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Table 1 a. Height and Weight of Thais in various age groups of both sexes (a total of 59,968 subjects)

Age (number)	Height (cm)	Male		Female	
		Weight (kg)	(number)	Weight (kg)	(number)
3–4 yr. (2,031)	85–89	—	(—)	12.4	(3)
	90–94	13.8	(69)	13.8	(135)
	95–99	14.5	(275)	14.2	(407)
M (867)	100–104	15.6	(312)	15.4	(371)
F (1,164)	105–109	17.1	(170)	16.7	(197)
	110–114	18.3	(28)	18 8	(42)
	115–119	19.1	(13)	18.6	(9)
5–9 yr. (16,451)	95–99	14.3	(91)	14 4	(66)
	100–104	15.9	(597)	15 8	(353)
	105–109	16.9	(1,042)	16.6	(1,002)
	110–114	18 7	(1,663)	18.2	(1,381)
M (8,666)	115–119	20.2	(2,057)	19.8	(1,935)
F (7,785)	120–124	21.8	(1,690)	21.7	(1,654)
	25–129	23.7	(1,034)	24.5	(891)
	130–134	26.1	(390)	25.7	(356)
	135–139	27.6	(102)	27.7	(147)
10–14 yr. (15,996)	115–119	21.9	(168)	21.2	(183)
	120–124	23.1	(631)	23.2	(550)
	125–129	24.9	(1,168)	25.1	(854)
	130–134	27.2	(1,532)	27.2	(1,088)
	135–139	29.6	(1,312)	30.5	(1,110)
	140–144	32.2	(1,178)	34.2	(1,108)
M (8,505)	145–149	35.9	(839)	38.1	(1,218)
F (7,488)	150–154	38.4	(737)	40.7	(910)
	155–159	43.3	(499)	44.3	(386)
	160–164	45 3	(302)	45.3	(81)
	165–169	46.3	(142)	—	(—)
15–19 yr. (13,776)	135–139	31.1	(7)	—	(—)
	140–144	38.5	(167)	42.4	(175)
	145–149	42.3	(489)	42.8	(839)
	150–154	43.2	(132)	45.1	(2,038)
M (8,483)	155–159	47.0	(1,630)	47.2	(1,672)
F (5,293)	160–164	50.1	(3,183)	49.1	(489)
	165–169	52 3	(1,915)	54.1	(80)
	170–174	55.7	(810)	—	(—)
	175–179	57.7	(143)	—	(—)
	180–184	61.2	(7)	—	(—)

Table 1a. (continued)

Age (number)	Height (cm)	Male		Female	
		Weight (kg)	(number)	Weight (kg)	(number)
20–39 yr. (5,350)	140–144	–	–	40.7	(15)
	145–149	47.3	(85)	44 0	(92)
	150–154	46.7	(56)	45.9	(1,025)
	155–159	48.9	(317)	48.1	(688)
M (3,320)	160–164	52.2	(1,079)	51.1	(176)
F (2,030)	165–169	54.9	(1,091)	55.9	(34)
	170–174	58.1	(525)	–	–
	175–179	59.3	(158)	–	–
	180–184	65.7	(9)	–	–
40–59 yr. (6,023)	140–144	48.5	(42)	44.9	(139)
	145–149	51.7	(288)	46.2	(459)
	150–154	52.2	(259)	49.2	(986)
M (2,717)	155–159	53 2	(363)	51.1	(1,010)
F (3 306)	160–164	55.0	(748)	54.1	(531)
	165–169	59.5	(662)	57.0	(143)
	170–174	62.2	(285)	57.2	(38)
	175–179	62.6	(70)	–	–
60–79 yr. (269)	135–139	–	–	36.1	(11)
	140–144	–	–	40.1	(30)
M (93)	145–149	39.0	(3)	44.0	(51)
F (176)	150–154	42.0	(7)	47.9	(39)
	155–159	46.0	(30)	53.2	(22)
	160–164	52.6	(27)	52.7	(23)
	165–169	56.5	(23)	–	–
	170–174	58.3	(3)	–	–
80+ yr. (72)	135–139	–	–	36.0	(10)
	140–144	–	–	38.6	(11)
M (21)	145–149	–	–	41.9	(17)
F (51)	150–154	–	–	44.0	(11)
	155–159	45.7	(10)	46.0	(2)
	160–164	49.2	(8)	–	–
	165–169	52.5	(3)	–	–

Table1b Table of predicted blood volume as calculated from the prediction formulae

