不讓性別,一般人就算沒有任何遺傳或慢性疾病,踏入成年期後,已可嘗試做第一次身體檢查,而30歲後更應作定期檢查,以持續及有效地監察健康。但身體檢查服務項目繁多,在選擇身體檢查項目之前,必須要根據個人年齡、性別、病歷、家族病史及生活習慣等作依據,仔細地選擇一些切合到個人需要的檢查,以下有一些資料可供你作參考之用。
Everybody, no matter female or male, can consider having the first health check at his/ her early adulthood. And it is highly recommended to have regular health check from the age of 30 onwards. As there are many health check hitems available, one should consider to do the checkups that meet his/ her own health needs according to age, sex, medical and family history, and

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有需要時 因應個別情況 例上排尿功能障礙接査 As Needed (出現病徴人士) Frequency will depend upon individual circumstances	Ancer Screenings 子喜興書董計劃 Cervical Cancer Screening Programme 乳糖菁查計劃 (乳房メー光施影検査) Breast Cancer Screening Programme Mammogram 特宜調音音査計劃 Colorectal Cancer Screening Programme	毎三年一次 (如以往沒有不正常的檢查結果) Every 3 years if do not have previous abnormal smear 毎隔年一次 Every 2 years 毎一至南年一次 Once Every 1 - 2 Years 毎五至十年一次 Once Every 5 - 10 Years	如同時患有高血壓、超重、運動不足及家族成員患有糖尿人士 Inactive and obese individuals with hypertension, and those with a family history of diabetes 有性生活人士 Sexually Active Individuals 有乳癌相關家族病歷人士較高 風險 Individuals with a family history of breast cancer are considered at higher risk for the disease 有陽癌相關家族病歷人士較高 風險 Individuals with a family		•	•		9	©	• • • • • • • • • • • • • • • • • • •	<u>•</u>		□		©	()	
Assessment for BPH & Lower Urinary Tract Syndrome Frequency will depend upon individual circumstances	ancer Screenings 子言類語音流計劃 Cenvical Cancer Screening Programme 乳糖溶液計劃 (乳房メー光施影検液) Breast Cancer Screening Programme Mammogram 結直開新音流計劃 Colorectal Cancer Screening Programme i 大便難血測試 Stool for Occult Blood ii 圖解検液 Colonoscopy 著者常見病 pommon Problems of the Elderh 舞質密度検索 Assessment for Osteoporosis Risk Assessment for Fall/	毎三年一次 (如以往沒有不正常的檢查結果) Every 3 years if do not have previous abnormal smear 毎扇年一次 Every 2 years 毎五至 中年一次 Once Every 1- 2 Years 毎五至十年一次 Once Every 5- 10 Years	如同時患有高血壓、超重、運動不足及家族成員患有糖尿人士 Inactive and obese individuals with hypertension, and those with a family history of diabetes 有性生活人士 Sexually Active Individuals 有乳癌相關家族病歷人士較高 風險 Individuals with a family history of breast cancer are considered at higher risk for the disease 有陽癌相關家族病歷人士較高 風險 Individuals with a family		•	•		9	©	• • • • • • • • • • • • • • • • • • •	<u>•</u>		•				
Urinary Tract Syndrome individual circumstances	ancer Screenings 子喜興善達計劃 (年中では Cenvical Cencer Screening Programme 別、講審查計劃 (現場メー光遊影構造) Breast Cencer Screening Programme Mammogram 韓宣圖語審査計劃 Colorectal Cencer Screening Programme 「大便屬血測試 Stool for Occult Blood ii 圖鏡檢查 Colonoscopy ·名常見毛病 pommon Problems of the Elderh 舞質態度檢查 Resessment for Osteoporosis 軟質及青折風験 Risk Assessment for Fall/ Fracture	毎三年一次 (如以往沒有不正常的檢查結果) Every 3 years if do not have previous abnormal smear 毎兩年一次 Once Every 2 years 毎五至中年一次 Once Every 1- 2 Years 毎五至十年一次 Once Every 5- 10 Years 毎年一次 Once Every 2 Years	如同時患有高血壓、超重、運動不足及家族成員進有糖尿人士 Inactive and obese individuals with hypertension, and those with a family history of diabetes 有性生活人士 Sexually Active Individuals 有乳癌相關家族病歷人士較高 風險 Individuals with a family history of breast cancer are considered at higher risk for the disease 有腸癌相關家族病歷人士較高 風險 Individuals with a family lindividuals with a family E年期後婦女 Post- menopausal Women		•	•		•	©	• • • • • • • • • • • • • • • • • • •	<u>•</u>		•				
(Symptomatic Individuals)	Incer Screenings 子喜頭語言語計画 Cervical Cancer Screening Programme 現底語言計画 現房メー光燈影鏡画) 現房メー光燈影鏡画) Reast Cancer Screening Programme Mammogram Wi直腸語言計画 Colorectal Cancer Screening Programme i 大便驅血湖路 Stool for Occult Blood ii 歸鏡鏡面 Colonoscopy 名常見毛病 Temmon Problems of the Elderh 母質感度鏡音 Assessment for Osteoporosis 大概與及骨折風鏡 Nisk Assessment for Fall/ Fracture 同土辞原功能障礙檢查	毎三年一次 (如以往沒有不正常的檢查結果) Every 3 years if do not have previous abnormal smear 毎兩年一次 Once Every 2 years 毎五至中年一次 Once Every 1- 2 Years 毎五至十年一次 Once Every 5- 10 Years 毎年一次 Once Every 2 Years	如同時患有高血壓、超重、運動不足及家族成員患有糖尿人士 Inactive and obese individuals with hypertension, and those with a family history of diabetes 有性生活人士 Sexually Active Individuals 有乳癌相關家族病歷人士較高 風險 Individuals with a family history of breast cancer are considered at higher risk for the disease 有陽癌相關家族病歷人士較高 風險 Individuals with a family breast tancer are considered at higher risk for the disease 有陽癌相關家族病歷人士較高 風險 Individuals with a family 更年期後婦女 Post-menopausal Women		•	<u>•</u>		1	©	• • • • • • • • • • • • • • • • • • •	<u>•</u>						