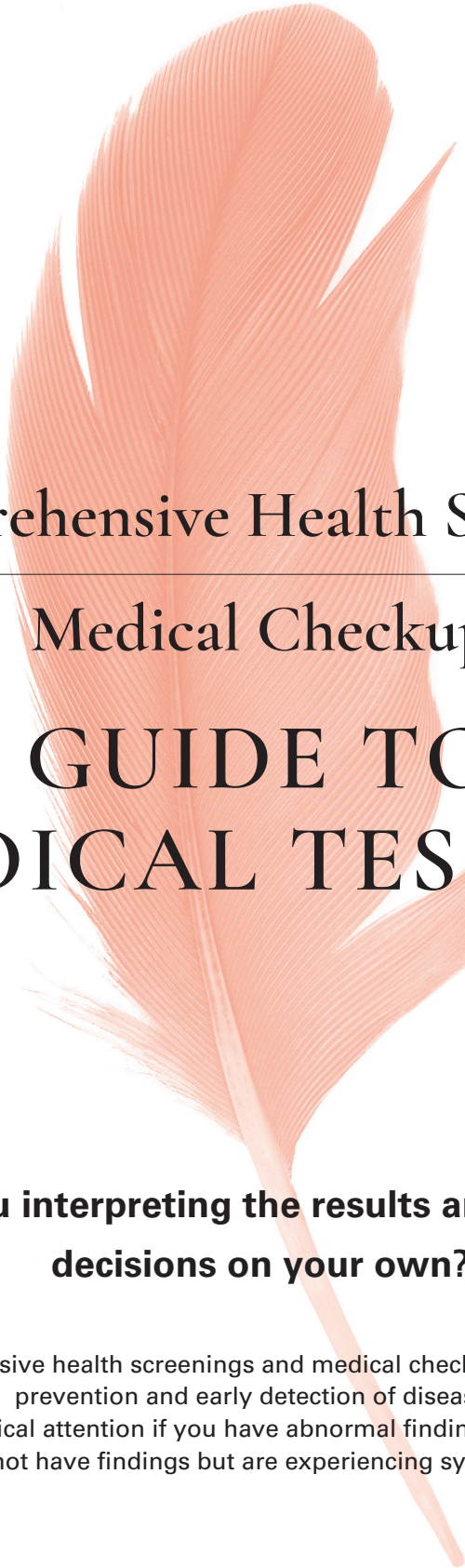
Understanding Your Health Report



Comprehensive Health Screening

Medical Checkup

GUIDE TO MEDICAL TESTING

Are you interpreting the results and making decisions on your own?

Comprehensive health screenings and medical checkups assist in the prevention and early detection of diseases.
Seek early medical attention if you have abnormal findings (D or F results) or do not have findings but are experiencing symptoms.

Midtown Clinic Medical Corporation

Tokyo Midtown Clinic　Nihonbashi Muromachi Mitsui Tower Midtown Clinic

Thank you for choosing the Midtown Clinic for your comprehensive health screening/medical checkup. Health checks are designed not to diagnose diseases but to evaluate a person's health using a range of medical tests to promote health and prevent and detect diseases at an early stage. Carefully review your results and be mindful of your health and any changes to your body.

Classification Criteria for Test Results

Results	Description	
A	No findings	No medical findings were observed.
B	Minor findings, no need for follow-up	Slight abnormalities were detected. Take no action.
C12	1-year follow-up	Recommend a follow-up in one year.
C6	6-month follow-up	Recommend a follow-up in six months.
C3	3-month follow-up	Recommend a follow-up in three months.
D	**Further testing is needed**	Consult a physician for further testing.
F	**Consult a physician immediately**	Immediate treatment is needed, consult a physician as soon as possible.
E	Under treatment or observation	Continue current treatment or follow-up.
G	Inconclusive	Unable to evaluate.

For [D] and [F] results

Please note that [D] and [F] results are not definitive diagnoses. They indicate that there are suspicious findings that warrant further investigation. For those with [D] and [F] results, consult the appropriate specialty physician as soon as possible. Be sure to bring your health report and insurance card* to the appointment. (*If you are enrolled in Japanese Health Insurance.)

