



SPECIAL FOR



CORPORATE HEALTH SCREENING PACKAGES

**(ORCHARD)
HOP MEDICAL CENTRE**

390 Orchard Road Palais Renaissance
#11-03/04 S(238871)

☎ 6589 0009 ✉ Medicalcentre@hop.sg

Mon-Fri : 8.30am - 4.30pm Saturday : 8.30am -11.30am Sunday / PH : Closed



ONE-STOP CENTRE

HOP Medical Centre is **One-stop** Health Screening Centre conveniently located at **Orchard Road** Palais Renaissance and **Tampines** CPF Building complete with in-house imaging services.

Our screening centre are equipped with the latest medical equipment to meet your needs.

**(TAMPINES)
HOP MEDICAL CENTRE**

1 Tampines Central 5 CPF Tampines
Building #07-04/05 S(529508)

☎ 6589 0002 ✉ tampines@hop.sg

Mon-Fri : 8.30am - 4.30pm Saturday : 8.30am -11.30am Sunday / PH : Closed

FULL RANGE OF SERVICES:

Our centre is fully equipped with the latest medical equipment and services to meet your needs, such as:

- Ultrasounds
- Mammogram
- Treadmill ECG
- Resting ECG
- X-Ray
- Pap Smear / HPV Testing
- Vaccinations
- Blood Tests
- Urine Test / Stool Tests
- Spirometry
- Audiometry
- Digital Retinal Imaging
- Tonometry
- Bone Mineral Densitometry (Heel)
- Tele-consultation



**BASIC PACKAGE
FREE**

INCLUDES:

CORPORATE RATES

**Eligible for employees and their dependant(s)
above 21 years of age.**



CLINICAL TESTS

Height and Weight
BMI
Blood Pressure



LABORATORY TESTS

Diabetes Profile

Blood Glucose
HbA1c (where applicable)

Lipid Profile

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Cholesterol Ratio
Triglycerides



POST SCREENING DOCTOR CONSULTATION



PERSONAL REPORT AND LIFESTYLE COUNSELLING

PREMIUM PACKAGE

\$78*

INCLUDES:

CORPORATE RATES

Eligible for employees and their dependant(s)
above 21 years of age.



CLINICAL TESTS

Height and Weight
BMI
Blood Pressure



LABORATORY TESTS

Liver Profile

SGPT (ALT)
SGOT (AST)
Gamma GT (GGT)

Diabetes Profile

Blood Glucose
HbA1c (where applicable)

Lipid Profile

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Cholesterol Ratio
Triglycerides

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

Urinalysis

Urine FEME

Thyroid Profile

TSH
FT4 (If TSH is <0.40 pmol/L
or >4.70 pmol/L)

Bone and Joint Profile

Calcium
Phosphate
Uric Acid (Gout)

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film



POST SCREENING DOCTOR CONSULTATION



PERSONAL REPORT AND LIFESTYLE COUNSELLING

COMPREHENSIVE PACKAGE

\$158*

INCLUDES:

CORPORATE RATES

Eligible for employees and their dependant(s)
above 21 years of age.



CLINICAL TESTS

Height and Weight
BMI
Blood Pressure



LABORATORY TESTS

Liver Profile

Total Bilirubin
Alkaline Phosphatase
SGPT (ALT)
SGOT (AST)
Gamma GT (GGT)
Total Protein
Albumin
Globulin
Alb/Glob Ratio

Diabetes Profile

Blood Glucose
HbA1c (where applicable)

Lipid Profile

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Cholesterol Ratio
Triglycerides

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

Urinalysis

Urine FEME
Urine Microalbumin
Urine Creatinine
Microalbumin/Creatinine Ratio

Hepatitis Profile

Hepatitis A
Hepatitis B

Thyroid Profile

TSH
FT4 (If TSH is <0.40 pmol/L
or >4.70 pmol/L)

Bone and Joint Profile

Calcium
Phosphate
Uric Acid (Gout)
Rheumatoid
Arthritis

Cancer Markers

AFP (Liver)
CEA (Colon)

Venereal Profile

Syphilis TP Ab

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film



POST SCREENING DOCTOR CONSULTATION



PERSONAL REPORT AND LIFESTYLE COUNSELLING

SUPERIOR PACKAGE

\$288*

INCLUDES:

CORPORATE RATES

Eligible for employees and their dependant(s)
above 21 years of age.



