

What Is Diabetes?

People with diabetes have problems regulating the amount of glucose (sugar) in their blood. This happens because insulin production is insufficient or insulin does not function properly. Thus, glucose cannot be converted into energy we need. This results in increased blood glucose level, and the extra glucose will be excreted in urine.

Complications of Diabetes

Persistent high blood glucose levels may lead to vascular and nerve damages which in turn affect organ functions. It is therefore very important that diabetic patients keep their blood glucose levels within the normal target range. By doing so, they can reduce their risk of developing the following complications:

Retinopathy, Cataract, Glaucoma:

- These conditions may lead to blindness.
- Diabetes is the leading cause of blindness in people aged 20 - 74. Patients are 25 times more likely to lose their eyesight.

Kidney Disease:

- Diabetes is the most common cause of end-stage renal failure
- 20 - 40% of people with diabetes will develop kidney disease

Heart Disease and Stroke:

- People with diabetes are 4 times more likely to have heart disease and stroke

Nerve and Peripheral Vascular Diseases:

- These conditions may lead to serious foot ulcers that require an amputation
- Diabetes is the most frequent cause of non-traumatic lower leg amputation. Patients are 20 - 40 times more likely to require this procedure

Sexual Dysfunction:

- More than 10% of men with diabetes suffer from sexual dysfunction

You may not notice anything abnormal even if you have a complication. Health care professionals, however, can detect your problem long before symptoms appear. Early detection and intervention are the best ways to prevent or delay complications.

We provide a comprehensive **Diabetes Assessment and Complications Screening Programme**. Using a full range of advanced equipment, our team of Diabetes Specialists, Ophthalmologists, Podiatrists, Dietitians and Nurse Specialists will help you assess your diabetes control and screen for complications.

Diabetes Assessment and Complications Screening Programme

History and Physical Examination:

- Comprehensive assessment by Diabetes Specialist



Laboratory Investigations:

- Complete Blood Picture
- Fasting Blood Glucose and HbA1c
- Kidney Function: Urea, Creatinine, Na, K
- Liver Function: Total and Direct Bilirubin, AST, ALT, Alkaline Phosphatase, Gamma GT
- Fasting Lipid Profile: Total Cholesterol, Triglycerides, HDL-C, LDL-C
- Thyroid Function: TSH
- Urine for Routine Analysis and Microalbumin
- Heart Disease Risk Factors: hs-CRP, Homocysteine

Assessment of Diabetes Control:

- Evaluation of Home Blood Glucose Monitoring Record
- Review of hypoglycaemic events
- Review of HbA1c result

Screening for Eye Problem:

- Complete Eye Examination by an Ophthalmologist

Screening for Heart Disease:

- Heart Disease Risk Factor Analysis
- Treadmill Stress Test

Screening for Foot Problem by Podiatrist:

- General Foot Examination
- Doppler Ultrasound Examination of Foot Circulation
- 10g Monofilament Test of Foot Sensation
- Vibration Perception Threshold

Screening of Kidney Problem:

- Urine Microalbumin / Creatinine ratio
- 24 hour Urine Microalbumin and Creatinine Clearance (at Physician's discretion)

Other Investigations:

- Ultrasound: Liver, Pancreas, Gall Bladder, Kidney
- X-ray: Chest

Nutrition Evaluation and Counselling:

- Diet Assessment
- Consultation with Dietitian

Education:

- Recommendations by Diabetes Specialist
- Education by Diabetes Nurse Specialist

Other Assessments

Optional tests are available upon request with additional cost:

Screening for Neurological Problem:

- Nerve Conduction Studies and Electromyography by Rehabilitation Specialist

Direct appointments or doctor's referrals are welcome

Detailed reports will be forwarded to the primary/referring physician.

Fee: HK\$ 7500

Prices and packages are subject to change without prior notice.

