



健康手冊

■ Health Handbook ■



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Establishment of Health Management Department of Linkou Chang Gung Memorial Hospital

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一、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	

二、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

三、骨質密度檢測(Bone Mass Density)

骨質密度的測定，可以了解骨骼的狀態，是骨質疏鬆早期發現、早期治療的最佳方式。而檢查的時間，一般建議在接近更年期的時候檢查一次，一至兩年後再檢查一次是最理想的；剛開始的時候，可以用 MD 或超音波檢查手腳的骨骼，如果檢查結果有問題時，再利用 X 光、雙能量 X 光收測定儀 (DEXA 法) 等脊椎精密檢查法。

The measurement of bone density can help you understand the condition of your bones and is the best way to detect and treat osteoporosis early. As for the time of examination, it is generally recommended to check once when you are close to menopause, and then check again one to two years later. At the beginning, you can use MD or ultrasound to check the bones of the hands and feet. If there are any problems with the examination results, Precision spinal examination methods such as X-ray and dual-energy X-ray absorptiometry (DEXA method) are also used.

根據世界衛生組織以雙能量 X 光吸收測量儀，得出的 T- 分把骨質疏鬆程度分類為：

The degree of osteoporosis is classified according to the T-score obtained by the World Health Organization using dual-energy X-ray absorptiometry :

T 值範圍 (T value range)	骨質疏鬆程度 (Degree Of Osteoporosis)	風險 (Risk)
T ≥ 負 1 個標準差以上 When the T-score is within 1 standard deviation (≥ 1.0) of the mean, bone density is normal.	正常 (Normal)	低 (Low)
T 介於負 1 個到負 2.5 個標準差之間 When the T-score is below the mean and the standard deviation is between -1.0 ~ -2.5.	骨質不足 (Osteopenia occurs)	低至中 (Low to Medium)
骨密度 < 負 2.5 個標準差以下 When the T-score is below the mean and the standard deviation is below -2.5.	骨質疏鬆 (Osteoporosis occurs)	中至高 (Medium to High)
骨密度 < 負 2.5 個標準差以下，且發生一個以上的骨質疏鬆性骨折。 When the T-score is below the mean and the standard deviation is below -2.5 and more than one fracture occurs.	嚴重骨質疏鬆 (Severe osteoporosis occurs.)	極高 (Extremely high)

四、聽力 (Hearing) 氣導式多頻率分貝檢查(Air Conduction Multifrequency 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

五、胸部X光檢查 (X-ray Examination)

項目 Check item	參考值 Reference	臨床意義 Clinical interpretation
胸部X光 CXR	無明顯異常 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.

六、尿液常規檢查 (Urine Analysis)

請參閱體檢報告之參考值Please refer to the reference value of the medical report

項目 Check item	臨床意義 Clinical interpretation
比重 Sp.Gravity	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.
酸鹼值 pH	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.
尿蛋白 Protein	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.
尿糖 Glucose	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 .
尿潛血 Urine occult blood	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 .
尿膽紅素 Bilirubin	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 .
尿酮體 Ketone	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 .

尿膽素原 Urobilinogen	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 .
尿沉渣：白血球 WBC	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。 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 .
尿沉渣：紅血球 RBC	
圓柱體 Casts	
膿細胞 Pus cell	
細菌 Bacteria	
鹽類結晶 Crystals	
尿沉渣：扁平上皮 Squamous Epi cell	
尿沉渣：移型上皮 Transitional epith-cell	
尿沉渣：草酸鈣 CA.Oxalate	
尿沉渣：酵母菌 Yeast	
尿沉渣：上皮細胞 Epith-Cell	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。 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 .
尿沉渣：腎小管上皮Renal Tubular epith-cell	
不定形磷酸鹽 Amorphous phosphate	
微白蛋白(尿) Micro Albumin(urine)	可能為糖尿病性腎臟病的早期指標或劇烈運動、久站或發高燒都會使微白蛋白上升。 It may indicate an early marker for diabetic nephropathy, or it may increase after extreme exercise, long-term standing, or high fever status.

