

 SYMS 新横浜メディカルサテライト			The contents of each course	Executive First / Executive Beauty	Gold	
						< Contents that can be understood through examinations / 検査により分かること >
健康調査	Health questionnaire	既往症・自覚症状・他覚症状	Pre-existing condition, Subjective symptoms, Objective symptoms	○	○	
医師診察	Doctor's Examination	問診	Interview, General examination, Auscultation,	○	○	
		一般診察・聴診・視診	Inspection	○	○	
身体計測	Physical Measurements	身長・体重・標準体重	Height, Weight, Standard body weight	○	○	
		肥満度、BMI、体脂肪率	Obesity index, Body mass index, Body fat percentage	○	○	
		腹囲	Waist circumference	○	○	
眼科検査	Eye Test	視力（5m 裸眼・矯正）	Eye sight (with the naked eye, contact lenses or glasses)	○	○	
		眼圧	Tonometer	○	○	Glaucoma/緑内障, Retinal detachment/網膜はく離 etc.
		眼底（両眼）	Funduscopy	○	○	Diabetic retinopathy/糖尿病網膜症, Arteriosclerosis/動脈硬化, Glaucoma/緑内障, Fundal hemorrhage/眼底出血, Eye diseases/眼科疾患 etc.
聴力検査	Hearing Test	オーディオメータ(1,000Hz・4,000Hz)	Evaluating hearing acuity with an audiometer	○	○	Sudden deafness/突発性難聴, Eardrum abnormality/鼓膜異常, Otitis/耳炎, Meniere's disease/メニエール病 etc.
血液学的検査	Hematology Tests	白血球数	White Blood Cell count	○	○	Bacterial infection/細菌感染症, Acute bleeding/急性出血, Uremia/尿毒症, Leukemia/白血病, Viral infection/ウイルス感染症, Side effects of medicine/薬剤による副作用 etc.
		赤白血球数	Red Blood Cell count	○	○	Anemia/貧血, Uterine fibroids/子宮筋腫, Vitamin B12 deficiency/ビタミンB12欠乏症, Hemorrhoids/痔, Polycythemia/多血症, Dehydration/脱水症, Gastrointestinal hemorrhage/消化器出血 etc.
		血色素量	Hemoglobin	○	○	Anemia/貧血, Polycythemia/多血症, Dehydration/脱水 etc.
		ヘマトクリット	Hematocrit	○	○	Anemia/貧血, Polycythemia/多血症 etc.
		血小板数	Platelet Count	○	○	Acute and chronic inflammation/急性・慢性炎症性疾患, Iron deficiency anemia/鉄欠乏性貧血, Acute leukemia/急性白血病, Liver cirrhosis/肝硬変, Essential thrombocythemia/本態性血小板血症 etc.
		MCV・MCH・MCHC	MCV・MCH・MCHC	○	○	Iron deficiency anemia/鉄欠乏性貧血, Vitamin B12・Folic acid deficiency/ビタミンB12・葉酸の不足 etc.
		総コレステロール	Total Cholesterol	○	○	Nutritional malabsorption/栄養吸収障害, Arteriosclerosis/動脈硬化, Dyslipidemia/脂質異常症, Hypothyroidism/甲状腺機能低下症 etc.
脂質代謝	Lipid Metabolism	中性脂肪	Triglyceride	○	○	Arteriosclerosis/動脈硬化, Fatty liver/脂肪肝, Abnormal lipid metabolism/脂質代謝異常, Hyperthyroidism/甲状腺機能亢進症, Undernutrition/低栄養 etc.
		HDLコレステロール	HDL Cholesterol	○	○	Arteriosclerosis/動脈硬化, Abnormal lipid metabolism/脂質代謝異常 etc.
		non-HDLコレステロール	non-HDL Cholesterol	○	○	Progression of arteriosclerosis/動脈硬化の進行, The total amount of bad cholesterol in the blood/血液中の全ての悪玉コレステロール
		LDLコレステロール	LDL Cholesterol	○	○	Arteriosclerosis/動脈硬化, Hypertension/高血圧, Myocardial infarction/心筋梗塞, Hyperthyroidism/甲状腺機能亢進症, Undernutrition/低栄養 etc.
