



## 腦健康檢查計劃內容和收費 Brain Health Programme Details and Fee

### 體格檢驗 Physical Examination

醫生諮詢 - Doctor consultation

血壓、身高、體重、體重指標 (BMI)、腰圍  
Blood Pressure, Height, Body Weight, Body Mass Index (BMI), Waistline

### 血液檢測 Blood Analysis

血型及Rh因子 - Blood Grouping and Rh Factor

全血計數 - 血色素、白血球、血小板  
Complete Blood Count - Hemoglobin, White Blood Cell, Platelet

總膽固醇 - Total Cholesterol

高密度膽固醇、低密度膽固醇  
High-density Lipoprotein & Low-density Lipoprotein

三酸甘油脂 - Triglycerides

空腹血糖 - Fasting Blood Sugar

總蛋白、白蛋白、球蛋白 - Total Protein, Albumin, Globulin

谷丙轉氨酶 - ALT

丙種谷氨酰轉氨酶 - Gamma GT

鹼性磷酸酶 - Alkaline Phosphatase

谷草轉氨酶 - AST

總膽紅素 - Total Bilirubin

鈣 - Calcium

磷 - Phosphorus

維生素B12 - Vitamin B12

葉酸 - Folate

尿素、肌酸酐 - Urea, Creatinine

尿酸 - Uric Acid

促甲狀腺激素 - TSH

### 認知篩查 Cognitive Screening

蒙特利爾認知評估香港版  
Hong Kong version of the Montreal Cognitive Assessment (HK-MoCA)

### 中風和認知障礙風險評估 Cognitive and Stroke Risk Analysis

全自動視網膜圖像分析  
Automatic Retinal Image Analysis (ARIA)

收費 (港幣) Fee (HKD) \$4,950



Your Health 為你健康  
Our Purpose 盡力盡心



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星期日及公眾假期休息  
Monday to Friday 9:00 AM - 5:00 PM  
Saturday 9:00 AM - 1:00 PM  
Closed on Sunday and Public Holidays

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# 腦健康檢查 BRAIN Health Programme



CUHKMC/H/BR/IN/HEALTH/INTRO/2024/10

香港中文大學醫院  
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「腦健康檢查計劃」為關注大腦健康的您提供一站式服務。計劃內容涵蓋醫生諮詢、健康檢查（除常規項目外，血液檢測亦包括維生素B12和葉酸等有助大腦健康的元素）、香港版蒙特利爾認知評估（HK-MoCA）（中大醫學院編制及驗證的一系列問答測試，切合本地長者需要，能快速及有效地篩查早期認知障礙人士），以及 ARIA 全自動視網膜圖像分析，評估中風和認知障礙風險。醫生亦會根據需要，處方AccuBrain® AI腦影像分析，以偵測早期阿茲海默症。

This Brain Health Programme offers one-stop check-up service for people concerned about brain health. It includes doctor consultation, health check (Vitamin B12 and folate are specially included in the blood tests for their importance to brain health), the Hong Kong version of the Montreal Cognitive Assessment (HK-MoCA) (a cognitive screening instrument consisting a series of Q&As compiled and verified by the Faculty of Medicine of CUHK to better address the need of the elderly in Hong Kong and for quicker and more effective early screening of dementia amongst them), as well as Automatic Retinal Image Analysis (ARIA), for assessing the risk of stroke and dementia. AccuBrain® AI Brain Image Analysis will also be prescribed on a need basis by doctor to detect early Alzheimer's disease.



#### 醫生諮詢及報告 Doctor Consultation and Report



#### 健康檢查 Health Check



#### 香港版蒙特利爾認知評估 HK-MoCA Assessment

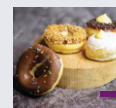


#### ARIA全自動視網膜圖像分析 Automatic Retinal Image Analysis (ARIA)

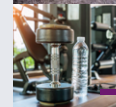


#### AccuBrain® AI腦影像分析（醫生處方項目） AccuBrain® AI Brain Image Analysis (Prescribed by doctor)

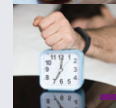
## 影響腦部健康的生活習慣你有幾樣？ Do you know these habits could affect your brain health?



