



MEDICAL CHECK-UP REPORT

รายงานผล
การตรวจสุขภาพ

Handwritten signature

2018

**Health
Screening
Center**

ศูนย์ตรวจสุขภาพ

+66 (0) 2011 3193

+66 (0) 2011 3105

Name นาง เบญจวรรณ ญาติสร้างศกุล

Hospital Number 100713772

Name:	นาง เบญจวรรณ ญาติสร้างศกุล	HN:	100713772
Date Of Birth:	30/10/54	Age:	63
Sex:	Female	Visit Date:	02/09/2018
Doctor:	Watcharaphong Saechere (Dr.)		

Health Screening Report Summary

Standard Measurements / Vital Signs

Weight	84 กิโลกรัม	Temperature	36.8916 เซลเซียส	Color Sense
Height	167 เซนติเมตร	Pulse	66 /นาทื	Vision
BMI (Body mass index)	30.12	Respiration	20 /นาทื	Right
Waist circumference		Blood pressure	147 / 83 ม.ม.ปรอท	Left
		Blood Group		

Family History

Mother

CA - Lung cancer

Father

Essential hypertension

Type 2 diabetes mellitus

Social History

NO HISTORY OF Current Smoker

NO HISTORY OF Exercise

Name:

นาง เบญจวรรณ ญาติสร้างศกุล

HN:

100713772

Physical Findings Summary

Clinical Evaluation	Normal	Abnormal	NA	Abnormal Findings
General Appearance	X			
Skin	X			
Eyes	X			
ENT	X			
Head	X			
Neck	X			
Cardiovascular	X			
Breasts			X	
Chest & Lung	X			
Abdomen	X			
Musculoskeletal	X			
Extremities	X			
Genitalia			X	
Nervous system	X			
Rectal			X	

Name: นาง เบญจวรรณ ญาณิสรางค์กุล

HN: 100713772

Tests

Test: Blood Pressure

Assessment

ความดันโลหิต สูงเล็กน้อย
147/83 mmHg

Recommendation

รับประทานอาหารไขมันต่ำ งดอาหารเค็ม
ออกกำลังกายให้สม่ำเสมอและควบคุมน้ำหนัก
วัดความดันโลหิตอย่างสม่ำเสมอ
(ระดับที่ยอมรับได้ควรต่ำกว่า 140/90 มม.ปรอท)
ถ้าความดันโลหิตสูงควรปรึกษาแพทย์เพื่อการวินิจฉัยหรือรักษาต่อไป

Test: CBC

Assessment

ผลโดยรวมอยู่ในเกณฑ์ปกติ

Recommendation

Test: Blood Sugar (FBG)

Assessment

น้ำตาลในเลือด สูงเล็กน้อย
99 mg/dl

Recommendation

การรักษาระดับน้ำตาลในเลือดให้อยู่ในเกณฑ์ปกติจะช่วยลดความเสี่ยง
เรื่องโรคหัวใจ โรคไต การอุดตันของเส้นเลือดที่ไปเลี้ยงสมอง
ลดของหวาน อาหารจำพวกแป้ง เครื่องดื่มแอลกอฮอล์(กรณีดื่ม)
ออกกำลังกายอย่างสม่ำเสมอ ควบคุมน้ำหนัก

Test: HbA1c

Assessment

น้ำตาลสะสมในเลือด ผิดปกติ

Recommendation

6.0%

Name: นาง เมญจวรรณ ญาติสร้างสกุล

HN: 100713772

Test: Kidney Function

Assessment

การทำงานของไต : ปกติ
การทำงานของไต (BUN) ปกติ
การทำงานของไต (Creatinine) ปกติ
การทำงานของไต (eGFR(MDRD Calculation) ปกติ

Recommendation

Test: Uric Acid

Assessment

กรดยูริก ปกติ

Recommendation

Test: Liver Function

Assessment

การทำงานของตับ : ปกติ

Recommendation

Test: Lipid Profile

Assessment

ระดับไขมัน (โคเลสเตอรอล) สูง
ระดับไขมัน (ไตรกลีเซอไรด์) ปกติ
ไขมันชนิดดี (HDL-C) ปกติ
อัตราส่วนไขมันโคเลสเตอรอล ต่อไขมันชนิดดี (CHOL/HDL-C) สูง
(มีความเสี่ยงต่อโรคหัวใจและหลอดเลือด)
ไขมันชนิดไม่ดี (LDL-C) สูง
อัตราส่วนระดับไขมันชนิดไม่ดีต่อระดับไขมันชนิดดี (LDL/HDL-C)
ปกติ

