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St. Luke's MediLocus Main Number
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High quality healthcare services in relaxing environment, tailored to individual needs.

Health, your greatest asset. More people come to realize that health is their greatest asset amid their busy present daily lives. It is natural that there are growing demands for thoughtful, attentive medical care and high quality advices. St. Luke’s MediLocus is a health-promoting club membership aimed to respond to such real healthcare needs of modern people. In association with the philosophy and traditions of St. Luke’s International Hospital, we offer a thorough health care plan with a balanced combination of medical and fitness services. We provide the best support to match your individualized health needs and lifestyle preferences.

About MediLocus
The name MediLocus is a combination of the words “medical” and “locus”. It symbolizes our existence as a central location where people in the area can access excellent medical service and our eager to become an integral part of the Otemachi community.

Since its foundation in 1902, St. Luke’s International Hospital has continued to evolve and develop as a next-generation hospital by accurately perceiving changes in society, the environment and the growing need for care over a wide range of medical fields. We have adhered to our philosophy of providing medical and nursing care with the utmost respect for the feelings and condition of each patient, and our traditional concept of team medicine, which have both spread throughout the nation to become standards for medical and nursing care. In 1954, St. Luke’s International Hospital was the first in Japan to introduce comprehensive health screening, an innovative concept that showed great foresight and was instrumental in rooting the practice of preventive medicine in our society. Now, St. Luke’s MediLocus is proud to announce the planned autumn 2012 opening of St. Luke’s MediLocus. Scheduled to open in the newly transformed 1-chome section of Otemachi to serve employees working in this vibrant commercial center, St. Luke’s MediLocus will offer convenient access to outstanding primary and preventive care backed by St. Luke’s long-standing tradition of excellence in leading-edge healthcare to a wide range of individuals, including people from overseas living and working in the area.

Tsuguya Fukui
President
St. Luke’s International Hospital

Tradition × Creation
St. Luke’s International Hospital Provides Extended Service at New Location

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Our “Membership Health Support” constitutes of three pillars: a thorough health screening, fitness support, and cooperation information services. We propose to each member a careful and detailed preventive health care plans. Using our strength as a member of the general hospital, we are able to provide full line-up medical checkup at one stop.

### Membership Health Support constitutes of three pillars

- **Health Screening**
- **Fitness**
- **Members Support**

### Comprehensive Menu for preventive medical care

St. Luke’s MediLocus offers one-stop full line-up of medical examinations to screen for cancer, stroke, acute myocardial infarction, as well as lifestyle diseases.

We support your health by providing fitness programs that are designed and monitored by affiliated athletic trainers. We also offer nutrition counseling by certified dietitians and provide health care information through seminars.

### Follow up at St. Luke’s MediLocus

Follow up is crucial, especially if the result of your checkup reveals any areas that need attention.

When follow up or observation but not special treatment becomes necessary as a result of the checkup, our outpatient clinic will be the location of your next visit.
The key factor to reducing breast cancer is earlier detection. Our breakthrough digital mammography equipment offers outstanding safe screening with low radiation dose and excellent image quality.

○ Mammography (Philips MicroDose Mammography™)

Breakthrough in material development and high definition imaging reduces radiation dose for CT examinations by about one-tenth. We examine patients with low radiation dose for annual screening.

○ CT (GE Discovery CT 750 HD)

Breakthrough in material development and high definition imaging reduces radiation dose for CT examinations by about one-tenth. We examine patients with low radiation dose for annual screening.

○ PET-CT (GE Discovery PET/CT 690)

PET is the medical imaging modality called "positron emission tomography". PET will detect cancer cells, which consume more glucose than normal cells. The examination is done by injection of the medicine "18F-FDG" similar to glucose and imaging the accumulation. The combination of PET and CT in one machine (PET-CT) enables the detection of cancer with excellent image quality.

○ MRI (Philips Ingenia 3.0T)

The New Ingenia 3.0Telsa MRI provides high image quality that enables the display of blood vessel without using contrast material as well as the display of whole body structures. Ingenia 3.0Telsa MR offers open environment with 70 cm wide bore. Breakthrough technology makes screening time shorter than before, by as much as 40% according to Philips.

Began in 1954, we are the origin of the health screening.

