健康診断結果管理表

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 基準値 | **／** | **／** | **／** | **／** | **／** | **／** | **／** | **／** | **／** | **／** | **／** | **／** |
| 身長 | （ｍ） |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 体重 | （Kg） |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ＢＭＩ＝体重kg÷身長m÷身長m | 20～24 |  |  |  |  |  |  |  |  |  |  |  |  |
| 血圧 | 最高血圧 | 140未満 |  |  |  |  |  |  |  |  |  |  |  |  |
| 最低血圧 | 90未満 |  |  |  |  |  |  |  |  |  |  |  |  |
| 脂質 | 総コレステロール | 130～220 |  |  |  |  |  |  |  |  |  |  |  |  |
| 中性脂肪 | 35～150 |  |  |  |  |  |  |  |  |  |  |  |  |
| ＨＤＬ | 41～70 |  |  |  |  |  |  |  |  |  |  |  |  |
| ＬＤＬ | 70～139 |  |  |  |  |  |  |  |  |  |  |  |  |
| 肝機能 | ＧＯＴ | 8～38 |  |  |  |  |  |  |  |  |  |  |  |  |
| ＧＰＴ | 4～44 |  |  |  |  |  |  |  |  |  |  |  |  |
| γ-ＧＴＰ | 10～50（男） |  |  |  |  |  |  |  |  |  |  |  |  |
| 9～32（女） |  |  |  |  |  |  |  |  |  |  |  |  |
| ＡＬＰ | 110～360 |  |  |  |  |  |  |  |  |  |  |  |  |
| 総蛋白 | 6.5～8.1 |  |  |  |  |  |  |  |  |  |  |  |  |
| 糖尿 | 血糖 | 65～110 |  |  |  |  |  |  |  |  |  |  |  |  |
| 尿酸 | 3.0～7.0（男） |  |  |  |  |  |  |  |  |  |  |  |  |
| 2.6～6.5（女） |  |  |  |  |  |  |  |  |  |  |  |  |