Recommendation

ออกกำลังกายอย่างสม่ำเสมอและรับประทานอาหารไขมันต่ำ
ไขมันชนิดไม่ดี (LDL-C) สามารถลดได้โดย
รับประทานอาหารไขมันต่ำ ออกกำลังกายสม่ำเสมอ ควบคุมน้ำหนัก

Name: นาง เบญจวรรณ ญาติสร้างสกุล

HN: 100713772

Test: CEA

Assessment

สารบ่งชี้มะเร็งทางเดินอาหาร (CEA) ปกติ

Recommendation

Test: AFP

Assessment

สารบ่งชี้มะเร็งตับ (AFP) ปกติ

Recommendation

Test: CA 19-9

Assessment

สารบ่งชี้มะเร็งตับอ่อน (CA 19-9) ปกติ

Recommendation

Test: CA 125

Assessment

สารบ่งชี้มะเร็งรังไข่ (CA 125) ปกติ

Recommendation

Test: CA 15-3

Assessment

CA 15-3 ปกติ

Recommendation

Test: Free T4

Assessment

ฮอร์โมนไทรอยด์ Free T4 ปกติ

Recommendation

Name: นาง เบญจวรรณ ญาติสร้างสกุล

HN: 100713772

Test: TSH

Assessment

ฮอร์โมนไทรอยด์ TSH ปกติ

Recommendation

Test: Urinalysis

Assessment

ปกติ

Recommendation

Test: Chest X-Ray

Assessment

ปกติ

Recommendation

Test: Electrocardiogram (EKG)

Assessment

คลื่นไฟฟ้าหัวใจ ปกติ

Recommendation

Test: Ultrasound of whole abdomen

Assessment

มีไขมันไปสะสมที่เซลล์ของตับเป็น Fatty liver,
ไตข้างซ้ายมีถุงน้ำเล็กๆ, มีเนื้องอกที่มดลูกขนาดเล็กๆเหมือนเดิม

Recommendation

ถ้าหากเนื้องอกที่มดลูกโตมากกว่า 5 ซม. ให้เอาออก

Name:

นาง เบญจวรรณ ญาณิสรางค์กุล

HN:

100713772

Test:

General Recommendation

Recommendation

ดื่มน้ำให้เพียงพอ 6-8 แก้วต่อวัน

ออกกำลังกายอย่างสม่ำเสมอ

ออกกำลังกายอย่างสม่ำเสมอ (Aerobic exercise 20-30 นาที ต่อครั้ง , 2-3 ครั้งต่อสัปดาห์)

หลีกเลี่ยงอาหารเค็ม พยายามลดน้ำหนัก และออกกำลังกายให้สม่ำเสมอ

ควรลดน้ำหนัก

แนะนำให้เอกซเรย์และอัลตราซาวด์เต้านมปีละครั้ง สำหรับสตรีอายุ 40 ปีขึ้นไป

แนะนำให้ตรวจมะเร็งปากมดลูกปีละครั้ง

ควรรับการฉีดวัคซีนป้องกันไขหวัดใหญ่

ตรวจสอบสุขภาพปีละครั้ง



Accreditation No. 4036/50

Laboratory Report

Lab Episode Number: 18255924

Station: Medical Clinics (BIC 15C)
Order Owner: Watcharaphong Saechere (Dr.)

Name: Benjawan YANISRANGKUL
เบญจวรรณ ญาณิศรางค์กุล
HN: 100713772 DOB : 30/10/1954
Age: 63Y 10M 3D Sex: Female
Order Date: 02/09/2018 Time: 07:06

Biochemistry

%HbA1c*

18255924-2: 02/09/2018 07:06 EDTA Blood 3 ml. - (CH) Lavender Top

HBA1C 6.0 (H) % (0.0-5.6)

Electronically signed by Pakinee Kedsomboon at 07:45 on 02/09/2018

Comment: Test results should always be used in conjunction with the patient's medical history, clinical examination and other findings.

