

BUTIRAN RUJUKAN / KEMASUKAN WAD (JIKA ADA)

Tarikh	Rujukan/ Masuk Wad	Ke (Tempat)	Diagnosis	Kepulisan/ Rawatan
11/2/24	8AM			
30/3/24	8am			
6/4/25	8am			
2/7/25	9am			
24/9/25	10am			
17/10/25	9am			

Sasaran Kawalan	BMI - Indeks "Body Masa"		T/Darah (mmHg)	Paras Glukos (mmol/l)		Kolesterol (mmol/l)	HDL-Chol (mmol/l)	Triglycer (mmol/l)
	Lelaki	Perem.		Paras Puasa	Paras Random			
Baik	< 25	< 24	< 130/80	4.4 - 6.1	4.4 - 8.0	< 4.5	> 1.1	< 1.5
Kurang Baik	< 27	< 26	130/80 - 140/90	< 7.0	< 10.0	—	1.1 - 0.9	< 2.2
Tidak Baik	> 27	> 26	> 140.90	> 7.0	> 10.0	—	< 0.9	> 2.2