One-Day Health Checkup Program

Respecting human dignity is our philosophy at the Center For Preventive Medicine.
The mission of the Center for Preventive Medicine is to support your health management efforts.

We aim to provide you with an opportunity to find and treat health issues, improve your lifestyle and control your health.

Our staff and doctors will support you as professional health care partners.

Program Features

* Evidence-based testing
* Smooth, comfortable, timely screening using our patient flow support
* Highly experienced specialists and skilled laboratory technicians provide testing and examinations.
* Imaging consultation by specialists -- X-ray, CT, and ultrasound -- and gynecological cytology
* Post-testing consultation -- review and discuss test results with our doctors and nurses, who can provide lifestyle counseling and advice on the day of screening.
* Staff members give quality service and support to make your visit as comfortable as possible.

Limitations

Although our screening programs provide highly accurate testing, it may not always be possible to detect all conditions or diseases. All tests have limitations, and screening timing affects test sensitivity.

If you experience problems or notice new symptoms, consult a doctor even if your recent screening results were "normal".

We kindly ask for your understanding that some tests may be painful or uncomfortable despite our best efforts to minimize discomfort.

Working together with St. Luke's International Hospital Specialists

Our staff offers accurate, reliable screening by consulting with specialists to evaluate imaging, quality control, skill improvement and exchange programs.

If Further Testing is Required

The outpatient clinic of St. Luke’s International Hospital takes care of those with severe symptoms or emergency needs. Please kindly note that outpatient appointments for secondary testing may not be possible.

Katsunori Masuda,  M.D., Ph.D.
Director, The Center for Preventive Medicine

St. Luke's International Hospital and the National Tokyo Daiichi Hospital (now the National Center for Global Health and Medicine) began offering health screenings in 1954, which was a first for Japan. The Center for Preventive Medicine was established to expand advanced testing with outstanding hospitality while offering unique and creative innovations in healthcare and health management.
## Roles of Screening

### Early Cancer Detection

Screening detects cancer early and is followed by secondary testing to treat lung, stomach, breast, cervical, colon, liver, and prostate cancer.

- The Ministry of Health, Labor and Welfare has confirmed the effectiveness of cancer screening for five types of cancer: stomach cancer through X-ray or gastrofiberscopy, lung cancer through chest X-ray, colon cancer through fecal occult blood testing, breast cancer through mammography, and cervical cancer through cytology.

### Preventing cardiovascular problems and lifestyle-related diseases

Cardiovascular risk factors are detected early -- before the diseases themselves. This way, measures can be taken to improve lifestyles in order to prevent or slow down the development of cardiovascular disease.

- Major risk factors include: diabetes, hypertension, dyslipidemia (hyperlipidemia), kidney disease, and metabolic syndrome.

## Consultation, Lifestyle Counseling, and Results

- Testing and examinations are screening tools. If your results indicate that further testing or follow-up treatment is necessary, please be sure to consult with a doctor.
- Please discuss your test results with your local doctor.
- Please make the best use of lifestyle advice.
- The first step towards better health for smokers is to quit smoking.

## Positive Health Management

- Outpatient Brain Checkup
  - For those interested in a comprehensive brain examination.

- St. Luke’s International Hospital’s Short-Stay Health Screening
  - Offering even more extensive testing and consultations from medical specialists. Recommended for those seeking to consult through multiple specialties about health concerns.

For details, contact our health screening office, phone 03-5550-7081, 08:30-17:00, except Saturdays, Sundays, and national holidays.

### Testing

<table>
<thead>
<tr>
<th>Category</th>
<th>Examination Items</th>
<th>Gastrointestinal X-ray with Barium Course</th>
<th>Gastrofiberscopy Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic Items</td>
<td>Gastrointestinal X-ray</td>
<td>●</td>
<td>—</td>
</tr>
<tr>
<td></td>
<td>Gastrofiberscopy</td>
<td>—</td>
<td>●</td>
</tr>
<tr>
<td></td>
<td>Body Measurement</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td></td>
<td>Physical Examination</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td></td>
<td>Urinalysis</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td></td>
<td>Stool</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td></td>
<td>Blood Chemistry</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td></td>
<td>Clinical blood test</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td></td>
<td>Serology</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td></td>
<td>Thyroid function</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td></td>
<td>Physiological Test</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td></td>
<td>Chest X-ray</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td></td>
<td>Abdominal Ultrasound</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td></td>
<td>Bone Density</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td></td>
<td>Consultation and Counseling</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td></td>
<td>Overall health evaluation</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Prostate Cancer Exam</td>
<td>PSA*2 (Only for males)</td>
<td>●</td>
<td>—</td>
</tr>
<tr>
<td>Gynecological Exam</td>
<td>Gynecological Examination*3 (Only for females)</td>
<td>●</td>
<td>●</td>
</tr>
</tbody>
</table>