七、血液常規檢查 (Blood Routine)

請參閱體檢報告之參考值 Please refer to the reference value of the medical report

項目 Check item	臨床意義 Clinical interpretation
血色素 Hb	參考值以外表示可能為造血功能異常，脫水或失血等問題。 Other than the reference value, it may be caused by abnormal hematopoietic function, dehydration or blood loss, etc.
血色素電泳 Hb-Ep (Hb electrophoresis)	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。 Other than the reference value, it may be type A or type B thalassemia, hemoglobin disease, etc.

血中紅血球百分比 HCT	參考值以外表示可能為造血功能異常，脫水或失血等問題。 Outside the reference value, it may be abnormal hematopoietic function, problems such as dehydration or blood loss .	
紅血球 RBC	參考值以外表示多血症、脫水、海洋性貧血、懷孕、白血病等血液問題。 Other than the reference value indicates blood problems such as plethemia, dehydration, thalassemia, pregnancy, leukemia, etc.	
紅血球平均容積 MCV	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.	
紅血球色素濃度 MCHC	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。 Higher than the reference value: Pernicious anemia. Lower than the reference value: Comprehensive study of the type of anemia with MCV .	
紅血球色素 MCH	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。 Higher than the reference value: Hereditary globular erythrocytosis. Lower than the reference value: Comprehensive study of the type of anemia with MCV .	
紅血球分佈變異數 RDW	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.	
白血球 WBC	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 .	
血小板 Platelet	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。 Higher than the 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.	
白血球分類 WBC Classification		
嗜中性白血球 Neutrophil	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。 Higher than the reference value indicates physical or emotional stress, acute infection, etc.
	Segment	Lower than the reference value: infection, malnutrition, regeneration failure. Benign anemia, chemical poisoning, liver cirrhosis.
嗜伊紅性白血球 Eosinophil	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 .	

嗜鹼性白血球 Basophil	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 .
單核球 Monocyte	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 .
淋巴球 Lymphocyte	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 .
非典型淋巴球 Atypical Lymphocyte	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 .
血球母細胞 Blast	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 .

缺鐵性貧血篩檢 Iron Deficiency Anemia Tests	
鐵蛋白 Ferritin	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.
血清鐵 Serum Iron (SI)	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.
總鐵結合能力 TIBC	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.
運鐵蛋白 Transferrin	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.

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

請參閱體檢報告之參考值 Please refer to the reference value of the medical report

項目 Check item	臨床意義 Clinical interpretation
血清總蛋白 T-P	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.
白蛋白 ALB	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 the reference value: dehydration, blood concentration. Lower than the reference value: leukemia, tumor, impaired liver function, emergency Sexual and chronic inflammation.
麩胺酸草酸轉胺酵素 GOT (AST)	高於參考值表示有肝臟、心臟疾病。 Higher than the reference value indicates liver and heart disease.
丙胺酸丙酮酸轉胺酵素 GPT (ALT)	高於參考值表示有肝臟、心臟疾病。 Higher than the reference value indicates liver and heart disease.
鹼性磷酸酵素 ALK-P	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. Lower than the reference value: malnutrition, insufficient thyroid function, soft bone hypoplasia, vitamin B12 deficiency.
麩胺轉酸酶 r-GT	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.
膽紅素總量 Bilirubin total (TBI)	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, and hypothyroidism.
直接型膽紅素 D-Bilirubin	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.
澱粉酵素 Amylase	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.
胰脂酵素 Lipase	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.
膽鹼酯酵素 Cholinesterase (ChE)	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.

