

Are you putting your HEART into SMART care ?

Multi-tasking skills needed on the job, e-mail beep, phone battery is running out at the exigent time, even deciding what to eat for lunch that stress people about two hour and 28 minutes daily -according to a poll by SureMaxPro, London.

Nowadays, you may notice that our daily life is becoming more and more hectic, and you get stressed out inevitably. Due to high competition at working age, people need to be more active to finish everything on time just to find other tons of things in their to-do list. Moreover, most of people try to save their precious time by eating fast food, staying put for a long time. After a tiresome day, they mostly reward themselves with going out and joining a party with alcohol, unhealthy food, smoking and so on. To many of us, this behavior seems very common with nothing to make a fuss about. But wait, all this can contribute to "Heart Disease" in all age and genders.

Let's check out if you have any risk factors.

- ✓ Obesity
- ✓ Stress
- ✓ Diabetes
- ✓ High blood pressure
- ✓ High cholesterol
- ✓ Smoking
- ✓ Lack of physical activity
- ✓ Unhealthy sedentary daily life

Did you know ?

- ♥ More than 200,000 women die each year from heart attacks- five times as many women as breast cancer.
- ♥ Heart disease is the leading cause of death for both men and women. More than half of the deaths due to heart disease in 2008 were in men.
- ♥ Not only senior people, but also 2.1% of working-age population (15 - 64 years) in EU-25 are identified as having heart disease as their most serious health problem -counted as 12.7% of all persons' health problem.

References: Cardiosmart.org. (2017). Heart Disease Statistics. [online] Available at: <https://www.cardiosmart.org/Heart-Basics/CVD-Stats> [Accessed 18 Oct. 2017].

If you have any of these symptoms, don't wait to see a doctor.



Chest discomfort



Shortness of breath



Pain around parts of the upper body (arms, back, neck, jaws, stomach)



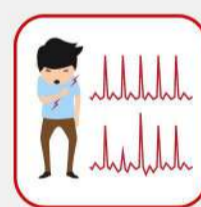
Feel dizzy or lightheaded



Getting exhausted easily



Snoring



Irregular heartbeat

Do not wait to keep your heart healthy at the Bangkok-Phuket Heart Center, Bangkok Hospital Phuket. We provide a wide range of cardiac care from simple cardiovascular check-up to complex heart surgery, such as coronary artery bypass or heart valve surgery. With 24x7 readiness, do not worry about your heart in any emergency time. Our vibrant cardiac care unit and cardiac catheterization laboratory can support all the range of cardiovascular emergencies with a highly experienced cardiac team using high technology to make sure that your heart will fully recover safe and sound.

Smart Heart Check-up Program: THB 12,800

This package is designed for both men and women who are 35 years old onwards. Our experienced cardiologist will evaluate your risk of heart disease with screening that includes Physical Examination, chest X-ray, blood testing, kidney function test, liver function test, hormone test. With state-of-the-art technology, your heart health profile will be fully screened with either Exercise Stress Test (EST) or Echocardiogram (ECHO), and checking your arteries by CT Calcium score, CAVI (Cardio-ankle Vascular Index) and ABI (Ankle-brachial Index). What is more for a lady is a Digital Mammogram for breast cancer screening, and for a gentlemen is Prostrate Cancer Screening (PSA), all added up for more value to you.

Executive Plus Heart Program: THB 15,400

Beyond the Smart Heart Program, the Executive Plus Heart Program goes the extra mile by offering an eye examination by our ophthalmologists, because eye health is related to your blood pressure and heart. There is no need to hesitate between Exercise Stress Test (EST) and Echocardiogram (ECHO) because you will get both procedures done to make sure your heart remains strong.

Remark: • These prices are valid until 31 December 2017.
• They do not include medications and doctor fees for further follow-up appointments.
• Please refrain from food and drink at least 8 - 12 hours prior to the examinations.

Our leading specialists:



Chusak Kuptarnond, M.D.
Director of the Bangkok-Phuket Heart Center



Somsak Khongcharoen, M.D.
Cardiologist



Naiyanet Chaiyen, M.D.
Cardiologist and Cardiac Imaging



Sopiida Rattanaprucks, M.D.
Cardiologist



Khajornsak Thepsen, M.D.
Cardiologist

Find Out More

Open daily from 07.00-17.00 hrs + 24-hour Cardiac Care Unit (CCU) Tel. +66 (0) 7625 4425 ext. 3760-1, 1610
For further information or inquiries: please e-mail us at Jason.Ga@bgh.co.th, Thanaphon.lo@bgh.co.th or call tel. +66 (0) 7625 4425 ext.1282, 8343.

