### Test item names

#### Test item Description

**Blood test**

- **Antibody screening set (Measles, rubella, mumps and Varicella-zoster)**
  - Messes, rubella, mumps and Varicella-zoster
  - In recent years, there is an increasing social and business impact due to the outbreak of measles and rubella among young people without adequate immunization. These viral infections could also affect fetuses during pregnancy. Therefore, prior knowledge of presence of immunity is necessary. Antibody test for each viral infection is also available.

- **Ovarian reserve (Anti-Müllerian Hormone test [women])**
  - This test measures a woman's ovarian reserve, or how many eggs remain in her ovaries. It can be useful when planning for a family.

- **Vitamin D deficiency test**
  - Vitamin D deficiency is reported to be associated with the risk of cancer, diabetes related diseases, infertility in women and climacteric disturbances in men. It is necessary to increase the intake of vitamin D actively as it is usually inadequate in everyday life.

- **Bone mineral density (DEXA)**
  - Bone mineral density will be assessed with X-rays. It is useful for diagnosis of osteoporosis.

- **Equol test**
  - Equol is a substance produced from isoflavones which biological actions are similar to that of sex hormones and thus, its potential benefits are expected in menopausal disorder and premenstrual syndromes in women as well as benign prostatic hyper trophy and baldness in men. However, recent studies showed that only one in three people who consumed any products could be benefited from the desired effects of equol. This test is useful for taking appropriate actions such as promoting dietary habits and supplementation in accordance with the results.

**Bone test**

- **Bone turnover test**
  - Bone turnover test is used for osteoporosis, and it is useful for planning treatment.

**Allergy test full set**

- **Allergy test**
  - This test is useful for allergy sufferers and helps you identify the trigger source.

**Rheumatology screening**

- **Rheumatoid factor (RF)**
  - Rheumatoid factor is a type of antibody that causes a disease called rheumatoid arthritis.

**Ferritin (Iron-deficiency anemia test)**

- **Ferritin**
  - Ferritin is a storage protein and is produced in cells for iron storage.

- **sLDL (small low-density lipoprotein test)**
  - sLDL is a type of cholesterol that is associated with an increased risk of heart disease.

**HIV antibody**

- **HIV test**
  - This test confirms whether a person is infected with HIV or not.

**Infection screening test**

- **HIV antibody (Synthite RIBAVIRIN-ANTIVIRUS)**
  - This test confirms whether a person is infected with HIV or not.

**Salt Intake**

- **Salt Intake**
  - Probable salt consumption will be checked by being calculated by your height, weight, age and the level of sodium and creatinine.

**Blood grouping**

- **Blood grouping**
  - This test is useful to identify the ABO and Rh blood groups.

### Option menu

**Pregnancy planning/Aging care**

- **Imagio CD-ROM, 1100 yen (tax included)**
  - CD-ROM with imaging results will be enclosed with the report. It is useful for timely access to further care when reserving is required.

**Overseas shipping 2,200 yen (tax included)**

- Report will be sent by DMS with additional shipping fee of 2,200 yen.

**Midtown Clinic Medical Corporation**

- **Health Screening Center / Executive Health Center**

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<tr>
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| **Antibody screening set** (Measles, rubella, mumps and Varicella-zoster) | **14,850 yen** | - Messes, rubella, mumps and Varicella-zoster
|                          |           | - In recent years, there is an increasing social and business impact due to the outbreak of measles and rubella among young people without adequate immunization. These viral infections could also affect fetuses during pregnancy. Therefore, prior knowledge of presence of immunity is necessary. Antibody test for each viral infection is also available. |
| **Ovarian reserve (Anti-Müllerian Hormone test [women])** | **7,700 yen** | - This test measures a woman's ovarian reserve, or how many eggs remain in her ovaries. It can be useful when planning for a family. |
| **Vitamin D deficiency test** | **3,300 yen** | - Vitamin D deficiency is reported to be associated with the risk of cancer, diabetes related diseases, infertility in women and climacteric disturbances in men. It is necessary to increase the intake of vitamin D actively as it is usually inadequate in everyday life. |
| **Bone mineral density (DEXA)** | **3,300 yen (tax included)** | - Bone mineral density will be assessed with X-rays. It is useful for diagnosis of osteoporosis. |
| **Equol test** | **4,950 yen** | - Equol is a substance produced from isoflavones which biological actions are similar to that of sex hormones and thus, its potential benefits are expected in menopausal disorder and premenstrual syndromes in women as well as benign prostatic hyper trophy and baldness in men. However, recent studies showed that only one in three people who consumed any products could be benefited from the desired effects of equol. This test is useful for taking appropriate actions such as promoting dietary habits and supplementation in accordance with the results. |

**Midtown Clinic Medical Corporation**

- **Health Screening Center / Executive Health Center**

**Option menu**

With the combination of tumor markers, which could aid in the diagnosis of cancer, test result may be more meaningful. You can also choose to test for each individual mark.

