

# 健康手冊

Healthy handbook

## 健檢項目說明

Instructions for health inspection projects



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## 檢查及臨床檢驗 ( Inspection and clinical examination )

### 01、視力 ( Vision )

項目 Check item	參考值Reference		臨床意義 Clinical interpretation
	右眼 ( Right )	左眼 ( Left )	
裸視力 ( Bare vision )	≥0.8	≥0.8	異常時建議矯治 Correction is recommended when abnormal
矯正視力 ( Corrected Vision )	≥0.8	≥0.8	

### 02、眼壓 ( Intraocular Pressure )

項目 Check item	參考值 Reference	臨床意義 Clinical interpretation
眼壓 ( Intraocular Pressure )	≤21	檢測青光眼或高眼壓症，請回眼科門診追蹤 To detect glaucoma or ocular hypertension, please return to the ophthalmology clinic for follow-up

### 03、聽力 ( Hearing ) 氣導式多頻率分貝檢查 (Air conduction multi-frequency decibel check)

dB/HZ	500	1000	2000	3000	4000	6000	8000
參考值 (Reference)	≤25	≤25	≤25	≤25	≤25	≤25	≤25

※ 在具良好隔音設備之環境下檢查結果參考值

※ Reference value in a good sound insulation environment

### 04、X光檢查 ( X-ray Examination )

項目 Check item	參考值 Reference	臨床意義 Clinical interpretation
胸部 CXR	正常 Normal	可看出肺結核、肺腫瘤、肺部或肋膜纖維性鈣化、心臟擴大、肋骨/鎖骨骨折變化等。 It can be seen that tuberculosis, lung tumors, fibrous calcification of the lung or pleura, enlarged heart rib/clavicle fracture changes, etc.

## 05、尿液常規檢查 ( Urine Analysis )

Please refer to the reference value of the medical examination report

項目 Check item	臨床意義Clinical interpretation
Sp. Gravity 比重	腎臟功能評估，但飲水多寡及飲食種類都會影響尿液比重 Kidney function assessment, but the amount of water and diet will affect urine liquid specific gravity.
pH 酸鹼值	禁食過久、進食特定食物、尿路感染、糖尿病、藥物治療都會影響尿液酸鹼值。 Fasting for too long, eating certain foods, urinary tract infections, diabetes, medicines physical therapy will affect the pH of urine.
Protein 尿蛋白	生理性或原發性原因或特定食物、腎絲球病變、糖尿病、高血壓、痛風都可能呈陽性。 Physiological or primary cause or specific food, glomerulopathy, diabetes urinary disease, high blood pressure, gout may all be positive.
Glucose 尿糖	陽性表示葡萄糖代謝或腎臟再吸收有異常。 Positive indicates abnormal glucose metabolism or kidney reabsorption.
Blood 尿潛血	女性生理期污染、泌尿道疾病、肌肉代謝式損傷、血球代謝式損傷等生理與病理變化都可能呈陽性。 Female menstrual period pollution, urinary tract disease, muscle metabolic injury, physiological and pathological changes such as blood cell metabolic damage may be positive.
Bilirubin 尿膽紅素	呈陽性常見原因為肝膽功能異常或黃疸代謝異常。 The common cause of positive is abnormal liver and gallbladder function or abnormal metabolism of jaundice.
Ketone 尿酮體	若呈陽性表示有飢餓或其他代謝原因造成之脂肪酸代謝問題。 If it is positive, it means that there is fatty acid caused by hunger or other metabolic problems.
Urobilogen 尿膽素原	若非於參考值內常見原因為肝膽系統疾病或溶血性疾病。 If it is not within the reference value, the common cause is hepatobiliary system disease or hemolytic disease.

項目 Check item	臨床意義Clinical interpretation
WBC 尿沉渣：白血球	<p>若非於參考值內常見原因腎臟與泌尿道的感染發炎、結石、腫瘤等病變。</p> <p>If it is not within the reference value, the common causes are infections of the kidney and urinary tract, inflammation, stones, tumors and other diseases.</p>
RBC 尿沉渣：紅血球	
Casts圓柱體	
Pus cell 膿細胞	
Bacteria細菌	
Crystals鹽類結晶	
Squamus Epi cell 尿沉渣：扁平上皮	

## 06、血液常規檢查 (Blood Routine)

Please refer to the reference value of the medical examination report

項目 Check item	臨床意義Clinical interpretation
HB 血色素	<p>參考值以外表示可能為造血功能異常，脫水或失血等問題。</p> <p>Other than the reference value, it may be caused by abnormal hematopoietic function, dehydration or blood loss, etc.</p>
Hb-Ep (Hbelectrophoresis) 血色素電泳	<p>參考值以外表示可能為甲型或乙型海洋性貧血、血色素病變等。</p> <p>Other than the reference value, it may be type A or type B thalassemia, hemoglobin disease, etc.</p>
HCT 血中紅血球百分比	<p>參考值以外表示可能為造血功能異常，脫水或失血等問題。</p> <p>Outside the reference value, it may be abnormal hematopoietic function, problems such as dehydration or blood loss.</p>

項目 Check item	臨床意義Clinical interpretation
RBC 紅血球	參考值以外表示多血症、脫水、海洋性貧血、懷孕、白血症等血液問題。 Other than the reference value indicates blood problems such as plethemia,dehydration, thalassemia, pregnancy, leukemia, etc.
MCV 紅血球平均容積	參考值外表示肝病、海洋性貧血、慢性病、營養不良。 Outside the reference value means liver disease, thalassemia, chronic disease,malnutrition.
MCHC 紅血球色素濃度	高於參考值：惡性貧血。 低於參考值：與 MCV 綜合研判貧血之類別。 Above reference value：Pernicious anemia. Lower than the reference value： comprehensive study of the type of anemia with MCV.
MCH 紅血球色素	高於參考值：遺傳性球狀紅血球症。 低於參考值：與 MCV 綜合研判貧血之類別。 Above reference value: hereditary globular erythrocytosis. Lower than the reference value: comprehensive study of the type of anemia with MCV.
RDW 紅血球分佈變異數	高於參考值：慢性貧血、海洋性貧血、慢性病等。 Higher than the reference value: chronic anemia, thalassemia, chronic diseases, etc.
WBC 白血球	參考值外表示感染、發炎、藥物、輻射或造血功能異常。 Outside the reference value means infection, inflammation, drugs, radiation,or abnormal hematopoietic function.
Platelet 血小板	高於參考值：癌症、造血系統異常、手術後（脾切除）、結核病等。 低於參考值：藥物、造血系統異常、輻射、肝硬化、紫斑病、脾腫大等。 Above reference value: cancer,hematopoietic system abnormality,postoperative (splenectomy), tuberculosis, etc. Lower than reference value: drugs,hematopoietic system abnormalities,radiation exposure, liver cirrhosis, purpura, splenomegaly, etc.

