

不論性別，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 items and services available, one should consider to do the checkups that meet his/ her own health needs according to age, sex, medical and family history, and lifestyle etc. Below are some clues for your reference.

項目 Items	檢查頻密程度 Frequency	備註 Remarks	建議接受檢查的年齡 Recommended Age Ranges																特別風險人士 High Risk Individuals
			15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+			
行為風險因素評估 Behavioral Risk Assessment																			
吸煙習慣 Smoking Habit	每年一次 Once Every Year	非吸煙者除外 Except Non-Smokers	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺		
健康狀況 (視力/ 聽覺/ 口腔檢查) General Health Conditions (Including Vision/ Hearing and Oral Health)	每年一次 Once Every Year		☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺		
健康狀況 (體重/ 腰圍) General Health Conditions (Including Weight, Waist-circumference)	每年一次 Once Every Year		☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺		
運動習慣 Physical Activity	有需要時 As needed		☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺		
安全性行為 Safe Sex		有性生活人士 Sexually Active Individuals	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺		
避孕方法的認識 Contraceptive Knowledge	有需要時 As Needed	有性生活人士或準婚人士 Sexually Active Individuals or Soon-to-Wed Couples	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺		
飲食習慣 Dietary Habits																			
鈣質/ 維他命 D (1000U/E) 的攝取 Ca/Vitamin D 1000U daily	每年一次 Once Every Year		☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺		
食用水果及蔬菜 Fruit & Vegetable Intake	每年一次 Once Every Year		☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺		
葉酸服用情況 Folate Absorption	有需要時 As Needed	預備懷孕婦女 Women who are planning for a pregnancy	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺		
疫苗注射 Immunisations																			
破傷風 Tetanus	每十年接受一次加強針 Booster needed every 10 years		☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺		
肺炎球菌結合疫苗 (長者) Pneumococcal Vaccination (Elderly)	接受一次即可 Once Only	於 65 歲接受注射 (以往從沒接受過肺炎球菌疫苗者) Get vaccinated at the age of 65 for those who have not													☺	☺	☺		
預防流行性感冒疫苗 Influenza Vaccination	每年一次 Once Every Year		☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺		
甲型肝炎預防疫苗 Hepatitis A Vaccination	只需接受一個基本注射過程 (合共兩針) One course of 2 separate doses within 6 months	30 歲後人士注射前需驗血 People aged above 30 are required to undergo blood test before vaccination	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺		
乙型肝炎預防疫苗 Hepatitis B Vaccination	只需接受一個基本注射過程 (合共三針) One course of 3 separate doses within 6 months	注射前需驗血 Blood test required before vaccination	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺		
子宮頸癌預防疫苗 HPV Cervical Cancer Preventive Vaccination	只需接受一個基本注射過程 (合共三針) One course of 3 separate doses within 6 months		☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺		
德國麻疹抗體檢測 Rubella Antibody	有需要時 As Needed	預備懷孕婦女 Women who are planning for a pregnancy	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺		
心理及精神健康 Emotional & Mental Health																			
抑鬱風險評估 Depression Risk Assessment	因應個別情況 (出現病徵人士) Frequency will depend upon individual circumstances (Symptomatic Individuals)	情緒低落人士/ 初為人母者/ 喪親人士/ 長期病患者 Emotionally depressed individuals/ Women who recently gave birth/ Bereft individuals/ Patients with chronic illness	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	
癡癡化症評估 Dementia Screening	同上 (As above)	出現焦慮/ 記憶衰退/ 抑鬱等情況 Those who have symptoms of anxiety/ Memory Loss/ Depression													☺	☺	☺		
各項普查 General Screenings																			
心血管病風險評估 Cardiovascular Disease Risk Assessment						☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺		
血壓 Blood Pressure	每五年一次 (如無特別風險之成年人士) Once every 5 years for young adults not at risk	高危人士需根據個別身體狀況增加檢查次數 High risk individuals may need to undergo the test more often according to their own health conditions				☺	☺												
	每年一次 (如無特別風險之老年人士) Once every year for elderly not at risk	同上 As above						☺	☺	☺	☺	☺	☺	☺	☺	☺	☺		
血脂分析 Lipid Profile	每五年一次 (如無特別風險之成年人士) Once every 5 years for young adults not at risk	同上 As above				☺	☺												
	每年一次 (如無特別風險之老年人士) Once every year for elderly not at risk	同上 As above						☺	☺	☺	☺	☺	☺	☺	☺	☺	☺		
血糖分析 Blood Glucose Analysis	每五年一次 Once Every 5 Years	如同時有超重、運動不足的情況及家族成員患有糖尿病人士 Inactive and obese individuals, and those with a family history of diabetes				☺	☺												
	每年一次 Once Every Year	如同時患有高血壓、超重、運動不足及家族成員患有糖尿病人士 Inactive and obese individuals with hypertension, and those with a family history of diabetes				☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺		
癌症篩選 Cancer Screenings																			
子宮頸癌篩選計劃 Cervical Cancer Screening Programme	每三年一次 (如以往沒有不正常的檢查結果) Every 3 years if do not have previous abnormal smear	有性生活人士 Sexually Active Individuals	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺		
乳房癌篩選計劃 (乳房 X-光攝影檢查) Breast Cancer Screening Programme Mammogram	每兩年一次 Every 2 years	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									☺	☺	☺	☺	☺	☺	☺		
結直腸癌篩選計劃 Colorectal Cancer Screening Programme		有腸癌相關家族病歷人士較高風險 Individuals with a family																	
i 大便隱血測試 Stool for Occult Blood	每一年至兩年一次 Once Every 1- 2 Years										☺	☺	☺	☺	☺	☺	☺		
ii 腸鏡檢查 Colonoscopy	每五至十年一次 Once Every 5- 10 Years										☺	☺	☺	☺	☺	☺	☺		
長者常見毛病 Common Problems of the Elderly																			
骨質密度檢查 Assessment for Osteoporosis	每兩年一次 Once Every 2 Years	更年期後婦女 Post-menopausal Women													☺	☺	☺		
跌傷及骨折風險 Risk Assessment for Fall/ Fracture	每年一次 Once Every Year														☺	☺	☺		
男士泌尿功能障礙檢查 Assessment for BPH & Lower Urinary Tract Syndrome	有需要時 As Needed	因應個別情況 (出現病徵人士) Frequency will depend upon individual circumstances (Symptomatic Individuals)													☺	☺	☺		
項目 Items	檢查頻密程度 Frequency	備註 Remarks	年齡組別 Age Groups																
			15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+			