

Cardiac Health Check

The human heart works like a pump sending blood through a network of blood vessels called circulatory system. The heart continues to supply blood to your organs to sustain their activity and metabolic needs, and keep you alive.



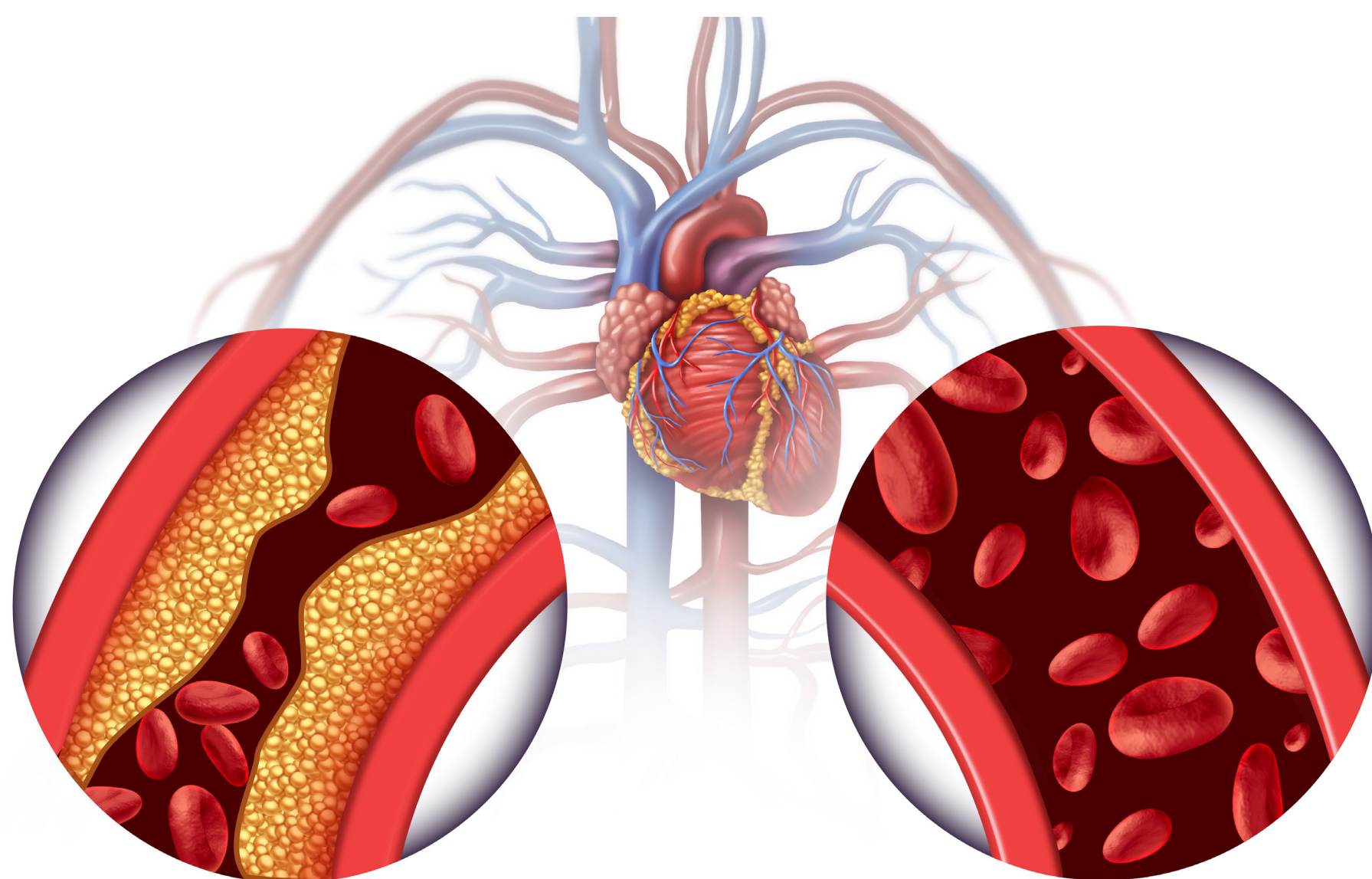
If the heart does not function properly, the organs will not be supplied with enough blood to deliver oxygen and nutrients to body cells for metabolism. With their functions greatly affected, one would not maintain a normal life or quality of life and even die.

For example, severe heart disease can lead to heart and lung failure, resulting in shortness of breath and a significant reduction in mobility. In most dire cases, patients with heart disease can die of arrhythmia during the first attack due to heart muscle ischemia.



What is Coronary Heart Disease?

The Department of Health issued in November 2019 that heart disease is the third commonest cause of death in Hong Kong¹. Heart disease refers to a broad spectrum of diseases related to the heart. Among different types of heart diseases, coronary heart disease, or coronary artery disease constitutes a major portion of the mortality. When coronary arteries are narrowed and hardened due to fat build-up, the blood flow to the heart muscle decreases. The heart muscle may be deprived of oxygen due to reduced blood flow and may not function properly, even leading to myocardial infarction.



Risk factors for coronary heart disease such as smoking, diabetes, high cholesterol and obesity are becoming more prevalent in Hong Kong and most western developed countries. However, it appears silently. People often do not know they have coronary heart disease until they have chest pains (so-called angina) or a heart attack, or they often suffer from cardiac arrest without prior symptoms. This shows the importance of preventing heart disease.

Causes

A number of risk factors may increase the risk of cardiovascular disease. The more risk factors you have, the higher your chance of developing a heart incident.