Health screening is a comprehensive medical checkup, nowadays fundamental to health care. It began in Japan in 1954 at the First National Hospital (current National Center for Global Health and Medicine) and St. Luke’s International Hospital. At St. Luke’s MediLocus, members will receive twice-a-year health screenings (1st time lifestyle diseases screening, and 2nd time cancer screening or cardiovascular disease screening, upon the member’s choice). The results will be provided with high quality reports in cooperation with the medical specialists at St. Luke’s International Hospital.

Cutting edge equipment to reduce radiation dosage.

St. Luke’s MediLocus employs the cutting edge equipment such as PET/CT and MRI. We place top priority on your health by reducing radiation exposure. During our checkup, you receive far less radiation dose than on average.

Determined to improve the quality of life, as a pioneer in preventive medicine.

St. Luke’s International Hospital is truly a pioneer in the field of preventive medicine, creating the first comprehensive health screening program in Japan. At St. Luke’s MediLocus, there thrives the spirit of those early pioneers who first proposed the need to improve the quality of life by knowing oneself and one’s potential through the medical checkup. Check out our distinguished preventive medicine program at St.Luke’s MediLocus.
If “exercise” is properly practiced, the exercise itself should become “training” for performance improvement. Also, if you suffer pain caused by improper movement, a comparison to functional movement will serve as an “assessment”, and exercise itself will be a “therapy” if the pain can be healed by proper movement.

In short, if exercise is functional, it can be a “medicine” usable to various purposes, making it indispensable for preventive health care. Relieve the anxiety related to your physicals by understanding your body. Move your body and gain physical prevention and improvement. It’s simple, but isn’t it a foundation to a healthy and happy living?

Exercise is Medicine.

A tie-up with “R-Body Project”, a group of highly respected athletic trainers in Japan who offer know-how of their fitness theory

St. Luke’s Medilocus offers a program in cooperation with R-Body project which has been providing exercise support based on sports medicine to top international athletes. The athletic trainers will provide you with an individualized program to suit your needs. Through this initiative, you will learn about your own body, consider exercise as part of your life, and attain self-care management skill.

<table>
<thead>
<tr>
<th>Exercise Program of “R-body project”</th>
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<tr>
<td><strong>S・O・A・P</strong></td>
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<td>This is a checkup and evaluation program of body functions to provide an improvement plan based on your own goals and purposes. The trainer will accurately measure your current posture, habits of daily movement, flexibility and body composition, etc., including muscular balance.</td>
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<tr>
<td><strong>Conditioning</strong></td>
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<td>This is a training program proposed and implemented based on the results of S・O・A・P. This training sequence improves one’s original body functions and nurtures the best performance for each individual. Here the words “improvement of performance” apply not only to sports activities but also to all kinds of advancement to a new stage, such as the recovery from injuries, improvement of daily movements, and building up physical strength.</td>
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Seeking for the body management from both medical and physical perspectives, we offer a program cooperating with “R-body project”, a pioneer in the personal training field in Japan. Athletic trainers receiving high evaluation from top athletes and general public provide each member with an individualized evaluation of body functions.
Seminars and Medical Information

We will build a relationship with our members not only at the time of health screening but also through small-group health seminars and useful medical and health information magazines supervised by specialists of each medical department. We also provide our members with telephone consultations by the medical staff of St. Luke’s MediLocus.

Medical Cooperation

~ We assist you in making referrals and appointments ~

When specialized medical care or treatment becomes necessary as a result of your health screening, we will refer you to St. Luke’s International Hospital or to an appropriate medical institution. St. Luke’s MediLocus and St. Luke’s International Hospital have established a seamless system of cooperation among staff and information. St. Luke’s International Hospital provides full support to St. Luke’s MediLocus.

Seminars and Medical Information

A limited membership program which allows for highly personalized healthcare for each member.

We offer a personalized service that can only be provided by a program with limited membership. Experience a special time. It is not quite the same as your usual visit to a hospital.

Retrospective-Modern Atmosphere

Make yourself at home in a members-exclusive area, designed with a retrospective-modern interior expressing St. Luke’s tradition. The arched beams produce a spacious lobby area where you can enjoy a comfortable time in a relaxing atmosphere.
Perfectly located in Otemachi, at the heart of business district in Tokyo

St. Luke’s MediLocus, 10 minutes walk from Tokyo Station, is also directly connected to Otemachi Station. With easy access to everywhere around Tokyo, St. Luke’s MediLocus is perfectly situated to provide every businessperson with the best medical care.