Find out more





ชุดตรวจสุขภาพหัวใจ

Heart Check-up Program

| รายการตรวจ | EXAMINATION LIST | EXECUTIVE Plus HEART Program (F) | EXECUTIVE Plus HEART Program (M) | SMART HEART (F) | SMART HEART (M) |
|--|----------------------------------|------------------------------------|------------------------------------|-------------------|-------------------|
| ตรวจร่างกายทั่วไปโดยแพทย์ | Physical Examination | ● | ● | ● | ● |
| ตรวจความสมบูรณ์ของเม็ดเลือดและเกล็ดเลือด | CBC (Complete Blood Count) | ● | ● | ● | ● |
| ตรวจน้ำตาลในเลือด | FBS (Fasting Blood Sugar) | ● | ● | ● | ● |
| ตรวจระดับน้ำตาลสะสม | HbA1C | ● | ● | ● | ● |
| ตรวจการทำงานของไต | BUN | ● | ● | ● | ● |
| | Creatinine | ● | ● | ● | ● |
| ตรวจกรดยูริก | Uric Acid | ● | ● | ● | ● |
| ตรวจปัสสาวะ | Urine Exam | ● | ● | ● | ● |
| ตรวจการทำงานของตับ | SGOT | ● | ● | ● | ● |
| | SGPT | ● | ● | ● | ● |
| | Alkaline Phosphatase | ● | ● | ● | ● |
| ตรวจไขมันในเส้นเลือด | Cholesterol | ● | ● | ● | ● |
| | Triglyceride | ● | ● | ● | ● |
| | HDL | ● | ● | ● | ● |
| | LDL | ● | ● | ● | ● |
| ตรวจมะเร็งเต้านม | Mammogram | ● | ● | ● | ● |
| ตรวจสารบ่งชี้มะเร็งตับ | AFP (Alpha Fetoprotein) | ● | ● | ● | ● |
| ตรวจสารบ่งชี้มะเร็งลำไส้ | CEA (Carcinoembryonic Antigen) | ● | ● | ● | ● |
| ตรวจสารบ่งชี้มะเร็งต่อมลูกหมาก | PSA (Prostatic Specific Antigen) | ● | ● | ● | ● |
| ตรวจไทรอยด์ | Free T4 | ● | ● | ● | ● |
| | TSH | ● | ● | ● | ● |
| ตรวจอัลตราซาวด์ช่องท้อง | Ultrasound Whole Abdomen | ● | ● | ● | ● |
| ตรวจเอกซเรย์ปอดและหัวใจ | Chest X- ray | ● | ● | ● | ● |
| ตรวจคลื่นไฟฟ้าหัวใจ | EKG | ● | ● | ● | ● |
| ตรวจสุขภาพตา | Eye Exam Program | ● | ● | ● | ● |
| การตรวจด้วยเครื่องมือพิเศษ | | | | | |
| ตรวจสมรรถภาพปอดหัวใจโดยการวิ่งสายพาน | EST (Exercise Stress Test) | ● | ● | ●●● | ●●● |
| ตรวจหัวใจด้วยคลื่นเสียงสะท้อนความถี่สูง | Echo (Echocardiogram) | ● | ● | ●●● | ●●● |
| ตรวจหินปูนเกาะเส้นเลือดหัวใจโดยเอกซเรย์คอมพิวเตอร์ | CT Calcium Score | ● | ● | ● | ● |
| ตรวจวัดความยืดหยุ่นของเส้นเลือดแดง | Arterial Stiffness (CAVI) | ● | ● | ● | ● |
| ตรวจการตีบตันของหลอดเลือดส่วนปลาย | ABI | ● | ● | ● | ● |
| ราคา/บาท (Special Price/Baht) | | 15,400 | 15,400 | 12,800 | 12,800 |

หมายเหตุ :

- โรงพยาบาลสงวนสิทธิ์ในการเปลี่ยนแปลงราคาโดยไม่ต้องแจ้งให้ทราบล่วงหน้า
- แพคเกจไม่สามารถคืนเงินและใช้ร่วมกับโปรโมชั่นอื่นๆ
- กรุณาอดน้ำและอาหารอย่างน้อย 8-12 ชั่วโมง ก่อนเข้ารับการตรวจ
- สำหรับชุดตรวจ SMART HEART M / F ท่านสามารถเลือกตรวจได้ 1 รายการ (ตรวจสมรรถภาพปอดหัวใจโดยการวิ่งสายพาน หรือตรวจหัวใจด้วยคลื่นเสียงสะท้อนความถี่สูง)

Remark :

- The hospital reserves the rights to change the prices without prior notice.
- The packages is non-refundable and cannot be used in conjunction with any other promotions.
- Please fast for food and drink at least 8-12 hours prior to the examination.
- For SMART HEART M / F package, you can choose only one of the options (EST or Echo).