



# Medical Math



Essentials for students & professionals—calculations, formulas, measurements, dosages, rates, equivalents & more!

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## basics

### Prefixes

Equivalents		Abbreviations	
mega-	1,000,000	M	mega-
kilo-	1,000	k	kilo-
hecto-	100	h	hecto-
deka-/deca-	10	da	deka-/deca-
deci-	1/10	d	deci-
(one-tenth)	0.1	c	centi-
centi-	1/100	m	milli-
(one-hundredth)	0.01	mc	micro-
milli-	1/1,000		
(one-thousandth)	0.001		

### Length

Equivalents		Formulas	
1 mm	= 0.1 cm	1 m	= 1,000 mm
1 mm	= 0.039 in	1 m	= 100 cm
1 cm	= 10 mm	1 m	= 1.09 yards
1 cm	= 0.39 in	1 m	= 3.28 ft
10 mm	= 1 cm	1 dm	= 3.94 in
10 mm	= 0.39 in	1 dam	= 32.81 ft
2.54 cm	= 1 in	1 km	= 0.62 mile
2.5 cm	= 25.4 mm	1 km	= 3,280.08 ft
1 ft	= 12 in		
1 yard	= 3 ft		

Abbreviations	in	inch
mm	millimeter	foot/feet
cm	centimeter	
dm	decimeter	
dam	dekameter	
m	meter	

in	cm	in	cm
20	51	40	102
22	56	42	107
24	61	44	112
26	66	46	117
28	71	48	122
30	76	50	127
32	81	52	132
34	86	54	137
36	91	56	142
38	97	58	147

### Area

1 square centimeter (cm <sup>2</sup> )	= 100 square millimeters (mm <sup>2</sup> )
1 cubic decimeter	= 1,000 cubic centimeters (cm <sup>3</sup> )
1 cubic meter (m <sup>3</sup> )	= 1,000 cubic decimeters

Abbreviations	
cc	cubic centimeter

### Weight

Equivalents		Abbreviations	
1 gr	= 64.79 mg	dr	dram
20 gr	= 1 scruple	g	gram
60 gr	= 2.19 dr	gr	grain
16 dr	= 1 oz	kg	kilogram
1 g	= 15.432 gr	L	liter
1 g	= 1,000 mg		
1 g	= 0.035 oz		
1 g	= 1 mL		
10 g	= 1 dekagram		
1 dekagram	= 0.35 oz		
100 g	= 1 hectogram		
1 hectogram	= 3.53 oz		
1 mg	= 1,000 mcg		

Abbreviations	dr	dram	lb	ounce	microgram	mg	milligram	mL	milliliter	ounce	Tbsp	tablespoon	tsp	teaspoon

Pounds (lb)	Kilograms (kg)	Pounds (lb)	Kilograms (kg)
10	4.5	100	45.4
25	11.4	125	56.8
50	22.7	150	68.1
75	34.1	175	79.5
95	43.1	200	90.8

### Fluids

Equivalents		Abbreviations	
15 gtt	= 1 mL	dL	dekaliter
1 mL	= 0.001 L	fL	fluidounce
1,000 mL	= 1 L	fL	fluidram
1 cL	= 0.01 L	hL	hectoliter
1 dL	= 0.1 L		
1 dL	= 100 mL		
1 dL	= 10 L		
1 hectoliter	= 100 L		
1 kiloliter	= 1,000 L		
1 cup	= 8 oz		

Abbreviations	cup	fluidounce	fluidram	hectoliter	kL	kiloliter	pt	pint	qt	quart	gal	gallon	Tbsp	tablespoon	tsp	teaspoon	gtt	drop	

### Temperature

Equivalents		Abbreviations	
0°C	= 32°F	°C	degrees Celsius
35°C	= 95°F		(centigrade)
37°C	= 98.6°F	°F	degrees Fahrenheit
100°C	= 212°F (boiling water)		

### Hot/Cold Application Temperatures

Description	°F	°C
Very hot	105–115	41–44
Hot	98–105	37–41
Warm	93–98	34–37
Tepid	80–93	26–34
Cool	65–80	18–26
Cold	50–65	10–18

1 mg	=	0.001 g
1 centigram	=	0.15 gr
1 centigram	=	0.01 g
1 decigram	=	0.1 g
1 decigram	=	1.54 gr
1 kg	=	1 L
1 kg	=	2.2 lb
1 kg	=	1,000 g
1 oz	=	28.35 gr/16 dr
1 Tbsp	=	15 g
1 Tbsp	=	4 dr
1 Tbsp	=	3 tsp
1 lb	=	16 oz
1 lb	=	0.45 kg

### Formulas

kg = lb × 0.454  
lb = kg × 2.205

°F	°C	°F	°C
97.0	36.1	103.0	39.4
98.0	36.7	104.0	40.0
98.6	37.0	105.0	40.6
99.0	37.2	106.0	41.1
100.0	37.8	107.0	41.7

### Formulas

°C = °F - 32/1.8 (°F minus 32 divided by 1.8)  
°F = °C × 1.8 + 32 (°C multiplied by 1.8 plus 32)

### Normal Body Temperatures by Site

	Oral	Rectal	Axillary	Tympanic
°F	98.6	99.6	97.6	98.6
°C	37.0	37.5	36.4	37.0

# Medical Math Study Guide

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## **Table of Contents Medical Math Study Guide**

1. Understanding the eBook Medical Math Study Guide
  - The Rise of Digital Reading Medical Math Study Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Medical Math Study Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Medical Math Study Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Medical Math Study Guide
  - Personalized Recommendations
  - Medical Math Study Guide User Reviews and Ratings
  - Medical Math Study Guide and Bestseller Lists
5. Accessing Medical Math Study Guide Free and Paid eBooks

- Medical Math Study Guide Public Domain eBooks
  - Medical Math Study Guide eBook Subscription Services
  - Medical Math Study Guide Budget-Friendly Options
6. Navigating Medical Math Study Guide eBook Formats
- ePub, PDF, MOBI, and More
  - Medical Math Study Guide Compatibility with Devices
  - Medical Math Study Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
- Adjustable Fonts and Text Sizes of Medical Math Study Guide
  - Highlighting and Note-Taking Medical Math Study Guide
  - Interactive Elements Medical Math Study Guide
8. Staying Engaged with Medical Math Study Guide
- Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Medical Math Study Guide
9. Balancing eBooks and Physical Books Medical Math Study Guide
- Benefits of a Digital Library
  - Creating a Diverse Reading Collection Medical Math Study Guide
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Medical Math Study Guide
- Setting Reading Goals Medical Math Study Guide
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Medical Math Study Guide
- Fact-Checking eBook Content of Medical Math Study Guide
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development

- Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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