九、病毒性肝炎檢查 (Viral Hepatitis Tests)

請參閱體檢報告之參考值Please refer to the reference value of the medical report

項目 Check item	臨床意義 Clinical interpretation
B 型肝炎病毒表面抗原 HBs Ag	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.
B 型肝炎病毒表面抗體 Anti-HBs Ab	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 .
B 型肝炎 e 抗原 HBe Ag	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.
B 型肝炎 e 抗原抗體 Anti-HBe	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.
B 型肝炎核心抗體 Anti-HBc	陽性表示已感染過。 Positive means you have been infected.
C 型肝炎病毒抗體 Anti-HCV Ab	陽性表示為 C 型肝炎帶原者。 Positive means hepatitis C carrier.
A 型肝炎抗體 HAV Ab (Total)	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 .
A 型肝炎IgM抗體 Anti-HAVIgM	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 liverfunction.

十、血脂肪檢查 (Blood Lipid Examination)

請參閱體檢報告之參考值Please refer to the reference value of the medical report

項目 Check item	臨床意義 Clinical interpretation
血清總膽固醇 Total cholesterol	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.
三酸甘油酯 Triglyceride	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。 Higher than the reference value: familialhyperlipoproteinemia, kidney disease, insufficient thyroid function, liver disease, or bile duct obstruction, acute or chronic pancreatitis. Lower than the reference value: malnutrition,hyperthyroidism .
高密度脂蛋白膽固醇 HDL-C	HDL 是好的脂蛋白，可以幫忙清除組織中的膽固醇。 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。

低密度脂蛋白膽固醇 LDL-C	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: familialhyperlipoproteinemia, chronic hepatitis, alcoholism .
同半胱氨酸 Homocysteine	高於參考值表示動脈硬化疾病危險因子。 Higher than the reference value indicates arisk factor for arteriosclerosis disease .
肌酸磷化酶 Total CK	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。 Total CK increased: detection of brain tissue, heart, skeletal muscle, smooth muscle andother organ tissue injuries or diseases, recentstrenuous exercise or physical training, heartinflammation, myocardial infarction andother diseases will increase it, if you want tofurther diagnose the cause you must refer tothe ratio of all the same functions to analyzethe diagnosis .
乳酸脫氫酶 LDH	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。 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.
脂蛋白 (a) LP (a)	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。 Higher than the reference value indicates cardiovascular disease risk factors, cerebral artery stenosis, poor diabetes control, and severe thyroid insufficiency.
高敏感度 C- 反應蛋白 High sensitivity CRP (HS-CRP)	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。 2. 針對心血管疾病的相對風險： <1.0mg/L：低風險。 1.0~3.0 mg/L：一般風險。 >3.0mg/L：較高風險。 1. Higher than the reference value indicatesan abnormal infection or inflammation index, which may be related to inflammation, tissue necrosis, trauma,etc. 2. For the relative risk of cardiovascular disease: <1.0mg/L：Lowrisk。 1.0~3.0 mg/L：Generalrisk。 >3.0mg/L：Higherrisk。
血清瘦體素檢驗 SerumLeptin test	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 diseaserisk factors.

十一、糖尿病檢查 (Diabetes Mellitus Examination)

