

## Others

No.	Examination item	Price with tax (Duration)	Description
OK F01	<b>Bone Mineral Density Test (DEXA Scan)</b> Pregnant N/A Mailed separately	3,300 Yen (5 minutes)	• Screening for osteoporosis Measures bone density using X-rays. Effective in diagnosing osteoporosis.
OK F02	<b>Bone Health Screening</b> NEW Pregnant N/A Mailed separately	9,900 Yen	[Includes: DEXA scan, total P1NP, TRACP-5b, vitamin D tests] This comprehensive screening evaluates osteoporosis risk using a combination of the DEXA Scan and bone metabolism tests.
OK F03	<b>Vitamin D Test</b> Blood test	3,300 Yen	Vitamin D deficiency is said to be related to the development of cancer and lifestyle-related diseases as well as osteoporosis.
OK F04	<b>Equl</b> Urine test Mailed separately	4,950 Yen	A compound derived from soy isoflavones, equl mimics the function of estrogen. Equl has shown promise in treating menopausal symptoms and premenstrual syndrome in women and conditions such as prostate enlargement and hair loss in men. However, recent studies have shown that only about one in three Japanese benefit from equl even when consuming soy products. Use the results from this test to improve your dietary choices and implement measures to enhance your overall health and well-being.
OK F05	<b>MMRV Immunity Screening (Measles, Mumps, Rubella, Varicella)</b> Blood test	14,850 Yen	• Screening for rubella, measles, mumps, varicella (chicken pox) antibodies In recent years, outbreaks of communicable diseases among unvaccinated young adults have become a social phenomenon that has disrupted corporate activity. Pregnant mothers and babies are also at risk for serious complications if infected during pregnancy, so it is strongly advised to determine vaccination status beforehand. Each antibody test can be added individually upon request.
OK F08	<b>Testosterone (Male Hormone Test)</b> Blood test	3,300 Yen	Measures testosterone levels, which impact cognitive function, mood, decreased muscle mass, and sexual function in men. *Testing is available only until 11 AM.
OK F09	<b>Allergy Test</b> Blood test Mailed separately	15,400 Yen	Screening for the 39 major allergens that are listed below. • Airborne allergens: Dust (dust mites, house dust), animals (cat and dog dander), insects (cockroach, moth), trees (Japanese cedar, cypress, alder, and white birch), grasses (orchard grass, timothy grass, ragweed, wormwood), airborne fungi (Alternaria, Aspergillus mold), other (Candida, Malassezia, latex) • Food allergens: Egg (egg white, ovomucoid protein), milk, wheat, legumes, grains, seeds (soy, buckwheat, peanut, rice, sesame), shellfish (shrimp, crab), fruits (kiwi, apple, banana), fish and meats (chicken, beef, pork, tuna, salmon, mackerel)
OK F10	<b>Rheumatoid Arthritis Test</b> Blood test	7,700 Yen	[Includes: rheumatoid factor (RF), anti-CCP, CRP tests] Check for rheumatoid arthritis.
OK F11	<b>Ferritin Test (Iron Deficiency Anemia)</b> Blood test	3,300 Yen	Ferritin, a protein that stores iron in the body, is measured to screen for iron deficiency anemia.
OK F12	<b>Small Dense LDL Cholesterol (sd-LDL)</b> Blood test Mailed separately	5,500 Yen	Measures the small dense LDL cholesterol in the blood, a type of LDL cholesterol that is an important risk factor for arteriosclerosis.
OK F13	<b>HIV Screening</b> Blood test Mailed separately	3,300 Yen	[Includes: HIV antibody test] Checks for HIV antibodies in the blood to detect an infection. *To ensure privacy, the results of this test will be provided in a separate document from the health report
OK F14	<b>Communicable Disease Screening</b> Blood test Mailed separately	9,900 Yen	[Includes: HIV antibody, syphilis (TPHA, RPR), HBsAb, HBSAg, HCVAb] A comprehensive set that screens for HIV, syphilis, hepatitis B and C infections. Each test can be added individually upon request. *To ensure privacy, the results of the HIV test will be provided in a separate document from the health report
OK F15	<b>Salt Intake</b> Urine test	2,200 Yen	Sodium and creatine levels in the urine are measured, and salt intake is calculated based on height, weight, and age.
OK F16	<b>Blood Typing</b> Blood test	1,100 Yen	Blood type is determined using the ABO/Rh blood group system.
OK F17	<b>Zinc</b> NEW Blood test	3,850 Yen	Measures your zinc intake, which affects metabolism, reproductive health, immune system, and other body functions.
OK F20	<b>Medical Images (CD-ROM)</b>	1,100 Yen	Medical imaging data from the examinations conducted on the day of your appointment.