Remark: Any tests followed by * symbol represents those with ISO 15189 or ISO 22870 Accreditation

Flag message: (L) means below low normal, (H) means above high normal, c means correction.
(L-) means a critical low value, (H+) means a critical high value

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Accreditation No. 4036/50

Laboratory Report

Lab Episode Number: 18255924

Station: Medical Clinics (BIC 15C)
Order Owner: Watcharaphong Saechere (Dr.)

Name: Benjawan YANISRANGKUL
เบญจวรรณ ญาณิสรารังกุล
HN: 100713772
Age: 63Y 10M 3D
Order Date: 02/09/2018
DOB: 30/10/1954
Sex: Female
Time: 07:06

Hormone and Tumor Marker

AFP (Alpha-Fetoprotein)*

18255924-1: 02/09/2018 07:06 Plain Blood 5 ml. - (IM) Red Top Tube

AFP (Alpha-Fetoprotein)* 2.7 ng/mL (0.0-15.0)

Electronically signed by System Auto Authorized at 08:30 on 02/09/2018

CA 125*

18255924-1: 02/09/2018 07:06 Plain Blood 5 ml. - (IM) Red Top Tube

CA 125 12.6 U/mL (0.0-35.0)

Electronically signed by System Auto Authorized at 08:30 on 02/09/2018

CA 15-3*

18255924-1: 02/09/2018 07:06 Plain Blood 5 ml. - (IM) Red Top Tube

CA 15-3 8.0 U/mL (0.0-31.0)

Electronically signed by System Auto Authorized at 08:30 on 02/09/2018

CA 19-9*

18255924-1: 02/09/2018 07:06 Plain Blood 5 ml. - (IM) Red Top Tube

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Accreditation No. 4036/50

Laboratory Report

Lab Episode Number: 18255924

Station: Medical Clinics (BIC 15C)
Order Owner: Watcharaphong Saechere (Dr.)

Name: Benjawan YANISRANGKUL
เบญจวรรณ ญาณิสรารังกุล
HN: 100713772 DOB : 30/10/1954
Age: 63Y 10M 3D Sex: Female
Order Date: 02/09/2018 Time: 07:06

CA 19-9	24.4	U/mL	(0.0-39.0)
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Electronically signed by Pakinee Kedsomboon at 08:27 on 02/09/2018

CEA (Carcinoembryonic Antigen)*

18255924-1: 02/09/2018 07:06 Plain Blood 5 ml. - (IM) Red Top Tube

Carcinoembryonic Antigen	2.5	ng/mL	(0.0-5.0)
CEA reference range:			
Non-Smoker	0-5 ng/mL		
Smoker	0-10 ng/mL		

Electronically signed by System Auto Authorized at 08:30 on 02/09/2018

Free Thyroxine* (Free T4)

18255924-1: 02/09/2018 07:06 Plain Blood 5 ml. - (IM) Red Top Tube

Free Thyroxine	0.88	ng/dl	(0.70-1.48)
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Electronically signed by System Auto Authorized at 08:30 on 02/09/2018

TSH (Thyroid Stimulating Hormone)*

18255924-1: 02/09/2018 07:06 Plain Blood 5 ml. - (IM) Red Top Tube

Thyroid Stimulating Hormone	1.646	uU/ml	(0.350-4.940)
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Electronically signed by System Auto Authorized at 08:30 on 02/09/2018

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Accreditation No. 4038/50

Laboratory Report

Lab Episode Number: 18255931

Station: Medical Clinics (BIC 15C)
Order Owner: Watcharaphong Saechee (Dr.)

Name: Benjawan YANISRANGKUL
เบญจวรรณ ญาณิสรารังกุล
HN: 100713772 DOB: 30/10/1954
Age: 63Y 10M 3D Sex: Female
Order Date: 02/09/2018 Time: 07:26

Biochemistry

ALP (Alkaline Phosphatase)*

18255931-1: 02/09/2018 07:06 Plain Blood 5 ml. - (CH) Red Top Tube

ALP (Alkaline Phosphatase)* 47 U/L (38-126)

Electronically signed by System Auto Authorized at 08:13 on 02/09/2018

ALT/SGPT (Alanine Aminotransferase)*

18255931-1: 02/09/2018 07:06 Plain Blood 5 ml. - (CH) Red Top Tube

ALT (Alanine Aminotransferase)* 17 U/L (0-45)

Electronically signed by System Auto Authorized at 08:13 on 02/09/2018

AST/SGOT (Aspartate Aminotransferase)*

18255931-1: 02/09/2018 07:06 Plain Blood 5 ml. - (CH) Red Top Tube

AST (Aspartate Aminotransferase)* 20 U/L (10-45)

Electronically signed by System Auto Authorized at 08:13 on 02/09/2018

BUN*

18255931-1: 02/09/2018 07:06 Plain Blood 5 ml. - (CH) Red Top Tube

Comment: Test results should always be used in conjunction with the patient medical history, clinical examination and other findings.