CLINICAL TESTS

Height and Weight
BMI
Blood Pressure



LABORATORY TESTS

Liver Profile

Total Bilirubin
Alkaline Phosphatase
SGPT (ALT)
SGOT (AST)
Gamma GT (GGT)
Total Protein
Albumin
Globulin
Alb/Glob Ratio

Diabetes Profile

Blood Glucose
HbA1c (where applicable)

Lipid Profile

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Cholesterol Ratio
Triglycerides

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

Urinalysis

Urine FEME
Urine Microalbumin
Urine Creatinine
Microalbumin/Creatinine Ratio

Hepatitis Profile

Hepatitis A
Hepatitis B

Thyroid Profile

TSH
FT4 (If TSH is <0.40 pmol/L
or >4.70 pmol/L)

Bone and Joint Profile

Calcium
Phosphate
Uric Acid (Gout)
Rheumatoid
Arthritis

Cancer Markers

AFP (Liver)
CEA (Colon)
EBV (Nose)
CA19.9 (Pancreas)
PSA (Prostate) ♂
Beta HCG (Testes) ♂
CA 125 (Ovarian) ♀
CA 15.3 (Breasts) ♀

Venereal Profile

Syphilis TP Ab

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film



POST SCREENING DOCTOR CONSULTATION



PERSONAL REPORT AND LIFESTYLE COUNSELLING

PRESTIGE PACKAGE

\$428*

INCLUDES:

CORPORATE RATES

Eligible for employees and their dependant(s)
above 21 years of age.



CLINICAL TESTS

Height and Weight
BMI
Blood Pressure



LABORATORY TESTS

Liver Profile

Total Bilirubin
Alkaline Phosphatase
SGPT (ALT)
SGOT (AST)
Gamma GT (GGT)
Total Protein
Albumin
Globulin
Alb/Glob Ratio

Diabetes Profile

Blood Glucose
HbA1c (where applicable)

Lipid Profile

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Cholesterol Ratio
Triglycerides

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

Urinalysis

Urine FEME
Urine Microalbumin
Urine Creatinine
Microalbumin/Creatinine Ratio

Hepatitis Profile

Hepatitis A
Hepatitis B

Thyroid Profile

TSH
FT4 (If TSH is <0.40 pmol/L
or >4.70 pmol/L)

Bone and Joint Profile

Calcium
Phosphate
Uric Acid (Gout)
Rheumatoid Arthritis

Stool Analysis

Stool Occult Blood (Optional)

Cancer Markers

AFP (Liver)
CEA (Colon)
EBV (Nose)
CA19.9 (Pancreas)
PSA (Prostate) ♂
Beta HCG (Testes) ♂
CA 125 (Ovarian) ♀
CA 15.3 (Breasts) ♀

Venereal Profile

Syphilis TP Ab

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

Deficiency Profile

Vitamin D

Heart Screening

C-Reactive Protein (CRP)
Cardiac Profile (AA1+APB)



POST SCREENING DOCTOR CONSULTATION



PERSONAL REPORT AND LIFESTYLE COUNSELLING

ELITE PACKAGE

\$588*

INCLUDES:

Eligible for employees and their dependant(s) above 21 years of age.

CORPORATE RATES



CLINICAL TESTS

Height and Weight
BMI
Blood Pressure



LABORATORY TESTS

Liver Profile

Total Bilirubin
Alkaline Phosphatase
SGPT (ALT)
SGOT (AST)
Gamma GT (GGT)
Total Protein
Albumin
Globulin
Alb/Glob Ratio

Diabetes Profile

Blood Glucose
HbA1c (where applicable)

Lipid Profile

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Cholesterol Ratio
Triglycerides

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

Urinalysis

Urine FEME
Urine Microalbumin
Urine Creatinine
Microalbumin/Creatinine Ratio

Hepatitis Profile

Hepatitis A
Hepatitis B

Thyroid Profile

TSH
FT4 (If TSH is <0.40 pmol/L or >4.70 pmol/L)

Bone and Joint Profile

Calcium
Phosphate
Uric Acid (Gout)
Rheumatoid
Arthritis

Cancer Markers

AFP (Liver)
CEA (Colon)
EBV (Nose)
CA19.9 (Pancreas)
PSA (Prostate) ♂
Beta HCG (Testes) ♂
CA 125 (Ovarian) ♀
CA 15.3 (Breasts) ♀

