

One-day program

The one-day program is a preventive healthcare program that tests your body in detail while minimizing physical burden.

[This program includes tests for:]

- **Cancer**

Cancer in all parts of your body including gastric, lung, breast, cervical, endometrial, and prostate cancer

* Helicobacter pylori test is performed to check for the risk of gastric cancer.

- **Lifestyle diseases**

High blood pressure, diabetes, hyperlipidemia, abdominal obesity (metabolic syndrome)

- **Arteriosclerosis caused by lifestyle diseases**

Status and risk factors for stroke (cerebral infarction, cerebral hemorrhage, subarachnoid hemorrhage), myocardial infarction, angina

Progression of arteriosclerosis (arterial age, condition of carotid and coronary arteries)

- **Others**

- Osteoporosis (bone density, strength), whole-body muscle mass and balance
- Causes of aging and diseases, physical damage
- Amount of toxic heavy metals in body
- Nutrition, hormone balance

Personalized supplements
based on checkup results

Two-day program

The two-day program covers a broader range of tests including comprehensive tests for cancer, dementia, and other diseases.

[This program includes tests for:] * (Tests in black are included in one-day program as well. Tests in red are available only with two-day program.)

- **Cancer**

Cancer in all parts of your body including gastric, lung, breast, cervical, endometrial, and prostate cancer

+ **Organ-specific cancer including colorectal, liver, bile duct, and spleen cancer**

* Helicobacter pylori test is performed to check for the risk of gastric cancer.

- **Lifestyle diseases**

High blood pressure, diabetes, hyperlipidemia, abdominal obesity (metabolic syndrome)

- **Arteriosclerosis caused by lifestyle diseases**

Status and risk factors for stroke (cerebral infarction, cerebral hemorrhage, subarachnoid hemorrhage), myocardial infarction, angina

Progression of arteriosclerosis (arterial age, condition of carotid and coronary arteries)

- **Dementia**

Brain (hippocampal) atrophy *Atrophy is analyzed with a special system (VSRAD).

- **Others**

- Osteoporosis (bone density, strength), whole-body muscle mass and balance
- Causes of aging and diseases, physical damage
- Toxic heavy metals in body
- Nutrition, hormone balance

+ **Food allergies, etc.**

Personalized supplements
based on checkup results

Examination		One-day program		Two-day program	
		Men	Women	Men	Women
Basic tests	Medical interview and Physical examination	●	●	●	●
	Physical measurements (including hearing, vision)	●	●	●	●
	Qualitative urine test, urinary sediment	●	●	●	●
	Stool test (fecal occult blood)	●	●	●	●
Blood tests	Complete blood count, etc.	●	●	●	●
	Tumor markers	●	●	●	●
	LOX-index®	●	●	●	●
	G6PD screening	●	●	●	●
	Helicobacter pylori test	●	●	●	●
Whole body	Whole-body MRI (DWIBS)	●	●	●	●
Head and neck	Head and neck MRI, MRA			●	●
	VBM (VSRAD)			●	●
Cardiovascular	Electrocardiography	●	●	●	●
	Blood pressure pulse test	●	●	●	●
	Carotid ultrasound	●	●	●	●
	CT calcium scoring	●	●	●	●
Respiratory	CT lung scan	●	●	●	●
Digestive	Virtual endoscopy of stomach	●	●	●	●
	Virtual colonoscopy (including special diet before test)			●	●
Abdomen	Belly fat measurement (CT, navel)	●	●	●	●
	Magnetic resonance cholangiopancreatography (MRCP)			●	●
	Prostate MRI ○Men only	●		●	
	Pelvic MRI ○Women only		●		●
Mammary glands	Mammography (3D) ○Women only		●		●
Body composition	Dual-energy X-ray absorptiometry (DXA)	●	●	●	●
Allergies	IgG food allergy test			●	●
	IgE allergy test			●	●
Aging Score®	Oxidative stress test (8-OHdG)	●	●	●	●
	Oxidative stress test (OS-APtest)	●	●	●	●
	Test for advanced glycation end products (AGEs)	●	●	●	●
	Toxic heavy metals (OligoScan)	●	●	●	●
Counseling	Dietary counseling	●	●	●	●
Supplements	Personalized supplements (1-month supply)	●	●	●	●