Mailed separately: Results will be sent separately via post mail.

\*Please note that examination items and prices are subject to change.

## Screening Courses & Optional Examinations for Women



### Breast-Uterus-Ovaries-Female Hormones

Female doctors and staff will perform the examinations

Access here to request optional examinations



No.	Examination item	Price with tax (Duration)	Description
G01	<b>Breast Ultrasound</b> Pregnant Safe Breastfeeding Safe	6,050 Yen (15 minutes)	• Screening for breast cancer The breast tissue is evaluated using ultrasound waves for the presence, condition, and size of any lumps. *Available for women of all ages, especially those in their 20s and 30s.
G02	<b>Mammography</b> Pregnant N/A Breastfeeding N/A	8,250 Yen (15 minutes)	• Screening for breast cancer The breasts are compressed between plastic plates and X-rayed from top to bottom and side to side to screen for lumps (tumors), architectural distortions, and calcifications. Experiences can vary across individuals, but the process can involve some discomfort. *Recommended for women aged 40 and above. Breast ultrasound is recommended over mammography for women in their 20s and 30s.
G03	<b>3D Mammography</b> Pregnant N/A Breastfeeding N/A	13,750 Yen (15-20 minutes)	• Screening for breast cancer Unlike the conventional 2D mammogram, which yields planar images, the multidirectional 3D mammogram generates high-resolution images, making detecting abnormalities easier even in dense breast tissues where detection was previously difficult. *If your course already includes a 2D mammogram, you may upgrade to a 3D mammogram for an additional fee of 5,500 yen.
G04	<b>Breast Cancer Screening</b> Pregnant N/A Breastfeeding N/A	13,200 Yen	[Includes: mammogram, breast ultrasound] Save 1,100 yen with this discounted screening set. *Recommended for women aged 40 and above.
G05	<b>Pap Smear</b> Pregnant N/A Menstruating Safe	6,050 Yen (10 minutes)	• Screening for cervical cancer Annual screening is recommended for all women aged 20 and above. This test can detect cervical cancer at a precancerous stage, leading to early detection and treatment. *Concurrent HPV testing is recommended to enhance accuracy.
G06	<b>Transvaginal Ultrasound</b> Pregnant N/A Menstruating Safe	6,050 Yen (10 minutes)	• Screening for uterine fibroids, endometriosis, ovarian cancer, cysts, etc. A common gynecological test used to evaluate the uterus and ovaries aimed at identifying abnormalities such as uterine fibroids, endometriosis, ovarian cysts, and suspected uterine cancer.
G07	<b>Human Papillomavirus (HPV) Test</b> Pregnant N/A Menstruating Safe	5,500 Yen (10 minutes)	• Screening for cervical cancer Screens for high-risk HPV strains associated with cervical cancer. Combining HPV testing with the Pap smear enhances the detection rate of cervical cancer increases, ensuring the identification of precancerous lesions without anything being overlooked. *Samples are collected simultaneously during the Pap smear. *Reference: Cuzick, et al. Lancet (2003) 362:1871-1876
G08	<b>Sexually Transmitted Infection (STI) Screening</b> Pregnant N/A Menstruating Safe	19,800 Yen	[Includes: HPV, chlamydia, gonorrhea (cytopathology), HIV antibody, syphilis (TPHA, RPR), HBsAg/anti-Hbs, anti-HCV tests] Infections may not always present noticeable symptoms. Screening is recommended for early detection and treatment. *Must be scheduled together with the Pap Smear
G09	<b>Basic Gynecologic Cancer Screening</b> Pregnant N/A Menstruating Safe	11,000 Yen	[Includes: transvaginal ultrasound, HPV test] Save 550 yen with this discounted screening set. *Must be scheduled together with the Pap Smear
G10	<b>Comprehensive Gynecologic Cancer Screening</b> Pregnant N/A Menstruating Safe	16,500 Yen	[Includes: Pap smear, transvaginal ultrasound, HPV test] Save 1,100 yen with this discounted screening set.
G11	<b>Breast Cancer &amp; Gynecologic Cancer Screening</b> Pregnant N/A Breastfeeding N/A Menstruating Safe	27,500 Yen (40 minutes)	[Includes: 3D mammogram, breast ultrasound, Pap smear, transvaginal ultrasound] Save 4,400 yen with this discounted screening set.
OK G12	<b>Ovarian Reserve Anti-Müllerian Hormone (AMH) test</b> Blood test	7,700 Yen	You can check your ovarian reserve or how many eggs remain in the ovaries, which can help with family planning.

\*All prices shown include a 10% consumption tax.

**For those in their 20s and 30s**

**Adolescent & Young Adult Women's Course** 26,800 Yen

Since many women in this age group have dense breast tissue, we recommend a breast ultrasound rather than a mammography.

