

## Service Network

### Jockey Club Wo Lok Community Health Centre.....

Unit 26-33, G/F, Kui On House, Wo Lok Estate, Kwun Tong, Kowloon

**Transportation** Ngau Tau Kok MTR ⇌ KMB Route 95M ⇌ Wo Lok Estate Station Exit A

**Transportation** Kwun Tong MTR ⇌ Green Minibus ⇌ Wo Lok Estate Station Exit A1 Route 50

☎ 2344 3444 ☎ 5625 3918

### Jordan Health Centre.....

13/F, Sino Cheer Plaza, No. 23 Jordan Road, Kowloon

**Transportation** Jordan MTR Station Exit A

☎ 2770 8365 ☎ 5628 5198

### Kwong Fuk Community Health Centre.....

19, G/F, Kwong Yan House, Kwong Fuk Estate, Tai Po, New Territories

**Transportation** Tai Po Market MTR ⇌ MTR Feeder ⇌ Kwong Fuk Estate Station Exit A3 Bus Route K18

☎ 2638 3846 ☎ 6226 5342

### Jockey Club Tin Shui Wai Community Health Centre

Unit 103, 1/F, Tin Ching Amenity and Community Building, Tin Ching Estate, Tin Shui Wai, New Territories

**Transportation** Tin Shui Wai MTR Light Rail Stop ⇌ Tin Yuet/Tin Sau Stop (Route 705, 706)

☎ 3156 9000 ☎ 6350 2031



## Headquarters

📍 L1, KEC Administrative Building, No. 2 Po Ning Lane, Hang Hau, Tseung Kwan O

☎ 2717 1989

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🌐 [www.ucn.org.hk](http://www.ucn.org.hk)

📘 [facebook.com/ucnchs](https://facebook.com/ucnchs)

📷 [instagram.com/ucn\\_healthcare](https://instagram.com/ucn_healthcare)

## Introduction

**United Christian Nethersole Community Health Service (UCN)** is a sub-organisation of United Christian Medical Service.

Founded in 1972 by Dr Edward Paterson\* based on "Hospital without Walls" concept, "Kwun Tong Community Health Project" provided professional, comprehensive and affordable health care service to the local community. In 1997, "Kwun Tong Community Health Project" merged with "Nethersole Community Health Service" to inaugurate as **United Christian Nethersole Community Health Service**.

Nowadays, **UCN** has developed into a versatile organisation with expertise on primary health care organisation. Based on "Holistic Health" model, **UCN** aims to promote health and prevent disease, conducive to realisation of "Leading a Healthy Life". The key service areas of **UCN** include:

- 👤 Preventive Medicine & Clinical Service
- 👤 Chinese Medicine and Chinese Medicine Specialty Service
- 👤 Allied Health Service
- 👤 Diagnostic Service
- 👤 Social Service

# UCN

\* Dr Edward H. Paterson, a missionary doctor from England, had been the medical superintendent of the Alice Ho Miu Ling Nethersole Hospital and founding medical superintendent of the United Christian Hospital. As a surgical specialist, Dr Paterson also excelled at hospital planning and management. He spearheaded the concept of community nursing, and became a pioneer in community nursing service.



When the United Christian Hospital was still under planning stage in the 1960s, Dr Paterson foresaw the capacity of the Hospital would fall short of meeting the needs of the Kwun Tong population. Adopting the concept of "Hospital without Walls", he set up the "Kwun Tong Community Health Project" to go beyond the hospital walls and extend health care services to the community. This constituted a good foundation for **UCN's** development of primary health care service. On 16 March 1972, the first Community Health Centre was opened in Sau Mau Ping Estate.

基督教聯合那打素社康服務  
社康 UNITED CHRISTIAN NETHERSOLE COMMUNITY HEALTH SERVICE

Health Maintenance Service

## Diabetes Mellitus Complication Screening Plans



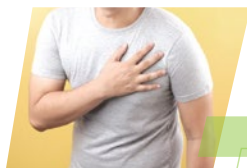
Leading a Healthy Life



## One-stop Services for Comprehensive Diabetes Mellitus Management Program

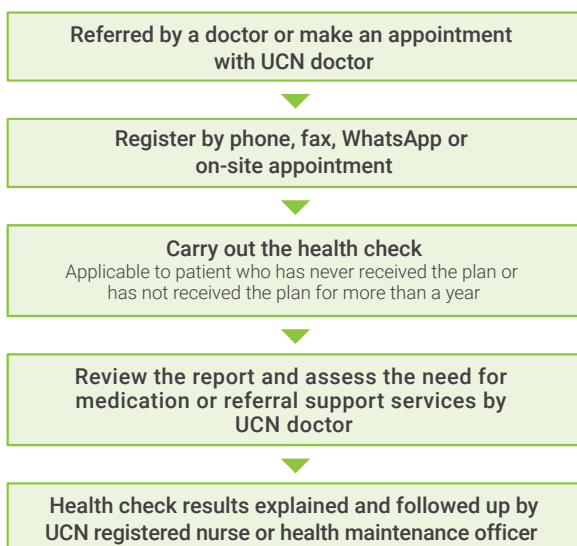
Diabetes is one of the most common chronic diseases in Hong Kong. One in ten Hong Kong people suffers from diabetes and over 20% of the patients are under the age of 40.