Provision of International Healthcare Services in Otemachi

Taking charge of healthcare in the business center

Otemachi is designated as an area for urgent urban renewal to enhance the international competitiveness of the Japanese financial and capital markets. In order to become a global business center, the area must provide good employment and living environments for foreigners, in particular world-class medical facilities with medical staff capable of speaking English and becoming their home physicians.

We expected St. Luke’s MediLocus to open healthcare facilities that provide healthcare services that ensure the safety and security of workers and residents, particularly those of foreign workers and their families, in the neighboring communities. In response to the expectation, St. Luke’s MediLocus has established a primary care clinic that offers services, including general practice and preventive medicine, in English.

We are honored to work with St. Luke’s International Hospital, an advanced international hospital, in the urban renewal project and believe that we together will be able to provide health and security to more people in the communities.

Provision of International Healthcare Services in Otemachi
General Internal Medicine

Recent advances in medicine are progressively creating new subdivisions of expertise in medical fields. In reality, however, we see more patients with multiple medical conditions, requiring medical specialists to cooperate with other specialists in order to provide accurate diagnoses and treatments. That is why primary care becomes vital in providing a comprehensive and friendly service for wide variety of symptoms. St Luke’s MediLocus General Internal Medicine department is dedicated to serve you as your primary care physician.

Women’s Health

A growing number of women are now active in the business world. As their lifestyles have diversified in recent years, women’s health care has become increasingly important. St Luke’s MediLocus Women’s Health offers wide range of services for gynecological conditions except delivery and treatment of breast cancer.

Radiology

Although the imaging techniques are progressing at high speed with the use of advanced medical equipment such as PET-CT and MRI, the image itself is just an image if not properly assessed. Radiologists who can accurately diagnose the image are crucial to clinical medicine. St Luke’s MediLocus assures top-quality of diagnostic imaging as we cooperate with and share integrated radiographic interpretation system with St Luke’s International Hospital which possesses one of the largest number of radiologists in our country.

Loved and trusted International Hospital with excellent medical service

St Luke’s International Hospital was founded in 1902 by Dr. Rudolf B. Teusler, a physician and ordained minister in the Episcopal Church of the United States of America, to provide patient-oriented medical and nursing care in the spirit of Christianity. Throughout the more than 100 years since its foundation, St Luke’s has been loved and trusted by people from around the world. Patients from 114 countries, including many VIPs, were seen at our hospital. St Luke’s International Hospital is highly-regarded and trusted as an outstanding international hospital and pioneer in preventive medicine, with the first comprehensive medical screening in Japan beginning here in 1954.

Major Departments
- Cardiovascular Center
- Cardiovascular Internal Medicine
- Cardiovascular Surgery
- Gastroenterology Center/Endoscopy
- General Surgery
- Emergency Medical Care Center
- Integrated Women’s Health
- Pediatrics
- Pediatric Surgery
- Wall Baby Clinic
- Breast Center
- Medical Oncology
- Plastic & Reconstructive Surgery
- Radiation Oncology
- Psychi-Oncology
- Nephrology
- Kidney Center
- Allergy and Rheumatology
- General Internal Medicine
- Department of Clinical Genetics
- Ophthalmology
- Infectious Diseases
- Palliative Care
- Thoracic Surgery
- Hemato-Onology
- Haematology
- Pulmonary Medicine
- Primary Care Clinic
- Oral Surgery
- Otolaryngology
- Neurology
- Psychosomatic Internal Medicine
- Orthopedic Surgery
- Psychiatry
- Endocrinology & Metabolism
- Comprehensive Medical Assessments
- Neurosurgery
- Urology
- Dermatology
- Pathology
- Diagnostic Imaging and Interventional Radiology
- Anesthesiology

Medically certified and accredited by Joint Commission International (JCI)

St Luke’s MediLocus was established to serve the healthcare needs of a varied population, providing careful, comprehensive and compassionate care that focuses on important individual considerations such as gender, age, preference, and lifestyle to protect the health of you and your family during your time in Tokyo.

Being a friendly clinic

As Director of this center, my goal is to assure that patients feel secure about the treatment and services they receive at St Luke’s MediLocus, and I am especially intent upon making patients from overseas living and working in the area feel as comfortable as they would in their home country, a dream that grew ever stronger during the 25 years I worked as a radiologist in the U.S. St Luke’s MediLocus was established to serve the healthcare needs of a varied population, providing careful, comprehensive and compassionate care that focuses on important individual considerations such as gender, age, preference, and lifestyle to protect the health of you and your family during your time in Tokyo.