

MEDICAL CHECK-UP



Yodoyabashi General Clinic
Health Promotion & Anti-Aging





In Japan*, where the average life expectancy is the longest in the world, why not undergo Japan's advanced medical checkup?
We at Hoauikai will conduct a thorough health checkup based on the results of tests that are effective for you.

*WHO 2024 World Health Statistics Survey

Features



Tailor-made medical checkup
(selection menu + menu recommended by the director based on analysis of past medical examination results)
As in the past, rather than having patients go through a pre-established health checkup menu, patients will be able to choose from four different menus that best suit their needs. Next, the director will analyze past health checkup result data and recommend a personal menu that is considered useful to the patient.



Disease prediction ability based on the director's own multifaceted approach
Through detailed analysis based on the director's multifaceted analytical approach and networking with related doctors, we increase the pre-symptomatic detection rate and disease prediction ability to make accurate diagnoses.



Extension to cutting-edge medical care in collaboration with highly specialized medical institutions
Depending on the diagnosis results, we will independently collaborate with highly specialized medical institutions that provide accurate medical care.



Stress-free hospitality
As their basic, patients who choose the "High Quality/ Taylor Made Menu" menu will have a dedicated CA (Client Attendant) who will accompany them throughout the entire hospital process, allowing them to have a stress-free time during their checkup. We'll have it.



Clinic Director/Doctor of Medicine
Medical Corporation Houaikai Vice
Chairman

Shirai Mikiyasu

Yodoyabashi General Clinic begins with screening tests through health checkups and complete medical checkups, builds a healthy body by reviewing lifestyle habits, and early detection and treatment of diseases through secondary checkups, as well as highly specialized medical care with close collaboration. We provide seamless total healthcare, including quick referrals to institutions.

For this purpose, internal medicine fields such as gastrointestinal and endoscopic medicine, cardiovascular and respiratory medicine, endocrinology and metabolic medicine, gynecology and breast surgery, and health checkup fields are constantly collaborating to provide highly specialized medical care. We will strive to enhance medical care and services that meet the needs of patients. In addition, our clinic pursues vibrant, rich health and beauty through anti-aging care and feminine care that utilizes nutrition, anti-aging and regenerative medicine.

Medical Qualification

Japan Medical Association Certified Industrial Physician/Japan Medical Association Certified Health and Sports Physician

Medical Member

Director of the Japanese Society of Preventive Medicine / Member of the Academic Committee of the Japanese Society of Comprehensive Medical Examination / Councilor of the Japan Section of the International Society for Heart Research
Councilor of the Japanese Vascular Society / Councilor of the Japanese Physiological Society / Member of the Japanese Circulation Society

Member of the Japanese Society of Cardiovascular Agents/Honorary Director of the National Cerebral and Cardiovascular Research Center

Cooperating Medical Institutions

Highly specialized medical institutions (specially affiliated medical institutions)



National Cerebral and Cardiovascular Center

It is a large-scale, cutting-edge medical and research facility that is rare in the world and treats both heart disease and stroke. The hospital is a special function hospital (approved by the Minister of Health, Labor and Welfare as a hospital that treats patients who are referred from general hospitals and require advanced medical treatment).



NHO Osaka National Hospital

We treat a wide range of diseases, including the three major diseases, and our staff members are working day and night to provide patients with advanced and comprehensive medical care, bringing together the capabilities of all hospitals.



JCHO Osaka Hospital

While providing high-quality medical care, our philosophy is to contribute to the creation of a community where people can live with peace of mind by collaborating with local residents, governments, medical institutions, educational institutions, etc., and we aim to contribute to the creation of communities where people can live with peace of mind. We work together every day to ensure that patients in the community can spend their time with peace of mind.

Osaka University Hospital

Gastroenterology: We treat a wide range of gastrointestinal diseases, including hepatobiliary and pancreatic diseases such as chronic hepatitis, cirrhosis, liver cancer, and pancreatic cancer, as well as gastrointestinal diseases such as gastrointestinal cancer and inflammatory bowel disease.



