

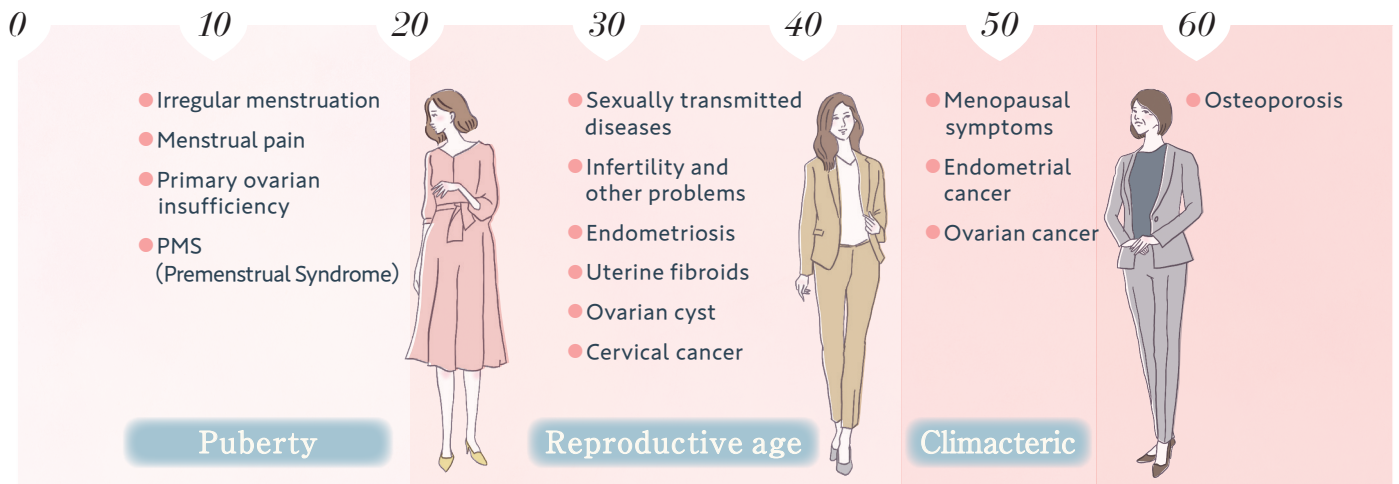
Live a healthy and active life true to yourself

# Select Your Gynecological Health Screening Course in accordance with Your Life Stage

Women go through different life stages due to the influence of female hormones.

And there are symptoms and diseases unique to each age group.

Look ahead at the health issues by life stages and begin managing your wellness early on.



Assess yourself with regular health screenings, particularly during your 20s to 50s, when you are most susceptible to stress and illness.



We, as gynecologists, have created an original health screening course focusing on women's health.

Health Screening Center

**Dr. Tsunei Matsunaga**  
(Obstetrician and Gynecologist)

## Health care and screening for the present and future

For women, the need for screening and testing changes depending on their age and life plan. I believe that understanding your body, reflecting on your daily activities and health, and taking early action are key to maintaining your future wellness and elevating your quality of life. When I talk to patients, I notice that many of them choose to "endure" their problems because they do not believe it necessary to seek care for minor issues. It is difficult to compare your symptoms to others, and there may be hidden diseases. Please look ahead to your future and undergo regular screenings, and do not hesitate to consult us during your health screening or medical checkup regarding even the smallest of concerns.

Outpatient Medical Service

**Dr. Yuri Mase**  
(Obstetrician and Gynecologist / Doctor of Medicine)

## Women's health screening — an opportunity for self-reflection

In my day-to-day outpatient care, there are instances where a disease unrelated to the symptoms is discovered. People seek care when they have symptoms, but a disease can be overlooked until it has progressed in situations with no subjective symptoms. For you to live a healthy life, we recommend you "listen to your body regularly." It is not uncommon for people to feel like they don't have the time to self-reflect because they take on lots of responsibility at work or are busy with parenting. We hope that the medical checkup will provide you with an opportunity for the early detection of disease, to reflect on your lifestyle, and think about pregnancy and other life plans.

For reservations and inquiries

Tokyo Midtown Clinic  
(Direct access to Roppongi Station)

TEL: **03-5413-0081**

Monday - Friday,  
9:00 a.m. - 5:00 p.m.  
(excluding holidays)



Nihonbashi Muromachi Mitsui Tower Midtown Clinic  
(Direct access to Mitsukoshimae Station)

TEL: **03-3231-2068**

Monday - Friday,  
9:00 a.m. - 5:00 p.m.  
(excluding holidays)



# Complete Screening Courses

(tax included)