WBC Classification 白血球分類		
Neutrophil 嗜中性 白血球	Band	高於參考值：表示身體或情緒壓力、急性感染等。 低於參考值：感染、營養不良、再生不良性貧血、化學中毒、肝硬化。
	Segment	Higher than the reference value indicates physical or emotional stress, acute infection, etc. Below the reference value: infection, malnutrition, regeneration failure. Benign anemia, chemical poisoning, liver cirrhosis.
Eosinophil 嗜伊紅性白血球		高於參考值表示可能寄生蟲感染以及過敏反應。 Higher than the reference value indicates possible parasite infection and over allergic reaction.
Basophil 嗜鹼性白血球		高於參考值表示可能過敏反應或血液疾病。 Higher than the reference value indicates possible allergic reaction or blood disease.
Monocyte 單核球		高於參考值表示可能感染性疾病或血液疾病。 Higher than the reference value indicates possible infectious diseases or blood disease.
Lymphocyte 淋巴球		若非於參考值之內表示可能感染性疾病或血液科疾病。 If it is not within the reference value, it means possibly infectious disease or hematology disease.
Atypical Lymphocyte 非典型淋巴球		若非於參考值之內表示可能感染性疾病或血液科疾病。 If it is not within the reference value, it means possibly infectious disease or hematology disease.
Blast 血球母細胞		若非於參考值之內表示可能感染性疾病或血液科疾病。 If it is not within the reference value, it means possibly infectious disease or hematology disease.



## Iron Deficiency Anemia Tests 缺鐵性貧血篩檢

Ferritin 鐵蛋白	若非於參考值之內表示可能缺鐵性貧血或血液科疾病。 If it is not within the reference value, it may indicate iron deficiency anemia or hematology disease.
Serum Iron ( SI ) 血清鐵	若非於參考值之內表示可能缺鐵性貧血或血液科疾病。 If it is not within the reference value, it may indicate iron deficiency anemia or hematology disease.
TIBC 總鐵結合能力	若非於參考值之內表示可能缺鐵性貧血或血液科疾病。 If it is not within the reference value, it may indicate iron deficiency anemia or hematology disease.
Transferrin ( 運鐵蛋白 )	若非於參考值之內表示可能缺鐵性貧血或血液科疾病。 If it is not within the reference value, it may indicate iron deficiency anemia or hematology disease.

## 07、肝膽胰功能檢查 ( Liver、Biliary、Pancreatic Function Tests )

Please refer to the reference value of the medical examination report

項目 Check item	臨床意義Clinical interpretation
T-P 血清總蛋白	若非參考值內表示營養或水份攝取不足，感染或肝病、甲狀腺功能亢進。 If the non-reference value indicates insufficient nutrition or water intake, infection or liver disease, hyperthyroidism.
ALB 白蛋白	高於參考值：脫水、血液濃縮。 低於參考值：白血病、腫瘤、肝機能受損、急性和慢性發炎。 Higher than reference value: dehydration, blood concentration. Lower than the reference value: leukemia, tumor, impaired liver function, emergency Sexual and chronic inflammation.
GOT ( AST ) 麩胺酸草酸轉胺酵素	高於參考值表示有肝臟、心臟疾病。 Higher than the reference value indicates liver and heart disease.
GPT ( ALT ) 丙胺酸丙酮酸轉胺酵素	高於參考值表示有肝臟、心臟疾病。 Higher than the reference value indicates liver and heart disease.
ALK-P 鹼性磷酸酵素	高於參考值：變形性骨炎、佝僂病、骨癌、急性壞死、阻塞性黃疸、前列腺癌。 低於參考值：營養不良、甲狀腺功能不足、軟骨發育不全、維他命B12 缺乏。 Higher than reference value: osteitis deformans, rickets, bone cancer, acute necrosis, obstructive jaundice, prostate cancer. Below reference value: malnutrition, insufficient thyroid function, soft bone hypoplasia, vitamin B12 deficiency.
r-GT 麩胺轉胺酶	高於參考值：肝病 ( 肝炎、肝硬化、脂肪肝、肝癌 )、胰臟炎、急性心肌梗塞、前列腺癌、腫瘤、酒精中毒、藥物過量、甲狀腺機能亢進。 Higher than the reference value: liver disease (hepatitis, cirrhosis, fatty liver, liver cancer), pancreatitis, acute myocardial infarction, prostate cancer, Tumor, alcoholism, drug overdose, hyperthyroidism.

項目 Check item	臨床意義 Clinical interpretation
T-Bili 總膽紅素	高於參考值：黃疸、肝病、膽道阻塞、溶血、長久禁食、 甲狀腺機能低下。 Higher than the reference value: jaundice, liver disease, biliary obstruction, hemolysis, prolonged fasting, hypothyroidism.
D-Bili 直接型膽紅素	高於參考值：肝病、遺傳、肝內/ 肝外膽道阻塞。 Higher than reference value: liver disease, heredity, intrahepatic/extrahepatic biliary obstruction.
Amylase 澱粉酵素	高於參考值表示有肝臟、胰臟、腸胃疾病。 Higher than the reference value indicates liver, pancreas, gastrointestinal diseases.
Lipase 胰脂酵素	高於參考值表示有肝臟、胰臟、腸胃疾病。 Higher than the reference value indicates liver, pancreas, gastrointestinal diseases.
Cholinesterase ( ChE ) 膽鹼酯 酵素	異於參考值表示有肝臟、胰臟、腸胃疾病或有機磷暴露。 Different from the reference value indicates liver, pancreas, gastrointestinal disease or organic phosphorus exposure.

