

Part of the Optional Tests

Cervical Smear

Cervical cancer is one of the few cancers that can be prevented through health checks. It is recommended that women aged between 25 and 70 who have had sexual experience undergo regular cervical smear tests to detect early abnormal cervical lesions and treat cancer at its early stage.

If your second smear result is also normal, you should repeat smear tests every 3 years.



HPV vaccines can effectively prevent most cervical, vaginal, and vulvar cancers, but they cannot prevent diseases caused by other types of HPV, nor can they treat or eliminate infected viruses. Therefore, vaccines cannot replace the cervical smear tests.

Faecal Occult Blood Test (2 Samples)

Of all causes of cancer death in Hong Kong, colorectal cancer is ranked second and more than 90% of which occurred in patients 50 years or older. There might be no signs or symptoms until the disease has advanced, depending on the type and stage of cancer. In most cases, colorectal cancer has a higher chance of cure if detected early and treated adequately.

The Government's Colorectal Cancer Screening Programme subsidises asymptomatic Hong Kong residents aged between 50 and 75 to receive screening service for prevention of colorectal cancer. Please visit www.colonscreen.gov.hk/tc/index.html for more information.

If you are not within the age range of the subsidy, you may consider undergoing a faecal occult blood test at your own expense. Your family doctor will provide a feasible follow-up plan depending on the health check result.



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Bone and Muscle Health Analysis

Having healthy bones and muscles is vital to our posture, balance, endurance and fitness.

Bones are composed of minerals (such as calcium and phosphorus), collagen, proteins, cells and water, renewed and remodelled by the above substances. Old bones will be replaced by new bones. Normal aging will deteriorate this process, leading to gradual loss of bone mass and osteoporosis, which greatly increases the risk of falls and fractures.

Bone health screening items are as follows:

- Bone Density Test
- Blood Test: Calcium and Vitamin D

Muscular strength is related to your ability to move. However, as you get older, your muscles will gradually degenerate, which is called "muscular dystrophy", resulting in impaired mobility and affecting daily life. It is estimated that adults between the ages of 20 and 80 lose 30% of muscle mass.

Muscle health check items are as follows:

- Balance Ability Measurement
- Muscle Strength Assessment
- Hand Grip Strength Test
- Blood Test: Calcium and Vitamin D

In addition, the following health check plans are specially set up with regard to the physical condition of individuals and the nature of their work:

- Hepatitis Prevention and Monitoring Plans
- Diabetes Mellitus Complication Screening Plans
- Domestic Helper Health Check Plan
- Renewal of Driving License Medical Health Check Plan (only applicable to aged 70 or above)

Please contact our staff for more details.

Service Network

Jockey Club Wo Lok Community Health Centre

Unit 26-33, G/F, Kui On House, Wo Lok Estate, Kwun Tong, Kowloon

Ngau Tau Kok MTR Station Exit A ⇌ KMB Route 95M ⇌ Wo Lok Estate

Kwun Tong MTR Station Exit A1 ⇌ Green Minibus Route 50 ⇌ Wo Lok Estate

2344 3444 5625 3918

Jordan Health Centre

13/F, Sino Cheer Plaza, No. 23 Jordan Road, Kowloon

Jordan MTR Station Exit A

2770 8365 5628 5198

Kwong Fuk Community Health Centre

19, G/F, Kwong Yan House, Kwong Fuk Estate, Tai Po, New Territories

Tai Po Market MTR Station Exit A3 ⇌ MTR Feeder Bus Route K18 ⇌ Kwong Fuk Estate

2638 3846 6226 5342

Jockey Club Tin Shui Wai Community Health Centre

Unit 103, 1/F, Tin Ching Amenity and Community Building, Tin Ching Estate, Tin Shui Wai, New Territories

Tin Shui Wai MTR Light Rail Stop ⇌ Tin Yuet/Tin Sau Stop (Route 705, 706)

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Introduction

United Christian Nethersole Community Health Service (UCN) is a sub-organisation of United Christian Medical Service.