For those needing follow-up care

Our clinic, equipped with an endoscopy center, and various diagnostic equipment like CT and MRI scanners, offers follow-up care services for various diseases in case there are any findings from your health check. Furthermore, we work closely with and provide referrals to affiliate university hospitals and specialized medical institutions for cases requiring more specialized treatment and services. Please note that the physician will order the necessary diagnostic tests after completing a consultation and upon determining their medical necessity.

Exam with a medical finding	Diagnostic tests offered at our clinic	For details, go to
Pulse wave analysis/Head CT	Head MRI/MRA	**P2**
Upper GI X-ray (barium swallow)	Upper GI endoscopy (EGD)	**P2**
Chest X-ray/Sputum test/Pulmonary function test/Liver function/Lipid panel/ Pancreatic function test/Kidney function test/Blood test/Urine test/Prostate-specific antigen test (PSA)	Abdominal ultrasound/Chest CT/ Abdominal CT/Abdominal MRI	**P3**
Fecal occult blood test (stool test)	CT colonography (3D colonoscopy) Colonoscopy	**P4**
Breast/Gynecological exams	3D mammography/Breast ultrasound/ Transvaginal ultrasound/Pelvic MRI	**P5**

See **P2-P5** for more details on the diagnostic tests offered at our clinic. ➡

If medical findings are detected from a pulse wave analysis or head CT exam, a head MRI/MRA is used to evaluate the condition of the cerebral blood vessels. The MRA exam serves as an effective screening method for identifying brain aneurysms, which can potentially lead to subarachnoid hemorrhages.

Head MRI/MRA

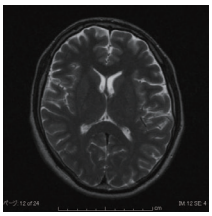
An exam that uses magnetic forces to capture cross-sectional images of the brain and visualize the blood vessels. In cases of small infarctions, subjective symptoms may not be readily apparent. Therefore, those with any medical findings are advised to undergo a more detailed assessment using an MRI scan.

Duration 20 min

Primarily used to detect:

MRI	
Cerebral infarction (asymptomatic)	Brain tumor

MRA	
Cerebral aneurysm	Infundibular dilatation



Head MRA (left)
Generates three-dimensional reconstructions of the blood vessels in the head and screens for stenosis (narrowing of blood vessels) and aneurysms.

Head MRI (right)
Produces detailed cross-sectional images of the head and screens for pathological changes such as brain tumors and infarctions.

If you have received a diagnosis of brain aneurysm:

It has been reported that brain aneurysms measuring less than 3 mm have a low risk of rupture. However, they can rupture if they grow larger in size. The Japan Brain Dock Society's Guidelines for Brain Dock suggest periodic follow-up with imaging exams every six months to a year.

Upper GI endoscopy (EGD)

The lining of the esophagus, stomach, and duodenum is carefully observed for lesions, neoplasms (abnormal cell growth), and ulcers using an endoscope. Histological tests are performed as needed for definitive diagnoses. Upon request, we offer the choice to use a nasal endoscope or to receive sedation to help reduce physical discomfort during the exam.

Duration 10 min

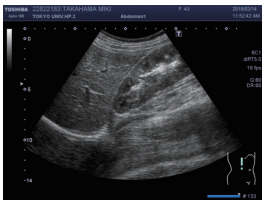
Primarily used to detect:

Esophageal cancer	Stomach cancer	Peptic ulcers
Reflux esophagitis	Esophageal/gastric/duodenal polyps	

The combined use of various diagnostic imaging equipment can help determine the presence or absence of diseases within the vital organs. Using the ultrasound, CT, and MRI scans together allows an accurate assessment of each organ's condition.

Abdominal ultrasound

The exam utilizes ultrasound waves to assess the abdominal organs (liver, gallbladder, pancreas, kidney, and spleen) for the presence or absence of lesions.