## 08、病毒性肝炎檢查 ( Viral Hepatitis Tests )

Please refer to the reference value of the medical examination report

項目 Check item	臨床意義 Clinical interpretation
HBs Ag B型肝炎病毒 表面抗原	陽性表示急性感染或帶原者。 陰性表示沒感染過可考慮接受疫苗接種。 Positive means acute infection or carrier. Negative means that you have not been infected, consider receiving vaccination.
Anti-HBsAb B型肝炎病毒 表面抗體	陽性表示已感染過或已接受疫苗注射，不會再感染。 Positive means that you have been infected or have been vaccinated and will not be infected again.

項目 Check item	臨床意義 Clinical interpretation
HBe Ag B 型肝炎 e 抗原	陽性表示病毒活動複製能力較高。 Positive means that the virus has a higher ability to replicate.
Anti-HBe B 型肝炎 e 抗原抗體	陽性表示病毒活動複製能力較低。 Positive means that the virus has a low ability to replicate.
Anti-HBc B 型肝炎 核心抗體	陽性表示已感染過。 Positive means you have been infected.
Anti-HCVAb C 型肝炎 病毒抗體	陽性表示為 C 型肝炎帶原者。 Positive means hepatitis C carrier.
HAVAb(Total) A 型肝炎抗體	陽性表示已被感染過或注射疫苗，不會再感染。 陰性表示沒感染過可考慮接受疫苗接種。 Positive means that you have been infected or vaccinated and will not be infected again. Negative means that you have not been infected, consider receiving vaccination.
Anti-HAVIgM A 型肝炎 IgM 抗體	陽性表示近期內感染 A 型肝炎，需注意肝功能變化。 Positive means that you have been infected with hepatitis A in the near future, and you need to pay attention to changes in liver function.

## 09、血脂肪檢查 ( Blood Lipid Examination )

Please refer to the reference value of the medical examination report

項目 Check item	臨床意義 Clinical interpretation
Total cholesterol 血清總膽固醇	高於參考值：動脈硬化、腎病症後群、懷孕、甲狀腺機能低下。 Higher than the reference value: arteriosclerosis, renal disease, pregnancy, hypothyroidism.
Triglyceride 三酸甘油酯	高於參考值：家族性高脂蛋白血症、腎病症候群、甲狀腺功能不足、肝臟疾病或膽管阻塞、急性或慢性胰臟炎。 低於參考值：營養不良、甲狀腺機能亢進。 Above reference value: familial hyperlipoproteinemia, kidney disease. syndrome, insufficient thyroid function, liver disease, or bile duct obstruction, acute or chronic pancreatitis. Below reference value: malnutrition, hyperthyroidism.
HDL-C 高密度 脂蛋白膽固醇	HDL 是好的脂蛋白，可以幫忙清除組織中的膽固醇。
LDL-C 低密度 脂蛋白膽固醇	LDL 是壞的脂蛋白與HDL 功能相反。 LDL 值過高：家族性高脂蛋白血症、慢性肝炎、酒精中毒。 HDL is a good lipoprotein that can help clear tissues cholesterol. LDL is a bad lipoprotein and has the opposite function of HDL Excessive LDL value: familial hyperlipoproteinemia, chronic hepatitis, alcoholism.
Homocysteine 同半胱氨酸	高於參考值表示動脈硬化疾病危險因子。 Higher than the reference value indicates a risk factor for arteriosclerosis disease.

項目 Check item	臨床意義Clinical interpretation
Total CK 肌酸磷化酶	<p>Total CK 總數升高：檢測腦組織、心臟、骨骼肌肉、平滑肌等器官組織之傷害或疾病，近期內劇烈運動或體能訓練、心臟發炎、心肌梗塞等疾病皆會使其上升，如要進一步診斷病因則須參考所有同功酶之比例，才能分析確診。</p> <p>Total CK increased: detection of brain tissue, heart, skeletal muscle, smooth muscle and other organ tissue injuries or diseases, recent strenuous exercise or physical training, heart inflammation, myocardial infarction and other diseases will increase it, if you want to further diagnose the cause you must refer to the ratio of all the same functions to analyze the diagnosis.</p>
LDH 乳酸脫氫酶	<p>檢測心臟、肝臟、肌肉、腎臟、肺臟、紅血球等器官組織之傷害或疾病，可進一步檢測其同功酶或其他酵素，以確診組織之傷害。</p> <p>To detect the damage or disease of the heart, liver, muscles, kidneys, lungs, red blood cells and other organs and tissues, the same function or other enzymes can be further tested to confirm the damage of the tissues.</p>
LP ( a ) 脂蛋白 ( a )	<p>高於參考值表示心血管疾病危險因子、腦動脈狹窄、糖尿病控制不良、嚴重甲狀腺功能不足。</p> <p>Higher than the reference value indicates cardiovascular disease risk factors, cerebral artery stenosis, poor diabetes control, and severe thyroid insufficiency.</p>

項目 Check item	臨床意義 Clinical interpretation
Highsensitivity CRP ( HS-CRP ) 高敏感度C-反應蛋白	<ol style="list-style-type: none"> <li>1. 高於參考值表示感染或發炎指數異常，可能與發炎、組織壞死、外傷等相關。</li> <li>2. 針對心血管疾病的相對風險：               <ul style="list-style-type: none"> <li>&lt;1.0 mg/L            低風險</li> <li>1.0~3.0 mg/L      一般風險</li> <li>&gt;3.0 mg/L           較高風險。</li> </ul> </li> </ol> <ol style="list-style-type: none"> <li>1. Higher than the reference value indicates an abnormal infection or inflammation index, which may be related to inflammation, tissue necrosis, trauma, etc.</li> <li>2. For the relative risk of cardiovascular disease:               <ul style="list-style-type: none"> <li>&lt;1.0 mg/L            Low risk</li> <li>1.0~3.0 mg/L      General risk</li> <li>&gt;3.0 mg/L           Higher risk.</li> </ul> </li> </ol>
Serum Leptin test 血清瘦體素檢驗	高於參考值表示過重、肥胖、心血管疾病危險因子。 Higher than the reference value indicates overweight, obesity, cardiovascular disease risk factors.

