

## **Hong Kong Women Lack Health Awareness Over Half of Them Not Seeking Health Check**

**A recent women's health survey conducted by Faculty of Medicine, the University of Hong Kong (HKU) reveals that *over half of perimenopausal and menopausal women in Hong Kong have not performed regular health check and a majority of them regarded that it was not necessary or even resisted to seek health check.***

The researchers from the Faculty of Medicine, HKU found that women in Hong Kong were deficient of adequate knowledge on cervical cancer, osteoporosis and breast cancer and were not aware of the potential health threats of these diseases. These could be reflected by their level of knowledge on the cause/risk factor of disease, symptom identification, and prevention/treatment of cervical cancer, osteoporosis and breast cancer.

The research also showed that only 40% of our female population has performed annual health check and 35 % had gynaecological examination. **The main reasons for not performing health check was due to:**

- **it was regarded not necessary (45%);**
- **considered the health check was costly (28%);**
- **lack of time to seek health checking (10%) and**
- **considered it would cause too much trouble (5%).**

This has reflected a majority of Hong Kong women do not have adequate/sufficient knowledge on common female health threats, which, in turn, may contribute to the increasing incidence of women diseases.