Venereal Profile

Syphilis TP Ab

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

Stool Analysis

Stool Occult Blood (Optional)



**POST SCREENING
DOCTOR CONSULTATION**



**PERSONAL REPORT AND
LIFESTYLE COUNSELLING**

Deficiency Profile

Vitamin D
Vitamin B12
Iron
Folic Acid

Heart Screening

C-Reactive Protein (CRP)
Cardiac Profile (AA1+APB)

Stomach Screening

Helicobacter Pylori (HPY)

CHOOSE 1 OF THE FOLLOWING:



ELECTROCARDIOGRAPHY
ECG



TONOMETRY
Eye Pressure



BONE SCAN
Bone Mineral Densitometry



RADIOLOGY
Chest X-ray



SPIROMETRY
Lung Function Test



AUDIOMETRY
Functional Hearing Test



RETINA IMAGING (+\$20)
Macular and Optic Imaging

CHOOSE 1 OF THE FOLLOWING:



Ultrasound Prostate ♂

Ultrasound Pelvis ♀

Ultrasound Thyroid

Ultrasound Breast ♀

Ultrasound Kidney

Ultrasound Liver (HBS)

Mammogram ♀

Ultrasound Abdomen (+\$40)

Treadmill Stress Test (+\$40)

| 10cc BLOOD REQUIRED FOR ALL PACKAGES | | | | BASIC | PREMIUM | COMPREHENSIVE | SUPERIOR | PRESTIGE | ELITE |
|--|---|--|----------|-----------|---------|---------------|----------|----------|----------------|
| TESTS | | | | FREE | \$78 | \$158 | \$288 | \$428 | \$588 |
| Physical Examination 体检 | Blood Pressure | 血压 | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Height & Weight - Body Mass Index (BMI) | 身高和体重 | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Lipid Profile 类脂化合物检验 | Total Cholesterol | 胆固醇 | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | HDL Cholesterol | 高密度脂蛋白胆固醇 | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Total-Cholesterol/HDL ratio | 总胆固醇与高密度脂蛋白胆固醇比率 | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | LDL Cholesterol | 密度脂蛋白胆固醇 | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Triglyceride | 酸甘油酯 | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Diabetes Profile 血糖控制检验 | Fasting / Non-Fasting Blood Glucose | 血糖 | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | HbA1c* Triggered only if - Fasting blood glucose >126mg/dL - Non-Fasting blood glucose >198mg/dL | 糖化血红素 | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Liver Profile 肝功能检验 | Total Bilirubin | 胆红素 | | | | ✓ | ✓ | ✓ | ✓ |
| | Alkaline Phosphatase | 碱性磷酸酶 | | | | ✓ | ✓ | ✓ | ✓ |
| | SGPT (ALT) | 谷氨酸丙酮酸转氨酶 | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | SGOT (AST) | 谷氨酸草乙酸转氨酶 | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Gamma GT (GGT) | 伽玛-转氨酶 | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Total Protein | 总蛋白质 | | | | ✓ | ✓ | ✓ | ✓ |
| | Albumin | 白蛋白 | | | | ✓ | ✓ | ✓ | ✓ |
| | Globulin | 球蛋白 | | | | ✓ | ✓ | ✓ | ✓ |
| Hepatitis Profile 肝炎的检验 | Alb/Glob Ratio | 白蛋白/球蛋白比率 | | | | ✓ | ✓ | ✓ | ✓ |
| | Hep B s Antigen and Antibody | B 型肝炎表面抗原 / 抗体 | | | | ✓ | ✓ | ✓ | ✓ |
| Kidney Function 肾脏的检验 | Hep A Antibody | A 型肝炎抗体 | | | | ✓ | ✓ | ✓ | ✓ |