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<tr>
<td><strong>Complete set [women]</strong> (Bone mineral density, Pulse wave pressure)</td>
<td><strong>26,400 yen</strong></td>
<td>- Includes the useful tumor markers for detection of prostate cancer.</td>
</tr>
<tr>
<td><strong>Complete set [men]</strong></td>
<td><strong>26,400 yen</strong></td>
<td>- Includes the useful tumor markers for detection of prostate cancer.</td>
</tr>
<tr>
<td><strong>Set for lung cancer</strong></td>
<td><strong>12,650 yen</strong></td>
<td>- This is a useful tumor marker set for detection of lung cancer, as well as for the cancers of the esophagus, head and neck, cervix and skin.</td>
</tr>
<tr>
<td><strong>Set for cancers of the digestive tract</strong></td>
<td><strong>8,800 yen</strong></td>
<td>- This is a useful tumor marker set for detection of cancers of the digestive tract such as stomach and intestine, pancreas, gallbladder and bile duct, as well as for the breast and ovarian cancers.</td>
</tr>
<tr>
<td><strong>Prostate cancer [men]</strong></td>
<td><strong>8,800 yen</strong></td>
<td>- This is a useful tumor marker set for detection of hepatocellular carcinomas and gallbladder.</td>
</tr>
<tr>
<td><strong>Ovarian cancer [women]</strong></td>
<td><strong>8,800 yen</strong></td>
<td>- This is the useful tumor marker for detection of ovarian cancer.</td>
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</table>

**Test item names**

#### Test item Description

**Blood test**

- **Bone turnover test**
  - Bone turnover test is used for osteoporosis, and it is useful for planning treatment.

**Allergy test full set**

- **Allergy test**
  - This test is useful for allergy sufferers and helps you identify the trigger source.

**Rheumatology screening**

- **Rheumatoid factor (RF)**
  - Rheumatoid factor is a type of antibody that causes a disease called rheumatoid arthritis.

**Ferritin (Iron-deficiency anemia test)**

- **Ferritin**
  - Ferritin is a storage protein and is produced in cells for iron storage.

- **sLDL (small low-density lipoprotein test)**
  - sLDL is a type of cholesterol that is associated with an increased risk of heart disease.

**HIV antibody**

- **HIV test**
  - This test confirms whether a person is infected with HIV or not.

**Infection screening test**

- **HIV antibody (Synthite RIBAVIRIN-ANTIVIRUS)**
  - This test confirms whether a person is infected with HIV or not.

**Salt Intake**

- **Salt Intake**
  - Probable salt consumption will be checked by being calculated by your height, weight, age and the level of sodium and creatinine.

**Blood grouping**

- **Blood grouping**
  - This test is useful to identify the ABO and Rh blood groups.
**Digestive tract**

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| Upper GI X-ray (Barium meal) | 14,300 Yen (30 minutes) | - Cancers, ulcers or polyps of the esophagus, stomach, and duodenum
- This is for the condition of esophagus, stomach and duodenum after swallowing the barium (contrast media). |
| Stool occult blood | 2,200 Yen (5 minutes) | - Cancers, ulcers or polyps of the esophagus, stomach, and duodenum after swallowing the barium (contrast media). |

**Blood pylori antibody test**

- Helicobacter pylori set
- Blood test

**Gastroscopy under sedation**

- Upper GI endoscopy (Gastroscopy)
- Option for upper GI endoscopy

**Stomach cancer risk (Type ABC)**

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<tr>
<td>BrdU-DNA Integron with focal mismatch</td>
<td>8,800 Yen (5 minutes)</td>
<td>- Cancers, ulcers or polyps of the esophagus, stomach, and duodenum after swallowing the barium (contrast media).</td>
</tr>
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</table>