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Laboratory Report

Lab Episode Number: 18255931

Station: Medical Clinics (BIC 15C)
Order Owner: Watcharaphong Saechere (Dr.)

Name: Benjawan YANISRANGKUL
เบญจวรรณ ญาณิสรังกุล
HN: 100713772 DOB : 30/10/1954
Age: 63Y 10M 3D Sex: Female
Order Date: 02/09/2018 Time: 07:26

BUN	18.0	mg/dL	(7.0-21.0)
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Electronically signed by System Auto Authorized at 08:13 on 02/09/2018

Creatinine & eGFR (MDRD equation)

18255931-1: 02/09/2018 07:06 Plain Blood 5 ml. - (CH) Red Top Tube

Creatinine*	0.70	mg/dL	(0.55-1.02)
eGFR if African American or African	>60.00	mL/min/1.73m ²	
eGFR if Caucasians or Other	>60.00	mL/min/1.73m ²	
eGFR if Chinese	>60.00	mL/min/1.73m ²	
eGFR if Thai	>60.00	mL/min/1.73m ²	

Electronically signed by System Auto Authorized at 08:13 on 02/09/2018

FBG* (Glucose Fasting)

18255931-1: 02/09/2018 07:06 Plain Blood 5 ml. - (CH) Red Top Tube

FBG (Glucose Fasting)	99 (H)	mg/dL	(70-99)
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Electronically signed by System Auto Authorized at 08:13 on 02/09/2018

Lipid Profile

18255931-1: 02/09/2018 07:06 Plain Blood 5 ml. - (CH) Red Top Tube

Cholesterol	306.3 (H)	mg/dL	(<200.0)
Triglycerides	135.8	mg/dL	(0.0-150.0)
HDL Cholesterol	74.4	mg/dL	(>50.0)
CHOL/HDL-C*	4.1 (H)	mg/dL	(0.0-4.0)

Comment: Test results should always be used in conjunction with the patient medical history, clinical examination and other findings.

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Accreditation No. 4036/50

Laboratory Report

Lab Episode Number: 18255931

Station: Medical Clinics (BIC 15C)
Order Owner: Watcharaphong Saechere (Dr.)

Name: Benjawan YANISRANGKUL
เบญจวรรณ ญาติสร้างสกุล
HN: 100713772 DOB : 30/10/1954
Age: 63Y 10M 3D Sex: Female
Order Date: 02/09/2018 Time: 07:26

LDL Cholesterol	192.6 (H)	mg/dL	(0.0-130.0)
LDL-C/HDL-C*	2.6	mg/dL	(0.0-3.0)

Electronically signed by System Auto Authorized at 08:13 on 02/09/2018

Total Protein, Albumin, Globulin

18255931-1: 02/09/2018 07:06 Plain Blood 5 ml. - (CH) Red Top Tube

Total Protein	7.00	g/dl	(6.40-8.30)
Albumin (Blood)*	3.88	g/dl	(3.50-5.00)
Globulin	3.12	g/dl	

Electronically signed by System Auto Authorized at 08:13 on 02/09/2018

Uric Acid*

18255931-1: 02/09/2018 07:06 Plain Blood 5 ml. - (CH) Red Top Tube

Uric Acid	4.9	mg/dL	(2.5-7.5)
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Electronically signed by System Auto Authorized at 08:13 on 02/09/2018

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Laboratory Report

Lab Episode Number: 18255931

Name: Benjawan YANISRANGKUL
เบญจวรรณ ญาณิสรังกุล
HN: 100713772 DOB : 30/10/1954
Age: 63Y 10M 3D Sex: Female
Order Date: 02/09/2018 Time: 07:26

Station: Medical Clinics (BIC 15C)
Order Owner: Watcharaphong Saechere (Dr.)

