

## Women's Health Check

Item	< 40 year-old	
<b>A. Basic health measurements</b>		
1. Body height measurement	✓	
2. Body weight measurement	✓	
3. Body mass index calculation	✓	
4. Blood pressure measurement	✓	
<b>B. Laboratory tests / Special examinations</b>		
Haematological Screening (Complete blood picture)	Haemoglobin level	✓
	Mean corpuscular volume (MCV)	✓
	White cell count	✓
	Platelet count	✓
Kidney Function	Urea	✓
	Creatinine	✓
	Sodium (Na)	
	Potassium (K)	
	Chloride (Cl)	
Liver Function	ALT (SGPT)	✓
	AST (SGOT)	✓
	Alkaline phosphatase (ALP)	
	Bilirubin	
	Protein	
	Albumin	
	Globulin	
	A/G ratio	
Gamma glutamyltransferase (GGT)		
Diabetes Screening	Fasting glucose	✓
Cardiovascular Risk Profile	Total cholesterol	✓
	HDL cholesterol	✓
	LDL cholesterol	✓
	Triglycerides	✓
	Chest X-ray	
	Resting ECG	
Thyroid Function	Thyroid stimulating hormone (TSH)	✓
Bone Health	Calcium (Ca)	✓
	Vitamin D	✓
	Phosphorus	
	Bone mineral density measurement (DEXA scan)	
Gout Screening	Uric acid	
Cervical Cancer Screening	Cervical smear (Pap smear) test	✓
Breast Cancer Screening	Breast ultrasound scan	
	Mammography*	
Urinalysis	Routine examination	✓
	Microscopic examination	✓

Item	< 40 year-old
<b>C. Health assessment by doctor</b>	
1. Smoking and drinking habits	✓
2. Medical history	✓
3. Allergy history	✓
<b>D. Examination</b>	
1. Physical examination	✓
2. Ultrasound scan of the pelvis	✓
<b>E. Doctor's advice</b>	✓
<b>F. Report</b>	
1. Health assessment report	✓
2. Laboratory test report	✓
3. Other special examination reports: Ultrasound scan, X-ray examination, ECG.	✓

The health check will be conducted in three parts.

1. On the day of Nurse's Consultation, the following will be performed:
  - Basic health measurements;
  - Blood tests. Please keep fasted (no food or drink except clear water) for at least 6-8 hours before blood taking;
  - Urinalysis.
2. Special examinations: Chest X-ray, resting ECG, breast ultrasound scan, mammography or bone mineral density measurement (DEXA scan) will be performed at designated diagnostic centre, and can be arranged to happen on the same day of Nurse's consultation.
3. On the day of Doctor's Consultation, the following will be performed:
  - Health assessment by doctor;
  - Examination of the woman including ultrasound scan of the pelvis;
  - Cervical smear (Pap smear) test;
  - Explanation of all test reports;
  - Doctor's advice.

\* The mammography is a 2D examination, and can be upgraded to 3D with an additional charge (\$1750).