



医療法人 純正会  
**名豊病院**  
MEIHO HOSPITAL

# COMPREHENSIVE HEALTH CHECK CENTER



## Full-body health check-up

Standard course ... 45,000 yen  
Premium course ... 67,500 yen



## Detailed brain examination

A course ... 49,500yen  
B course ... 59,400yen  
Optional ... 3,000yen



## Optional items disease risk screening

## CONTACT:

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- Phone: 0565-51-3000 (Extension 5527)
- Contact Person: Ms. Rao



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## Brain and Cardiovascular Risk

Amino Index Risk Screening (AIRS)  
Stroke and Cardiovascular Risk Screening



### Mild Cognitive Impairment

Blood test screening



### Brain Stroke Risk

A6C  
Early detection of brain stroke



### Tuberculosis Risk

IIGRA test



### Brain and Cardiovascular Risk

LOX-index®  
Early-stage detection of arteriosclerosis



### Cardiovascular Risk

NT-proBNP  
Cardiovascular risk screening



### Gastric Health

ABC test: Gastric cancer risk stratification

Helicobacter pylori detection  
(blood and urine tests)

Bad Cholesterol  
Arteriosclerosis risk screening  
(sdLDL-C)

Cardiovascular risk screening  
(RLP-C)



### Liver fibrosis examination

M2BPGi



### Thyroid Function

(TSH · FT3 · FT4)

Adiponectin  
Longevity hormone



### Human papillomavirus examination

HPV



### Allergy Screening

48 types of allergen screening



### Bone Health

Vitamin D

## CONTACT:

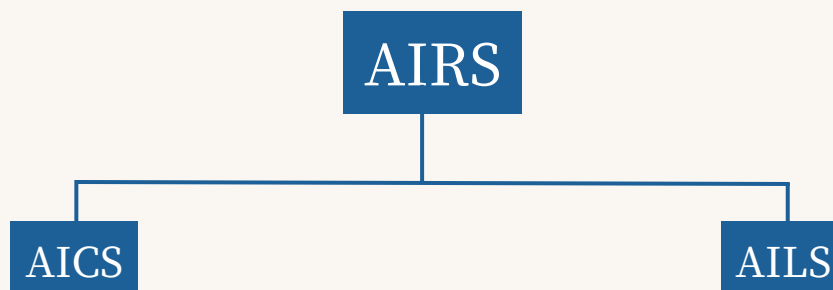
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## Amino Index Risk Screening (AIRS)

AIRS is a program that evaluates various health risks by measuring the balance of amino acid concentrations in the blood.

This screening provides comprehensive risk assessment results for cancer and lifestyle diseases.



**Amino Index Cancer Screening (AICS)** : Evaluates current cancer risk through blood amino acid balance.

**Amino Index Lifestyle Disease Risk Screening (AILS)** : Predicts the risk of developing stroke, myocardial infarction within the next 10 years, and diabetes within the next 4 years. It also evaluates the balance of essential nutrients in the blood.

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## Gastric Cancer Risk Screening

*Helicobacter pylori* is associated with chronic atrophic gastritis and peptic ulcers, and its chronic infection can increase the risk of gastric cancer.

### ABC Classification

The ABC classification is a testing method that assesses *Helicobacter pylori* infection and the degree of gastric mucosal atrophy by measuring *Helicobacter pylori* antibodies and pepsinogen levels. Based on the combined results of these two measurements, the risk of developing gastric cancer is classified into five levels for evaluation.

This method does not require a gastric X-ray examination. Depending on the evaluation results, it can be determined whether further detailed imaging examinations, such as a gastroscopy (endoscopy), are necessary. It is an effective and relatively low-invasive method for gastric cancer screening.

A specialized report will be provided for this test.

### Helicobacter pylori antibody test in serum

When infected with *Helicobacter pylori*, the body produces antibodies against the bacteria, which appear in the blood. If the *Helicobacter pylori* antibody test is positive, it indicates an infection.