		総蛋白	Total Protein	○	○	Dehydration/脱水症, Multiple Myeloma/多発性骨髄腫, Liver cirrhosis/肝硬変, Nephrotic syndrome/ネフローゼ症候群, Undernutrition/低栄養 etc.
肝機能	Liver Function	アルブミン	Albumin	○	○	Liver cirrhosis/肝硬変, Nephrotic syndrome/ネフローゼ症候群, Undernutrition/低栄養 etc.
		A/G比	Albumin/Globulin Ratio	○	○	Liver disease/肝疾患, Autoimmune disease/自己免疫疾患 etc.
		総ビリルビン	Total Bilirubin	○	○	Hepatitis/肝炎, Cholelithiasis/胆石症, Obstructive jaundice/閉塞性黄疸 etc.
		GOT (AST)	Glutamic Oxaloacetic Transaminase(Aspartate transaminase)	○	○	Alcoholic hepatitis/アルコール性肝炎, Liver cirrhosis/肝硬変, Fatty liver/脂肪肝, Acute and Chronic hepatitis/急性・慢性肝炎 etc.
		GPT (ALT)	Glutamic Pyruvic Transaminase(Alanine aminotransferase)	○	○	Alcoholic hepatitis/アルコール性肝炎, Liver cirrhosis/肝硬変, Fatty liver/脂肪肝, Acute and Chronic hepatitis/急性・慢性肝炎 etc.
		γ-GTP	Gamma-glutamyl transpeptidase	○	○	Cholelithiasis/胆石症, Alcoholic liver disease/アルコール性肝障害, Obstructive jaundice/閉塞性黄疸, Hepatitis/肝炎, Acute pancreatitis/急性膵炎 etc.
		LDH	Lactate dehydrogenase	○	○	Acute and Chronic hepatitis/急性・慢性肝炎, Leukemia/白血病, Myocardial infarction/心筋梗塞, Pernicious anemia/悪性貧血 etc.
腎機能	Kidney Function	ALP	Alkaline Phosphatase	○	○	Obstructive jaundice/閉塞性黄疸, Cholangitis/胆管炎, Fatty liver/脂肪肝, Drug-induced liver injury/薬物性肝障害 etc.
		尿酸	Uric Acid	○	○	Gout/痛風, Chronic kidney disease/慢性腎臓病, Renal hypouricemia/腎性低尿酸血症 etc.
		尿素窒素	Urea nitrogen	○	○	Renal dysfunction/腎機能障害, Gastrointestinal hemorrhage/消化器出血, Dehydration/脱水症, Undernutrition/低栄養 etc.
糖代謝	Glucose Metabolism	クレアチニン・eGFR	Creatinine/estimated Glomerular Filtration Rate	○	○	Renal function degeneracy/腎機能低下, Glomerulonephritis/糸球体腎炎, Muscular dystrophy/筋ジストロフィー etc.
		空腹時血糖	Fasting plasma glucose	○	○	Diabetes/糖尿病, Chronic pancreatitis/慢性膵炎, Hypothyroidism/甲状腺機能低下症, Insulinoma/インスリンノーマ, fasting/絶食状態 etc.
血清学的検査	Serological test	HbA1c	Hemoglobin A 1c	○	○	Diabetes/糖尿病, Renal failure/腎不全, Liver cirrhosis/肝硬変, Hemolytic anemia/溶血性貧血 etc.
		B型肝炎（HBs抗原定性）	Hepatitis B (Hepatitis B surface antigen)	○	○	Whether or not the liver has been infected by the hepatitis B virus/B型肝炎ウイルスが肝臓に存在するか
		C型肝炎（HCV抗体定量）	Hepatitis C (Hepatitis C virus antibody)	○	○	Chronic hepatitis/慢性肝炎, Liver cirrhosis/肝硬変, Liver cancer/肝がん etc.
		梅毒血清反応（TPHA法）	Serologic test for syphilis, treponema pallidum hemagglutination	○	○	Syphilis/梅毒, Tuberculosis/結核, Connective tissue disease/膠原病 etc.
