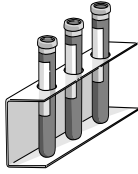


## 另外建議檢驗及程序



### **Creatinine (驗血)**

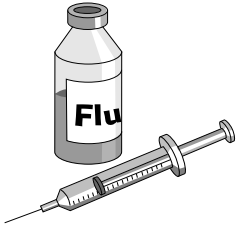
測量你的腎臟功能。每年必須驗血一次。



### **Micro Albumin (驗尿)**

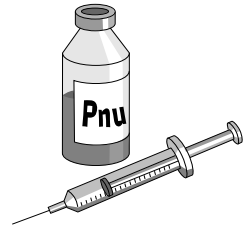
這是另一種檢試你的腎臟功能。每年必須驗血一次。

### 流感疫苗



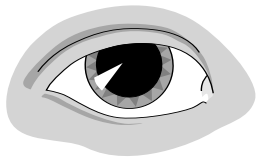
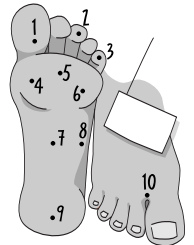
每年接種流感一次，在流感季節時保持健康。建議60歲接種肺炎疫苗，每10年接種一次。

### 肺炎注射



### 腳部檢查

每次到醫療診所健檢應該檢查雙腳，偵測知覺能力是否喪失與腳的問題。每年應該用單絲徹底檢查。

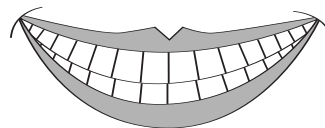


### 眼球擴張檢查

每年做眼球擴張檢查一次，及早發現眼睛問題。

### 牙科檢查

為了預防牙周病，建議每6個月洗牙一次。



Chinese - Additional Recommended Tests and Procedures

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