For further enquiries, please contact us at :

10/F, Li Shu Pui Block, Hong Kong Sanatorium & Hospital
2 Village Road, Happy Valley, Hong Kong

Monday to Friday: 8:00am - 5:00pm

Saturdays (except Public Holidays) : 8:00am - 1:00pm

Tel: 2835 8683 / 2835 8675

Fax: 2892 7513 E-mail: diabetes@hksh.com

[http:// www.hksh.com](http://www.hksh.com)

© Hong Kong Sanatorium & Hospital Ltd.
All rights reserved

HAF106 07/2011

糖尿病評估 及 併發症檢查計劃

Diabetes Assessment & Complications Screening Programme



內分泌及糖尿病中心
Endocrine & Diabetes Centre

甚麼是糖尿病？

糖尿病是血糖代謝失調的一種病症，由於胰島素分泌不足或不能發揮功能，使血液內的葡萄糖不能轉化成身體所需的能量，血液內因而積存過多糖份，使血糖增加，過多糖份便經由尿液排出體外。



糖尿病的併發症

糖尿病者應注意將血糖維持於適當水平。如控制不當，血糖長期過高，會損壞血管和神經，影響器官功能，引致以下併發症：

視網膜病變、白內障、青光眼：

- 可導致失明
- 糖尿病是導致20 - 74歲人士失明的主要原因，病者失明的機會比一般人高25倍

腎病：

- 糖尿病是導致末期腎衰竭的最普遍成因
- 20-40%的糖尿病者會患上腎病

心臟病與中風：

- 糖尿病者患上心臟病及中風的機會比一般人高4倍

神經及周邊血管疾病：

- 可使足部嚴重潰瘍，因而需作截足手術
- 糖尿病是構成非創傷性截足的最常見因素，病者需作腿部截肢手術的機會比一般人高20-40倍

性功能障礙：

- 男性糖尿病者當中，多達10%以上出現性功能障礙

您未必能察覺這些併發症，但透過專業醫護人員替您檢查，就可以在症狀尚未出現的階段及早驗出和處理，從而有效防止或延緩併發症發生。

我們提供全面的糖尿病評估及併發症檢查計劃，由糖尿病專科醫生、眼科醫生、足部治療師、營養師及糖尿專科護士，用一系列的先進儀器，為您監察糖尿病的控制及檢查併發症。

糖尿病評估及併發症檢查計劃

病歷及身體檢查：

- 糖尿病專科醫生替患者作詳細檢查

化驗室檢查：

- 血球檢查
- 空腹血糖及糖化血色素
- 腎功能：尿素、肌酸酐、鈉、鉀
- 肝功能：總及直接膽紅素、谷草轉氨酶、谷丙轉氨酶、鹼性磷酸酶、丙種谷氨酰轉肽酶
- 空腹血脂：總膽固醇、三酸甘油酯、高密度及低密度脂蛋白膽固醇
- 甲狀腺功能：促甲狀腺激素
- 尿液常規及微型白蛋白
- 心臟病風險因素：高敏C反應蛋白、高半胱氨酸

糖尿病控制的評估：

- 自我血糖監察記錄
- 低血糖記錄
- 糖化血色素報告

眼部檢查：

- 眼科醫生替患者作全面檢查

心臟檢查：

- 分析引致心臟病的危險因素
- 運動壓力測試



足部治療師進行足部檢查：

- 一般檢查
- 多普勒超音波足部血液循環檢查
- 十克單絲足部感覺神經測試
- 震動感知覺最低極限測試

腎臟檢查：

- 尿液微型白蛋白及肌酸酐比率
- 24小時尿液微型白蛋白及肌酸酐肅清（由醫生決定）

其他檢查項目：

- 超音波檢查：肝、胰、膽囊、腎
- X光：肺

營養評估及指導：

- 飲食習慣評估
- 營養師專業指導



教育：

- 糖尿病專科醫生建議
- 糖尿專科護士作有關的指導

其他相關檢查

如有需要，顧客可另加以下檢查項目（需額外費用）：

神經傳導及肌電圖檢查：

- 復康科專科醫生對患者的神經系統進行更詳細檢查

歡迎直接預約，或經醫生轉介

詳細報告將轉交主診 / 轉介醫生

費用：港幣七千五百元正

收費及檢查計劃如有更改，恕不另行通知

如有查詢，歡迎致電本中心

香港跑馬地山村道二號
養和醫院李樹培院十樓

星期一至五：8:00am - 5:00pm
星期六 (公眾假期除外)：8:00am - 1:00pm

電話：2835 8683 / 2835 8675
傳真：2892 7513 電郵：diabetes@hksh.com
http://www.hksh.com

© 香港養和醫院有限公司
版權所有