



THE UNIVERSITY OF TOKYO HOSPITAL  
CENTER FOR INTERNATIONAL  
PREVENTIVE MEDICINE

東京大学医学部附属病院

THE UNIVERSITY OF TOKYO HOSPITAL



Entrance hall\*



Lounge\*

## For maintaining and promoting health throughout your life

In the midst of the globalization of medical care, the Center for International Preventive Medicine was newly established in April 2020 to provide the highly developed Japanese preventive medical services to overseas residents.

### The central concepts of the Center

1. Provide world-class Japanese preventive medicine to overseas residents.
2. Support health care after examiners return to their home countries through close cooperation with local medical institutions.
3. Promote international exchange in areas of clinical practice, education and research based on global cooperation.
4. Establish a model medical system for the international development of preventive medicine.
5. Contribute to the health care economy in Japan through the effective use of medical resources.



### Greetings

With the advent of the 100 years life span, preventive medicine is becoming increasingly important. With the aim of making further international contributions in areas of clinical practice, education, and research based on global cooperation, the Center for International Preventive Medicine was newly established.

In our center, by taking advantage of our university hospital's advanced medical system, we provide high-quality preventive medical care through minimally invasive whole-body examinations based on scientific evidence. If any abnormal findings are found during a medical examination, we will promptly examine and treat them at each specialized department in our hospital as requested.

In order to maintain and improve your health throughout your life, we will support you so that you can relax and spend a precious time thinking about your own health.

We look forward to welcoming all of you.

Yoko Iizuka,

Director, Center for International Preventive Medicine





Room 6



Hallway

\*Entrance hall and lounge were maintained by the donation of Kambara Investment Co., Ltd.

## Features of the Center

In order to support the maintenance and improvement of the overall health of overseas residents throughout their lives, by taking advantage of our university hospital's advanced medical system, the center provides ample medical examination services.



Explanation of the examination results by a doctor



Interview by a nurse



Nutritional guidance by a registered dietitian

- Provision of comprehensive medical checkup services based on scientific evidence for cancer, cardio-cerebrovascular and lifestyle-related diseases.
- Provision of necessary and sufficient whole-body imaging examinations combining MRI, low-dose chest CT and various types of ultrasonography.
- Both upper and lower gastrointestinal endoscopy will be performed under sedation at the same time.
- Provision of high quality examinations and diagnoses with the support of our hospital's excellent personnel across each department.
- Rapid diagnoses on the same day by each specialized department, explanation of the results and comprehensive diagnosis by general internal medicine specialist, and nutritional guidance by a registered dietitian.
- Swift referrals to our hospital's specialists after abnormal findings (Each department will be further developed to accept new patients).
- Close coordination with the top-level hospitals in the foreign patients' native countries that have signed strategic cooperation agreements with the center, and provision of medical support after the examination.





Endoscopy room



Ultrasonography room



Chest X-ray room



Mammography room

## Information of the examination contents

We have medical examination plan for “Early detection of malignant diseases” and “Prevention and correction of lifestyle-related diseases” including abundant exam that can meet your needs.  
We have special rooms with privacy only for Center for International Preventive Medicine.  
And we provide full of hospitality with your personal attendant to make you feel comfortable.

### Basic Medical Examination

Medical interview · Physical measurement (height · weight · blood pressure · pulse) · Eye test · Intraocular pressure test · Fundus examination · Audibility test

**Blood test** General Blood test <RBC/hemoglobin/hematocrit/MCV · MCH · MCHC/WBC/Plt/hemogram>  
Anemia <Fe/TIBC · UIBC/ferritin>  
Liver function <TP/Alb/AST(GOT)/ALT(GPT)/ $\gamma$ -GTP/T-Bilirubin/DB/LDH/ALP/ChE/autotaxin test/FIB-4 index>  
Pancreatic function <serum amylase (S-P)> Renal function <BUN/Cre/eGFR>  
Electrolyte <Na · K · Cl/Ca · P · Mg> Muscle metabolism <CK>  
Inflammation <CRP> Thyroid examination <TSH/FT3/FT4>  
Rheumatoid reaction <Rheumatoid factor(quantitative)>  
Blood type <ABO/RhD (first time only)> Infection <HBs-Ag/HBs-Ab/HCV-Ab/TPAb/STS>

**Urinalysis** <pH/SG/PRO/Glu/BLD/URO/KET/sediment>

**Bone density test** <BMD/YAM%/same age ratio>

**Respiratory function test** <FVC/%VC/FEV1.0/FEV1.0%>

### Cancer screening

(Including tumor markers)

Lung Cancer: Chest CT · Chest X-ray  
Gastric · Esophagus · Duodenum Cancer: Gastrointestinal endoscopy (biopsy/tissue diagnosis) · Serum H.pylori antibody · ABC method  
Colorectal Cancer: Colonoscopy (biopsy/tissue diagnosis) · Fecal occult blood test  
Liver · Biliary · Pancreas Cancer: Abdominal ultrasonography · MRCP  
Kidney · Renal pelvis · Ureter · Prostate · Bladder Cancer: Lower abdominal ultrasonography · Pelvic MRI  
Breast Cancer: Mammography · Breast ultrasonography  
Uterus Cancer: Pelvic examination/Cervical cytology/Transvaginal ultrasonography/Pelvic MRI  
Brain tumor: Craniocervical MRI  
Tumor marker: CEA/CA19-9/PSA (man only)/CA125 (woman only)

### Vascular disease screening

Arterial sclerosis: CAVI test · Ankle brachial index (ABI) · Carotid ultrasonography · lipoprotein (a)  
Cerebrovascular disease: Craniocervical MRI & MRA  
Cardiovascular diseases: ECG · BNP · Echocardiography

### Lifestyle-related disease screening

Obesity related tests: BMI · abdominal girth · body fat percentage · body composition measurement adiponectin · leptin  
Diabetes related tests: Fasting blood glucose · HbA1c · insulin · HOMA- $\beta$  · HOMA-IR · Urine albumin creatinine ratio  
Lipid related tests: Total cholesterol · Triglyceride · LDL-cholesterol · HDL-cholesterol · Non-HDL-cholesterol  
Gout test: Uric acid level

Prompt explanation of test results by a general internal medicine specialist

Nutritional guidance by a registered dietitian