Founded in 1972 by Dr Edward Paterson* based on "Hospital without Walls" concept, "Kwun Tong Community Health Project" provided professional, comprehensive and affordable health care service to the local community. In 1997, "Kwun Tong Community Health Project" merged with "Nethersole Community Health Service" to inaugurate as **United Christian Nethersole Community Health Service**.

Nowadays, **UCN** has developed into a versatile organisation with expertise on primary health care organisation. Based on "Holistic Health" model, **UCN** aims to promote health and prevent disease, conducive to realisation of "Leading a Healthy Life". The key service areas of **UCN** include:

- Preventive Medicine & Clinical Service
- Chinese Medicine and Chinese Medicine Specialty Service
- Allied Health Service
- Diagnostic Service
- Social Service

UCN

* Dr Edward H. Paterson, a missionary doctor from England, had been the medical superintendent of the Alice Ho Miu Ling Nethersole Hospital and founding medical superintendent of the United Christian Hospital. As a surgical specialist, Dr Paterson also excelled at hospital planning and management. He spearheaded the concept of community nursing, and became a pioneer in community nursing service.



When the United Christian Hospital was still under planning stage in the 1960s, Dr Paterson foresaw the capacity of the Hospital would fall short of meeting the needs of the Kwun Tong population. Adopting the concept of "Hospital without Walls", he set up the "Kwun Tong Community Health Project" to go beyond the hospital walls and extend health care services to the community. This constituted a good foundation for **UCN's** development of primary health care service. On 16 March 1972, the first Community Health Centre was opened in Sau Mau Ping Estate.

基督教聯合那打素社康服務
社 康 UNITED CHRISTIAN NETHERSOLE COMMUNITY HEALTH SERVICE

Health Maintenance Service

Comprehensive Medical Health Check Plans



Leading a Healthy Life

Regular Health Checks to Improve Your Quality of Life

With the fast-paced lifestyle and long working hours in Hong Kong, the risk of chronic or recessive illness increases with age. Regular health checks can help you ascertain your physical conditions, and identify potential problems early, so that you can make appropriate prevention and plan your life well.

Prevention is better than cure. UCN has always been committed to advocating preventive medicine and formulating a comprehensive and personalized health check plan for people of different ages and genders to safeguard your health and wellbeing.

✓ When choosing a health check plan, factors such as gender, age, living habits, nature of work, and physical condition must be considered in order to choose the check-up items precisely.



Aged 18-39

Being at the peak of your career, it is common to have minor health problems due to work pressure and bad living habits. You should start monitoring your blood pressure, blood sugar and blood lipids.

Dynamic Plan



If you are thinking about starting a family, you should join the Premarital Health Check for the sake of your partner and future offspring.



People who work and rest irregularly, smoke and consume alcohol often are at a higher risk of heart disease, stroke and cancer. They need to pay more attention to their blood lipids. Elite plan is recommended.



Aged 40-59

Health conditions, like hypertension, hyperglycaemia and hyperlipidaemia, are prevalent among this age group. You should also pay attention to cardiovascular diseases as well.

Elite Plan



Women after menopause need to check their breast health regularly. Due to the loss of estrogen, postmenopausal women will have a greater risk of heart disease and osteoporosis.



Many men over 50 start developing benign prostatic hyperplasia and intestinal problems. You may add 'Lower Urinary Tract Syndrome Assessment', 'Faecal Occult Blood Test' (recommended at least once every two years) and other optional tests.

Part of the Optional Tests

Mammogram/Breast Ultrasound

(available in Tin Shui Wai Centre)

Mammography can detect small breast lumps and unusual shadows. Ultrasound can distinguish between lumps and water sacs and it is suitable for pregnant women and young women with high breast tissue density.

Doctors often advise that women over 50 or with potential risks should receive a screening mammography and ultrasound every one to two years.

Lower Urinary Tract Syndrome Assessment

(available in Wo Lok Centre)

Prostate gland enlargement is a normal physiological process of aging and it is a common condition as men get older. Symptoms include frequent or painful urination, blood in urine, difficulty in starting urination, weak urine stream velocity, etc. It may cause complications such as urethritis, ureteral obstruction and hydro-nephrosis.