Abdominal ultrasound

Duration 15 min

Primarily used to detect:

- Fatty liver
- Gallstones
- Gallbladder polyps
- Enlarged prostate
- Kidney stones

Chest & abdominal CT

A low-dose 80-row multi-slice CT generates cross-sectional images of the chest and abdomen to assess the condition of vital organs and blood vessels. It can be used to evaluate the lungs, liver, gallbladder, pancreas, kidneys, spleen, small intestine, large intestine, and bladder, as well as the prostate gland in men and the uterus and ovaries in women.

Duration 20 min

Primarily used to detect:

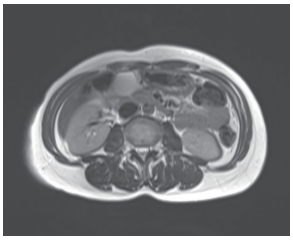
- Lung cancer
- Liver cancer
- Pancreatic cancer
- Prostate cancer
- Ovarian cancer
- Uterine cancer

If there was a medical finding in your lung exam:

A chest CT scan can confirm, in detail, changes to the lungs observed in sputum cytology and pulmonology function tests and detect early-stage lesions that may be challenging to identify by chest X-rays.

Abdominal MRI

Using magnetic forces, an abdominal MRI generates images of the vital organs. It is useful in evaluating the prostate gland in men with abnormal PSA levels. Additionally, it can be used in women to examine the uterus, ovaries, and other reproductive parts. (See P5)



Abdominal MRI

Duration 20 min

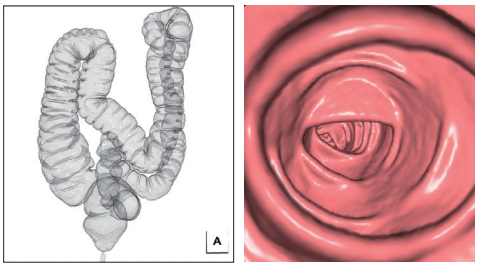
Primarily used to detect:

- Liver/pancreatic/kidney cancer
- Bile duct cancer
- Prostate cancer
- Ovarian tumor
- Uterine cancer

When there is a finding in the fecal occult blood (stool) test, a thorough assessment of the source of blood and its condition is performed. We offer two types of colorectal exams for this purpose, and the physician will determine which is appropriate upon completing a consultation.

① CT colonography (3D colonoscopy)

The colon is infused with carbon dioxide, and an 80-row multi-slice CT scans the abdomen, creating a 3D reconstruction of the colon to assess the presence or absence of pathological changes. Compared to a colonoscopy, CT colonography involves ingesting a smaller amount of bowel preparation solution and can be completed within a shorter timeframe.



Sample images of a CT colonography

Duration 15min

Primarily used to detect:

- Colon cancer
- Colon polyps
- Submucosal tumors of the colon

CT colonography safety guidelines

If you have a colon disease, have had surgery, or meet any of the following conditions, you may not be eligible for this exam. We will propose an alternative exam or refer you to another medical facility in such cases. Please call us for more information.

- Receiving treatment for diabetes
- Allergic to barium contrast
- Undergoing dialysis treatment
- Have a cardiac pacemaker
- Pregnant or possibly pregnant

***CT colonography exams are available only at Tokyo Midtown Clinic.**

② Colonoscopy

The entire length of the colon is observed using an endoscope that is inserted through the rectum. Biopsies and polyp removals may be performed if any lesions are found. The option for sedation may be offered if requested.

Duration 20min

Primarily used to detect:

- Colon cancer
- Colon polyps
- Submucosal tumors of the colon

Reference: Colorectal exam comparison chart

	3D colonography (virtual colonoscopy)	Colonoscopy
Exam process	Carbon dioxide is pumped through the rectum to fill the colon, and images are taken using a CT scanner.	The colon is directly observed using an endoscope inserted through the rectum.
Duration	Approx. 15 min	Approx. 20 min
Bowel preparation solution	About 200 mL	About 2,000 mL
Histology test	Not available	Available

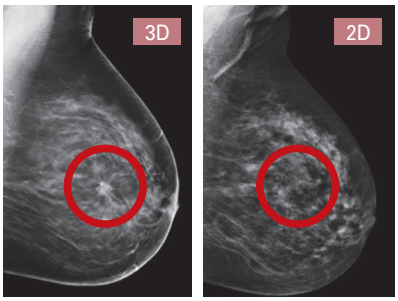
In Japan, colon cancer incidence rates are rising, now ranking second* and surpassing stomach cancer in the number of deaths. Subjective symptoms are rarely present in the early stages of colon cancer, but early detection and treatment are said to improve the chances of recovery.