## 10、糖尿病檢查 ( Diabetes Mellitus Examination )

Please refer to the reference value of the medical examination report

項目 Check item	臨床意義 Clinical interpretation
AC Sugar 飯前血糖	高於參考值：糖尿病、慢性胰臟炎、藥物的副作用、嚴重感染、嗜鉻細胞瘤、甲狀腺毒症。 低於參考值：使用過量降血糖藥物、嚴重營養不良、肝硬化、新陳代謝功能失調、胰臟腫瘤等。 Higher than reference value: diabetes, chronic pancreatitis, drug side effects, severe infection, pheocytoma, thyrotoxicosis. Lower than the reference value: excessive use of hypoglycemic drugs, severe nutritional deficiency benign, liver cirrhosis, metabolic dysfunction, pancreatic tumors, etc.
Insulin 胰島素	高於參考值：進餐後會有些許上升，表示胰臟有分泌胰島素的功能。 Higher than the reference value: a slight increase after a meal, indicating that the pancreas has the function of secreting insulin.
HbA1c 醣化血紅素	高於參考值：糖尿病、醣類耐受不良、慢性胰臟炎、藥物的副作用、嚴重感染等。 Higher than the reference value: diabetes, carbohydrate intolerance, chronic pancreatitis, side effects of drugs, serious infections, etc.
Insulin/glucose 胰島素及血糖值比例	高於參考值：診斷低血糖患者是否為胰島素瘤患者。 Higher than the reference value: Diagnose whether the patient with hypoglycemia is an insulinoma patient.
C-peptide C-胜鍊胰島素	高於參考值：胰島素瘤、胰臟或-cell 移植、口服降血糖的藥物、腎衰竭或非胰島素依賴型糖尿病。 低於參考值：胰島素引起的假性低血糖、胰臟切除手術或胰島素依賴型糖尿病。 Above reference value: insulinoma, pancreas or-cell transplantation, oral hypoglycemic drugs, renal failure or non-insulin dependent diabetes. Below reference value: pseudohypoglycemia caused by insulin, pancreatectomy or insulin dependent diabetes.



## 11、痛風檢查 ( Gout Screening )

Please refer to the reference value of the medical examination report

項目 Check item	臨床意義 Clinical interpretation
Uric Acid 尿酸	<p>高於參考值：痛風、攝取過多含Purine 的食物、鉛中毒、腎功能不全、多發性骨髓瘤、淋巴瘤、妊娠毒血症。</p> <p>低於參考值：惡性腫瘤、低蛋白飲食。</p> <p>Higher than the reference value: gout, excessive intake of Purine-containing food, lead poisoning, renal insufficiency, multiple myeloma, lymphoma, pregnancy Toxemia.</p> <p>Below reference value: malignant tumor, low protein diet.</p>

## 12、腎功能檢查 ( Renal Function Test )

Please refer to the reference value of the medical examination report

項目 Check item	臨床意義 Clinical interpretation
BUN 尿素氮	<p>高於參考值：腎功能衰退、體液不足、消化道出血、蛋白質異化、過高蛋白飲食。</p> <p>低於參考值：過低蛋白飲食、肝硬化、妊娠婦女、肢端肥大症、藥物中毒。</p> <p>Higher than the reference value: renal function decline, lack of body fluids, digestive tract. bleeding, protein alienation, high protein diet.</p> <p>Lower than the reference value: too low protein diet, liver cirrhosis, pregnant women Female, acromegaly, drug poisoning.</p>
Creatinine 肌酸酐	<p>高於參考值：腎功能衰退、肌炎、過量食用肉類食品、灌流不足、肢端肥大症、甲狀腺機能亢進。</p> <p>低於參考值：消瘦、營養不良、懷孕初中期。</p> <p>Higher than the reference value: renal function decline, myositis, excessive consumption of meat products, insufficient perfusion, acromegaly, hyperthyroidism.</p> <p>Below reference value: weight loss, malnutrition, early and second trimester of pregnancy.</p>
eGFR 腎絲球過濾速率	<p>低於參考值：腎功能衰退、營養不良、懷孕等。</p> <p>Lower than the reference value: renal function decline, malnutrition, pregnancy, etc.</p>

### 13、重金屬檢查 ( Heavy Metal Screening Tests )

Please refer to the reference value of the medical examination report

項目 Check item	臨床意義Clinical interpretation
As 總砷檢驗	<p>尿液總砷包含了有機砷及無機砷，因此若尿液總砷濃度超出參考值時，有必要再確認其無機砷的比例，才能作為慢性中毒的指標。</p> <p>血液中砷的濃度主要與無機砷有關，但其往往在數小時內即被代謝，因此只能作為急性砷中毒的指標。</p> <p>Urine total arsenic contains organic arsenic and inorganic arsenic. Therefore, if the total arsenic concentration in urine exceeds the reference value, it is necessary to reconfirm the proportion of inorganic arsenic in order to be an indicator of chronic poisoning.</p> <p>The concentration of arsenic in the blood is mainly related to inorganic arsenic, but it is often metabolized within a few hours,so it can only be used as an indicatorof acute arsenic poisoning.</p>
Urine inorganic As speciation 尿液無機砷分類檢驗	<p>參考值以外，表示可能重金屬暴露量異常。</p> <p>Outside the reference value, it means that the exposure of heavy metals may be abnormal.</p>
Ni 鎳	<p>參考值以外，表示可能重金屬暴露量異常。</p> <p>Outside the reference value, it means that the exposure of heavy metals may be abnormal.</p>
Cd 鎘	<p>參考值以外，表示可能重金屬暴露量異常。</p> <p>Outside the reference value, it means that the exposure of heavy metals may be abnormal.</p>
Pb 鉛	<p>參考值以外，表示可能重金屬暴露量異常。</p> <p>Outside the reference value, it means that the exposure of heavy metals may be abnormal.</p>
Hg 汞	<p>參考值以外，表示可能重金屬暴露量異常。</p> <p>Outside the reference value, it means that the exposure of heavy metals may be abnormal.</p>