**Pepsinogen**

- Blood test

**Blood pylori antibody test**

- Helicobacter pylori set

**Digestive tract**

**Abdomen**

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<tr>
<td>MIR lower abdomen 3.0 Tesla</td>
<td>27,500 Yen (30 minutes)</td>
<td>- It is recommended for screening of prostate gland in men with symptoms such as difficult urination and urinary retention. It is also useful for screening of the uterus and ovaries in women, without radiation hazard.</td>
</tr>
<tr>
<td>Ultrasound abdomen</td>
<td>6,600 Yen (10 minutes)</td>
<td>- It is for the examination of abdominal viscer (liver, gallbladder, pancreas, kidneys, spleen) to assess their structures and sizes as well as the presence of foreign or malignant tumor, gall stone or kidney stone, with the use of ultrasound waves.</td>
</tr>
<tr>
<td>CT upper abdomen</td>
<td>19,800 Yen (5~10 minutes)</td>
<td>- With the use of low-dose 80 slice CT scanner, the cross-sectional images of the upper abdomen are taken, especially for the examination of liver, gallbladder, pancreas, kidneys, spleen.</td>
</tr>
<tr>
<td>CT upper and lower abdomen</td>
<td>23,100 Yen (5~10 minutes)</td>
<td>- In addition to those organs in the upper abdomen, there is examination of the organs of the lower abdomen such as small intestine, large intestine, bladder, prostate gland in men, and uterus and ovaries in women. It is recommended to those who have family history of cancers or heavy drinkers or those who eat outside frequently.</td>
</tr>
<tr>
<td>Visceral fat CT</td>
<td>8,800 Yen (5~10 minutes)</td>
<td>- With the use of low-dose 80 slice CT scanner, the surface areas of the abdominal visceral fat and subcutaneous fat are measured. It is recommended to those who are concerned on their waist size, lipids, blood pressure or mild abnormality in blood pressure.</td>
</tr>
<tr>
<td>Elastase 1</td>
<td>3,300 Yen (5 minutes)</td>
<td>- It is the marker which is useful for detection of pancreatitis and pancreatic cancer.</td>
</tr>
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**Colon**

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<td>Stool occult blood (2 times)</td>
<td>2,200 Yen (5 minutes)</td>
<td>- Cancers, ulcers, or polyps of the esophagus, stomach, and duodenum after swallowing the barium (contrast media).</td>
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**Breast-Uterus-Ovaries-Female hormones**

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| Mammography | 7,700 Yen (15~30 minutes) | - Breast cancer
- This is to detect the breast lump (tumor), distortion and calcification (calcium deposition) in the breast, while compressing the breasts to take two-dimensional images, vertically and horizontally. With the use of X-rays. Although there are individual variations, this exam could be associated with pain to some extent. |
| Breast ultrasound | 5,500 Yen (5~10 minutes) | - Breast cancer
- This is a mammogram which can only produce images. New images, this new technology can produce images with greater clarity in three dimensional approach, which helps visualize breast lesions in those with dense breast tissues that were previously difficult to be detected by a normal mammogram. |
| Pap smear | 5,500 Yen (5~10 minutes) | - Cervical cancer
- This is to examine the inner parts of the breasts for the existence, condition and size of any breast lump by ultrasonic waves. |
| HPV (Human Papilloma Virus) | 5,500 Yen (10 minutes) | - HPV (Human Papilloma Virus)
- It must be taken together with Pap smear test. |
| Transvaginal ultrasound | 5,500 Yen (10 minutes) | - Uterine fibroid, endometriosis, ovarian cancer, ovarian cyst, etc.
- One of the gynecologic basic courses for uterine and ovarian screening. Check for abnormalities such as uterine fibroid, endometriosis, ovarian cyst and suspicious cervical cancer, etc. |
| Breast and gynecology screening set | 27,500 Yen (30 minutes) | - 3D mammography: Breast ultrasound (Pap smear) Transvaginal ultrasound
- This is a 2,200 yen discounted set for items of breast and gynecology screening. |

**Thyroid**

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| Thyroid ultrasound | 7,700 Yen (15~30 minutes) | - Graves’ disease and Hashimoto’s Thyroiditis
- With an ultrasound examination to the neck, the presence of inflammation or tumor is assessed based on observing the size and condition of the thyroid gland. |
| Thyroid function test | 6,600 Yen (5~10 minutes) | - Graves’ disease and Hashimoto’s Thyroiditis
- THF-free T3-free T4
- Thyroid function will be assessed by blood hormone tests. Thyroid abnormally can manifest on depression, severe exhaustion, sudden weight loss, etc., which can be found in every five years of every woman even without subjective symptoms. |

**Lungs**

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| Chest CT | 19,800 Yen (5~10 minutes) | - Early stage of lung cancer
- With the use of low-dose 80 slice CT scanner, the cross-sectional images of the lungs and mediastinum are taken. It is useful in finding the early stage of very small cancer lesions in the lungs and information which could not be visible in the plain chest X-ray. |
| Lung cancer set | 28,050 Yen (5~10 minutes) | - Chest CT SICC-CYFRA-Pro-GRP-Sputum cytology
- It is recommended to smokers and those with excessive phlegm (mucus) sputum collection for these comparative data are required for sputum cytology.
- This is a set of connected set for reflux of lung cancer screening.