請參閱體檢報告之參考值 Please refer to the reference value of the medical report

項目 Check item	臨床意義 Clinical interpretation
飯前血糖 AC Sugar	<p>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。</p> <p>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。</p> <p>Higher than the reference value: diabetes, chronic pancreatitis, drug side effects, severe infection, pheocytoma, thyrotoxicosis.</p> <p>Lower than the reference value: excessive use of hypoglycemic drugs, severe nutritional deficiency benign, liver cirrhosis, metabolic dysfunction, pancreatic tumors, etc.</p>
胰島素 Insulin	<p>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。</p> <p>Higher than the reference value: a slight increase after a meal, indicating that the pancreas has the function of secreting insulin.</p>
糖化血紅素 HbA1c	<p>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。</p> <p>Higher than the reference value: diabetes, carbohydrate intolerance, chronic pancreatitis, side effects of drugs, serious infections, etc.</p>
胰島素及血糖值比例 Insulin/glucoseratio (I/Gratio)	<p>高於參考值：診斷低血糖患者是否為胰島素瘤患者。</p> <p>Higher than the reference value: Diagnosing whether a patient with hypoglycemia is an insulinoma patient.</p>
C- 胜鍊胰島素 C-peptide	<p>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。</p> <p>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。</p> <p>Higher than the reference value: insulinoma, pancreas or -cell transplantation, oral hypoglycemic drugs, renal failure or non-insulin dependent diabetes.</p> <p>Lower than the reference value: pseudohypoglycemia caused by insulin, pancreatectomy or insulin- dependent diabetes.</p>
胰島素阻抗 HOMA-IR index	<p>胰島素抗性：胰島素抗性可導致代謝症候群及脂肪肝，進而造成糖尿病及腦心血管疾病等。1985年Matthews 由空腹胰島素值及血糖值發展出估算之胰島素抗性HOMA-IR index，依公式 $\text{insulin (uL/ml)} \times \text{glucose (mg/dl)} / 405$ 算出。</p> <p>HOMA-IR index: Insulin resistance may induce metabolic syndrome, fatty liver, and further diabetes or cerebro-cardiac vascular diseases. In 1985, Matthews et al. developed the HOMA-IR index to estimate insulin resistance by the formula: $\text{insulin (uL/ml)} \times \text{glucose (mg/dl)} / 405$.</p>

十二、痛風檢查 (Gout Screening)

請參閱體檢報告之參考值 Please refer to the reference value of the medical report

項目 Check item	臨床意義 Clinical interpretation
尿酸 Uric Acid	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。 低於參考值：惡性腫瘤、低蛋白飲食。 Higher than the reference value: gout, excessive intake of Purine-containing food, lead poisoning, renal insufficiency, multiple myeloma, lymphoma, pregnancy toxemia. Lower than the reference value: malignant tumor, low protein diet.

十三、腎功能檢查 (Renal Function Test)

請參閱體檢報告之參考值 Please refer to the reference value of the medical report

項目 Check item	臨床意義 Clinical interpretation
尿素氮 BUN	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。 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。 Higher than the reference value: renal function decline, lack of body fluids, digestive tract, bleeding, protein alienation, high protein diet. Lower than the reference value: too low protein diet, liver cirrhosis, pregnant women Female, acromegaly, drug poisoning.
肌酸酐 Creatinine	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。 低於參考值：消瘦、營養不良、懷孕初中期。 Higher than the reference value: renal function decline, myositis, excessive consumption of meat products, insufficient perfusion, acromegaly, hyperthyroidism . Lower than the reference value: weight loss, malnutrition, early and second trimester of pregnancy .
腎絲球過濾速率 eGFR	低於參考值：腎功能衰退、營養不良、懷孕等。 Lower than the reference value: renal function decline, malnutrition, pregnancy, etc .
白蛋白/肌酸酐比值 Albumin/Creatinine Ratio(ACR)	檢測尿液中白蛋白或白蛋白/肌酸酐比值可評估早期的腎絲球病變，因為白蛋白在健康的人身上通常不會從尿液排泄出來，在初期腎臟機能障礙時會導致少量白蛋白過濾和尿液排泄，因此尿液排泄出白蛋白之測量可以成為腎小球的初期機能障礙的重要指標。特別適用在一些慢性疾病患者，例如糖尿病及高血壓患者，可提供醫師後續治療之依據。 Urinary albumin or albumin/creatinine ratio can be used to assess early glomerular disease because albumin is not usually excreted in the urine in healthy individuals, resulting in small amounts of albumin in early renal dysfunction filtration and urinary excretion, therefore measurement of urinary excretion of albumin can be an important indicator of incipient glomerular dysfunction. It is especially suitable for patients with some chronic diseases, such as diabetes and hypertension, and can provide a basis for physicians to follow up treatment.