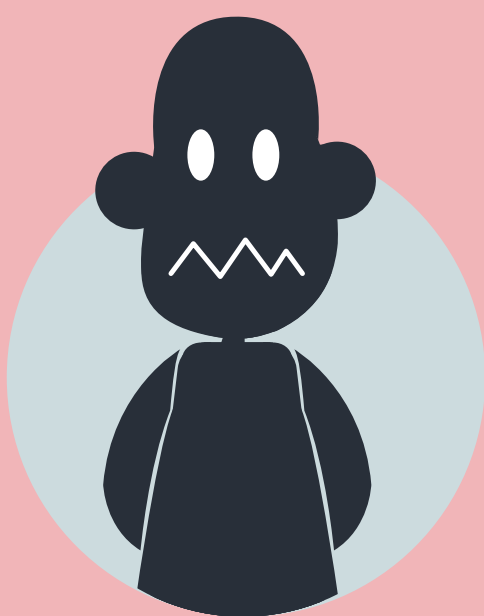
Smoking



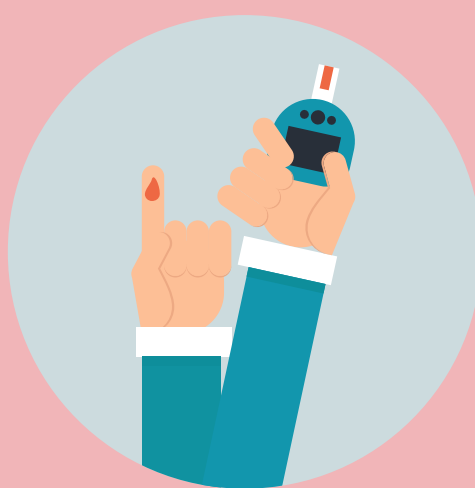
Obesity



Alcohol



Stress



Diabetes



High blood pressure



High cholesterol



Heredity

Common Symptoms



Angina

Angina is chest pain or discomfort. It may feel like pressure or squeezing in your chest. The discomfort also can occur in your shoulders, arms, neck, jaw, abdomen or back;



Shortness of breath

Shortness of breath or sweating during normal activities or exercise;



Heart palpitations

Irregular heartbeats, sometimes with dizziness and difficulty breathing;



Dizziness

Often episodic, with a sense that your surroundings are spinning or moving;

It shows that coronary heart disease is increasingly common in younger age in recent years. Why not invest in your health early and take an active role in caring for your heart before you suffer from heart disease in the future?

Comprehensive Cardiac Health Check



Physical Examination	Blood pressure, pulse, height, weight and BMI
Cardiac Function Test	Electrocardiogram (ECG), Exercise Treadmill Test, Cardiac Ultrasound
Blood Test	Complete Blood Count (CBC)
Inflammatory Marker	C-reactive protein
Lipid Panel	Total cholesterol, high-density cholesterol, low-density cholesterol, triglycerides
Diabetes Test	Blood sugar (fasting), A1C test
Kidney Function	Creatinine, blood urea, sodium, potassium
Liver Function	Total bilirubin, alanine transaminase (ALT), aspartate transaminase (AST), gamma-glutamyl transferase (GGT), alkaline phosphatase (ALP)
Gout Test	Uric acid
Urine Test	Urinalysis

Standard Cardiac Health Check



Physical Examination	Blood pressure, pulse, height, weight and BMI
Cardiac Function Test	Electrocardiogram (ECG), Exercise Treadmill Test or Cardiac Ultrasound
Blood Test	Complete Blood Count (CBC)
Lipid Panel	Total cholesterol, high-density cholesterol, low-density cholesterol, triglycerides
Diabetes Test	Blood sugar (fasting)

Basic Cardiac Health Check



Physical Examination	Blood pressure, pulse, height, weight and BMI
Cardiac Function Test	Electrocardiogram (ECG)
Blood Test	Complete Blood Count (CBC)
Lipid Panel	Total cholesterol, high-density cholesterol, low-density cholesterol, triglycerides
Diabetes Test	Blood sugar (fasting)



About EC Healthcare

listed on the Main Board of the Stock Exchange of Hong Kong (Stock Code: 2138)

As both the largest medical service provider (non-hospital)¹ and aesthetic medical service provider¹ in Hong Kong, EC Healthcare prides itself on its core business of prevention and precision medicine and is committed to providing our customers with the most professional, secure and effective medical services by integrating and developing medical artificial intelligence, high-end brands and quality customer services underpinned by the diverse services. The Group currently operates 91 clinics/service centres occupying a total service area of over 449,0002 sq. ft.², providing the one-stop medical and health services especially in the Greater Bay Area (GBA).



1. According to research conducted by Frost & Sullivan in terms of revenue in 2019 and 2020
2. Information based on 28 February 2022
3. Based on data from January 2013 to September 2021

With billions invested in medical equipment as well as well-rounded services, EC Healthcare is well-positioned to be your one-stop healthcare partner.

As of 28 Feburary 2022, we have **230** full-time registered doctors¹ spanning **29** disciplines, including :

				
General Medicine	Cardiothoracic Surgery	Gastroenterology & Hepatology	Pediatric Surgery	General Surgery
				
Geriatric Medicine	Neurosurgery	Urology	Otorhinolaryngology (ENT)	Cardiology
				
Plastic Surgery	Orthopaedics & Traumatology	Paediatrics	Family Medicine	Clinical Oncology
				
Psychiatry	Radiology	Chinese Medicine	Chiropractic	Dental
				
Obstetrics & Gynaecology	Ophthalmology	Veterinary Care	Anesthesiology	Endocrinology, Diabetes & Metabolism
				
Haematology & Haematological Oncology	Pediatric Respiratory Medicine	Reproductive Medicine	Respiratory Medicine	

1. Based on information as at 28 Feb 2022.