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.

For enquiries and appointments, please contact us at:

Endocrine & Diabetes Centre
10/F, Li Shu Pui Block
Hong Kong Sanatorium and Hospital
2 Village Road, Happy Valley, Hong Kong
Tel: 2835 8683 / 2835 8675
Fax: 2892 7513
Email: endocrine@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

www.hksh-hospital.com
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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.