十四、重金屬檢查 (Heavy Metal Screening Tests)

請參閱體檢報告之參考值 Please refer to the reference value of the medical report

項目 Check item	臨床意義 Clinical interpretation
總砷檢驗 As	<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。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. 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 indicator of acute arsenic poisoning.</p>
尿液無機砷分類 Urine inorganic As speciation	<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 heavymetals may be abnormal.</p>
鎳Ni	<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 heavymetals may be abnormal.</p>
鎘Cd	<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 heavymetals may be abnormal.</p>
鉛Pb	<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 heavymetals may be abnormal.</p>
汞Hg	<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 heavymetals may be abnormal.</p>
鉻Cr	<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 heavymetals may be abnormal.</p>
銅Cu	<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 heavymetals may be abnormal.</p>
鋅Zn	<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 heavymetals may be abnormal.</p>
錳Mn	<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 heavymetals may be abnormal.</p>
銻Sb	<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 heavymetals may be abnormal.</p>
銻Te	<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 heavymetals may be abnormal.</p>
鉍Bi	<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 heavymetals may be abnormal.</p>
鉍Tl	<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 heavymetals may be abnormal.</p>

十五、甲狀腺及內分泌功能檢查 (Thyroid and Endocrine Function Examination)

請參閱體檢報告之參考值 Please refer to the reference value of the medical report

項目 Check item	臨床意義 Clinical interpretation
三碘甲狀腺素 T3	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。
四碘甲狀腺素 T4	Higher than the reference value: hyperthyroidism, acute thyroiditis, pregnancy, patients with hyperthyroidism under treatment. Lower than the reference value: hypothyroidism, taking thyroid inhibitors.
甲狀腺刺激素 TSH	高於參考值：甲狀腺功能減低。 低於參考值：甲狀腺功能亢進。 Higher than the reference value: hypothyroidism . Lower than the reference value: hyperthyroidism .
游離甲狀腺素 FreeT4	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 .
乙型絨毛膜促性腺激素 Total Beta hCG	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.
脫氫表雄固酮硫酸鹽 DHEA-S	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.
睪丸脂醇 Testosterone	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。 Higher than the reference value: It may be related to the abnormality of the gonads or adrenal glands . Lower than the reference value: It may be hypogonadotropic or endocrine abnormality.

<p>抗甲狀腺過氧化酶抗體 Anti-TPO Ab (Anti-Thyroid Peroxidase Ab)</p>	<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-partumthyroiditis)，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 Arthritis)、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>
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十六、糞便檢查 (Stool Examination)

請參閱體檢報告之參考值 Please refer to the reference value of the medical report

項目 Check item	臨床意義 Clinical interpretation
<p>糞便潛血(免疫法) 大腸直腸癌篩檢 Fecal occult blood (immune method) Colorectal cancer screening</p>	<p>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。</p> <p>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.</p>
<p>寄生蟲卵濃縮 Ova concentration S/</p>	<p>陽性表示寄生蟲感染。</p> <p>Positive means parasitic infection.</p>
<p>沙門氏菌及志賀氏 菌之糞培養 Fecal culture of Salmonella and Shigella</p>	<p>1. Salmonella spp. and Shigella spp. 為腸道致病菌。</p> <p>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。</p> <p>3. Shigella spp. 可引起細菌性痢疾。</p> <p>1. Salmonella spp. and Shigella spp. are intestinal pathogens.</p> <p>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.</p> <p>3. Shigella spp. can cause bacillary dysentery.</p>
<p>阿米巴：活動體、 囊體 Amoeba: Trophozoite 、Cyst</p>	<p>陽性表示阿米巴活動體等感染。</p> <p>Positive means infections such as amoebic active bodies.</p>

十七、癌症篩檢 (Cancer Screening)

請參閱體檢報告之參考值 Please refer to the reference value of the medical report

項目 Check item	臨床意義 Clinical interpretation
甲型胎兒蛋白 AFP	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.
癌胚胎抗原 CEA	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 <7 ng/mL。 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 <7 ng/mL.
攝護腺特異抗原 Total PSA	診斷前列腺癌及前列腺肥大症之指標。 Indicators for diagnosing prostate cancer and prostatic hypertrophy.
腫瘤標記CA125 CA125	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.
腫瘤標記CA19-9 CA19-9	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.
腫瘤標記 CYFRA 21-1	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.
鱗狀細胞癌抗原 SCC	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.
EB病毒早期抗原 + 核 抗原抗體 EBV EA+EBNA-1IgA	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.
腫瘤標記CA-153 CA-153	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.