#### 攝取過量卡路里 Excess consumption of calories



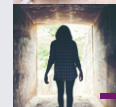
#### 無暇運動 Lack of exercise



#### 睡眠質素不佳 Poor sleep quality



#### 吸煙 Smoking



#### 缺乏社交 Lack of social activities

## 中風與認知障礙症知多少 Facts on stroke and dementia

- 1 2019年全球十大死因排名當中，中風排名第二，認知障礙症排名第七。<sup>\*</sup>  
Stroke is the 2<sup>nd</sup>, and dementia is the 7<sup>th</sup>, leading cause of death globally in 2019.<sup>\*</sup>
- 2 於2020年，全球約5,000萬人患有認知障礙症，而全球每年新增病例超過1,000萬宗。<sup>^</sup>  
There are over 50 million people worldwide living with dementia in 2020. There are over 10 million new cases every year.<sup>^</sup>
- 3 在香港，2019年主要死因排名當中，中風排名第四，認知障礙症排名第七。<sup>#</sup>  
In Hong Kong, stroke is the 4<sup>th</sup>, and dementia is the 7<sup>th</sup>, leading cause of death in 2019.<sup>#</sup>

## ARIA全自動視網膜圖像分析 Automatic Retinal Image Analysis (ARIA)

ARIA簡單、方便且屬非侵入性：透過眼底相機拍攝視網膜相片，並以ARIA分析圖像，即可取得中風和認知障礙兩方面的風險評估數值。此分析技術全自動化，並以研究數據作基礎。ARIA技術令腦部健康評估更方便。

ARIA is simple, convenient and non-invasive :  
Retinal images are captured by a fundus camera and analysed by ARIA, which provides the respective risk scores for stroke and dementia. The technology is fully automated and is research evidence-based, making it convenient for brain check-up.



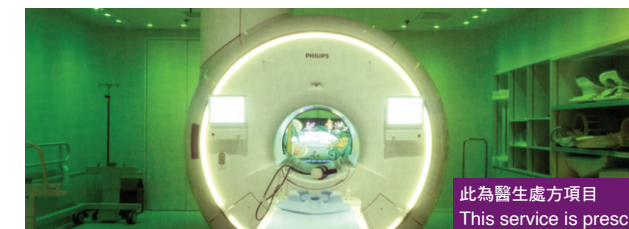
- 技術特色 Technological features :
- 香港中文大學研發 Developed by CUHK
  - 獲美國、中國及台灣專利 Patented in US, China and Taiwan
  - 結合人工智能、大數據及雲端平台 Combines AI, Big Data and Cloud onto one platform
  - 過程省時 Time-saving
  - 結果快速 Quick results

透過香港中文大學（「中大」）研發的創新評估技術，中大醫院致力令中風和認知障礙症的篩查普及化，從而及早偵測和預防。

## AccuBrain® AI 腦影像分析 AccuBrain® AI Image Analysis

AccuBrain® 包含三個磁力共振序列，是精簡版的腦部磁力共振掃描，所以掃描所需時間較短。醫生上載腦掃描影像至雲端，透過人工智能技術進行分析。AccuBrain® 在偵測輕度阿茲海默症方面的靈敏度，較以傳統肉眼對比磁力共振腦掃描影像的做法為高。

AccuBrain® consists of three sequences of MRI. It is a short version of brain MRI scan and therefore the required scanning time is shorter. Once the images are uploaded to the software, which can be operated via a cloud platform, they are analysed with AccuBrain® technology. AccuBrain® increases the sensitivity in the detection of mild Alzheimer's disease as compared to the traditional visual inspection of MRI images.



- 技術特色 Technological features :
- 香港中文大學研發 Developed by CUHK
  - 結合人工智能、大數據及雲端平台 Combines AI, Big Data, and Cloud onto one platform
  - 適用於臨床應用，以人工智能分析腦影像的評估工具 Clinically applicable AI-assisted brain imaging assessment tool
  - 有助偵測早期阿茲海默症 Assists early detection of Alzheimer's disease

Thanks to the pioneering assessment technologies developed by the Chinese University of Hong Kong (CUHK), CUHK Medical Centre is committed to promoting screening of stroke and dementia to enable early detection and prevention.