### Helicobacter pylori antibody test in urine

Testing for antibodies against *Helicobacter pylori* in urine. This test is quite popular among younger people. By detecting *Helicobacter pylori* infection early, it allows for timely intervention, which is expected to help prevent the occurrence of gastric cancer in the future.



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A6C

## Brain infarction risk screening

A6C is a blood test that measures the levels of acetaldehyde, which reflects the extent of cellular damage, as well as the values of IL6 and CRP, which are triggered by cellular damage, with an accuracy of about 85% in detecting "potential cerebral infarction."

"Potential cerebral infarction" is a precursor to severe cerebral infarction, the risks of which are well known to the public.

This is a low-cost, low-burden test (blood sampling) that can be used as an initial screening for cerebral infarction.

The test will provide a dedicated report.



## MCI (Mild Cognitive Impairment) Blood Testing and Screening

Mild Cognitive Impairment (MCI) refers to a stage between normal aging and Alzheimer's disease. While daily life is not significantly affected, it is said that without preventive intervention, over half of patients will progress to Alzheimer's disease within five years.

The most common form of Alzheimer's disease is caused by the accumulation of a waste product called beta-amyloid protein in the brain, which damages nerve cells.

The test will provide a dedicated report.



LOX-index<sup>®</sup>



## Brain/Heart Disease Risk Screening

Arteriosclerosis is considered the starting point of endothelial cell dysfunction. LOX-index<sup>®</sup> can detect the early stages of arteriosclerosis, providing a numerical assessment of vascular condition that ordinary blood tests and imaging examinations cannot capture. From a preventive medicine perspective, it can serve as a risk marker, assessing the risk of disease onset from the early stages. The test will provide a dedicated report.



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## Super Extreme LDL Cholesterol Testing Arteriosclerosis Screening (sdLDL-C)

LDL-C contains a portion that is not entirely "bad" LDL cholesterol but rather "small dense LDL-C," which strongly promotes arteriosclerosis. According to the Arteriosclerosis Prevention Guidelines from the Japan Arteriosclerosis Society, high levels of small dense LDL-C are a risk factor for arteriosclerotic diseases. Testing can be conducted using blood samples collected for standard biochemical tests, quantitatively measuring small dense LDL-C, and assessing arteriosclerotic disease risk in four stages. Testing is recommended for patients with hyperlipidemia, diabetes, hypertension, and metabolic syndrome.

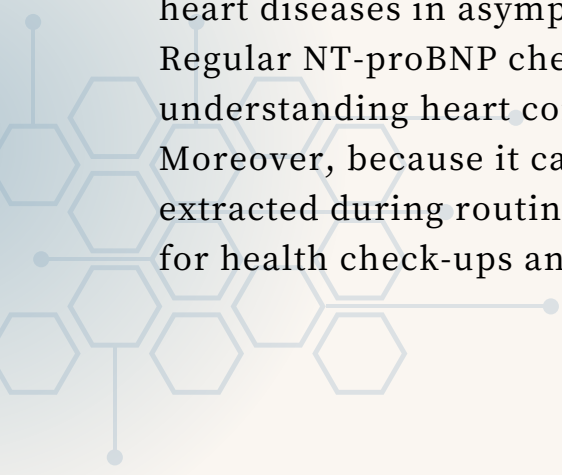


## NT-proBNP Heart failure risk screening

Heart failure typically progresses gradually without symptoms, based on lifestyle diseases such as hypertension and diabetes. Particularly, chronic heart failure is said to worsen even more than some cancers, hence regular cardiac check-ups are crucial.

NT-proBNP is a hormone secreted into the blood by the heart to alleviate pressure from lifestyle diseases. Measuring its blood concentration can check heart pressure, which cannot be observed through electrocardiograms and chest X-rays, thus enabling the detection of heart diseases in asymptomatic stages.

Regular NT-proBNP checks are essential for examining and understanding heart conditions, as well as improving lifestyle habits. Moreover, because it can be conducted using the same blood sample extracted during routine tests, it is highly suitable as an additional item for health check-ups and physical examinations.