Osaka International Cancer Institute

Our mission is to provide cancer patients with the best treatment currently available, to focus on research to develop new treatments, to maintain patients' quality of life, to address their pain and concerns, and to help them recover. We aim to support you so that you can return to your daily life.



Floor



VIP/Executive



Chest X-ray examination device

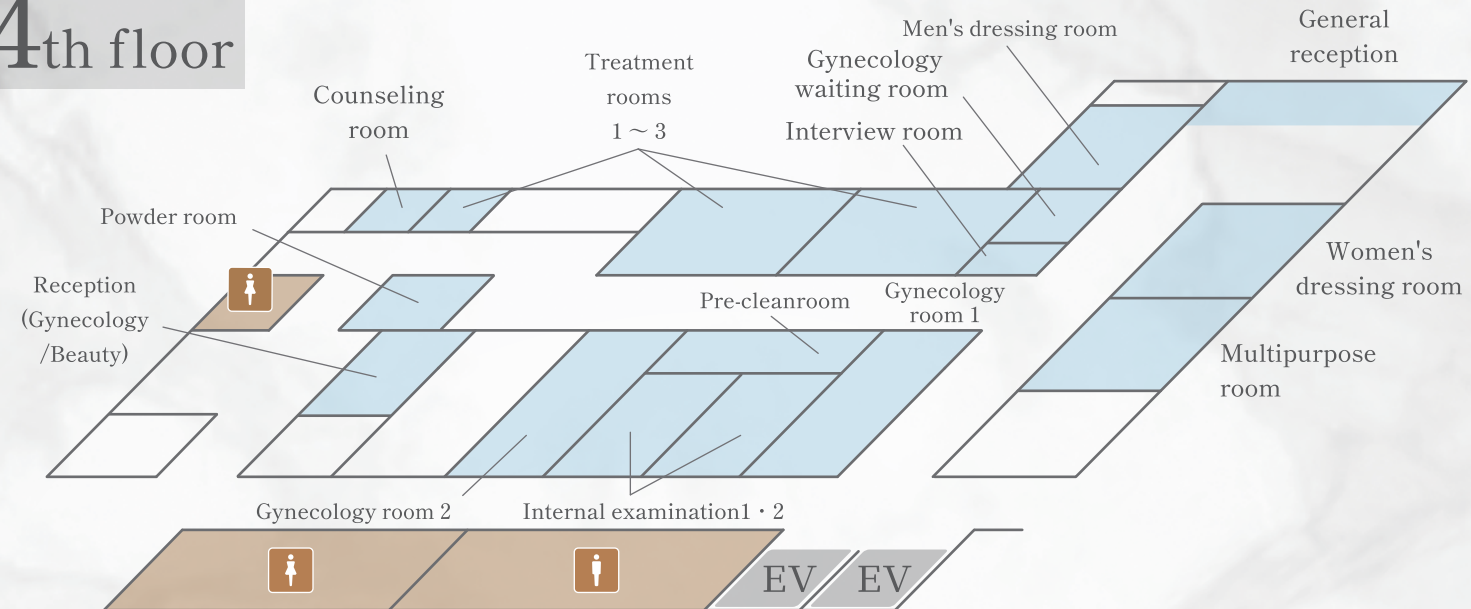


Breast X-ray examination device (mammography)