		梅毒血清反応（RPR法）	Serologic test for syphilis, rapid plasma reagin	○	○	Active syphilis/梅毒の活動性
		RF（リウマチ因子）	Rheumatoid factor	○	○	Rheumatoid arthritis/関節リウマチ, Connective tissue disease/膠原病 etc.
		CRP（定量）	C-reactive protein	○	○	Infectious disease/感染症, Connective tissue disease/膠原病, Malignant tumor/悪性腫瘍, Myocardial infarction/心筋梗塞, External injury/外傷 etc.
		ASO	anti-streptolysin O antibody	○	○	Tonsillitis/扁桃腺炎, Valvular disease/心臓弁膜症, Acute glomerulonephritis/急性糸球体腎炎 etc.
		血液型（ABO式・Rh式）	Blood Type	○	○	Blood type(for a blood transfusion)/輸血時に必要となる血液型タイプ
		尿酸	Sugar	○	○	Diabetes/糖尿病, Renal dysfunction/腎障害, Endocrine disease/内分泌疾患 etc.
尿検査	Urine Test	蛋白	Protein	○	○	Acute and chronic nephritis/急性・慢性腎炎, Diabetes/糖尿病, Hypertention/高血圧, Renal dysfunction due to connective tissue disease/膠原病による腎機能障害 etc.
		潜血	Occult blood	○	○	Abnormality of kidneys, ureters, bladder and urethra/腎臓、尿管、膀胱、尿道の異常 etc.
		ウロビリノーゲン	Urobilinogen	○	○	Hepatitis/肝炎, Liver cirrhosis/肝硬変, Liver failure/肝機能障害 etc.
		PH	Urine pH	○	○	The urine acidity (pH) that is likely to cause kidney stones and urinary tract stones/腎結石、尿路結石になりやすい尿の酸性度
		比重	Urine Specific Gravity	○	○	Urine concentration of leading to nephritis, renal failure, diabetes, dehydration/腎炎、腎不全、糖尿病、脱水などにつながる尿の濃縮度 etc.
		沈査	Urine sediment	○	○	Acute and chronic nephritis/急性・慢性腎炎, kidney stone・urinary tract stone/腎結石・尿路結石, Urinary tract infection/尿路感染症, Cystitis/膀胱炎, Nephrotic syndrome/ネフローゼ症候群, Obstructive jaundice/閉塞性黄疸 etc.
		血圧	Blood Pressure	○	○	Hypertention/高血圧, Hypotension/低血圧, Arteriosclerosis/動脈硬化, etc.
循環器系検査	Circulatory function test	心電図（安静時）	Electrocardiogram (ECG)	○	○	Ischemic heart disease/虚血性心疾患, Myocardial infarction/心筋梗塞, Arrhythmia/不整脈, Intraventricular conduction disturbance/心室内伝導障害 etc.
動脈硬化検査 （血圧脈波）	Ankle-brachial index test	BNP 心臓機能検査	Brain natriuretic peptide	○		Heart failure/心不全, Cardiac hypertrophy/心肥大 etc.
		動脈硬化検査(血圧脈波)	Blood pressure on an ankle and upper arm	○		Arterial rigidity, blockage, vascular age/動脈の硬さ、詰まり、血管年齢 etc.
呼吸器系検査	Respiratory function test	胸部X線（直接2方向）	Chest X-Ray (Front and side)	○	○	Tuberculosis/肺結核, Pneumonia/肺炎, Lung cancer/肺がん, Pulmonary emphysema/肺気腫, Cardiac hypertrophy/心肥大, Heart failure/心不全, Arteriosclerosis/大動脈硬化症 etc.
		肺機能	Pulmonary Function	○	○	Tuberculosis/肺結核, Interstitial pneumonia/間質性肺炎, Bronchial obstruction due to tumors/腫瘍による気管支閉塞, Chronic obstructive pulmonary disease (COPD)/慢性閉塞性肺疾患, Bronchial asthma/気管支喘息 etc.
消化器系検査	Digestive function test	胃部X線 ※胃カメラ変更可	Gastrointestinal X-ray ※It can be changed to an endoscopy.	○	○	Ulcers of the stomach, esophagus, and duodenum/胃、食道、十二指腸の潰瘍, Cancer/がん, Polyp/ポリープ, Chronic nephritis/慢性腎炎 etc.