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## Remnant Lipoprotein Cholesterol (RLP-C) Heart Disease Risk Screening

Remnant lipoproteins are intermediate metabolic products produced in the bloodstream by the breakdown of lipoproteins (chylomicrons, VLDL) generated by the small intestine and liver. They are one of the main factors leading to atherosclerosis.

In recent years, it has been discovered that even with low levels of low-density lipoprotein cholesterol (LDL-C), the risk of cardiovascular disease cannot be completely ruled out. Therefore, attention has shifted to indicators other than LDL-C.

It is reported that in populations who have successfully controlled indicators such as hypertension, diabetes, high-density lipoprotein cholesterol (HDL-C), and low-density lipoprotein cholesterol (LDL-C), an elevated remnant lipoprotein index may increase the risk of coronary artery disease.

By measuring remnant lipoprotein cholesterol, it is possible to assess the risk of angina or myocardial infarction in individuals without a history of coronary artery disease but who may develop these conditions in the future.



## IGRA Testing Tuberculosis Risk Screening

Tuberculosis is often considered a "disease of the past," yet in Japan, over 18,000 new cases are reported annually, resulting in approximately 2,000 deaths. About 72% of patients belong to the high-risk group aged 60 and above, requiring special attention due to the inevitable decline in immune system function associated with aging.

Moreover, with the increasing number of foreign residents in Japan in recent years, statistics show that about half of tuberculosis patients in their twenties are foreign-born.

This test is utilized as an adjunct diagnostic tool for active tuberculosis and latent tuberculosis infection. Additionally, it is widely used in health examinations for healthcare workers who come into contact with patients on a daily basis.



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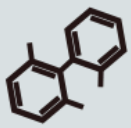
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## M2BPGi Liver Fibrosis Risk Screening

M2BPGi is a biomarker for liver fibrosis (stiffness) assessed through blood testing. With the increasing prevalence of obesity, the number of individuals diagnosed with non-alcoholic fatty liver disease (NAFLD) is also on the rise. As liver fibrosis progresses in non-alcoholic steatohepatitis (NASH), it may advance to cirrhosis and liver cancer.

Accurately diagnosing the progression of liver disease and measuring the degree of liver fibrosis are crucial for preventing cancerization. This test is highly useful for screening liver fibrosis.



## Adiponectin Longevity Hormone Testing

Adiponectin is a highly beneficial hormone for preventing metabolic syndrome.

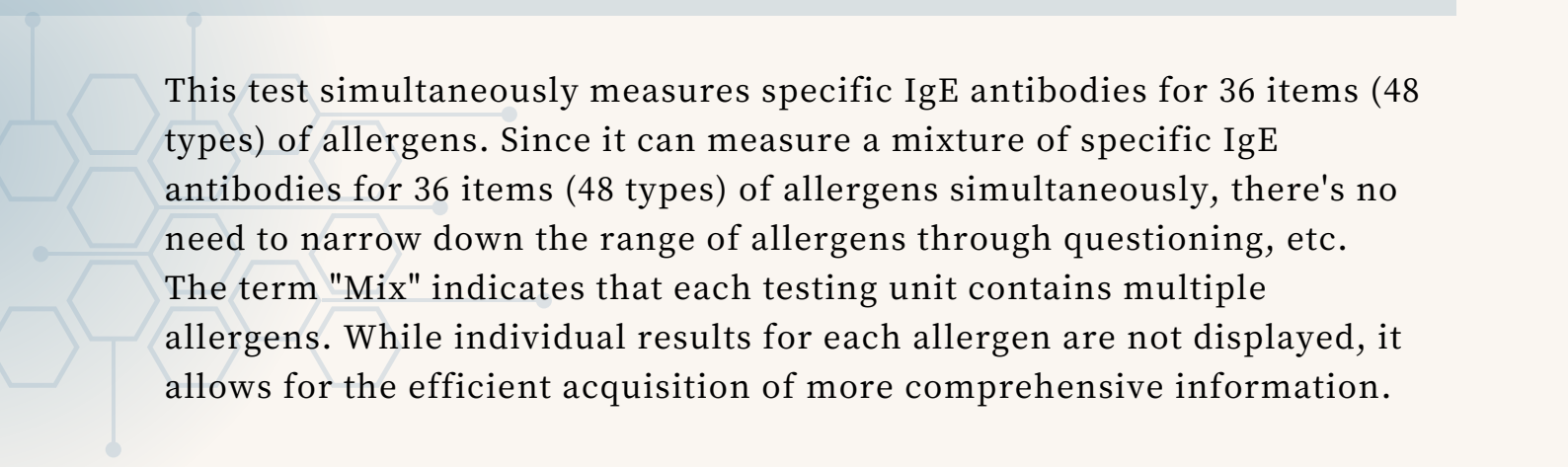
It has been confirmed that the levels of adiponectin in the blood of long-lived individuals are higher, earning it the nickname "longevity hormone." Additionally, adiponectin is said to promote vascular and blood rejuvenation, preventing lifestyle diseases such as stroke and heart disease.