項目 Check item	臨床意義 Clinical interpretation
Cu 銅	<p>參考值以外，表示可能重金屬暴露量異常。 Outside the reference value, it means that the exposure of heavy metals may be abnormal.</p>
Zn 鋅	<p>參考值以外，表示可能重金屬暴露量異常。 Outside the reference value, it means that the exposure of heavy metals may be abnormal.</p>
Mn 錳	<p>參考值以外，表示可能重金屬暴露量異常。 Outside the reference value, it means that the exposure of heavy metals may be abnormal.</p>
Sb 銻	<p>參考值以外，表示可能重金屬暴露量異常。 Outside the reference value, it means that the exposure of heavy metals may be abnormal.</p>
Te 碲	<p>參考值以外，表示可能重金屬暴露量異常。 Outside the reference value, it means that the exposure of heavy metals may be abnormal.</p>
Bi 鉍	<p>參考值以外，表示可能重金屬暴露量異常。 Outside the reference value, it means that the exposure of heavy metals may be abnormal.</p>
Tl 鉈	<p>參考值以外，表示可能重金屬暴露量異常。 Outside the reference value, it means that the exposure of heavy metals may be abnormal.</p>
Cr 鉻	<p>參考值以外，表示可能重金屬暴露量異常。 Outside the reference value, it means that the exposure of heavy metals may be abnormal.</p>

## 14、甲狀腺及內分泌功能檢查

### (Thyroid and Endocrine Function Examination)

Please refer to the reference value of the medical examination report

項目 Check item	臨床意義 Clinical interpretation
T3 三碘甲狀腺素	高於參考值：甲狀腺功能亢進、急性甲狀腺炎、妊娠、治療中的甲狀腺機能亢進病人。 低於參考值：甲狀腺功能減低、服用甲狀腺抑制劑。 Higher than the reference value: hyperthyroidism, acute thyroiditis, pregnancy, patients with hyperthyroidism under treatment. Lower than the reference value: hypothyroidism, taking thyroid inhibitors.
T4 四碘甲狀腺素	高於參考值：甲狀腺功能亢進、急性甲狀腺炎、妊娠、治療中的甲狀腺機能亢進病人。 低於參考值：甲狀腺功能減低、服用甲狀腺抑制劑。 Higher than the reference value: hyperthyroidism, acute thyroiditis, pregnancy, patients with hyperthyroidism under treatment. Lower than the reference value: hypothyroidism, taking thyroid inhibitors.
TSH 促甲狀腺激素	高於參考值：甲狀腺功能減低。 低於參考值：甲狀腺功能亢進。 Above reference value: hypothyroidism. Below reference value: hyperthyroidism.
FreeT4 游離甲狀腺素	低於參考值：甲狀腺功能減低、服用甲狀腺抑制劑。 高於參考值：甲狀腺功能亢進、急性甲狀腺炎、妊娠、治療中的甲狀腺機能亢進病人。 Lower than the reference value: hypothyroidism, taking thyroid inhibitors. Higher than the reference value: hyperthyroidism, acute thyroiditis, pregnancy, patients with hyperthyroidism under treatment.
Total Beta hCG 乙型絨毛膜促性腺激素	高於參考值：懷孕或卵巢子宮、或性腺賀爾蒙異常疾病。 Higher than the reference value: pregnancy or ovarian uterus, or gonadal hormone abnormal disease.
DHEA-S 脫氫表雄固酮硫酸鹽	異於參考值：更年期、或性腺賀爾蒙異常疾病。 Different from the reference value: menopause, or abnormal gonadal hormone disease.

項目 Check item	臨床意義Clinical interpretation
Testosterone 睪丸脂醇	<p>高於參考值：可能為性腺或腎上腺異常之相關疾病。            低於參考值：可能為促性腺機能減退或內分泌異常。</p> <p>Higher than the reference value: It may be related to the abnormality of the gonads or adrenal glands.</p> <p>Lower than the reference value: It may be hypogonadotropic or endocrine abnormality.</p>
Anti-TPOAb (Anti-Thyroid PeroxidaseAb) 抗甲狀腺過氧化酶抗體	<p>甲狀腺過氧化酶(Anti-Thyroid Peroxidase Ab)是一種醣蛋白酵素，參與甲狀腺素 T3 和T4 合成時的酪氨酸(tyrosine)碘化作用。可檢測自體免疫性甲狀腺疾病如橋本氏甲狀腺炎(Hashimoto 's thyroiditis)、原發性黏液水腫(Primary Myxoedema)及葛雷夫氏症(Grave s disease)或懷孕產後甲狀腺炎(post-partum thyroiditis)·其亦可發現於其他自體免疫疾病之患者·如類風濕性關節炎(Rheumatoid Ar- thritis)、艾迪生氏(Addison s)病及第一型糖尿病等。但懷孕期間或有 20%的無症狀個體也可偵測到少量抗體·尤其是老年人·而且女性多過於男性。</p> <p>Thyroid Peroxidase (Anti-Thyroid Peroxidase Ab) is a glycoprotein enzyme that participates in the iodination of tyrosine during the synthesis of thyroxine T3 and T4. It can detect autoimmune thyroid diseases such as Hashimoto's thyroiditis, Primary Myxoedema, Grave's disease or post-partum thyroiditis. It can also be found in patients with other autoimmune diseases, such as rheumatoid arthritis (Rheumatoid Arthritis), Addison's disease and type 1 diabetes. However, during pregnancy,20% of asymptomatic individuals can also detect a small amount of antibodies, especially the elderly, and there are more women than men.</p>