| | Urea | 尿素 | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Creatinine | 肌酸酐 | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Potassium | 钾 | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Sodium | 钠 | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Chloride | 氯化物 | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Estimated Glomerular Filtration Rate (eGFR) | 肾小球滤过率 | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| Urinalysis 尿液分析 | Urine FEME | 尿液化学及显微镜分析 | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Urine Microalbumin | 小分子白蛋白 | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Urine Creatinine | 尿肌酐 | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Microalbumin/Creatinine Ratio | 小分子白蛋白 / 尿肌酐比率 | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| Thyroid Function 甲状腺功能检验 | Thyroid Stimulating Hormone (TSH) | 甲状腺促进激素 | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Free Thyroxine* (FT₄) Triggered only if TSH <0.27 pmol/L or >4.20 pmol/L | 游离甲状腺素 | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| Bone & Joint Profile 骨骼及关节要素检验 | Calcium | 钙 | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Phosphate | 磷 | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Uric Acid (Gout) | 尿酸 | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Rheumatoid Arthritis | 类风湿因子 | | | | ✓ | ✓ | ✓ | ✓ |
| Cancer Markers 癌标记物检验 | AFP (Liver) | 甲胎蛋白 | | | | ✓ | ✓ | ✓ | ✓ |
| | CEA (Colon) | 癌胚抗原 | | | | ✓ | ✓ | ✓ | ✓ |
| | EBV (Nose) | 鼻咽癌检验 | | | | | ✓ | ✓ | ✓ |
| | CA19.9 (Pancreas) | 糖类抗 | | | | | ✓ | ✓ | ✓ |
| | Female | Male | 女 | 男 | | | ✓ | ✓ | ✓ |
| | CA125 (Ovarian) | PSA (Prostate) | 卵巢检验 | 前列腺检验 | | | ✓ | ✓ | ✓ |
| | CA15.3 (Breast) | Beta HCG (Testes) | 乳腺检验 | 人绒毛膜促性腺激素 | | | ✓ | ✓ | ✓ |
| Venereal Profile 性病检验 | Syphilis TP Ab / VD (RPR) if TP Ab reactive / TPPA if VD (RPR reactive) | 梅毒 / 梅毒检验 / 梅毒特异性鉴定检验 | | | | ✓ | ✓ | ✓ | ✓ |
| | Full Blood Count (Hb, Total WBC, RBC, PLT, DC) | 血红素, 白血球, 红血球指标, 血小板, 白血球区别计数 | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| Haematology 血液学 | Hb Indices (PCV, MCV, MCH, MCHC) | 红血球压量, 红血球平均容积, 红血球平均含血红素含量, 红血球平均含血红素浓度 | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Erythrocyte Sedimentation Rate (ESR) | 红血球沉降率 | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Peripheral Blood Film | 血液涂片检验 | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Stool Test 粪便检验 | Stool Occult Blood (Optional) | 粪便 | | | | | ✓ | ✓ |
| Heart Screening 心脏检查 | C-Reactive Protein (CRP) | C-反应蛋白 | | | | | | ✓ | ✓ |
| | Cardiac Profile (AA1 + APB) | 心脏剖面试验 | | | | | | ✓ | ✓ |
| Deficiency Screening 缺陷检查 | Vitamin D (VIT) | 维生素D试验 | | | | | | ✓ | ✓ |
| | Anaemic Panel (GS1987) (Iron + Vit B12 + Folic Acid) | 贫血症状 (缺铁性质 + 维生素B12 + 叶酸) | | | | | | | ✓ |
| Stomach Screening 胃部检查 | Helicobacter Pylori (HPY) | 幽门螺杆菌试验 | | | | | | | ✓ |
| Clinical Tests 临床测验 | Chest-X Ray (Filmless) | 胸部X光 | | | | | | | CHOOSE ONE (1) |
| | Bone Mineral Density (BMD) | 超声骨密度 | | | | | | | |
| | 12 lead Electrocardiogram (ECG) | 心电图 | | | | | | | |
| | Tonometry | 眼压 | | | | | | | |
| | Spirometry | 肺量计 | | | | | | | |
| | Audiometry | 测听 | | | | | | | |
| Ultrasound 超声波 | Digital Retina Imaging (+\$20) | 数字视网膜成像 (+\$20) | | | | | | | CHOOSE ONE (1) |
| | Kidneys | 肾脏 | | | | | | | |
| | Liver | 肝脏 | | | | | | | |
| | Thyroid | 甲状腺 | | | | | | | |
| | Prostate (Male) | 前列腺 (男) | | | | | | | |
| | Pelvis (TA) (Female) | 骨盆 (经腹) (女) | | | | | | | |
| | Breast (Female) | 乳房 (女) | | | | | | | |
| Mammogram (Female) | 乳房X光检查 (女) | | | | | | | | |
| Full Abdomen (+\$40) | 腹部 (+\$40) | | | | | | | | |
| Treadmill Stress ECG (+\$40) | 心脏压力测试 (+\$40) | | | | | | | | |

