**ယတၢ်အိၣ်ဆူၣ်အိၣချ့တၢ်မၤနီၣ်မၤဃါစရီ**တၢ်ကိၢ်တၢ်ခုၣ်

ပှၤဆါအမံၤ- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| တယၢၢ်  Amazon.com: ZOETOUCH Bluetooth Body Weight Scale BMI Smart Digital Bathroom  Scales,400 lb, Body Tape Measure and Batteries Included: Industrial &  Scientific | |  | | သွံၣ်ဆီၣ်သနံး | | | | | တၢ်ကိၢ်တၢ်ခုၣ်  Adtemp™ 427 | American Diagnostic Corporation | |
| နံၤသီ | ဆၢကတီၢ် | | တယၢၢ် | | သွံၣ်ဆီၣ်သနံး  (Blood Pressure) | | | တၢ်ကိၢ်တၢ်ခုၣ် | | တၢ်မၤနီၣ် |
| SYS | DIA | Pulse |
| အဒိ  10/16/20 | ဂီၤ 9:25 နၣ်ရံၣ် | | 140.0 | | 137 | 87 | 70 | 98.6 | | ကွဲးနီၣ်ဘၣ်ဃး  နတူၢ်ဘၣ်ဒ်လဲၣ်  တၢ်ဟူးတၢ်ဂဲၤတဖၣ် ဂုၤဂၤ |
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**ယသွံၣ်တၢ်ဆၢပတီၢ် (A1c) တၢ်မၤနီၣ်မၤဃါစရီ-**

ပှၤဆါအမံၤ- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **ယတၢ်စးထီၣ် A1c** | A1c ပတီၢ်- | နံၤသီ- |
| **ယ A1c တၢ်ပညိၣ်မ့ၢ်-** |  | |



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| **မၤကွၢ် #** | **နံၤသီ** | **တၢ်ဆၢကတီၢ်** | **တၢ်ဖးအစၢ** |
| #1 | \_\_\_/\_\_\_\_/\_\_\_ |  |  |
| #2 | \_\_\_/\_\_\_\_/\_\_\_­­­­ |  |  |
| #3 | \_\_\_/\_\_\_\_/\_\_\_­­­­ |  |  |
| #4 | \_\_\_/\_\_\_\_/\_\_\_­­­­ |  |  |