Weight kg	Blood volume (ml)		Weight kg	Blood volume (ml)	
	Male	Female		Male	Female
10	733.0	715.0	51	3,915.0	3,697.0
11	808.7	787.0	52	3,994.0	3,770.0
12	884.3	859.0	53	4,073.0	3,843.0
13	960.1	931.0	54	4,153.0	3,915.0
14	1,037.0	1,002.0	55	4,232.0	3,989.0
15	1,113.0	1,076.0	56	4,310.0	4,062.0
16	1,189.0	1,148.0	57	4,389.0	4,136.0
17	1,265.0	1,220.0	58	4,468.0	4,208.0
18	1,343.0	1,293.0	59	4,547.0	4,283.0
19	1,416.0	1,366.0	60	4,628.0	4,355.0
20	1,496.0	1,43.70			
21	1,572.0	1,510.0	61	4,704.0	4,428.0
22	1,649.0	1,583.0	62	4,785.0	4,502.0
23	1,726.0	1,656.0	63	4,864.0	4,574.0
24	1,803.0	1,728.0	64	4,944.0	4,648.0
25	1,880.0	1,801.0	65	5,023.0	4,721.0
26	1,958.0	1,874.0	66	5,102.0	4,794.0
27	2,036.0	1,946.0	67	5,183.0	4,868.0
28	2,113.0	2,019.0	68	5,262.0	4,941.0
29	2,191.0	2,091.0	69	5,342.0	5,014.0
30	2,269.0	2,165.0	70	5,421.0	5,088.0
31	2,347.0	2,238.0	71	5,501.0	5,162.0
32	2,424.0	2,310.0	72	5,581.0	5,234.0
33	2,502.0	2,383.0	73	5,661.0	5,308.0
34	2,580.0	2,456.0	74	5,740.0	5,380.0
35	2,659.0	2,528.0	75	5,821.0	5,455.0
36	2,736.0	2,601.0	76	5,899.0	5,527.0
37	2,815.0	2,674.0	77	5,980.0	5,602.0
38	2,894.0	2,748.0	78	6,060.0	5,674.0
39	2,972.0	2,820.0	79	6,138.0	5,748.0
40	3,050.0	2,828.0	80	6,220.0	5,821.0
41	3,128.0	2,898.0	81	6,300.0	5,895.0
42	3,206.0	2,943.0	82	6,380.0	5,968.0
43	3,286.0	3,113.0	83	6,460.0	6,042.0
44	3,364.0	3,185.0	84	6,540.0	6,115.0
45	3,442.0	3,251.0	85	6,619.0	6,189.0
46	3,522.0	3,332.0	86	6,700.0	6,262.0
47	3,608.0	3,404.0	87	6,780.0	6,336.0
48	3,678.0	3,477.0	88	6,860.0	6,409.0
49	3,758.0	3,550.0	89	6,940.0	6,483.0
50	3,836.0	3,624.0	90	7,020.0	6,557.0

ตาราง 2 a การศึกษาเพื่อพยากรณ์ปริมาตรของเม็ดเลือดแดงในพลเมืองไทย[7]

WT.	5–9 Yrs.		10–14 Yrs.		15–19 Yrs.		20–39 Yrs.		40–59 Yrs.		60t	
KG	Females	Males	Females	Males	Females	Males	Females	Males	Females	Males	Females	Males
38			870	980	1,001	947	1,157	1,247	1,037		962	991
39			893	1,007	1,018	977	1,175	1,275	1,061		981	1,019
40			916	1,034	1,035	1,007	1,192	1,303	1,086	1,001	1,001	1,047
41			940	1,060	1,052	1,037	1,210	1,331	1,110	1,038	1,020	1,075
42			963	1,087	1,070	1,067	1,228	1,359	1,135	1,075	1,040	1,013
43			987	1,114	1,087	1,097	1,246	1,387	1,159	1,112	1,059	1,131
44			1,010	1,140	1,104	1,127	1,263	1,415	1,184	1,150	1,078	1,151
45			1,034	1,167	1,122	1,157	1,281	1,443	1,208	1,187	1,098	1,187
46			1,057	1,194	1,139	1,187	1,299	1,471	1,233	1,224	1,117	1,215
47			1,080	1,220	1,156	1,217	1,317	1,499	1,257	1,261	1,137	1,243
48			1,104	1,247	1,173	1,247	1,334	1,527	1,282	1,298	1,156	1,271
49			1,127	1,274	1,191	1,277	1,352	1,555	1,307	1,336	1,175	1,299
50			1,151	1,300	1,208	1,307	1,370	1,583	1,331	1,373	1,195	1,328
51					1,225		1,388	1,611	1,356	1,410	1,214	1,356
52					1,242		1,405	1,638	1,380	1,447	1,237	1,384
53					1,260		1,423	1,666	1,405	1,484	1,253	1,412
54					1,277		1,441	1,694	1,429	1,522	1,272	1,400
55					1,294		1,495	1,722	1,454	1,559	1,292	1,468
56					1,312		1,476	1,750	1,478	1,596	1,311	1,496
57					1,329		1,494	1,778	1,503	1,633	1,331	1,524
58					1,346		1,512	1,806	1,527	1,670	1,350	1,522
59					1,363		1,529	1,834	1,552	1,708	1,369	1,508
60					1,381		1,547	1,862	1,576	1,745	1,389	1,608
61							1,565	1,890	1,601	1,782	1,408	1,636
62							1,583	1,918	1,625	1,819	1,427	1,664
63							1,600	1,946	1,650	1,856	1,447	1,692
64							1,618	1,974	1,674	1,894	1,466	1,720
[illegible]							1,636	2,002	1,699	1,931	1,486	1,748

ประวัติผู้เขียน

นางสาววลีรัตน์ ศุกรเวทย์ศิริ เกิดเมื่อวันที่ ๑๐ ธันวาคม ๒๕๔๓ ที่จังหวัดสุรินทร์ ประเทศไทย จบการศึกษาวิทยาศาสตร์บัณฑิต สาขาเทคนิคการแพทย์ (รังสีเทคนิค) จากคณะเทคนิคการแพทย์ มหาวิทยาลัยมหิดล เมื่อปีการศึกษา ๒๕๑๕ และเข้ารับราชการในตำแหน่งอาจารย์ระดับ ๓ โรงเรียนรังสีเทคนิค คณะเทคนิคการแพทย์ มหาวิทยาลัยมหิดล ในปี ๒๖๑๖