

## 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.

## HKSH Endocrine & Diabetes Centre

### Happy Valley

Hong Kong Sanatorium & Hospital  
10/F, Li Shu Pui Block  
2 Village Road, Happy Valley, Hong Kong  
Tel: (852) 2835 8683  
Fax: (852) 2892 7513  
endocrine@hksh-hospital.com  
www.hksh-hospital.com

### Service Hours

Monday to Friday: 8:00 am – 5:00 pm  
Saturday: 8:00 am – 1:00 pm  
Closed on Sundays and Public Holidays  
by Appointment

### Central

HKSH Healthcare  
2/F, Chuang's Tower,  
Nos.30-32 Connaught Road Central, Hong Kong  
Tel: (852) 2523 7807  
Fax: (852) 2892 7594  
endocrine@hksh-healthcare.com  
www.hksh-healthcare.com  
by Appointment

For enquiries and appointments,  
please contact us



# Diabetes Assessment and Complications Screening Programme



## What Is Diabetes?

People with diabetes have problems regulating the amount of glucose (sugar) in their blood. This happens when 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 to 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 to 40% of people with diabetes will develop kidney disease

## Heart Disease and Stroke

- People with diabetes are four 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 common cause of non-traumatic lower leg amputation. Patients are 20 to 40 times more likely to require this procedure

## Sexual Dysfunction

- More than 10% of male diabetes patients suffer from sexual dysfunction

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

## Diabetes Assessment and Complications Screening Programme

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

Medical History

Complete Physical Examination

Laboratory Investigation

Complete Blood Count Including Platelet

Blood Film

Kidney Function : Urea  
Creatinine

Electrolytes : Na, K

Liver Function : Bilirubin, Total and Direct  
A.S.T.  
A.L.T.  
Alkaline Phosphatase  
Gamma GT  
Albumin

Thyroid Function : TSH

Lipid Profile : Triglycerides  
Cholesterol-Total, HDL and LDL  
Total Cholesterol/HDL-C Ratio

Diabetic Screening : Fasting Glucose  
Haemoglobin A1C  
Mean Blood Glucose Concentration

Gout Screening : Uric Acid

Heart Disease Risk Factors Screening : hs-CRP

Urine : Urine Routine and Microalbumin

Treadmill Stress Test

X-ray Examination : Chest

Ultrasound Examination : Liver, Pancreas, Gall bladder,  
Kidney, Spleen

Foot Assessment : Podiatrist Consultation, foot blood  
supply and nerve examination

Complete Eye Examination by an Ophthalmologist  
(require dilate pupil)

Dietitian Consultation  
(will be arranged on reporting date)

Diabetes Nurse Consultation  
(will be arranged on reporting date)

Time Required: 7 hours

**Fee: HK\$ 10,820**

\* Prices and packages are subject to change without prior notice