## 15、糞便檢查 ( Stool Examination )

Please refer to the reference value of the medical examination report

項目 Check item	臨床意義 Clinical interpretation
Fecal occult blood ( immune method ) Colorectal cancer screening 糞便潛血 ( 免疫法 ) 大腸直腸癌篩檢	Positive ( 異常 ) 篩檢消化道的潰瘍、出血或癌腫。此外對痢疾、腸傷寒等的檢查在臨床診斷治療上亦有幫助。帶血的糞便或被血污染的檢體，則無意義。本法檢驗陽性應進一步做大腸鏡確認。 Positive screens for ulcers, bleeding, or cancer in the digestive tract. In addition, examinations for dysentery and typhoid fever are also helpful in clinical diagnosis and treatment. Bloody stools or specimens contaminated with blood are meaningless. A positive test by this method should be further confirmed by colonoscopy.
Ova concentration S/寄生蟲卵濃縮	陽性表示寄生蟲感染。 Positive means parasitic infection.
Fecal culture of Salmonella and Shigella 沙門氏菌及志賀氏菌之糞培養	1. Salmonella spp. and Shigella spp. 為腸道致病菌。 2. Salmonella 可引起以下疾病：Sal. enteritidis，Sal. typhimurium 等可引起腸胃炎或食物中毒，Sal. typhi，Sal. paratyphi，Sal. choleraesuis 等可引起傷寒及腸熱病。 3. Shigella spp. 可引起細菌性痢疾。 1. Salmonella spp. and Shigella spp. are intestinal pathogens. 2. Salmonella can cause the following diseases: Sal. enteritidis, Sal. typhimurium, etc. can cause Gastroenteritis (gastroenteritis) or Food poisoning (food poisoning) Sal. typhi, Sal. paratyphi, Sal. choleraesuis, etc. can cause Typhoid fever (typhoid fever) and other Enteric fever. 3. Shigella spp. can cause bacillary dysentery.
Ameba: Trophozoite、Cyst 阿米巴：活動體、囊體	陽性表示阿米巴活動體等感染。 Positive means infections such as amoebic active bodies.

## 16、癌症篩檢 ( Cancer Screening )

Please refer to the reference value of the medical examination report

項目 Check item	臨床意義 Clinical interpretation
AFP 甲型胎兒蛋白	高於參考值：常見原因懷孕、肝炎、肝癌。 Higher than the reference value: common causes of pregnancy, hepatitis, liver cancer.
CEA 癌胚胎抗原	高於參考值：表示可能有惡性腫瘤，如大腸癌、肝癌、肺癌、乳癌、胰臟癌、胃癌、前列腺癌、卵巢癌、白血病等，但仍需配合醫師進一步檢查以確認。吸菸者正常值 <6.5 ng/mL。 Means that it can be higher than the reference value: It means that there may be malignant tumors, such as colorectal cancer, liver cancer, lung cancer, breast cancer, pancreatic cancer, gastric cancer, prostate cancer, ovarian cancer, leukemia, etc., but it still needs to be further checked by the doctor to confirm. Smoker's normal value <6.5 ng/mL.
PSA 攝護腺特異抗原	診斷前列腺癌及前列腺肥大症之指標。 Indicators for diagnosing prostate cancer and prostatic hypertrophy.
CA125 CA-125腫瘤標記	高於參考值：常見於卵巢癌、巧克力囊腫、子宮腺肌瘤、子宮內膜病變、良性卵巢腫瘤、子宮內膜腺癌。 Higher than the reference value : common in ovarian cancer, chocolate cyst, adenomyoma, endometrial disease, benign ovarian tumor, endometrial adenocarcinoma.
CA19-9 CA19-9腫瘤標記	高於參考值：常見於胃腸道腫瘤或其他癌症，尤其是胰臟腫瘤，胰臟炎也會上升。 Higher than the reference value: common in gastrointestinal tumors or other cancers, especially pancreatic tumors, pancreatitis will also increase.

項目 Check item	臨床意義 Clinical interpretation
CYFRA21-1 CYFRA21-1 腫瘤標記	高於參考值：許多腫瘤都可能上升，最常見肺癌以及食道病變。 Higher than the reference value: Many tumors may rise, the most common are lung cancer and esophageal lesions.
SCC 鱗狀細胞癌抗原	高於參考值：肺癌、子宮頸癌、頭頸腫瘤等。 Higher than the reference value: lung cancer, cervical cancer, head and neck tumors, etc.
EBV EA+EBNA-1 IgA EB 病毒早期抗原 + 核抗原抗體	呈陽性反應：常見於EB 病毒感染、鼻咽癌患者會上升。 Positive reaction: common in Epstein-Barr virus infection, nasopharyngeal cancer patients will rise.
CA15-3 CA-153 腫瘤標記	高於參考值：常見於乳房腫瘤或發炎。 Higher than the reference value: common in breast tumors or inflammation.



## 17、梅毒、後天免疫不全症候群抗原/ 抗體篩檢檢查 ( Syphilis、AIDS Screening )

Please refer to the reference value of the medical examination report

項目 Check item	臨床意義 Clinical interpretation
RPR/VDRL 梅毒篩檢	有反應表示可能免疫交互作用或感染梅毒。 A response indicates that there may be immune interaction or syphilis infection.
TPPA 梅毒螺旋菌抗體凝集法	陽性表示可能已感染梅毒螺旋菌。 Positive means that you may have been infected with <i>Spirulina syphilis</i> .
HIV Ag/Ab combi test 後天免疫不全症候群抗原 / 抗體篩檢	陽性表示疑感染人體免疫缺乏病毒。 Positive means suspected of infection with human immunodeficiency virus.

## 18、電解質類篩檢 ( Electrolytes Screening )

Please refer to the reference value of the medical examination report

項目 Check item	臨床意義 Clinical interpretation
Sodium ( Na ) 鈉	非參考值內表示鈉離子電解質不平衡。需配合各項生理指標判定。 The non-reference value indicates the imbalance of sodium ion and electrolyte. Need to cooperate with the determination of various physiological indicators.
Potassium ( K ) 鉀	非參考值內表示鉀離子電解質不平衡。需配合各項生理指標判定。 The non-reference value indicates the imbalance of potassium ion and electrolyte. Need to cooperate with the determination of various physiological indicators.
Chloride ( Cl ) 氯	非參考值內表示氯離子電解質不平衡。需配合各項生理指標判定。 The non-reference value indicates the imbalance of chloride ion and electrolyte. Need to cooperate with the determination of various physiological indicators.
Calcium ( Ca ) 鈣	非參考值內表示鈣離子電解質不平衡。需配合各項生理指標判定。 The non-reference value indicates the imbalance of calcium ion and electrolyte. Need to cooperate with the determination of various physiological indicators.
Magnesium ( Mg ) 鎂	非參考值內表示鎂離子電解質不平衡。需配合各項生理指標判定。 The non-reference value indicates the imbalance of magnesium ion and electrolyte. Need to cooperate with the determination of various physiological indicators.
Inorganic phosphorus ( P ) 無機磷	非參考值內表示無機磷濃度異常。需配合各項生理指標判定。 The non-reference value indicates the imbalance of inorganic phosphorus. Need to cooperate with the determination of various physiological indicators.