All Prices before GST

HEALTH OUTREACH PROGRAMME PTE LTD
HOP MEDICAL CENTRE (ORCHARD) Palais Renaissance #11-03/04, 390 Orchard Rd, Singapore 238871 | Tel: 6589 0009

HOP MEDICAL CENTRE (TAMPINES) CPF Building, 1 Tampines Central 5 #07-04/05 Singapore 529508 | Tel: 6589 0002

1 Scan + 2 Clinical Tests

1 扫描 + 2 临床测验

\$170*

(Weekday appointments only)

只限预约星期一至五

Choose 1 Scan

- U/S PELVIS (TA) 骨盆 (经腹) ♀
- U/S BREAST 乳房 ♀
- U/S PROSTATE 前列腺 ♂
- U/S THYROID 甲状腺
- U/S KIDNEYS 肾脏
- U/S LIVER 肝脏
- U/S FULL ABDOMEN 腹部 (+\$40)
- MAMMOGRAM 乳房X光检查 ♀



HOP Medical Centre

ORCHARD: Palais Renaissance
390 Orchard Road
#11-03/04
S238871

TAMPINES: CPF Tampines,
1 Tampines Central 5
#07-04/05
S529508

Choose 2 Clinical Tests

- CHEST X-RAY 胸部X光
- ECG 心电图
- TONOMETRY 眼压
- BONE MINERAL DENSITY (BMD) 超声骨亲密度
- DIGITAL RETINAL IMAGING (DRI) 视网膜照相 (+\$20)
- SPIROMETRY 肺活量测试
- AUDIOMETRY 听力测试

*Price before GST (不包含GST)

*Price exclude Doctor Consultation (if required) 不包括医生咨询

T: 6589 0009 | WA: 8830 0945

HOP MEDICAL CENTRE

ORCHARD – Palais Renaissance, 390 Orchard Road, #11-03/04, S238871
TAMPINES – 1 Tampines Central 5, #07-04/05, CPF Tampines Building, Singapore 529508

ULTRASOUNDS

All procedures and prices exclude
doctor consultation, if required.

PELVIS (TRANSABDOMINAL) (F) 骨盆 (经腹) (女)**Uterus, ovaries, cervix, fallopian tube, bilateral adnexa, pouch of douglas**

It is commonly used to identify abnormalities in the female reproductive system particularly for the ovaries and uterus such as ovarian cysts or cancer, uterine fibroids or endometrial thickening (which can be a sign of uterine cancer). It is also helpful in the investigation of heavy or painful menstrual bleeding, irregular menses, and infertility.

\$130***BREAST (F) 乳房 (女)****Breasts**

An internal scan of the structures of the Breast to diagnose breast lumps or any abnormalities found. This is particularly helpful in younger ladies (< 40 years old) with denser breasts which may not be suitable for mammogram yet, or those who already have a known breast lump for investigation or follow-up.

\$130***PROSTATE (M) 前列腺 (男)****Prostate, seminal vesicles**

Examines risk of Prostate cancer, benign prostatic hyperplasia (enlargement of the prostate) or any other prostate-related conditions. If you have a known elevated PSA level, this is also a recommended next step in investigation or monitoring of the prostate.

\$130***THYROID 甲状腺****Thyroid**

Monitors and characterizes the swellings found in the Thyroid gland, particularly whether there are any nodules suspicious for cancer, which may need a referral for biopsy.

\$130***KIDNEYS 肾脏****Kidneys, upper urinary tract**

A scan that assesses the physical appearance of the Kidneys. An Ultrasound can detect cysts, tumours, and kidney stone disease. It is also useful if you have a history of hematuria (blood in the urine), recurrent UTI (urinary tract infection), or any sudden changes in your renal function in your laboratory results.

\$130***LIVER (HEPATOBIILIARY SYSTEM) 肝脏 (肝胆)****Liver, gallbladder, pancreas**

A scan with focus on the Liver, gall bladder and pancreas. Useful for individuals with an abnormal cholesterol or liver function test, this test most commonly detects fatty liver, liver cysts and tumours which may prompt the need for more urgent management.

\$150***FULL ABDOMEN 腹部 (liver+kidneys)****Liver, gallbladder, pancreas, spleen, kidneys**

Includes the analysis of the main organs in the abdomen (liver, gall bladder, pancreas, kidneys, and spleen). Useful to complete a more detailed health screening for asymptomatic patients, or those with known blood test abnormalities in the above organ systems (e.g liver function and urine analysis). Detailed evaluation of the stomach and intestines might still require other modes such as CT scan / endoscopy.