**Planning for a baby?**

**Fertility & Family Planning Course** 57,800 Yen

This course includes basic reproductive health examinations and aims to provide the information you need for treatments and preventative actions before pregnancy.  
\*Thyroid disorders and diabetes can cause menstrual irregularities and infertility, so we recommend you undergo those optional exams as well.

**Feeling physical and emotional imbalance?**

**Middle-aged & Adult Women's Comprehensive Course** 39,800 Yen

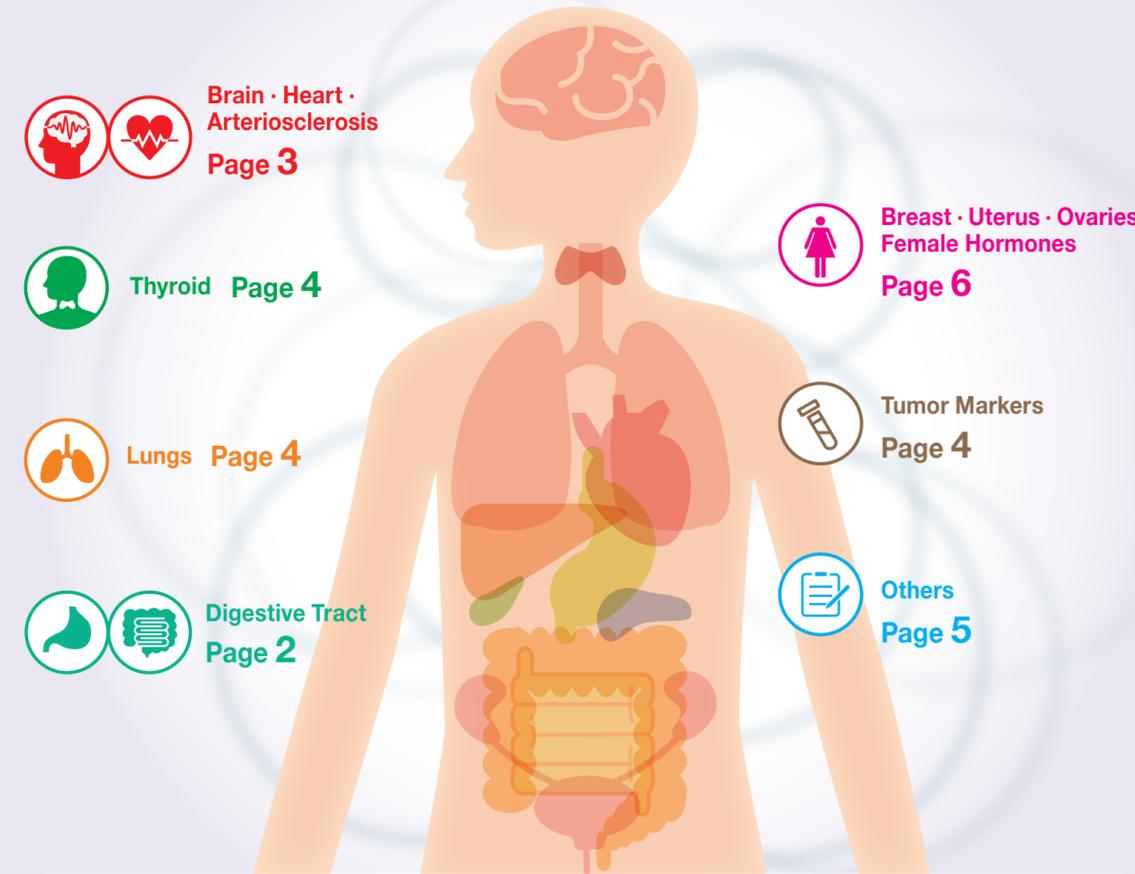
Because menopausal symptoms are difficult to distinguish from thyroid disorders, we recommend this course if you have noticed any changes to your health.

Screening Courses for Women

Access here for more information

# Optional Examinations

Midtown Clinic Medical Corporation Comprehensive Health Screening/Medical Checkup



### How to request optional examinations

**Step 1**

Go to the optional examination request website.

**Step 2**

Select the optional examinations you wish to add.

**Step 3**

Confirm your selection and click/tap "Send".

**Step 4**

You will receive a response in approximately three business days.



