

Faculty and staff aged 35 or older than 40
Under 40 (excluding 35-year-olds) who have
undergone blood tests (for lipids and blood sugar)

Safety and Health Organization, CU

Interpretation of Blood Glucose and Post-Meal Triglyceride Test Results

1. Blood Glucose Test Added to 2019 Health Checkup.

Based on the Industrial Safety and Health Act, the blood glucose test has been added to the HbA1c test. A comment will be provided if your blood glucose level is approximately 200 mg/dl or higher, and other test results will also be considered. If you have any questions or concerns, please contact the SHO.

2. For those whose blood was drawn after eating and have a triglyceride level of 400 mg/dl or higher "Fasting" is a condition of at least 10 hours without food (water and tea are ok) before the health checkup.

Based on the "Standard Health Checkup and Health Guidance Program (2018 edition)" created by the Ministry of Health, Labour and Welfare, if your triglyceride level is 400 mg/dl or higher or if your blood was drawn after eating, please calculate and evaluate your Non-HDL cholesterol yourself as an alternative to LDL cholesterol using the following formula:

$$\text{Non-HDL Cholesterol (mg/dl)} = \text{Total Cholesterol (mg/dl)} - \text{HDL Cholesterol (mg/dl)}$$

Non HDL $\geq$ 210mg/dl	Please consult a medical institution.
170 mg/dl $\leq$ Non HDL <210 mg/dl	If it is difficult to improve the value, please consult a medical institution.
150mg/dl $\leq$ Non HDL <170 mg/dl	Please improve your lifestyle habits.
Non HDL <150 mg/dl	Normal

<Contact Information>

Nurse office, SHO
Phone: 043-290-2214
Ext. 2214