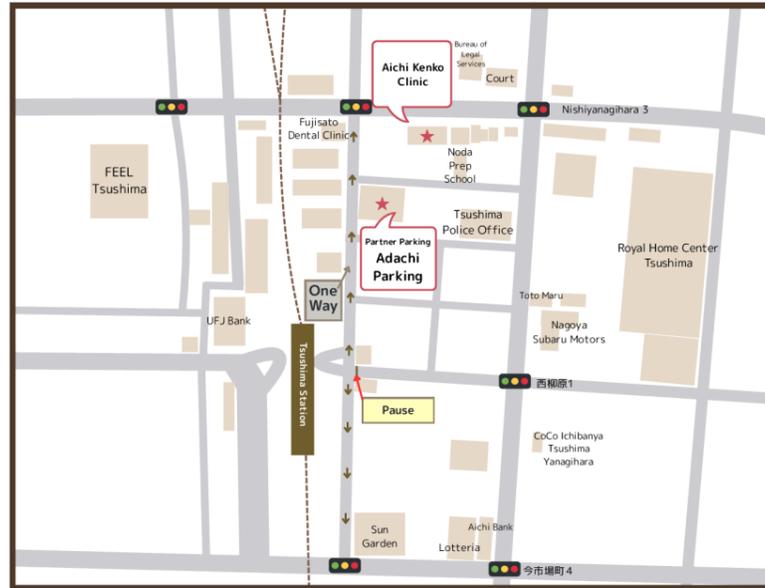


## Access Map

If the clinic parking lot is full, please use the designated yellow-marked spaces at Adachi Parking.  
Bring your parking ticket to the reception for a discount.



### For Visitors Arriving by Train

From Meitetsu Tsushima Station	From Meitetsu Nagoya Station to Tsushima Station	From Meitetsu Ichinomiya Station to Tsushima Station
Approx. 5 minute walk	Approx. 25 - 35 minutes by train	35 minutes by train

### Health Screening Center

Health Checkup Packages / Regular Checkups / Cancer Screenings / Specific Health Examinations

Health Check Reception Hours	Mon	Tue	Wed	Thu	Fri	Sat	Sun & Holidays
8:40 - 11:00	●	●	●	●	●	●	Closed
13:50 - 15:30	●	●	●	●	●	●	Closed

TEL 0567-26-7328 (Available in Japanese only)

Phone appointment: 8:30-17:30 (closed on weekends and holidays)  
Please follow the voice prompts and press "1".

### Internal Medicine Clinic

If your screening results show "D2: Detailed Examination Needed," you can receive further evaluation at our on-site internal medicine clinic.

Internal Medicine, Gastroenterology, Pulmonology, Radiology  
Same-day appointment can be made using the QR code on the right.

TEL 0567-23-1212



Clinic Hours	Mon	Tue	Wed	Thu	Fri	Sat	Sun & Holidays
9:00 - 12:00	Closed	●	●	●	●	●*	Closed
16:00 - 18:00	Closed	●	●	●	●	Closed	Closed

\*Saturdays are available only for patients with an online reservation.\*

### Links to Download Various Documents



Download Health Checkup Documents

- Detailed Information on Optional Tests
- Guide to Fasting and Fluid Restrictions

Contact e-mail  
[info@aichi-kenko.clinic](mailto:info@aichi-kenko.clinic)  
Please allow up to one week for a response.



## Your Guide to Health Screenings

- Please Read Carefully -

Health Checkup Guide	P2-P3
Latest Cancer Statistics	P4-P5
Recommended Optional Tests	P6-P9
All Optional Tests	P10-P11



Aichi Kenko Clinic

Please Read First

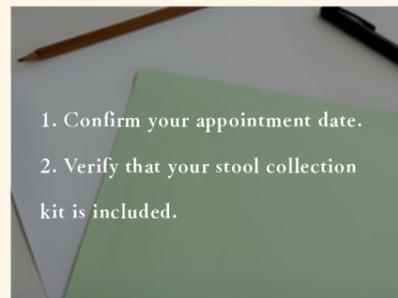
# Health Checkup Guide

## An Overview of the Process

Please review this guide and compare it with the details of your own health check appointment.

### 01 Receive Medical Questionnaire

Please open the package immediately upon arrival.



1. Confirm your appointment date.
2. Verify that your stool collection kit is included.

Please feel free to contact us if you have any questions.



Start!



We will send the medical questionnaire about two weeks in advance.

- [Check the Contents of the Envelope]
1. Confirm your name, appointment date, and time.
  2. Check that the stool sample kit is included. (For colorectal cancer screening customers only)

### 02 Complete the Forms



1. Complete the Medical Questionnaire and Visit Forms
2. Select Your Optional Examinations
3. Review the Important Precautions

### Complete the Forms and Select Options

Please ensure your medical questionnaire is completed before your visit. If you have any concerns regarding your eligibility, medical history, or current medications, please contact us in advance. Optional screenings can be added upon request. For details about payment methods, please refer to the attached document.