- The one-day health checkup is charged as a single course program. Kindly note that fees will not be deducted in the event that the client elects to forgo any course items.
- An additional fee of ¥3,240 will be charged if sedatives are requested for fiberscopy. Please consult with our staff about sedatives during medical history taking. (Only for those under 70 years of age.)
- For an additional fee, materials such as X-ray film may be requested.
Health screening -- effectively detecting and preventing disease at an early stage

Please kindly note that outpatient appointments for secondary testing may not be possible.

The outpatient clinic of St. Luke’s International Hospital takes care of those with severe symptoms or emergency conditions or diseases. All tests have limitations, and screening timing affects test sensitivity.

We kindly ask for your understanding that some tests may be painful or uncomfortable despite our best efforts to minimize discomfort.

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Offering even more extensive testing and consultations from medical specialists.

Examinations

<table>
<thead>
<tr>
<th>Body measurement</th>
<th>Thyroid function test</th>
<th>Physiological test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Height, weight, percentage of body fat, body mass index (BMI), abdominal circumference</td>
<td>free thyroxine (FT4), thyroid stimulating hormone (TSH)</td>
<td>Blood pressure, electrocardiogram, ocular fundus, ocular tension, vision, hearing, lung function</td>
</tr>
</tbody>
</table>

Physical Examination

Urinalysis

Specific gravity, pH, protein, glucose, urobilinogen, occult blood, white blood cell count

Physiological test

Chest X-ray

Screen for any blood present in stool. Requires two stool samples.

Standard Upper Gastrointestinal X-ray

Blood chemistry test

total protein, albumin, A/G ratio, urea nitrogen, creatinine, uric acid, total bilirubin, fasting plasma glucose, HbA1c, total cholesterol, LDL (“bad”) cholesterol, HDL (“good”) cholesterol, triglycerides, GOT (AST), GPT (ALT), ALP, LDH, γ-GTP, Na, K, Cl, Ca, P

Gastrofiberscopy

(Gastrofiberscopy Course)

Cancer screening

Colon 3D-CAT Scan

Screen for the presence of colon cancer through Colon 3D-CAT Scan.

Cancer screening

Prostate Cancer Exam

PSA*2 (Only for males)

