Looking at the results of your health check-up

The items covered in the health check-up are divided into overall results, physical measurements, blood pressure, urine test, eyesight check, chest X-ray, general blood test, and liver function test.

Results for each test are listed in the column on the right. If there is an asterisk (*) displayed to the left of a result, it means the result is outside the standard range for that test. Please see below for the standard values for test results. The standard range is based on 95% of healthy individuals, so a result outside the standard range does not necessarily indicate illness.

Items	Standard value	Explanation	
Body Mass Index	18.5－24.9	Indicates whether one's body weight is healthy, figured as follows: **BMI=** **(weight in kilograms) ÷ (height in meters ×height in meters)** A BMI of 22 is ideal. Below 18.5 is considered underweight, and 25 or more is considered overweight.	
Systolic (maximal) Blood pressure	90－129 mmHg	High blood pressure over a long period of time can lead to arteriosclerosis (hardening of the arteries), bursting of blood vessels, or clotting or blockage in blood vessels which may lead to heart attack or stroke.	
Diastolic (minimal) Blood pressure	50－84 mmHg		
Urinalysis (Urine test)	(－)	Proteinuria (protein in urine)	Tests for protein in the urine. This can indicate diabetes or problems with the kidneys.
		Glucosuria (sugar in urine)	Tests for glucose or sugar in the urine. This will show a high result if the blood sugar levels are high.
		Hematuria (blood in urine)	This test checks whether there is blood in the urine. Blood in the urine could indicate an abnormality with the kidneys or urinary tract.
Visual acuity (vision test)	0.7－2.0	Checks uncorrected vision for problems such as myopia or astigmatism. For those using contact lenses or glasses, corrected vision is checked to make sure that the contact lenses or glasses are suitable.	
Chest X-ray	This is to confirm that there is nothing abnormal with the chest and lungs.	The lungs are checked for signs of cancer, tuberculosis, pneumonia, or other diseases; the heart is checked for swelling or other signs of disease, and the condition of the aorta is observed.	
Red blood cell count	M4.00－5.39 F3.60－4.89 ($\times 10^6/\mu\ell$)	Red blood cells carry oxygen throughout the body. If there are insufficient red blood cells you could suffer from anemia, or if there are an abnormally high number polycythemia may be suspected.	
MCV mean corpuscular volume	M 88.0-103.0 F 86.0－100.0 (μm^3)	The erythrocyte indices can be used to identify different types of anemia.	
MCH mean corpuscular hemoglobin	M 29.5－35.0 F 28.1－34.0 (pg)		
MCHC mean corpuscular hemoglobin concentration	28.1－37.9 (%)		

White blood cell count	3.10－8.40 ($\times 10^3/\mu\ell$)	White blood cells attack viruses and bacteria. If the count is abnormal, it could indicate an infection or inflammation.
Neutrophilic leukocyte	30.1－74.9 (%)	A bactericidal action that takes in and digests bacteria or foreign material.
Lymphocyte	17.6－59.9 (%)	Lymphocytes, also known as “immune cells”, play a central role in immune response.
Acidophilic leucocyte	－5.7 (%)	Increases if you are having an allergic reaction (atopic dermatitis, reaction to drugs, bronchial asthma, etc) or collagen disease.
Basophilic leukocyte	－1.8 (%)	May increase in rare cases of tuberculosis, infectious, mononucleosis, or some other diseases.
Monocyte	2.3－8.2 (%)	
Hemoglobin	M13.1－16.3 F12.1－14.5 (g/dℓ)	The substance in red blood cells that does the work of carrying oxygen; too little may be a sign of anemia, and too much may be a sign of polycythemia.
Hematocrit value	M38.5－48.9 F35.5－43.9 (%)	A measure of the percentage of red blood cells in total blood volume. Primarily used to indicate anemia.
Platelet count	145－329 ($\times 10^3/\mu\ell$)	Platelets function to stop bleeding by clotting. Unusual values could indicate liver failure or blood disorders.
GOT(AST) Glutamic oxalacetic transaminase	－30 (U/L)	These are enzymes found in many of the cells in the liver. GOT is a muscle, heart, liver, etc., GPT will be higher if there is a problem especially in the liver. High GOT levels could indicate a problem with the liver, heart, or muscles, while high levels of GPT are particularly connected with problems with the liver.
GPT(ALT) Glutamic pyruvic transaminase	－30 (U/L)	
γ－GTP γ-glutamyltranspeptidase	－50 (U/L)	This is high if there is damage to the liver or biliary tract. It could be an indicator of alcoholic liver disease.
HBs antigen	(－)	Will show positive if you are currently infected with hepatitis B.
HCV antibody	(－)	Will show positive for infection if you have been or are currently infected with hepatitis C.
CRP C-reactive protein	－0.30 (mg/dℓ)	Higher levels may indicate infection or inflammation.
Total cholesterol	140－199 (mg/dℓ)	This is the raw material of cells and hormones. High cholesterol can cause hardening of the arteries.

While values can vary by individual, they will also change depending on your physical condition.
If there are any results indicated in this health check-up, or any symptoms you are concerned about, please come speak with the Health Clinic as soon as possible.
If you have any questions about the results of your health check-up, feel free to visit the Health Clinic any time.

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