Hematology and Serology

Complete Blood Count (CBC)*

18255931-2: 02/09/2018 07:06 EDTA Blood 3 ml. - (HE) Lavender Top

WBC	3.8 (L)	10 ³ /ul	(4.5-10.0)
Neutrophils (%)	37.3 (L)	%	(55.0-75.0)
Lymphocytes (%)	51.9 (H)	%	(20.0-35.0)
Monocytes (%)	7.1	%	(3.0-10.0)
Eosinophils (%)	2.4	%	(0.0-5.0)
Basophils (%)	1.3	%	(0.0-2.0)
Neutrophilic Band form	0.0	%	(0.0-6.0)
Atypical Lymphocyte	0.0	%	
Other WBC	-		
Comment for WBC	-		
NRBC	0.00	/100 WBC	
RBC	4.28	10 ⁶ /ul	(4.00-5.50)
Hemoglobin	13.4	g/dl	(12.0-16.0)
Hematocrit	39.7	Vol%	(37.0-47.0)
MCV	92.8	fL	(80.0-96.0)
MCH	31.3 (H)	pg	(27.0-31.0)
MCHC	33.8	g/L	(31.0-35.0)
RDW	13.4	%	(11.5-14.0)
Anisocytosis	-		
Macrocyte	-		
Microcyte	-		
Poikilocytosis	-		
Target cells	-		
Fragmented cells	-		
Ovalocyte	-		
Tear drop cell	-		
Hypochromia	-		
Polychromasia	-		
Red Blood Cell Morphology	Normochromic normocytic		

Comment: Test results should always be used in conjunction with the patient's medical history, clinical examination and other findings.

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Accreditation No. 4036/50

Laboratory Report

Lab Episode Number: 18255931

Station: Medical Clinics (BIC 15C)
Order Owner: Watcharaphong Saechere (Dr.)

Name: Benjawan YANISRANGKUL
เบญจวรรณ ญาณิสรารังกุล
HN: 100713772 DOB : 30/10/1954
Age: 63Y 10M 3D Sex: Female
Order Date: 02/09/2018 Time: 07:26

Platelet Count	258	$10^3/\mu\text{l}$	(150-450)
Comment	-		

Electronically signed by System Auto Authorized at 07:41 on 02/09/2018

Comment: Test results should always be used in conjunction with the patient's medical history, clinical examination and other findings.

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Flag message: (L) means below low normal, (H) means above high normal, c means correction.

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Lab Episode Number: 18255931

Station: Medical Clinics (BIC 15C)
Order Owner: Watcharaphong Saechere (Dr.)

Name: Benjawan YANISRANGKUL
เบญจวรรณ ญาณิสรารังกุล
HN: 100713772 DOB : 30/10/1954
Age: 63Y 10M 3D Sex: Female
Order Date: 02/09/2018 Time: 07:26

Urine, Stool and Fluid

Urinalysis*

18255931-3: 02/09/2018 07:06 Urine 20 ml. - (HE) Clean Container

Colour	Pale yellow	
Turbidity	Clear	
Urine: pH	7.5	(5.0-8.0)
Specific Gravity	1.017	(1.003-1.035)
Urine: Protein	Trace	
Urine: Sugar	Negative	
Urine: Ketone	Negative	
Urine: Blood	Negative	
Urine: Bilirubin	Negative	
Urine: Urobilinogen	Negative	
Urine: Nitrite	Negative	
Urine: Leukocytes	Negative	
Urine: RBC	0 cell/HPF	
Urine: WBC	0-1 cell/HPF	
Urine: Squamous Epithelial Cells	1-2 cells/HPF	
Urine: Bacteria	-	
Urine: Amorphous	-	
Urine: Mucous	-	

Electronically signed by System Auto Authorized at 09:20 on 02/09/2018

Comment: Test results should always be used in conjunction with the patient's medical history, clinical examination and other findings.

Remark: Any tests followed by * symbol represents those with ISO 15189 or ISO 22870 Accreditation, c means correction.

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Radiology Results

Name: **Mrs Benjawan Yanisrangkul**

HN: **100713772** Birth Date: 30 Oct 1954

Age: 63Y 10M

Sex: F

Acc No: 4317727/217

Acquisition Time: 02 Sep 2018 07:29

Study: Chest (PA) - CPK

Reported Time: 02 Sep 2018 07:37:36

Requested by: Watcharaphong Saechere (dr.)