Overall health evaluation

Abdominal Ultrasound

Upper abdominal ultrasound of liver, gallbladder, kidneys, and other organs

Bone Density

Bone mineral content

Consultation and Counseling

Review of test results and lifestyle/nutrition counseling

Overall health evaluation

Doctor’s evaluation of overall health status based on test results

Options

<table>
<thead>
<tr>
<th>Examination Items</th>
<th>Operating Days</th>
<th>Charges (including tax)</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colon Fiberscopy</td>
<td>Monday to Friday</td>
<td>¥24,840</td>
<td>The examination date will be decided on the day of your health checkup. Those who have impaired kidney function cannot undergo this test.</td>
</tr>
<tr>
<td>Colon 3D-CAT Scan</td>
<td>Monday to Friday</td>
<td>¥37,800</td>
<td>The examination date will be decided on the day of your health checkup. Those with any of the following conditions cannot undergo this test: Iodine hypersensitive, glaucoma, bronchial asthma, prostatic hypertrophy, severe cardiac diseases, hyperthyroidism, occult blood-positive</td>
</tr>
<tr>
<td>Chest Multi-slice CAT Scan</td>
<td>Monday to Saturday</td>
<td>¥12,960</td>
<td></td>
</tr>
<tr>
<td>Chest 3D-CAT Scan</td>
<td>Monday to Saturday</td>
<td>¥16,200</td>
<td>* Please apply at least one week before your checkup.</td>
</tr>
<tr>
<td>Sputum Cytodiagnosis</td>
<td>Monday to Saturday</td>
<td>¥16,200</td>
<td></td>
</tr>
<tr>
<td>Breast X-ray</td>
<td>Monday to Saturday</td>
<td>¥3,240</td>
<td>The accuracy for the test will be reduced if you are breast-feeding at the moment or have been within the past 6 months.</td>
</tr>
<tr>
<td>Breast Ultrasonography</td>
<td>Monday to Saturday</td>
<td>¥4,320</td>
<td>The accuracy for the test will be reduced if you are breast-feeding at the moment or have been within the past 6 months.</td>
</tr>
<tr>
<td>Gynecological Ultrasonography</td>
<td>Monday to Saturday</td>
<td>¥6,480</td>
<td>The number of available examinations per day is limited. Please contact us if you are unsure whether you are eligible.</td>
</tr>
<tr>
<td>HPV Exam</td>
<td>Monday to Saturday</td>
<td>¥5,400</td>
<td></td>
</tr>
<tr>
<td>Helicobacter pylori stool antigen test</td>
<td>Monday to Saturday</td>
<td>¥3,240</td>
<td>* Please apply at least one week before your checkup.</td>
</tr>
<tr>
<td>Carotid Ultrasonography</td>
<td>Monday to Saturday (PM)</td>
<td>¥10,800</td>
<td></td>
</tr>
<tr>
<td>Arteriosclerosis (CAVI • ABI)</td>
<td>Monday to Saturday (PM)</td>
<td>¥5,400</td>
<td>Those who cannot take the test: If you have swelling of the upper-arm and bleeding tendency. Measurement may not be accurate for those with cardiac dysrhythmia and valvular diseases.</td>
</tr>
<tr>
<td>Visceral Fat Area Measurement</td>
<td>Monday to Saturday</td>
<td>¥6,480</td>
<td>¥7,560</td>
</tr>
<tr>
<td>Cardiac Arrest Screening</td>
<td>Monday to Saturday</td>
<td>¥4,320</td>
<td></td>
</tr>
<tr>
<td>Inbody measurement</td>
<td>Monday to Saturday</td>
<td>¥4,320</td>
<td>Those who have a pacemaker implanted or those who cannot wear electrodes on their fingers or ankles cannot take the test.</td>
</tr>
<tr>
<td>Nutritional Guidance</td>
<td>Monday to Saturday</td>
<td>¥4,320</td>
<td>Consultation time is 30 minutes.</td>
</tr>
<tr>
<td>Ferritin</td>
<td>Monday to Saturday</td>
<td>¥1,940</td>
<td>Only for female</td>
</tr>
<tr>
<td>Anti-CCP Antibody Test</td>
<td>Monday to Saturday</td>
<td>¥3,240</td>
<td></td>
</tr>
<tr>
<td>Anti Nuclear Antibody Test</td>
<td>Monday to Saturday</td>
<td>¥2,160</td>
<td></td>
</tr>
</tbody>
</table>
### Step-by-Step Guide

#### Documents and other Information
Documents (health questionnaires and brochures) and sample collection tubes will be sent to you one month before your appointment. Please carefully read the instructions as the information is very important.

#### Instructions for Stool Samples
Please take 2 stool samples on two different days, within 4 days of your appointment.

#### Fill in the Questionnaire
Please fill them out before your appointment.

#### On the day before your Health Screening
Please finish eating by 9PM on the night before your appointment, and do not drink alcohol or stay up late. You may drink straight tea (no milk or sugar) or plain water only until midnight.

#### On the day of your Health Screening
Please do not eat or drink on the morning of the health screening. Take a urine sample (first morning urine) using the paper cup and collection tube included in the kit. For further information, please refer to the Instruction Sheet included in the envelope with the required documents.

#### Reception
Appointments are reserved in advance. Please note that the time needed for screening and the order of tests vary with the tests and options selected.

#### Tests and Examinations
Tests and examinations will be provided at our health screening clinic. Our client flow support system helps to keep our tests and examinations smooth and efficient.

* We will inform you on your schedule for post-examination consultation when your screening is completed. Complimentary light meals and drinks are available while you wait.

#### Overall Health Evaluation
Our doctors will review test results with you.

* Please note specific tests may not be reviewed.

#### Lifestyle Counseling
Health advice for a healthy lifestyle will be provided by a nurse.

* Each screening step is managed and organized by health screening support to ensure smooth, comfortable screening. Note that delays may occur due to unforeseen events.

#### Health Status Report
Your health status report will be sent to you by registered mail approximately 3 weeks after screening.

### Reservations
We accept reservations over the phone, through our website, or at our reception desk. Please let us know at reservation if you are interested in any optional tests, as certain tests also require advanced reservation.

