

體重管理計劃

營養及體重管理基因測試

據一項有關市民對肥胖及減肥的意見調查顯示，受訪的500多人中，分別有32.9%和30.5%人士因擔心健康問題及不滿自己外貌而曾經進行減肥⁽¹⁾。事實上，許多人為了保持理想體型而不斷嘗試各種體重管理方法，屢敗屢戰。然而，不少人耗盡金錢也找不到適合自己的體重管理方法，甚至有些人因選用錯誤方法而影響了健康。有否想過這可能與我們的基因(DNA)有關？

事實上，我們的基因與營養、生活習慣和環境之間有著環環緊扣的關連性，更影響控制體重的效果。每個人均有獨特基因組成，透過分析個人基因了解您的身體如何對您的飲食習慣、營養攝取及生活模式作出反應，可以更精確地知道自己需要配合哪種飲食模式及自身的新陳代謝率、營養攝取量應比建議多或少等。我們的註冊營養師會根據您的基因測試報告，制訂針對性的個人化體重管理計劃，建議適合您的飲食和改變生活模式，從而有助提高體重管理的成效。

Source: ⁽¹⁾ Survey on Obesity and Weight Management, The University of Hong Kong.
<https://www.hkpopop.hku.hk/english/report/obesitySurvey2015/report.pdf>. Accessed 16 May 2017.



檢測特點：

- ☑ 非入侵性測試，只需一個簡單的唾液樣本進行分析
- ☑ 美國 CLIA 認證 - Illumina CPro® 級別NGS次代測序技術
- ☑ 由於每個人的基因不會改變，故此一生只需進行一次檢測

(計劃一) 營養攝取及體重管理 (CS Code: EG43)

此計劃為以下項目作獨立基因分析：

運動與糖份
運動與減重



脂聯素(脂肪分解蛋白)水平
體重指數
腰圍



食物脂肪與體重
地中海飲食與體重
能量攝取與體重
嗜糖風險
過度進食風險

計劃收費: **HK\$6,880**

包括

- 2次註冊營養師諮詢服務
- 解釋報告及提供個人化的飲食指導

服務地點：

尖沙咀亞太中心 2723 1183 | 中環太子大廈 2523 8166

以上計劃有效期至2018年12月31日並受有關條款約束

Weight Management Program

Nutrition & Weight Management DNA Test



According to a survey of the public's opinion on overweight and losing weight, 32.9% and 30.5% of over 500 respondents expressed that they had attempted to lose weight due to health and appearance concerns respectively. In fact, many people persistently try out different ways of weight management in hope of maintaining an ideal body figure, but some make a spending spree without finding out a method that is suitable for them, while others might even experience health problems due to wrong methods. Have you ever thought that it could be relevant to our DNA?



Our DNA, nutrition, habits and the environment are actually closely related and can influence the results of weight management. Each and every of us has unique DNA sequences. **A thorough analysis on our personal DNA helps us understand how our body reacts to our eating habits, nutrition intake and lifestyle**, so that we can know precisely what kind of diet we need, as well as our metabolic rate and energy intake compared with the suggested intake. **Our registered dietitian will customise a weight management program based on the DNA test report to recommend diets and lifestyle change** for more promising weight management effects.

Features of the test:

- ☑ Non-invasive test, oral swabs would be used to collect samples of oral cells
- ☑ US CLIA-accredited Illumina CPro NGS Gene Sequencing Technologies
- ☑ As our genes remain unchanged for the entire life, we only need to take the test once in our life.

Source: ⁽¹⁾ Survey on Obesity and Weight Management, The University of Hong Kong.
<https://www.hkupop.hku.hk/english/report/obesitySurvey2015/report.pdf>. Accessed 16 May 2017.

(Package 1) Nutrition & Weight Management (CS Code: EG43)

Under this programme, an independent DNA analysis will be carried out on the following items:

Exercise & Glucose Tolerance
Exercise & Weight Reduction



Adiponectin Levels
BMI Genes
Waist Circumference Genes



Dietary Fat & Body Weight
Mediterranean Diet Effect
Caloric Intake & Weight
Sugar Crave
Over-eating Behavior



Package Price: **HK\$6,880**

Includes

- 2 sessions of Dietetics Consultation by Registered Dietitian
- Report Review and Provide Personalised Dietary Advice

Location:

Tsim Sha Tsui (Pacific Centre) 2723 1183 | Central (Prince Building) 2523 8166

Above packages are valid till 31 December 2018. Terms & Conditions apply.

☎ 8100-8138 @ info@qhms.com

Longer, healthier, happier lives

體重管理計劃

營養及體重管理基因測試

據一項有關市民對肥胖及減肥的意見調查顯示，受訪的500多人中，分別有32.9%和30.5%人士因擔心健康問題及不滿自己外貌而曾經進行減肥⁽¹⁾。事實上，許多人為了保持理想體型而不斷嘗試各種體重管理方法，屢敗屢戰。然而，不少人耗盡金錢也找不到適合自己的體重管理方法，甚至有些人因選用錯誤方法而影響了健康。有否想過這可能與我們的基因(DNA)有關？

事實上，我們的基因與營養、生活習慣和環境之間有著環環緊扣的關連性，更影響控制體重的效果。每個人均有獨特基因組成，透過分析個人基因了解您的身體如何對您的飲食習慣、營養攝取及生活模式作出反應，可以更精確地知道自己需要配合哪種飲食模式及自身的新陳代謝率、營養攝取量應比建議多或少等。我們的註冊營養師會根據您的基因測試報告，制訂針對性的個人化體重管理計劃，建議適合您的飲食和改變生活模式，從而有助提高體重管理的成效。

Source: ⁽¹⁾ Survey on Obesity and Weight Management, The University of Hong Kong.
<https://www.hkpopop.hku.hk/english/report/obesitySurvey2015/report.pdf>. Accessed 16 May 2017.



