

**GHNHM: NH BASIC SCREENING PACKAGE - MALE**

No.	Description		Result	Unit	Reference Value
<b>HAEMATOLOGY 血液研究</b>					
1	Haemoglobin (Hb)	血紅素	15.1	g/dL	13.0-18.0
2	Red Blood Cell	紅血球	5.2	mil/cumm	4.5 - 6.5
3	Haematocrit (Hct/PCV)	血球比積	44	%	40 - 54
4	MCV	平均球容積	86	fl	78 - 96
5	MCH	平均紅血球血紅素	29	pg	27 - 33
6	MCHC	平均紅血球血紅素濃度	34	g/dL	30 - 37
7	RDW	紅血球分佈寬度	14.4	%	11.0 - 16.0
8	Platelet Count	血小板	278	tho/cumm	150-400
9	White Blood Cell, Total	白血球	4.5	tho/cumm	4.0 - 11.0
10	~ Neutrophils	多形核白血球	55	%	40 - 75
11	~ Lymphocytes	淋巴球	33	%	20 - 45
12	~ Monocytes	單核白血球	10	%	2 - 10
13	~ Eosinophils	嗜伊紅白血球	2	%	1 - 6
14	~ Basophils	嗜鹼細胞	0	%	0-1
15	ABO Blood Group	血型	A	-	
16	Rhesus (D)	.	Positive	-	
17	Blood Film Comment	血片圖	-		

The red cells show normochromic normocytic picture.  
 The platelets are adequate.  
 The white cells reveal no abnormal morphological changes.

**GHNHM: NH BASIC SCREENING PACKAGE - MALE**

No.	Description		Result	Unit	Reference Value
<b>RENAL FUNCTION &amp; METABOLIC 腎功能和代謝</b>					
18	Urea	尿素	4.3	mmol/L	2.8 - 7.2
19	Creatinine	肌酸酐	64	umol/L	54-104
20	estimated GFR (CKD-EPI creatinine equation 2021)		102	ml/min/1.73m2	
<b>NKF Classification of Chronic Kidney Disease</b>					
	Stage	Description	GFR		
	1	Normal or High GFR	90+		
	2	Mild decreased in GFR	60-89		
	3	Moderate decreased in GFR	30-59		
	4	Severe decreased in GFR	15-29		
	5	Kidney Failure	<15		
21	Uric Acid	尿酸	402	umol/L	208 - 428
22	Sodium (Na)	鈉	135	↓ mmol/L	136 - 146
23	Potassium (K)	鉀	4.2	mmol/L	3.5 - 5.1
24	Chloride (Cl)	氯	99	↓ mmol/L	101 - 109
25	Calcium	鈣	2.18	↓ mmol/L	2.20 -2.65
26	- Corrected Calcium	.	2.2	mmol/L	2.1 - 2.6
27	Phosphorus	磷	1.04	mmol/L	0.81-1.45
28	Magnesium, Serum	血清鎂	0.77	mmol/L	0.77-1.03
29	Urine Microalbumin	尿微白蛋白	13.5	mg/L	<20
30	Urine Creatinine	尿肌酸酐	15.1	mmol/L	0.9 - 26.5
31	Urine Alb/Crea. Ratio	白蛋白 / 肌酸酐比率	0.9	mg/mmol	<3.4

**GHNHM: NH BASIC SCREENING PACKAGE - MALE**

No.	Description	Result	Unit	Reference Value
-----	-------------	--------	------	-----------------

**LIVER FUNCTION 肝功能**

32	Bilirubin, Total	膽紅素 (總數)	11.7	umol/L	5.0 - 21.0
33	Protein, Total	蛋白質總數	70	g/L	66-83
34	Albumin	白蛋白	41	g/L	32 - 52
35	Globulin	球蛋白	29	g/L	21 - 40
36	A/G Ratio	白蛋白 / 球蛋白比率	1.4	index	1.0 - 2.2
37	Alk. Phosphatase (ALP)	鹼性磷酸酶	71	U/L	43 - 115
38	AST (SGOT)	谷草轉氨酶	21	U/L	<50
39	ALT (SGPT)	谷丙轉氨酶	19	U/L	<50
40	GGT	麩胺轉酸酶	25	U/L	<55
41	Fibrosis-4 Score	-	1.11		

Age		Interpretation
35-64	>65	
FIB-4 Score		
<1.3	<2	Low risk of advance fibrosis
1.3-2.67	2-2.67	Intermediate risk of advance fibrosis
>2.67		High risk of advance fibrosis

**Disclaimer:**

Use with caution in patients < 35 or > 65 years old, as the score may be less reliable in these age groups. Clinical correlation is advised.

