

心血管疾病(包括冠心病和中風)是香港第二號都市殺手,多種誘因都會增加患上心血管疾病的機會。如果你有以下的危險因素,建議參加「改善慢性疾病計劃」,減低患上心血管疾病的機會:

- ◆ 血壓 $\geq 130/85$ mmHg
- ◆ 血糖 ≥ 5.6 mmol/L 或
葡萄糖耐糖測試(飲糖水兩小時後血糖) = 7.8-11mmol/L
- ◆ 肥胖: 腰圍 男性 ≥ 35.4 吋 (90cm) 或 體重指標 ≥ 23
女性 ≥ 31.5 吋 (80cm)
- ◆ 低密度脂蛋白膽固醇 (LDL-C) 高於理想水平

改善慢性疾病計劃

1. 體重指標、脂肪比例評估

2. 營養師飲食輔導

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|---------------|----------|
| ◆ 飲食模式及營養狀況評估 | ◆ 出外用膳指引 |
| ◆ 健康飲食指導 | ◆ 食物標籤常識 |
| ◆ 低脂、低膽固醇飲食指引 | ◆ 選擇小食建議 |

會員: 首次收費\$500 跟進收費\$400

非會員: 首次收費\$700 跟進收費\$600

備註: 藥物需另外收費

If you meet any of the below criteria, mean you are more likely to have **cardiovascular disease** than others.

- ◆ Blood Pressure $\geq 130/85$ mmHg
- ◆ Blood Glucose ≥ 5.6 mmol/L or OGTT = 7.8-11mmol/L
- ◆ Obese : Waist Circumference Male ≥ 35.4 inches (90cm) or BMI ≥ 23
Female ≥ 31.5 inches (80cm)
- ◆ LDL-C higher than normal

Chronic Disease Prevention Scheme

1. Body Mass Index, fat percentage

2. Nutritionist Follow-up

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|--|---------------------------|
| ◆ Nutritional Assessment | ◆ Eat out Guidelines |
| ◆ Healthy Diet | ◆ Food labeling Education |
| ◆ Guidelines of low fat/cholesterol diet | ◆ Snack Choice Suggestion |

Member: First visit \$500

Follow-up visit \$400

Non Member: First visit \$700

Follow-up visit \$600

Note: Drugs are not included in the scheme