## 19、管制藥品篩檢 ( Controlled Drugs Screening )

Please refer to the reference value of the medical examination report

項目 Check item	臨床意義 Clinical interpretation
Amphetamine 安非他命	陽性表示使用安非他命類藥物或曝露。 Positive means use of amphetamines or exposure.
Morphine 嗎啡	陽性表示使用嗎啡類藥物或曝露。 Positive means use of morphine or exposure.
Barbiturates 安眠藥 ( 巴比妥類 )	陽性表示使用安眠藥物或曝露。 Positive means use of barbiturates or exposure.

## 20、血型 ( Blood Type )

Please refer to the reference value of the medical examination report

項目 Check item	臨床意義 Clinical interpretation
Blood type 血型	如需輸血時，請注意血型配對正確。 When a blood transfusion is required, please pay attention to the correct blood type pairing.

## 21、抗氧化壓力檢驗 ( Oxidative Stress Examination )

Please refer to the reference value of the medical examination report

項目 Check item	臨床意義 Clinical interpretation
Plasma TAC Test (Total antioxidant capacity) 血漿總和抗氧化能力檢驗	測量血漿中非酵素類抗氧化物總體的抗氧化能力。檢驗值越高表示總體的抗氧化能力越好。 Measure the overall antioxidant capacity of non-enzyme antioxidants in plasma. The higher the test value, the better the overall antioxidant capacity.
Blood Glutathione Peroxidase test (GPX) 血液麩胱甘肽過氧化酶檢驗	測量細胞內主要保護細胞不受自由基攻擊的水溶性抗氧化酵素。檢驗值越高表示抗氧化保護能力越好。 Measure the main protective cell in the cell Water-soluble antioxidant attacked by free radicals enzymes, the higher the test value, the higher the resistance The better the oxidation protection ability.
Urine 8-OHdG test 尿液 8-OHdG 檢驗	測量細胞內DNA 被氧化傷害之程度。檢驗值越高表示體內DNA被氧化傷害越嚴重。檢驗值越低越好。 Measure the oxidative damage of DNA in cells The degree of harm, the higher the test value, the higher the DNA in the body is more severely damaged by oxidation The lower the inspection value, the better.
Plasma MPO test (Myeloperoxidase) 血漿 MPO 檢驗	了解目前體內脂質氧化及發炎程度。檢驗值越高表示體內氧化壓力的程度越高。檢驗值越低越好。 Understand the current degree of lipid oxidation and inflammation in the body. The higher the test value, the higher the degree of oxidative stress in the body. The lower the test value, the better.

## 22、碳13 檢測 ( C13 Urea breath test )

Please refer to the reference value of the medical examination report

項目 Check item	臨床意義 Clinical interpretation
C13 碳13 呼氣試驗	Positive ( 異常 ) : 表示幽門桿菌檢測呈陽性 · 建議儘速回門診接受根除治療或進一步檢查 Positive: It means the Helicobacter pylori test is positive, it is recommended to return to the clinic for eradication treatment or further examination as soon as possible.

## 23、德國麻疹病毒 IgM、IgG 抗體 ( Rubella IgM、IgG Examination )

Please refer to the reference value of the medical examination report

項目 Check item	臨床意義 Clinical interpretation
Rubella IgG 德國麻疹病毒 IgG 抗體	<p>德國麻疹之病毒是屬於Togaviridae 病毒科，其遺傳物質是RNA，可經由上呼吸道或母子垂直感染。孕婦若在妊娠頭三個月感染了德國麻疹，很可能會導致胎兒先天性畸形或流產、死產。出生後初次感染的德國麻疹病毒 ( Rubella ) 大多為輕微selflimiting 疾病，病癥為出疹、發燒、倦怠、淋巴腫大等。然而若是出生前初次感染德國麻疹病毒則可能會有嚴重病況，若為子宮內感染，特別是懷孕初期 ( 前四個月 ) 可能會嚴重傷害到胎兒，嬰兒先天性感染後會有一或多種不同的先天性的德國麻疹症候群-congenital rubella syndrome ( CRS ) 包括像出生時體重輕、白內障、失明、先天性心臟疾病及智能障礙等。生育年齡期之女性應測定Rubella Ab，以了解個體是否對此病毒具有免疫能力。當Rubella IgG 效價過低，可能會再次感染，但通常無明顯症狀。</p> <p>Rubella IgG 抗體效價有上升的現象，則可能是初次或再次感染；再次感染時，IgM 不會再度出現，但IgG 效價會有再度上升的現象，可測定Rubella-IgM 加以區別。</p> <p>The rubella virus belongs to the Togaviridae virus family, and its genetic material is RNA, which can be infected through the upper respiratory tract or from mother to child. If a pregnant woman is infected with rubella during the first trimester of pregnancy, it is likely to cause congenital malformations of the fetus or miscarriage or stillbirth. Rubella virus (Rubella) infected for the first time after birth is mostly a mild self-limiting disease, with symptoms such as rash, fever, fatigue, and lymphatic enlargement. However, if you are infected with rubella virus for the first time before birth, you may have a serious condition. If it is an intrauterine infection, especially in the early stages of pregnancy (The first four months) may seriously harm the fetus.</p>