十八、梅毒、後天免疫不全症候群抗原/ 抗體篩檢檢查 (Syphilis 、AIDSScreening)

請參閱體檢報告之參考值Please refer to the reference value of the medical report

項目 Check item	臨床意義 Clinical interpretation
梅毒篩檢 RPR/VDRL	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.
梅毒螺旋菌抗體凝集法 TPPA	陽性表示可能已感染梅毒螺旋菌。 Positive means that you may have been infected with Spirulina syphilis.
後天免疫不全症候群抗原 / 抗體篩檢 HIV Ag/Ab combi test	陽性表示疑感染人體免疫缺乏病毒。 Positive means suspected of infection with human immunodeficiency virus.

十九、電解質類篩檢 (Electrolytes Screening)

請參閱體檢報告之參考值Please refer to the reference value of the medical report

項目 Check item	臨床意義 Clinical interpretation
鈉Sodium (Na)	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.
鉀Potassium (K)	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.
氯Chloride (Cl)	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.
鈣Calcium (Ca)	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.
鎂Magnesium (Mg)	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.
無機磷 Inorganic phosphorus(P)	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.

二十、管制藥品篩檢（Controlled Drugs Screening）

請參閱體檢報告之參考值Please refer to the reference value of the medical report

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

二十一、抗氧化壓力檢驗（Oxidative Stress Examination）

請參閱體檢報告之參考值Please refer to the reference value of the medical report

項目 Check item	臨床意義 Clinical interpretation
血漿總和抗氧化能力檢驗 Plasma TAC Test (Total antioxidant capacity)	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.
血液麩胱甘肽過氧化酶檢驗 Blood Glutathione Peroxidase test (GPX)	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.
尿液 8-OHdG 檢驗 Urine 8-OHdG test	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 .
血漿 MPO 檢驗 Plasma MPO test (Myeloperoxidase)	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.

二十二、碳 13 檢測（C13 Urea breath test）

請參閱體檢報告之參考值Please refer to the reference value of the medical report

項目 Check item	臨床意義 Clinical interpretation
碳 13 呼氣試驗 C13	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.

二十三、德國麻疹病毒IgM抗體（RubellaIgM Examination）

請參閱體檢報告之參考值Please refer to the reference value of the medical report

項目 Check item	臨床意義 Clinical interpretation
<p>德國麻疹病毒 IgG抗體 RubellaIgG</p>	<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。孕婦若在妊娠期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。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. 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>
<p>德國麻疹病毒 IgM 抗體 Rubella IgM</p>	<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>

二十四、檢驗不分類(Test Unclassified)