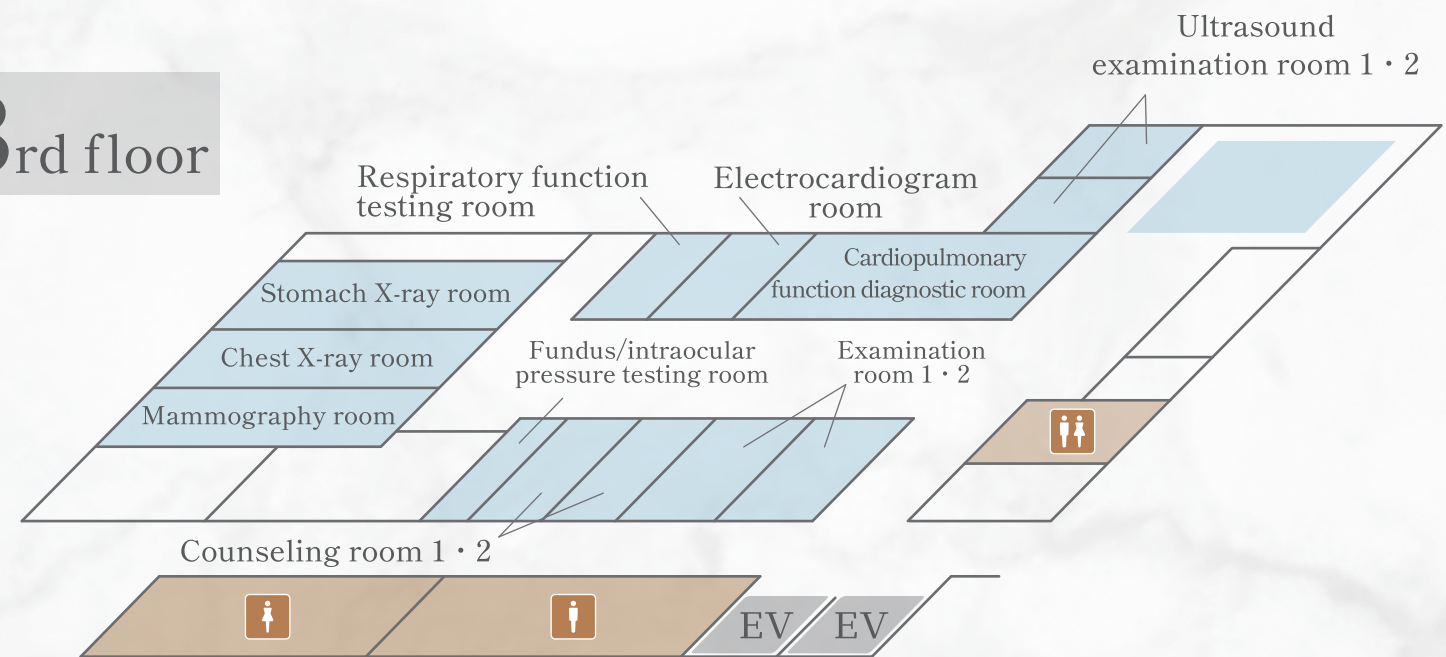


16-row multi-slice CT scanner

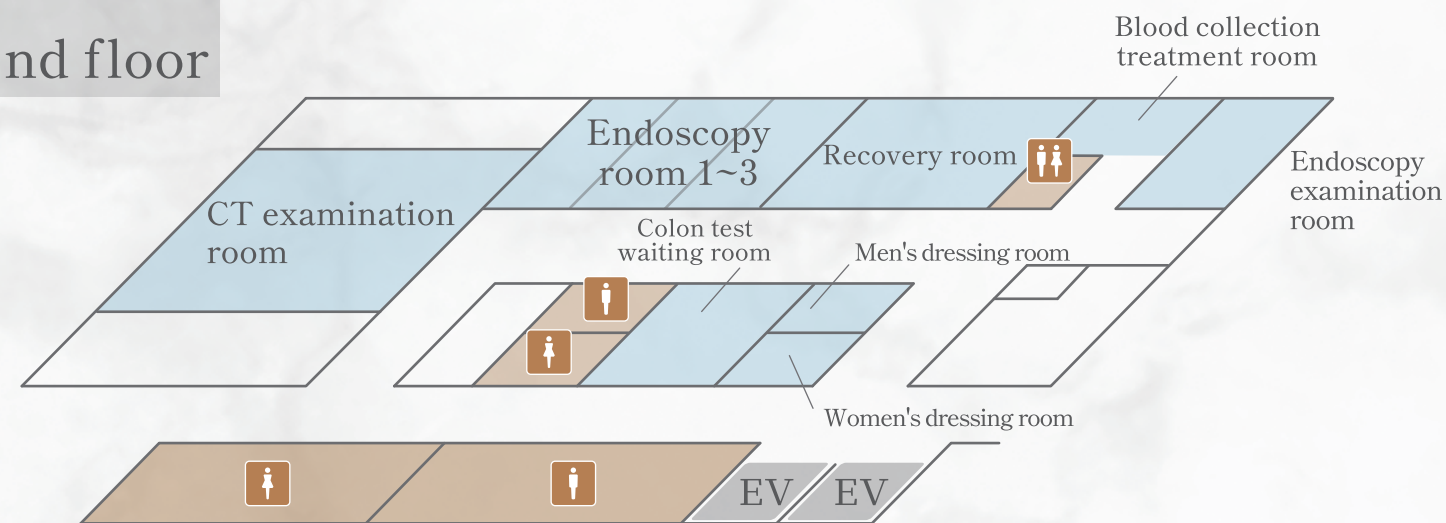
4th floor



3rd floor



2nd floor



Stress test treadmill



Abdominal X-ray examination device



Gastrointestinal endoscopy



Fat melting device

e.g.

High Quality/Taylor Made Menu

Selection menu + Menu recommended by the director based on analysis of past health checkup results

From making a health checkup appointment to receiving the health checkup results

1 Advance submission of patient's past medical examination result data

2 Added the director's recommended menu based on analysis of past health checkup results data to the selection menu.

3 Select "Selection Menu" , "Options" and "Desired Date of Medical Examination" [Up to 3 weeks in advance]

4 Pay in advance based on the invoice

5 Reservation confirmed

6 Information documents/test kit arrival [2-3 weeks before the consultation date]

After visiting Japan

7 Sample preparation [1 day to 3 days before the examination date]

Please refer separately to the precautions associated with the medical consultation menu.

8 On the day of the health checkup

9 The health checkup results sent [about 4 weeks from the date of examination]

Flow of the health checkup on the day

In the case of performing MRI

Accommodation in the city	→	Transportation by arranged vehicle (to another facility)
11 : 00 am		MRI examination reception (other facilities) Change into examination clothes
11:10		Start of MRI examination (other facilities) (MRI/MRA/carotid ultrasound)
12:00		Completion of MRI examination (other facilities)
MRI facility	→	Transfer by car to our clinic

12:30	Health check reception Change into examination clothes
12:45	Start of examination (Measurement, blood sampling etc. various tests)
14:00	Start of gastrocamera examination
15:00	Completion of gastrocamera examination
15:10	Completion of health checkup (Explanation of test results/medical treatment)

In case of taking a colon camera examination

On the day of the medical examination	Test explanation and drug distribution as advance preparation
The day after the medical examination	10:00 ~ 12:00 Preparation for anesthesia etc. 13:00 ~ 14:00 Colon camera examination