**LIPIDS & CARDIOVASCULAR RISK 血脂和心臟血管風險**

42	Cholesterol, Total	總膽固醇	4.95	mmol/L	<5.20
43	HDL-Chol. (good)	高密膽固醇 (好)	1.17	mmol/L	>1.03
44	Non-HDL-Chol. (bad)	非高密膽固醇	<b>3.78</b>	↑ mmol/L	<3.37
45	LDL-Chol. (bad)	低密膽固醇 (壞)	<b>2.78</b>	↑ mmol/L	<2.60
46	Triglycerides	三酸甘油脂	<b>2.17</b>	↑ mmol/L	<1.70
47	Total/HDL-Chol Ratio	膽固醇比率	4.20	index	<5.00

**GHNHM: NH BASIC SCREENING PACKAGE - MALE**

No.	Description	Result	Unit	Reference Value
<b>INFLAMMATORY MARKER &amp; CVD RISK 炎症標記和心臟血管風險</b>				
48	High sensitive C-Reactive Protein C反應蛋白	1.7	mg/L	CVD Risk, Low: <1.0, High: >3.0, Inflammation: >10
<b>DIABETES &amp; PANCREATIC 糖尿病 &amp; 胰臟</b>				
49	Glucose 血糖	4.9	mmol/L	Normal: <6.1, Impaired: 6.1-6.9, Diabetes: (Fasting) >7.0 (Random) >11.1
50	Glycated Hb (HbA1c) 糖化血色素	6.0	%	Normal: <5.6, Pre-diabetes: 5.6-6.2, Diabetes: >6.3, Control Target: <6.5
<b>INFECTIOUS DISEASE SEROLOGY 傳染科血清學</b>				
51	VDRL (RPR/ TRUST) 梅毒篩檢	Non-Reactive	-	Non-Reactive
52	Syphilis TP Antibody 梅毒抗體	Non-Reactive	-	Non-Reactive
53	Hep. Bs Ag Screen B型肝炎表面抗原	Non-Reactive	-	Non-Reactive
54	Hep. Bs Ab (Anti-HBs) B型肝炎表面抗體	493.93	mIU/mL	Non-Reactive:<10, Strong immunity:>100
55	Hep. A Ab (Anti-HAV) A型肝炎抗體	Reactive	-	Reactive: Immunity
56	H. pylori IgG 幽門螺杆菌 IgG抗體	0.012	S/CO	Non-Reactive: <1.000, Reactive:>= 1.000
57	HIV (1&2) Ab+Ag p24 Screen 愛滋病毒篩檢	Non-Reactive	-	Non-Reactive
<b>THYROID FUNCTION 甲狀腺功能</b>				
58	TSH 促甲狀腺激素	0.91	mIU/L	0.35 - 4.94
<b>TUMOUR MARKERS 腫瘤標誌</b>				
59	Alpha-Fetoprotein (AFP) 甲-胎蛋白質	2.6	ng/ml	<9.0
60	Carcino-Embryonic Ag (CEA) 癌胚胎抗原	0.6	ng/ml	Non-smoker:<5.0, Smoker:<10.0
61	Prostatic Specific Ag (PSA) 前列腺特異抗原	1.756	ng/ml	< 4.000
62	CA 19-9 腫瘤標記 19-9	3.1	U/ml	<35
63	EBV VCA IgA (for NPC) EB病毒特殊抗體 (鼻咽癌)	Non-Reactive	index	Non-Reactive:<2.0, Weak React:2-10, Reactive:>10

**GHNHM: NH BASIC SCREENING PACKAGE - MALE**

No.	Description	Result	Unit	Reference Value
<b>IMMUNOSEROLOGY 血清免疫學</b>				
64	Rheumatoid Factor 類風濕因子	5.0	IU/mL	< 14.1
<b>URINALYSIS: ~ Appearance ~ 尿液分析: ~ 外觀 ~</b>				
65	Colour 顏色	Yellow	-	
66	Turbidity 濁度	Clear	-	
<b>~ Urine Chemical ~ ~ 尿液化學 ~</b>				
67	Urobilinogen 尿膽原	Normal	-	Normal
68	Glucose 尿糖	Negative	-	Negative
69	Bilirubin 膽紅素	Negative	-	Negative
70	Ketones 酮體	Negative	-	Negative
71	Specific Gravity 比重	1.015	-	1.005 - 1.030
72	Blood 紅血球	Negative	-	Negative
73	pH 酸鹼度	6.0	-	5.0 - 8.5
74	Protein 蛋白質	Negative	-	Negative
75	Nitrite 亞硝酸鹽	Negative	-	Negative
76	Leukocyte 白細胞	Negative	-	Negative

