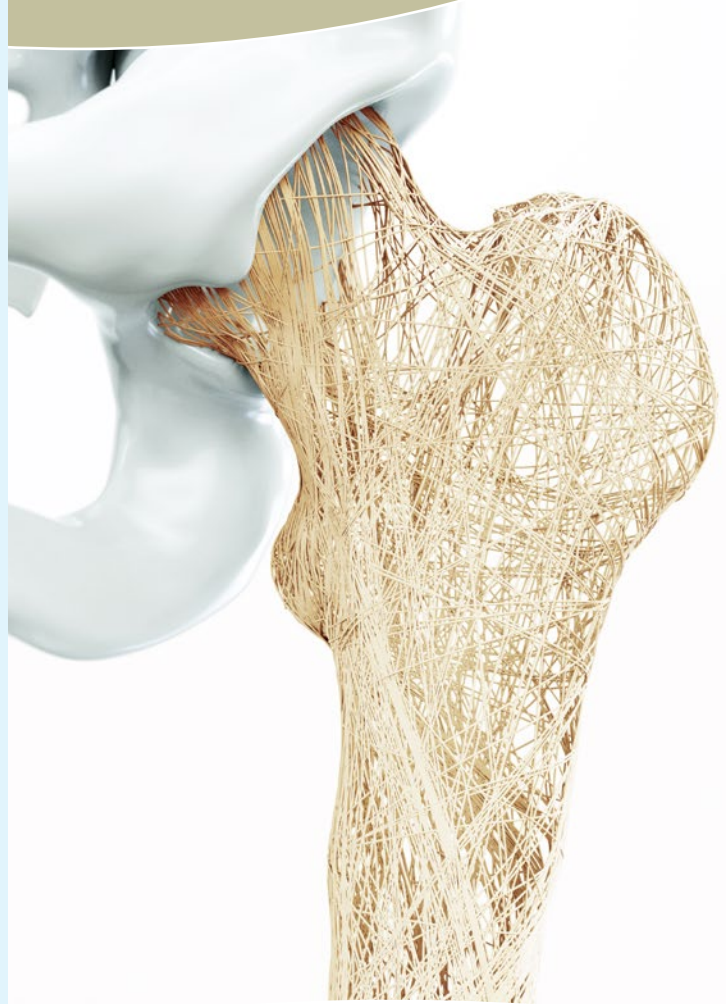


# Osteoporosis

## 骨質疏鬆症



### 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  
Gleneagles Hong Kong Hospital

On your side 護您同行

 **Gleneagles**  
HONG KONG  
港怡醫院

## What is Osteoporosis? 甚麼是骨質疏鬆症?

Osteoporosis is a disease of the bone associated with aging. Normally, our bones undergo dynamic resorption and buildup throughout our lives. With aging, bone build-up slows down and is unable to keep up with bone resorption. The bones become “porous” and weak, leading to high risks of low impact fracture.

Fracture usually occurs in the hips and spine, leading to disturbing back pain, or in severe cases, nerve damage, which can severely impair mobility and possibly precipitate mortality.

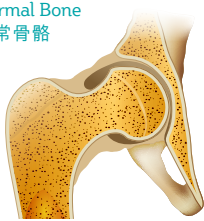
骨質疏鬆是一種與年紀有關的骨骼疾病。正常的骨骼會處於持續被吸收及建造的狀態。但隨著年紀漸大，身體建造骨骼的速度減慢，趕不上吸收的速度，因此骨質密度便會下降，增加骨折風險。

骨質疏鬆相關的骨折通常發生在脊骨或髖骨位置，輕則引致背痛，嚴重則可導致神經線受損，影響活動能力，或增加死亡風險。

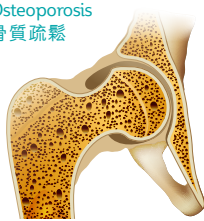
## Who is at risk of Osteoporosis? 誰是骨質疏鬆症高風險人士?

- Women or men aged over 50  
年齡五十歲或以上之人士
- History of fragility fracture  
有脆性骨折歷史人士
- Low body weight (<45kg)  
低體重人士 (體重低於四十五公斤)
- Family history of osteoporosis or fragility fracture  
有骨質疏鬆或脆性骨折家族史之人士
- Premature menopause (before aged 40)  
早發性更年期女士 (即四十歲或之前已停經)
- Low calcium intake  
飲食中鈣攝取量偏低
- Lack of exercise  
缺乏運動
- Smoking  
吸煙
- Excessive alcohol intake  
嗜酒
- Lack of sun exposure  
長期處於室內
- Prolonged immobilization  
行動不便
- Long term steroid treatment  
長期服用類固醇

Normal Bone  
正常骨骼



Osteoporosis  
骨質疏鬆



## Osteoporosis Screening Package 骨質疏鬆症檢查計劃

### 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

### 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、  
三種谷氨酰轉胺酶、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

電解質：鈣，磷酸鹽  
Electrolytes: Serum Calcium, Phosphate

甲狀腺功能：促甲狀腺激素，游離甲狀腺素  
Thyroid Function: TSH, Free T4

其他：25-經基 維他命 D  
Other: 25-hydroxy vitamin D

### 影像檢查 Diagnostic Imaging

雙能量X光骨質密度測量  
DXA Bone Densitometry (Spine & Hip)

原價 Original Price ~~-\$4260-~~

### 優惠價 (九五折)

Special Offer (5% off) **\$4060**

### 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 休息

Service hotline 服務熱線 +852 2122 1333