Due to insufficient insulin secretion or insulin resistance, patients will have the chance of raising high blood glucose level which in serious cases, can cause various severe complications, such as heart disease, kidney failure, blindness and foot gangrene. Though diabetes cannot be completely cured, with early detection and effective control, diabetics still can lead a normal life. People with diabetes should thus evaluate their health condition regularly, so as to reduce their chance for developing complications.



UCN provides Diabetes Mellitus Complication Screening Plans, covering aspects including drug therapy and complication risk evaluation, to focus on strengthening patients' ability to self-manage the disease. Together with individual diet counselling and Chinese medicine treatment, we offer comprehensive care to patients with diabetes and help improve their quality of life in the long run.

## Case Follow-up Process



## Diabetes Mellitus Complication Screening Plans

Early signs and symptoms of diabetes related complications are not always noticeable. Annual diabetes complication screening can help diabetes patient to evaluate the risks for developing complications. Doctors will recommend the most suitable screening package to patients based on his/her health condition.

Health Check Plans	Prestige	Premium	Supreme	Splendid	Standard	Essence
	DM   01	DM   02	DM   03	DM   04	DM   05	DM   07
<b>Health Analysis</b>						
Personal Health and Life Habits	✓	✓	✓	✓	✓	✓
Medical History	✓	✓	✓	✓	✓	✓
<b>Basic Check-Up</b>						
Blood Pressure	✓	✓	✓	✓	✓	
BMI	✓	✓	✓	✓	✓	
Fat %	✓	✓	✓	✓	✓	
Waist Circumference	✓	✓	✓	✓	✓	
<b>Eye Check</b>						
Visual Assessment	✓	✓	✓	✓	✓	✓
Tonometry	✓	✓	✓		✓	
Retinal Photo	✓	✓	✓		✓	✓
<b>Foot Assessment</b>						
Foot Nerve & Blood Circulation	✓	✓	✓	✓	✓	
<b>Blood Glucose</b>						
Fasting Blood Glucose	✓	✓		✓		
HbA1C	✓	✓		✓	✓	
<b>Blood Lipids</b>						
Total Cholesterol	✓	✓		✓		
HDL Cholesterol	✓	✓		✓		
LDL Cholesterol	✓	✓		✓		
Triglyceride	✓	✓		✓		
<b>Liver &amp; Kidney Functions</b>						
Creatinine	✓	✓		✓		
ALT	✓	✓		✓		
Potassium & Sodium	✓			✓		
Microalbuminuria	✓	✓	✓	✓	✓	
Report Explanation by Doctor	✓	✓	✓	✓	✓	✓

Please refer to service price list for details

## Support Services

### Diabetes Support Group

Participants of Diabetes Mellitus Complication Screening Plan can join the Diabetes Support Group for free.

Free courses will be conducted by a group of professionals, including Dietitians, Chinese Medicine Practitioners, Nurses, Health Maintenance Officers etc., and offered to diabetes patients and their family members to train up their disease self-management skill.

<b>Self-test</b> <ul style="list-style-type: none"> <li>Causes and treatment of diabetes</li> <li>Demonstration on self monitoring of blood glucose</li> <li>Demonstration on diabetic foot care</li> </ul>	<b>Diet, Weight &amp; Exercise</b> <ul style="list-style-type: none"> <li>Diabetes diet</li> <li>Weight control</li> <li>The importance and demonstration of sports</li> </ul>
<b>Chinese Medicine Treatment</b> <ul style="list-style-type: none"> <li>Characteristic treatment of Chinese medicine</li> <li>Prevention of complications</li> <li>Chinese medicine recovery</li> </ul>	<b>Community Support</b> <ul style="list-style-type: none"> <li>Diabetes support activities</li> <li>Health tips</li> </ul>

### Individual Nutrition Counselling Diabetes

Those who choose the Diabetes Mellitus Complication Screening Plan can enjoy a discount on the individual diet counselling.

To have better control on the blood glucose level, people with diabetes need to have daily meal planning on carbohydrates intake.

Our team of experienced registered dietitians offers one-to-one nutrition counselling, tailor-made meal planning and recipe modification to help people with diabetes have a balanced nutrition intake, maintain healthy body weight and prevent complications, which lead to an optimal long-term diabetic control.

☎ 2172 0727 (Inquiry)

### Chinese Medicine Treatment for Diabetes

Traditional Chinese medicine takes prevention of disease as the main principle, which means treating the disease before it arises. Through diet therapy, traditional Chinese medicine, acupuncture or bloodletting therapy, it nourishes the liver and kidney, improves microvascular circulation. As a result, diabetic complications can be slow down or even be avoided, patient's quality of life can be restored. Complications include: diabetic retinopathy, diabetic foot and diabetic nephropathy.

☎ 2114 0881 (Inquiry)