*Source: 2016 Overview of Vital Statistics by the Ministry of Health, Labour and Welfare

For the comfort of our female users, all female-specific exams are conducted by a team of female physicians and staff. Breast cancer is the most prevalent form of cancer among women, and its incidence rates have been rising. However, early detection and treatment can cure approximately 90% of breast cancer cases.

3D mammogram

A 3D reconstruction of the breast is generated using images captured from various angles, providing a clearer and more detailed view of the breast tissue. This advanced imaging technique aids in detecting tumors and small abnormalities, such as architectural distortions and micro-calcifications, that may be missed during ultrasound and palpation exams.



Comparison of 3D and 2D images

In mammograms, lumps, including breast cancer, appear as white areas. And in women with dense breast tissue, a common trait among Japanese women, conventional 2D mammography faces challenges due to overlapping structures that can obscure potential abnormalities. In contrast, 3D mammography uses cross-sectional images of the breast, providing enhanced visualization and improved accuracy in detecting irregularities.

Duration 10 min

Primarily used to detect:

- Breast cancer

Breast ultrasound

A breast ultrasound allows for a detailed evaluation of areas where abnormalities were detected during palpation and mammography exams, covering the breast area and extending to beneath the armpit. While mammography exams face challenges in thoroughly examining young women and those with dense breast tissue, ultrasounds can detect abnormalities effectively regardless of breast density.

Duration 15 min

Primarily used to detect:

- Breast cancer

Transvaginal ultrasound

A transvaginal ultrasound is performed if any medical findings are detected during a pelvic exam. A finger-sized probe that releases soundwaves is inserted into the vagina, generating images of the pelvic organs to assess their condition and check for any tumors or other irregularities.

Duration 10 min

Primarily used to detect:

- Uterine fibroids
- Endometriosis
- Ovarian tumor

Pelvic MRI

Suppose any medical findings are identified during a pelvic exam or transvaginal ultrasound, a pelvic MRI can provide cross-sectional images of the uterus, ovaries, and other pelvic organs for a thorough evaluation of potential lesions and abnormalities.

Duration 20 min

Primarily used to detect:

- Uterine fibroids
- Ovarian cysts
- Endometriosis
- Uterine cancer
- Ovarian cancer

*** Breast and gynecological exams can be performed at both clinic locations. However, specialist consultations are available only at the Tokyo Midtown Clinic. The Nihonbashi Muromachi Mitsui Tower Midtown Clinic does not have a breast surgery or gynecology department.**

Contact Us

Follow-up care (Outpatient Services)
For reservations and inquiries

If you wish to receive follow-up care through our Outpatient Services, you will first need to schedule a consultation so the physician can assess your condition, recommend the necessary exams and formulate a care and treatment plan. For exams requiring prior preparation (such as endoscopic procedures, CT scans, MRI scans, etc.), scheduling will occur after the initial consultation.

1 **Inquiries and reservations**
Please contact us by telephone for questions and reservation requests.

2 **Your appointment**
Be sure to bring your health report and insurance card to the appointment. (If you are enrolled in Japanese health insurance, otherwise, please bring a government-issued ID.)
*Please bring your patient ID card, if available.

3 **Your test results**
Depending on the test results, we may refer you to an affiliated hospital.