**Phone:** 03-5550-2400  
**Monday-Saturday,** 8:30AM-4:30PM  
(excluding Sundays and national holidays)  
https://users-post.luke.ac.jp/WebRsvEng/_link.do

#### Notes
- The purpose of health screening checkups is to find health problems before signs or symptoms appear. Please consult with a doctor immediately if you have noticeable symptoms, regardless of how recent your last health checkup was. If it is suspected that you may have any droplet-spread infection (including flu), it may be required to reschedule your appointment.
- Please kindly note that women who are or may be pregnant may not undergo this health screening.
- For those who currently take prescription medicine or are under medical treatment, please consult with your doctor before undergoing the health checkup.
- Although it varies between individuals, health screening itself may cause physical stress. Please include time to relax in your schedule on the day of screening.
- You cannot schedule a consultation at St. Luke’s International Hospital on the same day as your health checkup.

#### Medical Referrals
- Follow-up testing, consultation or treatment may be provided at St. Luke's International Hospital or our Branch Clinic MediLocus. Please note that there may be cases in which follow-ups are not possible.
- If your request for a referral to St. Luke's International Hospital or our Branch Clinic MediLocus cannot be met, we will refer you to a clinic or hospital through our Community Coordination Service office.

Mutual respect between clients and staff are very important to ensure the best health screening. Individuals who are uncooperative during the health screening will be asked to leave.

We accept the following credit cards (single payment only) and debit cards.

- MUFG
- DC
- UFI Card
- NICO
- JCB
- Diners Club
- UC
- VISA
- Master Card
- AMEX
- J-Debit
- 中国銀聯

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**St. Luke’s International Hospital Center For Preventive Medicine**

St. Luke's International Hospital Affiliated Clinic

**Address:** Tsukiji Station (Exit #2, #3, #4)  
**2-2-3 Tsukiji-chō, Chuo-Ku, Tokyo 104-0065**  
**Inner Circular Route**

**Exit:** Shin-Ohashi Dori Akatsuki Park Bohsei Tsukiji (Elevator)  
**Exit:** University International Center for Primary School Old Bldg. Primary School  
**Exit:** University International St. Luke’s Birth Clinic Annex  
**Exit:** Tsukijigawa Park  
**Exit:** Yurakucho Line Hibiya Line  
**Exit:** University International St. Luke’s Birth Clinic Annex  

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**Tel:** 03-5550-2400  
**Fax:** 03-5550-2410  
**E-mail:** dock@luke.ac.jp http://dock.luke.ac.jp/  
**Website:** https://users-post.luke.ac.jp/WebRsvEng/_link.do

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**Operating Hours:** Monday-Saturday, 8:30AM-4:30PM  
(excluding Sundays and national holidays)

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**Dock - 2016.11.1 - Ver.7.00**

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Please take 2 stool samples on two different days, within 4 days of your appointment. Please carefully read the instructions as sample collection tubes will be sent to you one month before your appointment. Please fill them out before your appointment.

You may drink straight tea (no milk or sugar) or plain water only until midnight. Please finish eating by 9PM on the night before your appointment, and do not drink alcohol or stay up late. You may cause physical stress. Please include time to relax in your schedule for post-examination follow-ups are not possible.

Tests and Examinations will be provided at our health screening clinic. Our client flow support system helps to keep our tests and examinations smooth and efficient.

Our doctors will review test results with you. Health advice for a healthy lifestyle will be provided by a nurse.

Health Status Report will be sent to you by registered mail approximately 3 weeks after screening.

Your health status report will be sent to you by registered mail. * Please note specific tests may not be reviewed. * Note that delays may occur due to unforeseen events.

Each screening step is managed and organized by health

We at the Center for Preventive Medicine provide dependable security control to protect personal information, ensuring that your medical information is protected and your confidentiality maintained. Our privacy policy specifies required conditions for use of personal information. We handle information carefully with strict security measures. For details, see our website or the reception area bulletin board.

Babysitting/Child Service

Available only for those taking part in screening.
Children from 6 months old to 6 years old (preschool) are eligible.

Service fee: ¥4,320 including tax

Reservations: Required. Call at least one week in advance. Service fees are subject to change without notice.

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St. Luke’s Center for Preventive Medicine

St. Luke’s Center for Preventive Medicine

St. Luke’s Garden Tower Floors 3,4&5, 8-1 Akashi-cho, Chuo-ku, Tokyo 104-6591

Tel: 03-5550-2400, 08:30-16:30, except Sundays and national holidays

E-mail: dock@luke.ac.jp    http://dock.luke.ac.jp/