Taylor made medical checkup

A new form of health checkup tailored to you



Basic Quality

- ① Interview/medical examination
- ② Physical measurements: height, weight, BMI, waist circumference (Degree of obesity, body fat percentage)
- ③ physiological test
 - a Blood pressure (as a general rule, twice measured value and average value)
 - b Heart/vascular: Electrocardiogram, ABI/CAVI (mainly indicators of degree of occlusion and stiffness of lower limb arteries)
 - c Eye: visual acuity, fundus/intraocular pressure
 - d Ear: hearing
- ④ X-ray/ultrasound imaging test
 - a Chest: chest X-ray, chest CT
 - b Abdomen: whole abdomen CT, visceral fat CT
 - c Breasts: 2-way mammography, breast ultrasound
 - d Uterus/ovaries: Transvaginal ultrasound
 - e Bone density ultrasound method
- ⑤ Endoscopy
 - Upper gastrointestinal endoscopy (Gastroscope examination) [Examination of the esophagus, stomach, and duodenum]
- ⑥ Blood test
 - a Peripheral blood: red blood cells, hemoglobin, hematocrit, MCV/MCH/MCHC, white blood cell count, white blood cell classification, platelet count
 - b Blood type: ABO, Rh
 - c BNP Heart function: BNP
 - d Vascular function: arteriosclerosis risk (small dense LDL, adiponectin, homocysteine, EPA/AA ratio)
 - e Liver function: AST, ALT, γ GTP, ALP, total protein, albumin, total bilirubin, direct bilirubin, LDH, A/G ratio, cholinesterase, LAP
 - f Hepatitis: HBs antigen, HCV antibody
 - g Pancreatic function test: serum amylase
 - h Renal function: creatinine, eGFR, urea nitrogen
 - i Thyroid function: TSH, FT3, FT4
 - j Fracture risk: 25 (OH) D, total P1NP, TRACP-5b
 - j Lipid metabolism: total cholesterol, LDL-Ch, HDL-Ch, non-HDL-Ch, neutral fat
 - k Sugar metabolism: fasting blood sugar, HbA1c, 15-AG, insulin resistance
 - l Uric acid metabolism: uric acid
 - m Electrolytes: Na, Cl, K, Ca, P, Mg
 - n Iron deficiency: ferritin, serum iron, TIBC, UIBC
 - o Nutrition analysis: molecular nutritional health analysis (trace metals Cu, Zn, CPK, reticulocytes)
 - p Stress/aging: [male set] DHEA-S, cortisol, free testosterone, total testosterone, LH
 - q Inflammation/rheumatism: CRP, rheumatoid factor (RF)
 - r Tumor marker: [male set] CEA, AFP, CA19-9, PSA, CYFRA [female set] CEA, AFP, CA19-9, CA125, CA15-3
 - s ABC examination (Excluding those who have eradicated helicobacter pylori)
- ⑦ Urine test
 - Urine sugar, urine protein, occult blood, urobilinogen, sedimentation, PH, specific gravity, ketone bodies
- ⑧ Stool test
 - Fecal occult blood
- ⑨ Cervical cell test [female only]
 - a Cervical cytology
 - b Human papillomavirus (HPV) test

Medium Quality

M1: Basic Quality +
Colon camera examination

M2: Basic Quality +MRI examination

M3: Basic Quality +
Colon camera examination +
MRI examination

High Quality

H1: Basic Quality + Director Recommendation (option)

H2: Medium Quality + Director Recommendation (option)

- A Lower gastrointestinal endoscopy (colonoscopy) [Detection of colorectal cancer, polyps, ulcerative colitis, Crohn's disease, etc.]
- B Brain MRI/MRA examination + carotid artery ultrasound examination (Detection of brain tumor, cerebral infarction/bleeding, cerebral atrophy, cerebral aneurysm, cerebral carotid artery stenosis/occlusion etc.)
- C Cardiac detailed examination
Cardiac ultrasound examination (image evaluation of cardiac morphology, cardiac contraction, valvular motion, and intracardiac blood flow)
- D Arteriosclerosis test
 - a Coronary artery calcification score CT examination (predicts myocardial infarction with sensitive detection power of coronary artery sclerosis)
 - b Lower extremity vascular ultrasound examination (detection of lower extremity arteriosclerosis, occlusion, varicose veins, and blood clots)
*Only conducted on the 2nd, 4th, and 5th Tuesdays of the month
 - c Lox Index (evaluates the risk of developing cerebral infarction/myocardial infarction in the future)
- E Chronic kidney disease (CKD) test (early detection of CKD from urine L-FABP and albumin measurement)
- F Lifestyle disease/cancer risk test
 - a Amino index test (screening for future risks of lifestyle-related diseases and 5 types of cancer in men and 6 types in women)
 - b Lifestyle disease risk genetic testing (measuring genes related to lifestyle diseases such as obesity and hypertension)
 - c Periodontal disease risk test (testing for the presence of periodontal disease-causing bacteria by measuring their enzyme activity)
 - d Pancreatic cancer blood test (testing with new tumor marker APOA2 isoform)
 - e Gastrointestinal cancer urine test (AI analysis of urinary microRNA expression pattern) *Applies to gastric cancer, colorectal cancer, pancreatic cancer, and esophageal cancer
 - f Cancer risk gene test (measuring genes that make cancer more likely to occur in 12 types of cancer in men and 14 types in women)
- G MCI screening test (early detection of mild cognitive impairment)
- H Aging test
 - a Telomere sirtuin gene (examine the current degree of aging and anti-aging ability)
 - b Epiclock (measuring biological age and aging speed from DNA methylation patterns)
- I Intestinal flora test (A test that visualizes and quantifies the state of intestinal flora.
Providing advice for improving lifestyle-related diseases and maintaining health using the “Comprehensive Judgment Score” and “Disease Risk Score”)
- J Oral flora test (test to visualize and quantify the state of oral flora. Determine the risk of periodontal disease, tooth decay, and bad breath)
- K Allergy test (checks 39 inhalation and food allergens in the blood at once)
- L Infectious diseases (syphilis testing: RPR method, TPHA qualitative)
- M Supplement NAVI test (A test that uses a blood test to analyze the current nutritional status of the body and determine appropriate supplements)



