

To People Who Underwent a Physical Examination: How to Read Your Test Results

Test Item	Standard Range for Reference	Purpose of Test
BMI	18.5-24.9	Indicates whether you are over or underweight. $BMI = \text{Weight (kg)} \div \text{Height (m)} \div \text{Height (m)}$ A BMI under 18.5 is considered underweight. A BMI of 25 or higher is considered overweight.
Blood pressure	Systolic phase: Under 130mmHg Diastolic phase: Under 85mmHg	Indicates the pressure that blood flowing from the heart puts on the interior walls of blood capillaries.
Triglycerides	Under 150mg/dl	A form of fat found inside the body. Forms a large part of built-up energy that goes unused in the body (subcutaneous fat). Causes arteriosclerosis when they become overly present in the blood. Triglyceride levels increase when taking blood samples after a meal.
HDL cholesterol	40mg/dl or higher	Removes excess cholesterol stuck to capillaries. Also colloquially referred to as "good cholesterol." Arteriosclerosis progresses when HDL cholesterol goes down.
LDL cholesterol	Under 120mg/dl	Generated by the liver, LDL cholesterol and non-HDL cholesterol carry cholesterol to the rest of the body. Cause coronary artery disease and cerebrovascular disease when levels become high. Non-HDL cholesterol = Total cholesterol level – HDL cholesterol level
Non-HDL cholesterol	Under 150mg/dl	
AST (GOT)	Under 31U/l	Leading indicators of liver and biliary tract disease. Liver function anomalies are suspected when AST (GOT) and AST (GPT) rise.
AST (GPT)	Under 31U/l	
y-GTP (r-GTP)	Under 51U/l	A screening test for the liver and biliary track. Especially rises as a result of alcoholic liver disease and drug-induced liver disease.
Fasting blood glucose	Under 100g/dl	Indicate the concentration of glucose in the blood upon blood sampling. Diabetes is suspected when fasting blood glucose and casual blood glucose are high, requiring more detailed testing.
Casual blood glucose	Under 100g/dl	
Hemoglobin A1c	Under 5.6% (NGSP)	Reflects average blood sugar in the last 1-2 months. Useful as an indicator of blood sugar control over

		a long period of time.
Red blood cell count	Males: $450-610 \times 10^4 / \mu\text{l}$ Females: $380-530 \times 10^4 / \mu\text{l}$	Count of red blood cells in $1 \mu\text{l}$ of blood flowing in the veins. Useful in diagnosing plethora and anemia.
Hemoglobin level	Males: 13.1g/dl or higher Females: 12.1g/dl or higher	Protein contained in red blood cells that serves to convey oxygen. Anemia, etc. is suspected when the hemoglobin level drops.
Hematocrit	Males: 40-54% Females: 35-47%	Figure indicating percentage of red blood cells contained in blood overall. Anemia is suspected when hematocrit is low and thick blood prone to clotting is suspected when it is high.
White blood cell count	4,000-10,000/ μl	Useful in diagnosing infections, inflammation, etc.
Blood platelets	$13-35 \times 10^4 / \mu\text{l}$	Related to the coagulation function of blood.
Total cholesterol	Under 220mg/dl	Indicates the amount of cholesterol in the blood. Arteriosclerosis progresses when the total cholesterol level goes down.
Alkaline phosphatase	100-350U/l	Indicates activity of bone cells in cholestatic liver disease and bone disease.
Uric acid	2.0-7.0mg/dl	Purine final metabolic product contained in considerable quantities of meats, alcohol, etc. Gout, etc. are suspected when uric acid is high.
Urea nitrogen	9.0-20.0mg/dl	Becomes high due to lowered kidney functions.
Creatinine	Males: 0.7-1.20mg/dl Females: 0.5-0.90mg/dl	Becomes high when renal dysfunction is present.
eGFR	60ml/min./ 1.73m^2 or higher	Level falls due to lowered kidney functions.
Amylase	60-190U/l	Oxygen contained in considerable quantities in pancreatic fluid and saliva. Inflammation of the pancreas, etc. are suspected when amylase is high.
CPK	Males: 57-197U/l Females: 32-180U/l	Reflects blockage of the tissue and cells of the heart muscle, the skeletal muscle, etc.
Albumin	4.0-5.7g/dl	Created by the liver. Accounts for approx. 60% of protein in the body. Malnutrition is suspected when albumin is low.

*The standard ranges shown represent one of several possible reference values that differ according to the testing facility and method. Please verify your results with the guidance of a physician.