**GHNHM: NH BASIC SCREENING PACKAGE - MALE**

No.	Description		Result	Unit	Reference Value
<b>~ Microscopic ~ ~ 微觀 ~</b>					
77	Erythrocytes (RBC)	紅細胞	n.a	/HPF	0 - 3
78	Pus Cells (WBC)	白細胞	n.a	/HPF	0 - 5
79	Epithelial Cells	上皮細胞	n.a	/HPF	0 - 10
80	Casts	管型	n.a	/LPF	Hyaline 0 - 1/LPF, other casts present is abnormal
81	Crystal	結晶	n.a	-	Usually not significant, unless found persistently in patient with renal calculi or if associated with certain metabolic disease.
82	Others	其它	-	-	

End Of Report

Specimen : EDTA Blood, Plain (Serum), Urine, Fluoride Plasma

Serum Index: Lipemia : N ,Icterus: N ,Hemolysis: N

Severity: N ( Nil ), + ( Mild ) → 5+ ( Severe )



**ROOTHEAL  
MEDICAL CLINIC**  
excellence for health, caring with love

# 长者身体检测 Geriatric Health Screening

全面的护理来守护您的黄金岁月  
*Comprehensive Care At Your Golden Years*



## Comprehensive Screening 全面检测

Functional Consultation (>40mins)

Geriatric Assessment

- Muscle Weakness
- Mental Health Screening
- Cognitive Screening

Comprehensive Blood Screening

Vitamin D Blood Screening

Cancer Marker Screening

Electrocardiogram

Ankle Brachial Index (ABI)

Body Composition Analysis

Consultation & Report

Refreshment Voucher

功能性医学咨询 (>40分钟)

长者功能评估

- 肌肉强度
- 心理健康检测
- 长者认知检测

全面性血液检测

维他命D 检测

癌症指数检测

心电图

踝肱指数

身体成分分析

健康报告分析

茶点餐券

### Add On 额外添加

Physiotherapist  
Advice

物理治疗教导

RM180

Nutritionist  
Advice

营养师教导

RM120

# RM800

2 persons RM50 off

Contact Us  
For Appointment:



+6016-362 6837



D-G-20, Fortune Avenue,  
Jln Metro Perdana, Tmn  
Usahawan Kepong, KL.



# PREPARATION FOR HEALTH SCREENING

# 健康体检前的准备工作

## Important Notes / Preparation Before the Appointment

1. Please **fast for at least 8 hours before** your appointment. You may drink plain water only.
2. Stop Smoking/ Vaping for at least 8 hours.
3. Postpone any routine morning medications (except anti-hypertensive drugs) unless otherwise advised by your doctor.

## Item To Bring:

1. Previous 2 years medical reports, if any, especially X-rays, MRI or CT Scan from your last check-up for comparison.

## How Long Will the Screening Take?

The duration of each health screening package varies. On average, the entire process, including the medical examination by a doctor, will take between 1-2 hours, depending on the selected package.

\*A complimentary refreshment voucher (for selected health screening packages) will be provided for your enjoyment and convenience.

Items to Bring:

## 预约前注意事项 / 准备工作

1. 请在约定时间前的至少**8 个小时开始禁食**。您仅可以饮用白开水。
2. 请勿吸烟至少8小时。
3. 延后服用任何早上时段需服用的药物（除高血压药物以外），除了医生另行给予建议。

## 须携带的物件：

1. 请携带近2年的医疗报告（若有），特别是您最后一次进行的筛查，其中包括X光片、磁共振成像或计算机断层（CT）扫描片，以便进行对比用途。

## 健康检查需要多长时间？

每项健康体检配套的过程及所需时间各不相同。根据所选的健康体检配套，包括医生体检在内的整个健康检查过程平均需要 1 至 2 个小时。

\*特定健康体检配套将附送一张免费餐券让您在筛查后享受茶点。



**ROOTHEAL**  
MEDICAL CLINIC