Contact us



Skin regeneration



Radiance

Promote rejuvenation and bring out your original charm

No need to worry about downtime
Feel the immediate effect

Time
required:
Approximately
90min

Skin growth Mild

¥ 55,000
(tax included)

It is a combination of massage peel and electroporation that allows you to instantly experience "shiny, firm, whitening, and moisturizing" .

Time
required:
Approximately
60min

Skin tight rise

¥ 110,000
(tax included)

Skin tightening using the medical HIFU (High Intensity Focused Ultrasound). Compared to conventional equipment, our hospital's HIFU irradiates a wider area in a shorter amount of time, reducing pain and skin damage.

Time
required:
Approximately
30min

Pelvis Beauty Chair

¥ 22,000
(tax included)

Just by sitting in a special chair with your clothes on, you can train your pelvic floor muscles and expect to improve urinary incontinence. For men, this training can also be used to improve golf distance.

Time
required:
approx.
30-60min

Customized drip

¥ 22,000~
(tax included)

We will mix and treat your medication according to your concerns. We offer treatments with detailed settings for everything from recovering from fatigue while traveling to beautifying your skin.

*It is also recommended to combine the above three treatments.

FAQ

Q. Are dietary restrictions necessary?

A. Please finish by around 9:00 pm on the day before your health check.
(You can only drink water and tea)
If you are visiting in the afternoon, please have a light meal by around 7am on the day of your appointment. (You can only drink water and tea)

*Light meal

Edible meals: bread, coffee, tea, juice

Non-edible foods: butter, margarine, cheese, eggs, milk, cream, vegetables,
juices containing fruit pulp, etc.

Q. Can you keep my luggage?

A. We have lockers available in the dressing rooms within our facility.
Please use it.
However, the space is limited, so please use a carry case etc.
Please refrain from bringing large luggage.

Q. What should I wear when taking the test?

A. We have test wear available.
(Ladies: S, M, L/Men's: M, LL)
Divided into tops and pants,
Tops are the type that are worn over the head.

Q. Can I taking the test with my children?

A. Please refrain from accompanying children with you.

Q. Is the doctor in charge of the gynecological examination a woman?

A. Yes.
Rest assured that all of the staff involved in the examination,
including the doctors and nurses in charge of the gynecological
examination, are women.

Q. Can I use smartphones, tablets etc. inside the facility?

A. In principle, it is possible.
However, telephone calls, recordings, and photography are
prohibited within this facility.
When using it, please be careful not to disturb other patients and
be careful not to lose it.