Benign prostatic hypertrophy is different from prostate cancer, but both conditions can exist together. If you have urinary symptoms, you should seek medical advice as soon as possible to find out the cause.

The package includes the following tests: Bladder Outflow Obstruction Assessment for Urinary Flow, Bladder Ultrasound for Residual Urine, Urine Routine Test, Prostate Specific Antigen Test and evaluation of your prostate through 'International Prostate Symptom Score (I-PSS)' by doctor.



Aged 60 or above

The risk of various diseases, such as cancers, joint diseases and cardiovascular diseases, will be higher when people get older. Check-up items, therefore, must have comprehensive coverage, including memory tests, fall crisis assessment, etc.

Golden Plan



The elderly are at a relatively high risk of developing eye diseases, including glaucoma, macular degeneration and cataracts. With open-angle glaucoma, there are no warning signs or obvious symptoms in the early stages. Vision loss from glaucoma is not reversible with treatment.

Part of the Optional Tests

Dual-energy X-ray Absorptiometry Test

(available in Jordan/Tin Shui Wai/Wo Lok Centre)

Osteoporosis is common in middle-aged and menopausal women.

Dual-energy X-ray Absorptiometry (DEXA) uses X-rays to measure the bone density of the lumbar spine or femur to accurately assess bone health and osteoporosis. The amount of radiation in this examination is slight and is only one-tenth of chest and lung X-rays.



Tonometry (Glaucoma)

There are about 120,000 glaucoma patients in Hong Kong. Middle-aged women who have myopia or hyperopia of more than 600 degrees, cardiovascular diseases such as diabetes, high blood pressure, etc., or have had glaucoma in their family members have a greater chance of getting glaucoma.

Glaucoma is an eye disease that damages the optic nerve and may not have any symptoms in the early stages. Through the non-contact tonometer test, glaucoma can be diagnosed early to slow down or prevent vision loss.

Comprehensive Medical Health Check Plans

According to your different life stages, UCN has designed the following comprehensive health check plans, allowing you to enjoy high-quality and considerate professional physical examination services at a reasonable and affordable price to protect your health and the health of your family.

✓ Registered doctors are responsible for physical examination and health check reports, and registered nurses/health maintenance officers explain the reports in detail and provide individual health counselling.

Health Check Plans	Aged 18-39		Aged 40-59		Aged 60+	
	Dynamic Male Plan	Dynamic Female Plan	Elite Male Plan	Elite Female Plan	Golden Male Plan	Golden Female Plan
Personal Habits & Medical History Analysis	✓	✓	✓	✓	✓	✓
Health Risk Assessment Questionnaire	✓	✓	✓	✓	✓	✓
Elderly Assessments (Memory, Depression & Fall Risks)					✓	✓
Physical Examination by Doctor	✓	✓	✓	✓	✓	✓
Blood Pressure, BMI and Fat %	✓	✓	✓	✓	✓	✓
Complete Blood Count	✓	✓	✓	✓	✓	✓
Blood Glucose (Fasting)	✓	✓	✓	✓	✓	✓
Total Cholesterol	✓	✓	✓	✓	✓	✓
Blood Lipid Analysis	Triglycerides			✓	✓	✓
	HDL			✓	✓	✓
	LDL			✓	✓	✓
Renal function (Creatinine)	✓	✓	✓	✓	✓	✓
Liver function (ALT / SGPT)	✓	✓	✓	✓	✓	✓
Uric Acid			✓	✓	✓	✓
Electrocardiogram (Resting)	✓	✓	✓	✓	✓	✓
Chest X-Ray	✓	✓	✓	✓	✓	✓
Cervical Smear		✓		✓		✓
Report Prepared by Doctor	✓	✓	✓	✓	✓	✓
Report Explanation and Health Guidance by Health Care Professional	✓	✓	✓	✓	✓	✓

Please refer to service price list for details

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Premarital Health Check

The check-up is specially designed for couples before marriage, aiming to help them understand one another's health and highlight potential health conditions, such as infectious diseases and genetic problems, so as to protect the health of the spouse and future offspring. Please refer to the related service leaflet for more details.