		便潜血反応（2日法）	Stool test (two separate samples)	○	○	Colon cancer/大腸がん, Colon polyp/大腸ポリープ, Ulcerative colitis/潰瘍性大腸炎, Hemorrhoids/痔 etc.
超音波検査	Ultrasound test	腹部超音波 (胆嚢・肝臓・膵臓・脾臓・腎臓・膀胱)	Abdominal ultrasound (Gallbladder, Liver, Pancreas, Kidney, Spleen)	○	○	Liver cancer/肝臓がん, Fatty liver/脂肪肝, Intrahepatic calculosis/肝内結石, Gallstones/胆石, Gallbladder cancer/胆のうがん, Gallbladder polyp/胆のうポリープ, Kidney stone/腎結石, Kidney cancer/腎臓がん, Kidney cyst/腎のう胞, Pancreatic cancer/膵臓がん, Splenic cyst/脾臓のう胞, Abdominal aortic aneurysm/腹部大動脈瘤 etc.
膵機能	Pancreatic function	血清アミラーゼ	Serum amylase	○	○	Acute and chronic pancreatitis/急性・慢性膵炎, Renal failure/腎不全, Salivary gland disease/唾液腺疾患, Pancreatic cancer/膵臓がん, Progressive chronic pancreatitis/進行性慢性膵炎 etc.
甲状腺機能	Thyroid gland function	TSH・FT 3・FT 4	Thyroid stimulation hormone, FT3, FT4	○		Hyperthyroidism/甲状腺機能亢進症 (Graves' disease/バセドウ病), Hypothyroidism/甲状腺機能低下症 (橋本病), Liver cirrhosis/肝硬変, Renal failure/腎不全 etc.
腫瘍マーカー	Tumor Markers	CEA	Carcinoembryonic antigen	○		Breast cancer/乳がん, Stomach cancer/胃がん, Colon cancer/大腸がん, Lung cancer/肺がん etc.
		AFP	α-fetoprotein	○		Liver cancer/肝臓がん, Germ cell tumors of the ovaries and testicles/卵巣・精巣の胚細胞腫瘍 etc.
		CYFRA21-1	Cytokeratin 19 fragment	○		Lung squamous cell carcinoma/肺扁平上皮がん, Laryngeal cancer/喉頭がん, Pharyngeal cancer/咽頭がん, Cervical cancer/子宮頸がん, Esophageal cancer/食道がん etc.
		Pro GRP	Pro-gastrin-releasing peptide	○		Lung cancer/肺がん
		CA19-9	Carbohydrate antigen 19-9	○		Pancreatic cancer/膵がん, Bile duct cancer/胆管がん, Gastrointestinal cancers such as stomach cancer/胃がんなど消化器がん etc.
CT検査	Computed tomography scan	胸部CT	Chest CT	○		Lung cancer/肺がん, Tuberculosis/肺結核, Pneumonia/肺炎, Bronchiectasis/気管支拡張症, Thoracic aortic aneurysm/胸部大動脈瘤, Heart disease/心臓疾患 etc.
		頭部CT	Head CT	○		Brain tumor/脳腫瘍, Brain hemorrhage/脳内出血, Cerebral infarction/脳梗塞, Subarachnoid hemorrhage/くも膜下出血, Brain atrophy/脳萎縮 etc.
		腹部CT	Abdominal CT	○		Liver cancer/肝臓がん, Liver cirrhosis/肝硬変, Fatty liver/脂肪肝, Intrahepatic calculosis/肝内結石, Gallbladder stones/胆のう結石, Gallbladder cancer/胆のうがん, Kidney stone/腎結石, Kidney cancer/腎臓がん, Renal cyst/腎のう胞, Pancreatitis/膵炎, Pancreatic cancer/膵臓がん, Pancreatic cyst/膵のう胞, Splenomegaly/脾臓肥大, Splenic tumor/脾臓腫瘍 etc.