請參閱體檢報告之參考值Please refer to the reference value of the medical report

項目 Check item	臨床意義 Clinical interpretation
維生素 D Vitamin 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>
維生素B12 Vitamin B12	<p>維生素B12:維生素B12缺乏可引起營養性貧血及巨血球性貧血，如長期缺乏未經治療可造成巨母紅血球性貧血及不可逆之中樞神經系統病變。</p> <p>Vitamin B12: Vitamin B12 deficiency may induce nutritional anemia or macrocytic anemia. If long-term deficiency with no management, it may induce megaloblastic anemia or irreversible neuropathy of CNS system.</p>
葉酸 Folate	<p>缺乏葉酸會造成營養性和巨球性貧血。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。</p> <p>Lack of folate can cause nutritional and macrocytic anemia. In addition, low serum concentrations of folate during pregnancy may be associated with fetal neural tube defects.</p>
高敏感度心肌旋轉蛋白I hs-Troponin I	<p>高敏感性心肌旋轉蛋白I (hs-cTnI) 是一種心臟特異性的生物標誌物，能在心肌梗塞或缺血性損傷後數小時內釋放至血液中，是評估心臟健康的重要指標。相較於傳統的心肌標誌物，hs-cTnI具有更高的靈敏度和特異性，能夠在心肌損傷早期階段檢測到輕微的變化。目前唯一被美國FDA認可的hs-cTnI檢測試劑，提供0-3小時快速診斷，有助於提升醫療的診療效率。</p> <p>High-sensitivity cardiac gyrtatin I (hs-cTnI) is a heart-specific biomarker that can be released into the blood within hours after myocardial infarction or ischemic injury and is an important indicator for assessing heart health. Compared with traditional myocardial markers, hs-cTnI has higher sensitivity and specificity and can detect slight changes in the early stages of myocardial injury. Currently the only hs-cTnI detection reagent approved by the US FDA, it provides rapid diagnosis in 0-3 hours, helping to improve the efficiency of emergency department diagnosis and treatment.</p>

二十五、心電圖檢查 (ECG Examination)

項目 Check item	參考值 Reference	臨床意義 Clinical interpretation
心電圖 ECG	正常 Normal	<p>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。</p> <p>It can be used to diagnose heart diseases such as arrhythmia, angina, myocardial infarction, cardiac hypertrophy, myocarditis, etc.</p>

二十六、肺功能檢查 (Lung Function)

檢查項目 Check item	參考值 Reference	臨床意義 Clinical interpretation
第一秒用力呼氣量 FEV1	compare to predicted value ≥ 80%	異常代表： ◎阻塞性換氣障礙 肺氣腫、慢性支氣管炎、氣管哮喘等肺疾患。
用力肺活量 FVC	compare to predicted value ≥ 80%	◎侷限性換氣障礙 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 多種情形都是因呼出性障礙或侷限性障礙演變而來的。
FEV1/FVC	compare to predicted value ≥ 75%	Exception representative: ◎Obstructive ventilation disorder (Obstructive Ventilatory Defect) Pulmonary diseases such as emphysema, chronic bronchitis, and bronchial asthma. ◎Limited ventilatory disorders (Restrictive Ventilatory Defect) Pulmonary fibrosis, pneumoconiosis, anaerobic lung, pleural effusion, pneumothorax, myasthenia gravis, obesity, pregnancy, etc. ◎Mixed Pattern Many situations have evolved due to exhalation barriers or localized barriers.

二十七、腹部超音波 (Abdominal Sonography)

項目 Check item	參考值 Reference	臨床意義 Clinical interpretation
肝臟、膽囊、膽管、脾臟、 腎臟、胰臟、其他 Liver, gallbladder, bile duct, spleen, kidney, pancreas, others	無異常 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、瘻肉、膽囊癌、水腎症、腎結石、腎囊腫、腹水、脾腫大等變化。 It may 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.

二十八、甲狀腺超音波 (Thyroid Sonography)

項目 Check item	參考值 Reference	臨床意義 Clinical interpretation
甲狀腺(左葉、右葉、峽部) Thyroid (Left. Right. Isthmus)	無異常 Normal	可能篩選出甲狀腺腫瘤、囊腫、結節、腺體變化及自體免疫甲狀腺疾病等。 It may screen out thyroid tumors, cysts, nodules, glandular changes and autoimmune thyroid diseases, etc.