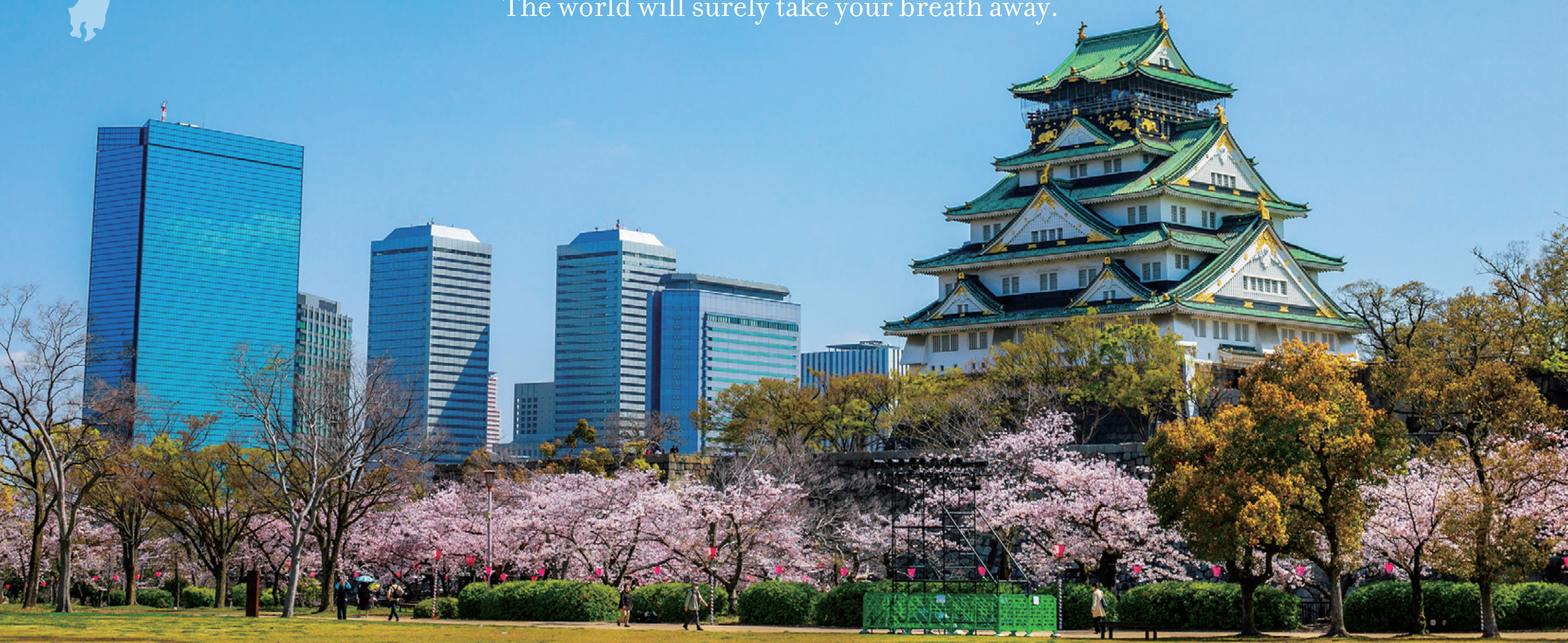
Experience the treasures of Japan in Osaka Kansai.

In Osaka, where the capital of Japan was once located, one can find countless roots of Japanese culture, including food, classical performing arts, Japanese tea ceremony, handicrafts, and Zen, all of which continue to be transmitted from generation to generation.

