



Annual Health Check, 2010

Explanation of health check results (No. 2)

ECG and blood analysis (Please refer to No.1, too)

8. ECG

ECG detects abnormalities in the heart, such as irregular pulse, by monitoring fluctuations of the voltage produced by the heart. In some cases where abnormalities have been identified, it may affect participation in sports. Please visit Health Administration Center for an explanation of your results, if you have a finding.

9. Blood test.

Liver function test: It measures the concentration of liver enzymes. Liver malfunctions can manifest themselves. A high count can raise suspicion of viral hepatitis or fatty liver, and so it is necessary to have a more comprehensive examination at a medical facility. Fatty liver is required better diet and exercise habits to be improved.

Lipids test: It is known that high levels of triglyceride or LDL cholesterol can lead to arteriosclerosis. Arteriosclerosis is the hardening and thickening of artery walls, which may cause myocardial infarction or cerebral infarction. On the other hand, HDL cholesterol is also known as “good cholesterol”, which works to prevent arteriosclerosis.

Glucose metabolism test: Blood glucose concentration is strictly regulated from 60 to 140 mg/dl at any times. Insulin secreted from the pancreas plays an important role in regulation of glucose. If there is insufficient insulin, its function is impaired and blood sugar levels rise, causing the onset of diabetes. If fasting blood sugar levels are over 110 mg/dl, insulin may be insufficient and a more comprehensive examination is required. HOMA-R is a test which estimates insulin resistance using the calculation of (fasting blood sugar x fasting insulin) / 405.

A result of over 2.5 indicates insulin resistance. Obesity can be one of the risk factors of insulin resistance. People with high HOMA-R should visit Health Administration Center for explanation and review their lifestyle.

Uric acid test: Products derived from a protein called purine, which is used to manufacture nucleic acid in cell nuclei. If these are higher than 8.0 mg/dl over a prolonged period, this may cause gout onset. People with over 7.1 mg/dl should review the content of their meals and maintain a healthy body weight. Those with over 8.0 mg/dl may consult a clinic or hospital.

	Item	Normal range	
Liver function	AST (GOT) (IU/L)	0~35	
	ALT (GPT) (IU/L)	0~35	
	γ GTP (IU/L)	(Men)	0~55
		(women)	0~40
Fats	Triglyceride	≤149	
	HDL cholesterol (mg/dl)	40≤	
	LDL cholesterol (mg/dl)	30~139	
Glucose metabolism	Blood sugar (At any time) (mg/dl)	50~139	
	Blood sugar (Fasting) (mg/dl)	50~109	
	Insulin (Fasting) (μU/ml)	2.2~10	
	HOMA-R	≤2.4	
Uric acid	Uric acid (mg/dl)	0~7.0	