CHEST: PA VIEW

COMPARISON: 28-Jul-2015

FINDINGS

LUNGS: Normal lung volume. No active pulmonary opacity.
Minimal plate atelectasis left basal lung.

PLEURA: No effusion. No pneumothorax.

HEART & MEDIASTINUM: Normal heart size. Mild tortuous aorta.
Normal mediastinal contour.

BONY STRUCTURES: Unremarkable bony structures.

IMPRESSION

No active pulmonary opacity.



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Radiology Results

Name: **Mrs Benjawan Yanisrangkul**

HN: **100713772** Birth Date: 30 Oct 1954

Age: 63Y 10M

Sex: F

Acc No: 4317727/90

Acquisition Time: 02 Sep 2018 07:34

Study: Whole Abdomen (U/S)

Reported Time: 02 Sep 2018 08:20:04

Requested by: Watcharaphong Saechere (dr.)

ULTRASOUND OF THE WHOLE ABDOMEN

CLINICAL INFORMATION: Check up.

COMPARISON: 28.7.15.

FINDINGS

Liver:	Normal size and shape with increased parenchymal echogenicity. No space taking lesion.
Biliary tract:	No dilatation of intrahepatic bile ducts. Normal size CBD.
Gallbladder:	Normal size, shape, and wall thickness. No gallstone or mass.
Pancreas:	Normal size, shape, and echoes of the visualized portion. No dilatation of main pancreatic duct.
Kidneys:	Normal size, shape and parenchymal echoes. No stone, solid mass or hydronephrosis. One cortical cyst at left mid pole size 8mm. The right renal size = 111x52mm The left renal size = 105x49mm
Spleen:	Normal size and parenchymal echoes.
Aorta:	Normal caliber.
Urinary bladder:	Smooth wall without demonstrable stone or mass.
Uterus:	Normal size, shape, and echoes. A posterior wall myoma size 11 mm
Ovaries:	Normal appearance of both ovaries.
Others:	No mass or free fluid.

IMPRESSION

Fatty liver.

A small left renal cyst.

A small myoma uteri.

No significant change of findings from last study.



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Radiology Results

Name: **Mrs Benjawan Yanisrangkul**

HN: **100713772** Birth Date: 30 Oct 1954

Age: 63Y 10M

Sex: F

Acc No: 4317727/138

Acquisition Time: 02 Sep 2018 08:26

Study: Bone Density L-Spine & Hip

Reported Time: 02 Sep 2018 10:24:55

Requested by: Watcharaphong Saechere (dr.)

BONE MINERAL DENSITIES:

COMPARISON: the previous study on May 16, 2016.

BMD of the total L spine = 1.182 g/cm² with T- score = 1.8.

L4 was excluded due to more than a 1.0 T-score difference than adjacent vertebra)
(BMD change = -0.014 g/cm² = -1.100% from the prior study = -0.479% per year)

BMD of the total left hip = 1.147 g/cm² with T- score = 2.6.

(BMD change = 0.021 g/cm² = 1.900% from the prior study = 0.827% per year)

BMD of the left femoral neck = 0.928 g/cm² with T- score = 1.2.

IMPRESSION

Normal bone density, according to the WHO classification.

No significant BMD change of the lumbar spine and left hip.

BONE DENSITY

Name Mrs. Benjawan Yanisrangkul

HN. 100713772

DOB. 30 October 1954

Age 63 years old

The examination date 2-Sep-18 Previous examination date 16-May-16

Date Change 839 days

BMD difference from previous Total BMD

Organ	Current Total BMD	Previous Total BMD	Current Total BMD - PreviousTotal BMD
L-Spine	1.182	1.196	-0.014
Lt Hip	1.147	1.126	0.021

Rate change of BMD per year = % Previous x (365 /Total days)

Organ	% Previous	365 /Total days	%BMD Change/Year
L-Spine	-1.100	0.435	-0.479
Lt Hip	1.900	0.435	0.827

Remark

Least Significant Change (LSC) of BMD (Hologic; Discovery) in each parts:

L1 - L4 Spine = 0.0277 g/cm²

Total Hip = 0.0332 g/cm²

Femoral neck = 0.0332 g/cm²