\$180***PELVIS (TRANSABDOMINAL + TRANSVAGINAL) (F) 骨盆 (经腹+经阴道) (女)****Uterus, ovaries, cervix, fallopian tube, bilateral adnexa, pouch of douglas**

Containing both the transabdominal and transvaginal method, this procedure requires the ultrasound scan probe to be inserted into the vagina, helping to produce clearer images and more definitive information regarding the uterus and ovaries. Might be useful if the pelvis transabdominal scans alone are not able to clearly visualise the organs.

\$210*

OTHER TESTS

MAMMOGRAM 乳房X光检查

Breasts

A specialised X-ray of the Breast that aids in early detection of breast cancer. It is usually recommended for women above 50 years of age. For younger women, or those who have known breast diseases, you are recommended to check with your doctor regarding the recommended Breast Screening modality (i.e, an ultrasound or MRI of the Breast may be more suitable)

\$130*

TREADMILL STRESS ECG 心脏压力测试

Electrocardiogram, heart arrhythmia

A form of cardiovascular stress testing that monitors your electrocardiogram (ECG) and blood pressure (BP) levels during increasing difficulties of exercise. This can be useful for select group of patients who may have intermediate risk of coronary artery disease. (Pre-test consent is required, please approach our staff for more information)

\$180*

CLINICAL TESTS

CHEST X-RAY 胸部X光

Lungs, heart, airways, bones

A basic imaging test that helps detect some abnormalities found in the heart, lungs, blood vessels, airways, the bones of your chest and spine. It can also be helpful as an initial investigation for those with lung related symptoms such as those with chronic cough, fatigue.

\$30*

ECG 心电图

Electrocardiogram, heart arrhythmia

Also known as Electrocardiogram, this test checks the rhythm of your heart and its electrical activity. A resting ECG is a helpful initial test if you have a history of cardiac risk factors (e.g hypertension, high cholesterol / diabetes) or factors predisposing to irregular heart rhythm (eg thyroid, electrolyte / kidney disorder based on your previous blood tests).

\$30*

BONE MINERAL DENSITY 超声骨密度

Heel ultrasound, bone health

A heel ultrasound (non-radiation) screening test will be conducted to measure the calcium density in your bones. It is helpful together with Vit D tests to advise on the need for supplementation to prevent onset of osteoporosis - which is irreversible bone calcium loss. A BMD is also highly recommended for ladies as they prepare to head into menopause.

\$30*

SPIROMETRY 肺活量测试

Lungs, airways

A non-invasive test that is a part of lung function testing by measuring how much air you can breathe out in one forced breath. This is particularly useful for screening for chronic lung disease such as COPD (Chronic Obstructive Pulmonary Disease). If you have not seen a Respiratory Physician recently and have symptoms and risk factors such as a history of smoking, asthma, persistent cough or recurrent unexplained breathlessness, you may benefit from a spirometry.

\$30*

(N.B. Please refer to our Spirometry Patient Information Sheet for more details and when you should NOT do a spirometry)

AUDIOMETRY 听力测试

Ears, hearing

Tests your ability to hear varying types of sound, based on their loudness (intensity) and the speed of sound wave vibrations (tone). This test is useful for adults of any age as it can detect hearing loss at an early stage (before noticeable symptoms) or as part of initial work-up when you are having hearing problems from any cause.

\$30*

TONOMETRY 眼压

Eyes, intra-ocular pressure

A quick scan that checks the intra-ocular pressure of your eyes to see if you're at a risk of glaucoma, the number one leading cause of blindness. Glaucoma is a disease that damages your eye nerves overtime resulting in a loss of vision. Early screening would help to protect your eyesight and slow down the process of vision loss.

\$30*

DIGITAL RETINAL IMAGING (DRI) 视网膜照相

Eye, retina, optic nerves

Also known as a fundus photo, it is a non-invasive, diagnostic tool that produces digital high resolution, colored images of your retina, optic nerve, and blood vessels in the back of your eye. It is able to screen for 3 main eye conditions which are the top causes for vision loss: Glaucoma, Diabetic Retinopathy and Age-related Macular Degeneration (AMD). This is helpful even before you have visual symptoms as these conditions may benefit from early intervention before further irreversible eye damage.

\$50*