檢測特點：

- ☑ 非入侵性測試，只需一個簡單的唾液樣本進行分析
- ☑ 美國 CLIA 認證 - Illumina CPro® 級別NGS次代測序技術
- ☑ 由於每個人的基因不會改變，故此一生只需進行一次檢測

(計劃二) 營養攝取及體重管理 + 健康生活 (CS Code: EG45)

此計劃為以下項目作獨立基因分析：



計劃收費: **HK\$9,280**

包括

- 2次註冊營養師諮詢服務
- 解釋報告及提供個人化的飲食指導

服務地點：
尖沙咀亞太中心 2723 1183 | 中環太子大廈 2523 8166

Weight Management Program

Nutrition & Weight Management DNA Test



According to a survey of the public's opinion on overweight and losing weight, 32.9% and 30.5% of over 500 respondents expressed that they had attempted to lose weight due to health and appearance concerns respectively. In fact, many people persistently try out different ways of weight management in hope of maintaining an ideal body figure, but some make a spending spree without finding out a method that is suitable for them, while others might even experience health problems due to wrong methods. Have you ever thought that it could be relevant to our DNA?

Our DNA, nutrition, habits and the environment are actually closely related and can influence the results of weight management. Each and every of us has unique DNA sequences. **A thorough analysis on our personal DNA helps us understand how our body reacts to our eating habits, nutrition intake and lifestyle**, so that we can know precisely what kind of diet we need, as well as our metabolic rate and energy intake compared with the suggested intake. **Our registered dietitian will customise a weight management program based on the DNA test report to recommend diets and lifestyle change** for more promising weight management effects.



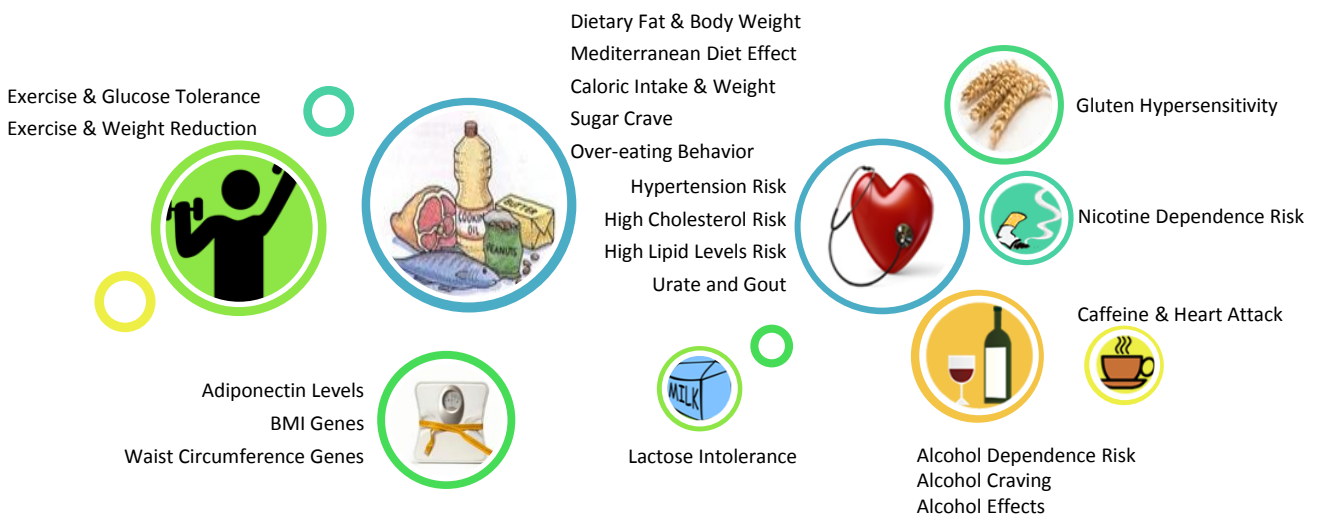
Features of the test:

- ✓ Non-invasive test, oral swabs would be used to collect samples of oral cells
- ✓ US CLIA-accredited Illumina CPro NGS Gene Sequencing Technologies
- ✓ As our genes remain unchanged for the entire life, we only need to take the test once in our life.

Source: ⁽¹⁾ Survey on Obesity and Weight Management, The University of Hong Kong.
<https://www.hkpopop.hku.hk/english/report/obesitySurvey2015/report.pdf>. Accessed 16 May 2017.

(Package 2) Nutrition & Weight Management + Lifestyle & Living (CS Code: EG45)

Under this programme, an independent DNA analysis will be carried out on the following items:



Package Price: **HK\$9,280**

Includes

- 2 sessions of Dietetics Consultation by Registered Dietitian
- Report Review and Provide Personalised Dietary Advice

Location:

Tsim Sha Tsui (Pacific Centre) 2723 1183 | Central (Prince Building) 2523 8166

8100-8138 @ info@qhms.com

Above packages are valid till 31 December 2018. Terms & Conditions apply.

Longer, healthier, happier lives