### Contact

Health Checkup Center **0567-26-7328**  
(Available in Japanese only)

- Weekdays 8:30-17:30
- For Saturday inquiries, please call the number listed on your medical form.
- Press 1 for recorded guidance.

Contact e-mail  
info@aichi-kenko.clinic  
Please allow up to one week for a response.

### 04 Health Check Day



You may enter the facility up to 10 minutes before your appointment time.

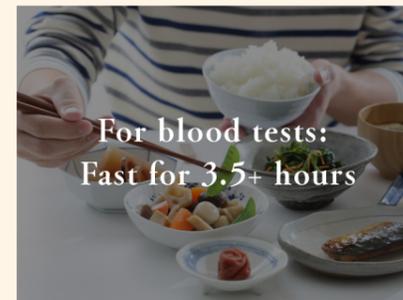
The health check may be postponed or canceled if you are feeling unwell.

Check your ID card and other required items like stool sample and questionnaire in advance.

Please take a number at the ticket machine before the reception and wait in the waiting area.

As lost items are common, Please remove all accessories at home before your visit.

### 03 Meals and Pre-Examination Instructions



For blood tests:  
Fast for 3.5+ hours

Confirm Fasting Time. Please also check the required timing for blood tests.

If you have an abdominal exam, please refer to the table below.

	Morning Checkup	Afternoon Checkup
Dinner the Day Before	Finish by 9 PM	As Usual
Breakfast on the Day	Do Not Eat <small>Medicine will be provided after the checkup.</small>	Half Portion
Lunch on the Day		Do Not Eat <small>Medicine will be provided after the checkup.</small>

Water: You may drink up to half a cup of water until 2 hours before your visit.  
Diabetes Medication: Do not take diabetes medication while fasting. Please consult your doctor in advance.  
Other Medications: For other regular medications (e.g., blood pressure), please follow the instructions via the QR code below.

Meal Details Here



\*The abdominal examination includes the tests shown below\*

- Upper GI X-ray (Barium)
- Upper Endoscopy
- Pancreas Screening
- Abdominal Ultrasound
- Abdominal CT Scan

Stick to easily digestible foods such as white rice; avoid raw vegetables and seaweed.



Please remove accessories at home.

If you have any of the symptoms on the left, please call us before your appointment.

### Important Notice

If you feel unwell, please call us to change your checkup date.

- 1 A temperature of 37.0° C or higher, or a fever within the past week.
- 2 Feeling unwell, even without a fever.
- 3 Sore throat, cough, or phlegm developing within the past week.
- 4 Currently taking medication to manage any of the symptoms listed above ①-③



### Preparation for Your Visit

For customers scheduled for colorectal cancer screening

#### Stool Sample Kit



- Stool samples may be collected starting 4 days prior to your appointment.
- Please keep all samples refrigerated until your visit.

Note: If the collection kit is lost, a replacement can be provided for a fee.

### Important Safety Information for Stomach X-ray customers

For your safety, we cannot perform the examination if any of the following apply. Please contact us by the day before your appointment:

- ☑ Individuals who have undergone open or laparoscopic surgery within the past year.
- ☑ Patients who are pregnant or may be pregnant.
- ☑ Individuals with a history of intestinal blockage (ileus).
- ☑ Patients with a known barium allergy or severe physical symptoms.
- ☑ Individuals who have difficulty standing or moving independently on the examination table.
- ☑ Patients with untreated high blood pressure.



More Details

The doctor may cancel or discontinue the examination if you are feeling unwell, have not fasted sufficiently, or cannot consume the barium. Additionally, for your safety, the exam will be stopped if you meet certain clinical criteria, such as having a blood pressure of 180/120 mmHg or higher. We appreciate your understanding. Regarding medication: Blood pressure medicine should be taken on the day of your exam. Please take it with a small amount of water at least 2 hours prior to your scheduled arrival.

### Important Information for MRI customers

MRI uses strong magnetic fields and does not involve radiation exposure, making it safe for the human body. However, to ensure your safety, we must confirm whether you have any metal implants or medical devices. Depending on the results of this safety check, you may not be able to undergo the examination on your scheduled day. If any of these conditions apply to you, please contact us in advance.

### Specific Health Guidance Program

On the day of your checkup, we offer complimentary lifestyle counseling for those at higher risk of metabolic syndrome. Eligible individuals can receive personalized advice from our public health nurses or registered dietitians to help improve their health habits. \*Available only to members of eligible health insurance providers.

### 01 Among Japanese women, infections are considered the leading cause of cancer.

Cervical cancer screening is recommended every 2 years starting at age 20.

Rank	Cause	Percentage
TOP	Infection	14.7%
2	Smoking	4.0%
3	Drinking Alcohol	3.5%
	Salt Intake	
	Lack of Exercise	
	Overweight & Obesity	
	Lack of Vegetable Intake	
	Lack of Fruit Intake	

Source: Cancer Information Service, National Cancer Center - "Evidence-Based Cancer Prevention"

### 02 Smoking is the leading cause of cancer among Japanese men.

Early detection of lung cancer improves the chances of successful treatment.