Course Name	Description	Course Fee
Adolescent and Young Adult Women's Course	We recommend this course to women in their 20s and 30s. Because women in this age group have dense breast tissue, we recommend a breast ultrasound instead of a mammogram. The optional HPV test is recommended to women in their 30s and older.	¥26,800
Fertility Check Course	We recommend this course if you are planning for a family. The screening includes tests for sexually transmitted infections that could cause infertility and antibodies for rubella and other infections that may pose risks to the fetus during pregnancy. It can help you determine what needs to be treated or prevented prior to conceiving. ※Hormone imbalances, thyroid disorders, and diabetes can result in menstrual irregularities and infertility. We recommend adding the optional exam items marked with a ★ to your course.	¥57,800
Middle-aged Adult Women's Complete Course	The five years before and after menopause is called the climacteric, a phase in which you are susceptible to physical and mental health issues. Postmenopausal women are also more likely to develop osteoporosis. Because menopausal symptoms are difficult to distinguish from thyroid disorders, we recommend this course if you notice any changes to your health.	¥39,800
Sexually Transmitted Disease Set *Optional exams only	Infectious diseases do not always show symptoms. We recommend taking this test for early detection and treatment. ※Sexually transmitted disease testing is an optional test only. Please note that we do not offer this service as a stand-alone test.	¥19,800

## Exam Item List

★ Recommended optional exams (extra charge)

Classification	Exam Item	Adolescent and Young Adult Women's Course	Fertility Check Course	Middle-aged Adult Women's Complete Course	Sexually Transmitted Disease Set *Optional exams only
Breast oncology exams ※1	An ultrasound screening for the breast	●	●	●	
	3D mammogram ※2			●	
Standard gynecology exams	Pelvic exam, Pap smear ※3	●	●	●	
	Transvaginal ultrasound	●	●	●	
HPV	HPV	★ +¥5,500	★ +¥5,500	★ +¥5,500	●
Sexually transmitted diseases	Chlamydia, gonorrhea	●	●		●
	HBs antigen, HBs antibody		●		●
	Syphilis TPHA, RPR		●		●
	HCV antibody				●
HIV antibody				●	
Anemia	Hemoglobin, Serum iron, Ferritin	●	●	●	
Fertility	AMH, Folic acid, Zinc		●		
Vitamin D	25-hydroxyvitamin D	●	●	●	
Antibody screening set	Rubella, Measles, Mumps, Varicella-zoster (chickenpox, herpes zoster)		●		
Glucose metabolism	HbA1c		★ +¥1,100		
Bone density	DEXA			●	
	total P1NP, TRACP-5b			●	
Female hormone	E2, FSH			●	
	E2, FSH, LH, PRL, P4	★ +¥16,500	★ +¥16,500		
Menopause	Equol (urine exam)			●	
Thyroid	TSH, FT3, FT4		★ +¥6,600	★ +¥6,600	
LOX-index®				★ +¥15,400	
Course Fee (tax included)		¥26,800	¥57,800	¥39,800	¥19,800

## Individual Screening Courses

(tax included)

Course Name	Exam Item	Description	Course Fee
Breast Cancer Ultrasound Screening ※1	An ultrasound screening for the breast	An ultrasound screening for the breast recommended for women in their 20s and 30s. We also recommend it for women with dense breast tissue. The exam can be done even if you are pregnant or breastfeeding.	¥9,900
Breast Cancer 3D Mammogram Screening ※1	3D mammogram ※2	A 3D mammogram screening is recommended for women in their 40s and over. It effectively screens for early-onset breast cancer and cancers that are difficult to detect using an ultrasound.	¥17,600
3D Breast Screening Course ※1	An ultrasound screening for the breast	This course includes both a breast ultrasound and a 3D mammogram. We recommend it for women with dense breast tissue or a family history of breast cancer. For the Tokyo Midtown Clinic (Roppongi) only, a visual inspection and palpation can be included for an additional 2,200 yen.	¥22,000
	3D mammogram ※2		
Cervical Cancer Ultrasound Course	Pelvic exam, Pap smear ※3	Our basic women's screening course that we would like all women over 20 to take on a yearly basis. The course includes a Pap smear and a transvaginal ultrasound to examine the uterus and ovaries. It effectively screens for cervical cancer, uterine fibroids, endometriosis, and ovarian cysts.	¥11,000
	Transvaginal ultrasound		

※1 The breast oncology consultations are only performed at the Tokyo Midtown Clinic (Roppongi). If your screening appointment is at the Tokyo Midtown Clinic (Roppongi), your consultation will be on the same day. If your appointment is at the Nihonbashi Muromachi Mitsui Tower Midtown Clinic, we will schedule your consultation on a different date at the Tokyo Midtown Clinic (Roppongi). ※2 The mammogram cannot be performed if you are pregnant, possibly pregnant, breastfeeding, or have undergone breast augmentation surgery. ※3 The cervical cancer screening cannot be performed if you are pregnant or possibly pregnant.