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項目 Check item	臨床意義 Clinical interpretation
Rubella IgG 德國麻疹病毒 IgG 抗體	<p>After congenital infection, the baby will have one or more different congenital rubella syndromes-congenital rubella syndrome(CRS) including light weight at birth,cataracts, blindness, and congenital Heart disease and intellectual disability, etc. Women of childbearing age should be tested for Rubella Ab to find out whether the individual is immune to the virus. When the titer of Rubella IgG is too low, it may be infected again, but usually there are no obvious symptoms. If the titer of Rubella IgG antibody rises, it may be the first or re-infection; when re-infected, IgM will not reappear, but the IgG titer will rise again. Rubella-IgM can be measured to distinguish.</p>
Rubella IgM 德國麻疹病毒 IgM 抗體	<p>Anti-Rubella IgM 大約是在剛出現臨床表徵（皮疹）時，就開始上升，大約一週後達到高值，平均4-5 週就下降到測不到；注射疫苗其IgM抗體維持時間較長，約6 個月後，仍有72%個體可測得抗體IgM。測定Anti-Rubella-IgM 可當作近期或急性感染的依據，但採取檢體的時間應在接觸感染源後的三週內。</p> <p>Anti-Rubella IgM began to rise approximately when the clinical signs (rash) appeared, and reached a high value after about a week, and dropped to undetectable after an average of 4-5 weeks; the IgM antibody maintained for a long time when the vaccine was injected, about After 6 months, 72% of individuals still have detectable antibody IgM. The determination of Anti-Rubella-IgM can be used as a basis for recent or acute infection, but the time to take the sample should be within three weeks after contact with the source of infection.</p>

## 24、檢驗不分類 ( Test unclassified )

Please refer to the reference value of the medical examination report

項目 Check item	臨床意義Clinical interpretation
Vitamin D 維生素D	<p>維生素D 是維繫鈣離子恆定的關鍵因子之一，測量維生素D 可幫助診斷多種疾病，如低血鈣症、骨質疏鬆、續發性副甲狀腺功能亢進、骨軟化病等，結合其他的臨床數據，可用來輔助骨代謝及鈣離子恆定的評估，及做為是否補充外生性維生素D 的指標。</p> <p>Vitamin D is one of the key factors to maintain calcium ions. Measuring vitamin D can help diagnose a variety of diseases, such as hypocalcemia, osteoporosis, secondary hyperparathyroidism, osteomalacia, etc., combined with other clinical data, it can be used to assist in the assessment of bone metabolism and calcium ion constant, and as an indicator of whether to supplement exogenous vitamin D.</p>
Vitamin B12 維生素B12	<p>維他命B12的缺乏可由下列因素造成：維他命B12的攝食減少、小腸吸收不良的疾病、胃壁切除手術以及trans-cobalamin的缺乏所致。</p> <p>The lack of vitamin B12 can be caused by the following factors: dystrophy of vitamin B12, diseases with poor intestinal absorption, gastric wall resection surgery, and the lack of Trans-Cobalamin.</p>
Folate 葉酸	<p>缺乏葉酸會造成營養性和巨球性貧血。缺乏的原因可能是飲食中缺少生鮮水果、蔬菜或富含葉酸的食物，也可能因為慢性酒精中毒、藥癮、老年人或社經地位較低的個案等等。除此之外，懷孕期間葉酸血清濃度低可能和胎兒神經管缺陷有關。飲食缺乏以及吸收不良是人類缺乏葉酸的主因。</p> <p>Lack of folic acid can cause nutritional and giant anemia. The lack of reasons may be that fresh fruits, vegetables or folic acid -rich foods in the diet may also be due to chronic alcohol poisoning, drug addiction, cases with low social or social status, and so on. In addition, low folic acid serum concentration during pregnancy may be related to fetal nerve tube defects. The lack of diet and poor absorption is the main reason for human lack of folic acid.</p>



## 25、心電圖檢查 ( ECG Examination )

項目 Check item	參考值 Reference	臨床意義 Clinical interpretation
ECG 心電圖	Normal	可用來診斷心律不整、狹心症、心肌梗塞、心臟肥大、心肌炎等心臟疾病。 It can be used to diagnose heart diseases such as arrhythmia, angina, myocardial infarction, cardiac hypertrophy, myocarditis, etc.

## 26、肺功能檢查 ( Lung Function )

項目 Check item	參考值 Reference	臨床意義 Clinical interpretation
FEV1 第一秒用力呼 氣量	compare to predicted value $\geq 80\%$	異常代表： ◎阻塞性換氣障礙 ( Obstructive Ventilatory Defect ) 肺氣腫、慢性支氣管炎、氣管哮喘等肺 疾患 ◎侷限性換氣障礙 ( Restrictive Ventilatory Defect ) 肺纖維症、塵肺症、無氣肺、肋膜積水、 氣胸、重症肌無力、肥胖、妊娠等 ◎混合性障礙 ( Mixed Pattern ) 多種情形都是因呼出性障礙或侷限性障礙 演變而來的
FVC 用力肺活量	compare to predicted value $\geq 80\%$	Exception representative: ◎ Obstructive ventilation disorder (Obstructive Ventilatory Defect) Pulmonary diseases such as emphysema, chronic bronchitis, and bronchial asthma.
FEV1/FVC	compare to predicted value $\geq 75\%$	◎ Limited ventilatory disorders (Restrictive Ventilatory Defect) Pulmonary fibrosis, pneumoconiosis, anaerobatic lung, pleural effusion, pneumothortx, myasthenia gravis, obesity, pregnancy, etc. ◎Mixed Pattern Many situations have evolved due to exhalation barriers or localized barriers.

## 27、腹部超音波 ( Abdominal sonography )

項目 Check item	參考值 Reference	臨床意義 Clinical interpretation
Liver, gallbladder, bile duct, spleen, kidney, pancreas, others 肝臟、膽囊、 膽管、脾臟、 腎臟、胰臟、 其他	Normal	可能篩選出肝硬化、肝癌、肝血管瘤、肝囊腫、脂肪肝、膽囊結石、瘰肉、膽囊癌、水腎症、腎結石、腎囊腫、腹水、脾腫大等變化。 It is possible to screen out changes such as liver cirrhosis, liver cancer, liver hemangioma, liver cysts, fatty liver, gallbladder stones, polyps, gallbladder cancer, hydronephrosis, kidney stones, renal cysts, ascites, splenomegaly, etc.

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長庚醫療財團法人  
Chang Gung Medical Foundation

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