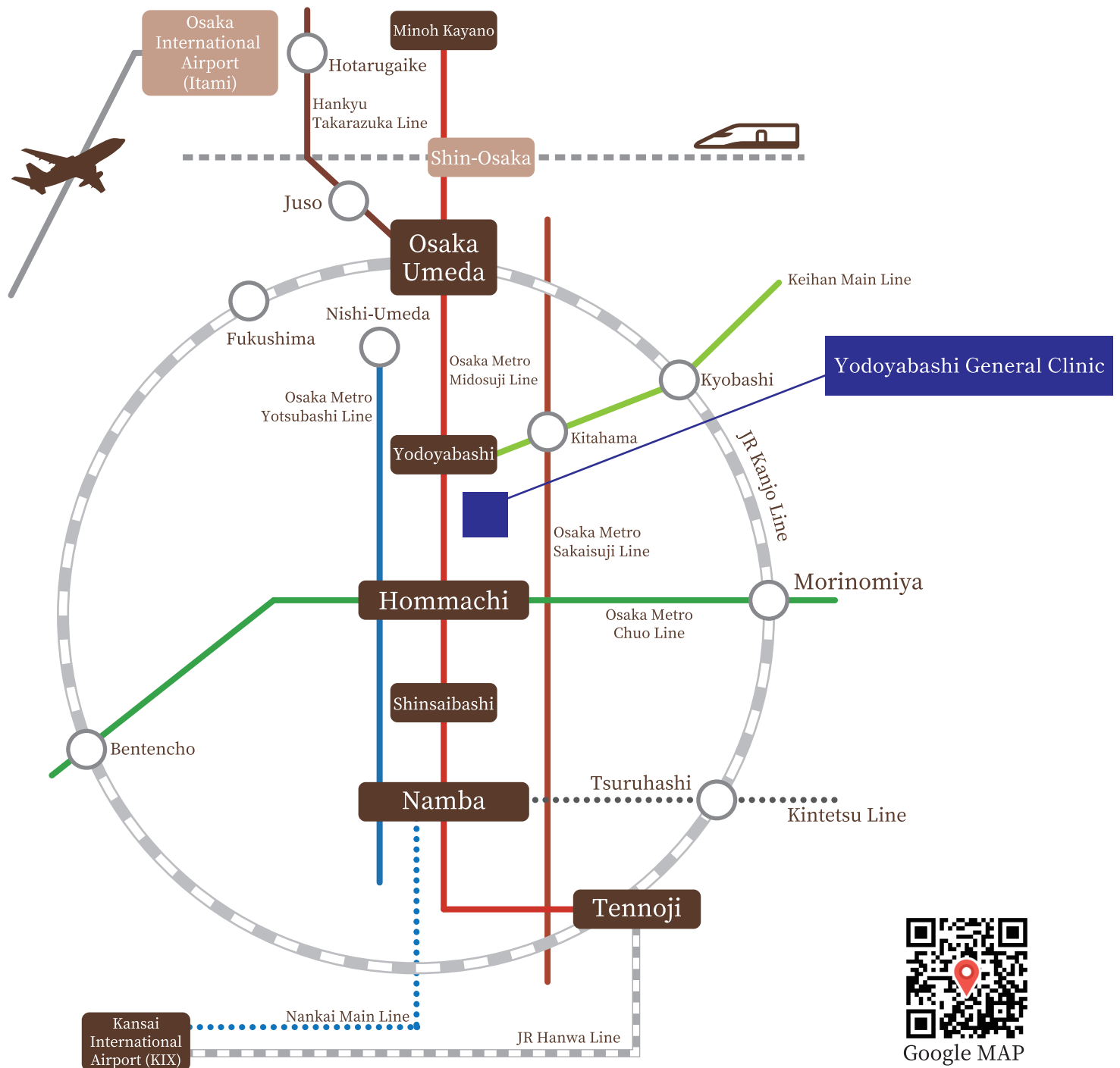
Japan's treasures and encounters await you on the journey into the origins of Japanese culture.

Wouldn't you like to set aside some time to spend amid the beautiful scenery of each season?

The world will surely take your breath away.



Traffic Access



2 minutes walk from Exit 11 "Yodoyabashi" Station on the Osaka Metro Midosuji Line
7 minutes walk from Exit 15 "Yodoyabashi" Station on the Keihan Main Line



Approx. 15 minutes by taxi from Shin-Osaka Station
Approx. 40 minutes by taxi from Osaka International Airport
Approx. 50 minutes by taxi from Kansai International Airport
*Depends on traffic conditions



Google MAP