## MAST48mix Screening for 48 Allergens

This test simultaneously measures specific IgE antibodies for 36 items (48 types) of allergens. Since it can measure a mixture of specific IgE antibodies for 36 items (48 types) of allergens simultaneously, there's no need to narrow down the range of allergens through questioning, etc.

The term "Mix" indicates that each testing unit contains multiple allergens. While individual results for each allergen are not displayed, it allows for the efficient acquisition of more comprehensive information.



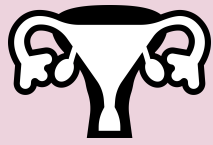




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## Human Papillomavirus (HPV) Cervical Cancer Risk Screening

Cervical cancer is caused by persistent infection with 14 high-risk types of HPV.

Particularly, HPV types 16 and 18 can lead to cervical cancer, with the disease progressing rapidly after infection. HPV testing can determine if the collected cells are infected with the 14 high-risk types of HPV.

Additionally, separate results can be obtained for higher-risk HPV types 16 and 18 infections.

By combining HPV testing with traditional cervical cytology screening, it's almost possible to identify lesions before cancer develops.

Furthermore, if both cytology and HPV testing are negative, the likelihood of developing cancer within the next 3 years is extremely low, providing patients with greater peace of mind.

Moreover, as the same sample can be used for both cytology and HPV testing, the examination can be performed without increasing the burden on the individual. Combining HPV testing with cytology provides a more accurate screening for cervical cancer.





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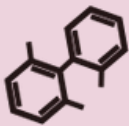
## Vitamin D Osteoporosis Risk Screening

Vitamin D helps with calcium absorption and plays a role in bone mineralization. Insufficient vitamin D increases the risk of falls and fractures, particularly in cases of fractures near the thigh bone, which may lead to prolonged bed rest due to immobility.

Causes of vitamin D deficiency include lack of exercise, poor diet, and reduced opportunities for sun exposure in modern lifestyles. A type of lipid in the skin produces vitamin D when exposed to sunlight's ultraviolet rays. Therefore, individuals who avoid sun exposure for skin whitening purposes should be especially cautious.

Vitamin D levels can be measured through blood tests during health check-ups or medical examinations.

\*This test is suitable for both women and men.



## Thyroid Hormone Level Testing (TSH · FT3 · FT4)

Thyroid hormones play a vital role in promoting overall body development and are essential for maintaining comfortable living by regulating body temperature and basal metabolism.

Thyroid-stimulating hormone (TSH) secreted by the pituitary gland regulates the secretion of thyroid hormones, thyroxine (T4), and triiodothyronine (T3), through mutual stimulation and inhibition to maintain stable hormone concentrations in the blood.

Both excess and deficiency of thyroid hormones can cause various symptoms such as palpitations, shortness of breath, and generalized weakness.

Thyroid diseases are sometimes misdiagnosed as other conditions such as heart disease, neurological and psychiatric disorders, and menopausal disorders. To effectively prevent thyroid diseases, blood tests for TSH, FT3, and FT4 are highly useful in medical check-ups.

\*This test is suitable for both women and men.