認知症	MCI Screening test	認知症	Blood test	○	○	Risk of dementia/認知症のリスク

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アレルギー検査	Allergy test	アレルギー検査	Allergy test	○	○	Allergies to foods, plants (such as hay fever), animals, insects, bacteria and house dust etc./食物、植物(花粉症など)、動物・昆虫、細菌、ハウスダストなどのアレルギー
ABC検診	ABC Screening Test	ABC検診	ABC Screening Test	○		ABC Screening Test is a blood test:Pepsinogen Inspection test and Helicobacter Pylori Antibody test, which estimates the risks of developing stomach cancer/血液検査による胃がんリスクを調べる。ペプシノゲン検査とピロリ抗体をあわせて検査。
脳梗塞・心筋梗塞	Stroke/Heart attack risk	LOX-index	LOX-index	○		Blood test to investigate the risk of myocardial infarction and cerebral infarction/脳梗塞・心筋梗塞リスクを調べる血液検査
骨強度評価	Bone strength	骨強度超音波検査	Bone strength ultrasound	○		Osteoporosis/骨粗鬆症, Bone loss/骨量減少 (As you age, your bones are more vulnerable to fractures if you fall/年齢と共に減るため、転ぶと骨折しやすくなる。)
婦人科検査	Gynecological examination	子宮頸部細胞診（女性のみ）	Cervical cytology (Women only)	○		Cervical cancer/子宮頸がん, Lesions that lead to cervical cancer (Dysplasia, Precancerous lesions) /子宮頸がんに至る病変（異形成、前がん病変）
		マンモグラフィー（X線）	Mammogram	○		Breast cancer/乳がん, Mastopathy/乳腺症 etc.
		乳房視触診	Palpation	○		Breast cancer/乳がん, Mastopathy/乳腺症 etc. A doctor's examination/医師による診察にて診断
		乳腺エコー（女性のみ）	Breast Ultrasound (Women only)	○		Breast cancer/乳がん, Mastopathy/乳腺症, Galactoceles/乳腺のう胞, Fibroadenoma/纖維腺腫, etc.
		経膣エコー（女性のみ）	Transvaginal Ultrasound (Women only)	○		Uterine cancer/子宮がん, Ovarian cancer/卵巣がん, Endometriosis/子宮内膜症, Uterine fibroids/子宮筋腫, Ovarian cyst/卵巣のう腫, Endometrial polyps/子宮内膜ポリープ etc.
腫瘍マーカー	Tumor Markers	CA125	Carbohydrate antigen 125	○		Ovarian cancer/卵巣がん, Uterine cancer/子宮体がん, Endometriosis/子宮内膜症, Benign ovarian tumors/良性卵巣腫瘍, Uterine fibroids/子宮筋腫 etc.
		CA15-3	Carbohydrate antigen 15-3	○		Breast cancer/乳がん, Follow-up for breast cancer/その経過観察など etc.
		Prostate-specific antigen	PSA (Men only)	○		Prostate cancer/前立腺がん (Men only)
※腸内フローラ	※ Intestinal flora	便検査	Stool test			Comprehensive Assessment of Intestinal flora/腸内フローラの総合判定, Risk assessment for lifestyle-related diseases/生活習慣病等の疾患別リスク判定, Results of good bacteria and bad bacteria that need attention/有用菌や要注意菌などの結果, Advice for improvement/改善アドバイスつき
※睡眠検査（2日）	※ Sleep polysomnography	睡眠検査（2日）	Sleep test (2 days)			* Only those who want to have the test/希望者のみ Quality of sleep/睡眠の質, Risk of sleep problems, such as sleep apnea (SAS)/睡眠時無呼吸などの睡眠障害のリスクなど * Only those who want to have the test/希望者のみ (2days/2日間)
※内臓脂肪測定	※ Visceral fat measuring	内臓脂肪測定	Abdominal CT			Measuring visceral fat and subcutaneous fat/内臓脂肪と皮下脂肪を計測 * Only those who want to have the test/希望者のみ
※喀痰細胞診	※ Sputum cytology	喀痰細胞診	Sputum test (3 days)			Confirmed diagnosis of lung cancer, Early detection of lung cancer/肺癌の確定診断、肺癌の早期発見 * Only those who want to have the test/希望者のみ

※腸内フローラ・睡眠検査・内臓脂肪測定・喀痰細胞診をご希望される場合はお問い合わせください。If you would like to have the intestinal flora, sleep polysomnography, visceral fat measuring, or sputum cytology, please let us know.