Tokyo Midtown Clinic

[Outpatient Services] 03-5413-0080

Mon. – Fri.(excl. holidays)
9:00 - 12:30 / 14:00 - 17:30

Online Reservations Available
(Internal Medicine appointments only)

Nihonbashi Muromachi Mitsui Tower Midtown Clinic

[Outpatient Services] 03-3231-2071

Mon. – Fri.(excl. holidays)
9:00 - 12:30 / 14:00 - 17:30

Online Reservations Available
(Internal Medicine appointments only)

Inquiries about your health report

For inquiries about your health report, please fill out our contact form using the QR code to the right.

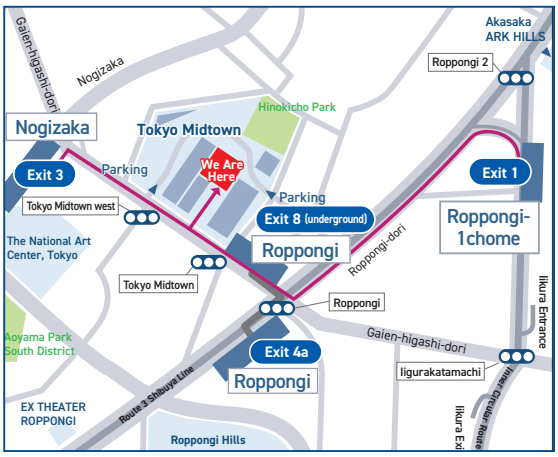
Health Report Support Services
Contact Form

Clinic Information

Tokyo Midtown Clinic

Clinic Website

We aspire to be a clinic that embodies compassion and empathy for those facing challenging symptoms and diseases.



Subway

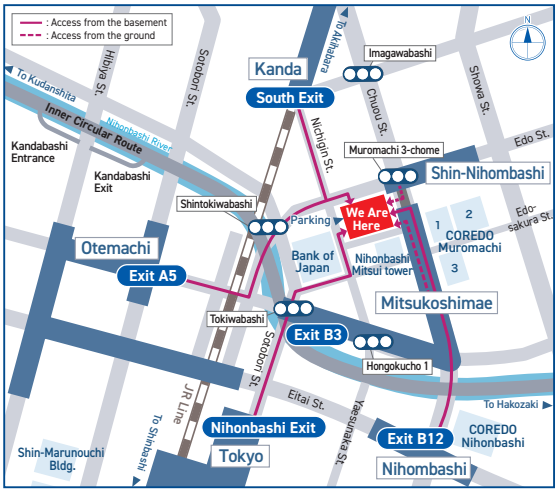
- Direct access to Roppongi Station on the Tokyo Metro Hibiya Line (underground passage)
- Direct access to Exit 8 of Roppongi Station on the Toei Oedo Line
- Approx. 7 min walk from Exit 3 of Nogizaka Station on the Tokyo Metro Chiyoda Line
- Approx. 10 min walk from Exit 1 of Roppongi-itchome Station on the Tokyo Metro Namboku Line

Midtown Tower 6F, 9-7-1 Akasaka, Minato City, Tokyo 107-6206

Nihonbashi Muromachi Mitsui Tower Midtown Clinic

Clinic Website

We are committed to delivering exceptional care and excellent services through a patient-centered approach.



Subway

- Direct access to Mitsukoshimae Station on the Tokyo Metro Ginza Line and Hanzomon Line
- 6 min walk from Exit B12 of Nihombashi Station on the Tokyo Metro Ginza Line, Tōzai Line, and Toei Asakusa Line
- 9 min walk from Exit A5 of Ōtemachi Station on the Tokyo Metro Marunouchi Line, Hanzōmon Line, Tōzai Line, Chiyoda Line, and Toei Mita Line

JR Lines

- Direct access to Shin-Nihombashi Station on the Yokosuka Line and Sōbu Line (Rapid)
- Walking distance from the South Exit of Kanda Station on the Chūō Line, Yamanote Line, and Keihin-Tōhoku Line
- Walking distance from the Nihonbashi Exit of Tokyo Station

Visit our website for detailed directions. Video maps are also available.

Nihonbashi Muromachi Mitsui Tower 7F, 3-2-1 Nihonbashi Muromachi, Chuo City, Tokyo 103-0022