二十九、非侵入性血管硬化檢查 (Non-invasive Vascular Screening Device)

項目 Check item	參考值 Reference	臨床意義 Clinical interpretation
踝肱血壓比值指數 ABI	<p>1.0-1.40：正常。</p> <p>0.91-0.99：下肢動脈可能正常或輕微粥狀硬化引起之阻塞或狹窄現象（參考UT及%MAP）。</p> <p>≤0.90：下肢動脈可能有粥狀硬化引起之阻塞或狹窄現象，心血管疾病發生之未來風險可能增加。</p> <p>≥1.41：下肢動脈可能有鈣化現象。</p> <p>1.0-1.40：Normal.</p> <p>0.91-0.99：The arteries of the lower extremities may be normal or may be blocked or stenotic due to mild atherosclerosis (refer to UT and %MAP).</p> <p>≤0.90：Arteries in the lower extremities may become blocked or narrowed by atherosclerosis, which may increase the risk of future cardiovascular disease.</p> <p>≥1.41：There may be calcification in the arteries of the lower limbs and feet.</p>	<p>1.可藉由踝肱動脈壓力比(ABI)判斷周邊血管阻塞程度及周邊血管血流的檢測(PWV指數)判斷血管老化程度，有助於醫師了解受檢者心血管的變化，配合臨床檢查肥胖、血壓、血脂及血糖等參數判讀，更能提供受檢者準確積極的預防心血管疾病發生。</p> <p>2.隨著年齡增加，上臂腳踝脈搏傳導速度(baPWV)標準值亦相對增高。</p> <p>1.The ankle-brachial artery pressure ratio (ABI) can be used to determine the degree of peripheral vascular obstruction and the detection of peripheral vascular blood flow (PWV index) to determine the degree of vascular stiffness and aging. This can help doctors understand the changes in the cardiovascular system of the subject and cooperate with clinical examinations for obesity, blood pressure, blood lipids and blood sugar which can provide subjects with accurate and proactive prevention of cardiovascular diseases.</p> <p>2.As age increases, the standard value of upper arm and ankle pulse conduction velocity (baPWV) also increases relatively.</p>
上臂腳踝脈搏傳導速度baPWV	<p>≤1399 cm/s：正常，血管粥狀硬化之風險相對為較低風險。</p> <p>1400-1799 cm/s：中度風險。</p> <p>≥1800 cm/s：高度風險。</p> <p>數值越高，表示心血管硬化相關疾病:如腦中風，心肌梗塞，腎臟疾病等，發生的風險值就越高。</p> <p>≤1399 cm/s：Normal, the risk of vascular atherosclerosis is relatively low.</p> <p>1400-1799 cm/s：Moderate risk.</p> <p>≥1800 cm/s：High risk.</p> <p>The higher the value, the higher the risk of cardiovascular sclerosis-related diseases such as stroke, myocardial infarction, kidney disease, etc.</p>	<p>1.The ankle-brachial artery pressure ratio (ABI) can be used to determine the degree of peripheral vascular obstruction and the detection of peripheral vascular blood flow (PWV index) to determine the degree of vascular stiffness and aging. This can help doctors understand the changes in the cardiovascular system of the subject and cooperate with clinical examinations for obesity, blood pressure, blood lipids and blood sugar which can provide subjects with accurate and proactive prevention of cardiovascular diseases.</p> <p>2.As age increases, the standard value of upper arm and ankle pulse conduction velocity (baPWV) also increases relatively.</p>

三十、眼底攝影 (Fundus Photography)

項目 Check item	參考值 Reference	臨床意義 Clinical interpretation
視網膜、視神經盤 Retina, Optic disc	無異常 Normal	<p>用於篩檢視網膜、視神經及血管異常，對早期發現糖尿病視網膜病變、高血壓視網膜病變、青光眼及黃斑變性等疾病具有重要臨床意義，然更細微需仰賴眼底光學斷層掃描。</p> <p>Used For screening retinal, optic nerve, and vascular abnormalities, it is of significant clinical importance for the early detection of diabetic retinopathy, hypertensive retinopathy, glaucoma, macular degeneration, and other diseases. However, for more detailed assessment, optical coherence tomography (OCT) of the retina is required.</p>

長庚醫療財團法人

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長庚醫療財團法人 2025 年1月修訂