Rank	Cause	Percentage
TOP	Smoking	23.6%
2	Infection	18.1%
3	Drinking Alcohol	8.3%
	Salt Intake	
	Lack of Exercise	
	Overweight and Obesity	
	Lack of Vegetable Intake	
	Lack of Fruit Intake	

Source: National Cancer Center Japan, Cancer Information Service, "Evidence-Based Cancer Prevention."

### 03 Many cancers can be cured when found early.

As a benefit of cancer screening, more than 90% of stomach, colon, and cervical cancers—and over 80% of lung cancers—can be treated. ※1

\* "treated" here refers to the five-year relative survival rate from the time of diagnosis. Relative survival removes the impact of deaths from causes other than cancer.\*

Cancer Site	When cancer is found at an early stage (Stage I)	For cancers found at Stage II
Stomach Cancer	~95%	~65%
Lung Cancer	~85%	~55%
Colon Cancer	~90%	~80%
Cervical Cancer	~95%	~85%
Breast Cancer	~95%	~85%

SOURCE: FIVE-YEAR RELATIVE SURVIVAL RATES AT JACR-AFFILIATED FACILITIES (CASES DIAGNOSED 2011-2013)



While cancer screening has some disadvantages, the benefits are far greater. Regular cancer screening is vital for protecting your life.

Source: 24th Meeting on Cancer Screening Approaches (May 24, 2018)

#### Disadvantages of Cancer Screening

- **False Negatives:** Cancer screening may not detect all cancers.
- **False Positives:** It may lead to unnecessary additional tests or treatments.
- **Overdiagnosis:** Some tests may find very small, slow-growing cancers that would not have affected your life expectancy.
- **Complications:** There is a small possibility of unexpected complications during certain examinations.

Medical care continues to advance. Please make time for your cancer screenings and health checkups. Cancer screening is recognized by the government as a scientifically proven method for detecting cancer.

#### Column

##### Diseases Related to the Uterus

**Uterine Body / Ovaries**  
This area tends to show more changes around menopause, and it can be checked with a transvaginal ultrasound or pelvic MRI from age 40, examining the uterine body also becomes important.

**Cervix**  
Cervical cancer screening performed by a doctor is highly accurate and recommended. Because it can develop in relatively young people, please begin cervical cancer screening starting at age 20.

##### Human Papillomavirus Test

\*With cervical cancer screening\* ¥3,850

This test checks for Human Papillomavirus (HPV), the virus that can cause cervical cancer. It shows whether you carry a type that is more likely to become cancerous.

##### Chest CT

¥7,700  
A test that reliably detects lung cancer

##### Pancreas Screening

¥29,700  
This set includes a pancreatic MRI and blood tumor marker tests designed to detect hard-to-find pancreatic cancer.

#### Which cancers are the hardest to treat?

##### 5-Year Relative Survival Rate by Cancer Sites

Cancer Site	5-Year Relative Survival Rate
Prostate	~95%
All Areas	64.1%
Pancreas	8.5%
Lung	~30%

Cancer Incidence Monitoring Survey 2009-2011 Survival Rate Report (Center for Cancer Control and Information Services, National Cancer Center, 2020)

Pancreatic cancer is difficult to detect early because the pancreas is located behind the stomach and symptoms rarely appear in the initial stages.

#### Many Cancers are Linked to Infections and Smoking

Cancer is one of the most common and serious diseases in Japan. It is estimated that one in two people will develop cancer in their lifetime, and research shows that lifestyle habits have a greater impact than genetics. Recent statistics show that a primary risk factor of cancer in Japanese women is infection. In particular, cervical cancer is strongly linked to HPV (Human Papillomavirus). Regular cervical cancer screening is recommended starting in your 20s.

Among men, the biggest cause is smoking, which greatly increases the risk of lung cancer. Infection with Helicobacter pylori, a major cause of stomach cancer, is the second leading factor for men.

#### Understanding Cancer Screening Through Recent Statistics

The importance of cancer screening is seen in treatment results. For stomach, colon, and breast cancer, more than 90 percent can be cured when found early. Even lung cancer can reach a survival rate close to 80 percent when detected at an early stage. In other words, cancer is becoming a disease that can be treated when found early. Thanks to advances in imaging tests such as CT and MRI, as well as endoscopy, small cancers and early abnormalities can now be detected. However, cancer screening also has points to note, such as the fact that not all cancers can be found and the possibility of overdiagnosis of very slow-growing cancers.

Even so, the role of screening is to increase the chance of finding cancer early, and the fact that it has saved many lives is supported by scientific data. Reliable statistics show that getting screened truly helps protect your life.

Cancer screening gives you peace of mind by easing your worries about of cancer, and if something is found, it offers the chance to start treatment sooner. For women, infections can play a major role, while for men, lifestyle habits—especially smoking—are key factors. This makes it important to choose screenings that match your individual risks.

Health checkups and cancer screenings are not only for your future but also for the reassurance of the people you care about. Through regular screening, you can move from fear to preparedness and confidence.

Cancer screening  
The Importance of  
Cancer Screening  
Based on Recent  
Statistics  
Health  
Column