## Digestive Tract

### Stomach

No.	Examination item	Price with tax (Duration)	Description
A01	<b>Upper GI X-ray (Barium Swallow)</b> <small>Dietary restrictions: Pregnant N/A</small>	14,300 Yen (15 minutes)	● Screening for esophageal, gastric, and duodenal cancers, ulcers and polyps A barium contrast agent is ingested, and the esophagus, stomach, and duodenum are evaluated.
A02	<b>Upper GI Endoscopy (EGD)</b> <small>For comprehensive health screenings only By reservation only Dietary restrictions: Pregnant N/A</small>	8,800 Yen (20 minutes)	● Screening for esophageal, gastric, and duodenal cancers, ulcers and polyps The Upper GI Endoscopy (EGD) will replace the Upper GI X-ray. You may choose between an oral or a nasal endoscope. Due to limited availability, we recommend making reservations early. *For those not scheduled for a comprehensive health screening course, an EGD can be reserved on a separate date for an additional charge of 27,500 yen. Contact us for more details.
A03	<b>EGD Option Sedation</b> <small>Glaucoma N/A Pregnant N/A Breastfeeding N/A</small>	7,700 Yen	The sedation, administered intravenously, allows you to undergo the procedure in a semi-conscious, sleep-like state. If sedation is used, driving is strictly prohibited on the day of your appointment. Following the procedure, there is a one-hour recovery period during which you will be asked to rest until the sedation wears off. *Only available for oral endoscopy procedures. The effectiveness of the sedation can vary across individuals. *Due to limited availability, we recommend making reservations early. Appointments can be booked out for a couple of months. *In the interest of safety, sedation is not available for persons aged 75 and older.
OK A04	<b>Gastric Cancer Risk (ABC Classification)</b> <small>Blood test</small>	5,500 Yen	● Screening for gastric cancer [Includes: pepsinogen, H. pylori antibody tests] This test classifies gastric cancer risk into four groups (A, B, C, D) based on the presence of H. pylori infection and the degree of gastric mucosal atrophy. *This evaluation is for the risk of gastric cancer from the present to the future. It is not for the detection of gastric cancer. A detailed examination using an imaging modality is necessary to detect gastric cancer. *The following persons are not eligible for this examination: ● Those undergoing treatment for gastric diseases ● Those who have had a gastrectomy ● Those who have undergone H. pylori eradication therapy ● Individuals with kidney failure ● Those taking gastric acid suppressants
OK A05	<b>Pepsinogen</b> <small>Blood test</small>	3,300 Yen	● Screening for atrophic gastritis, etc. Used to evaluate the gastric mucosa for inflammation and atrophy.
OK A06	<b>Helicobacter pylori (H. pylori) Antibody</b> <small>Blood test</small>	2,200 Yen	● Screening for gastric cancer, ulcers, etc. Checks for the presence of H. pylori antibodies in the blood. H.pylori is a type of bacteria that infects the gastric mucosa and can cause inflammation in the stomach. We strongly recommend this test to those who have never been tested before.
A07	<b>Comprehensive H. pylori Screening</b> <small>Blood test</small> *A specific collection kit is provided for the stool antigen test	3,850 Yen	[Includes: H. pylori antibody, stool antigen tests] Sometimes, a serum antibody test may not be sufficient for detecting an H. pylori infection. A more accurate assessment can be conducted with both the serum and stool tests.

### Abdomen

A08	<b>Abdominal &amp; Pelvic MRI (3.0 Tesla)</b> <small>Dietary restrictions: Pregnant N/A</small>	27,500 Yen (20 minutes)	For men experiencing difficulty urinating or noticing urinary retention, the scan can be used to examine the prostate. For women, the uterus and ovaries can be screened without the risk of radiation exposure.
A09	<b>Abdominal Ultrasound</b> <small>Dietary restrictions: Pregnant N/A</small>	6,600 Yen (15 minutes)	Ultrasound waves are used to examine the shape and size of the abdominal organs (liver, gallbladder, pancreas, kidneys, and spleen) to screen for benign and malignant tumors, gallstones, kidney stones, and other irregularities.
OK A10	<b>Abdominal CT</b> <small>Dietary restrictions: Pregnant N/A</small>	19,800 Yen (5-10 minutes)	A low-dose 80-slice CT scan generates cross-sectional images of the abdomen, mainly screening the liver, gallbladder, pancreas, kidneys, and spleen.
OK A11	<b>Abdominal &amp; Pelvic CT</b> <small>Dietary restrictions: Pregnant N/A</small>	23,100 Yen (5-10 minutes)	In addition to the upper abdominal region, this test will screen the lower abdomen (small intestine, large intestine, bladder), prostate for men, and uterus and ovaries for women. The scan is recommended for individuals with a family history of cancer and those who consume alcohol or eat out frequently.
OK A12	<b>Visceral Fat CT</b> <small>Pregnant N/A</small>	8,800 Yen (5-10 minutes)	The visceral and subcutaneous fat surface area is measured using the low-dose 80-slice CT scan. The scan is recommended for individuals concerned about waist size and those with any abnormalities in cholesterol, blood sugar, or blood pressure.
OK A13	<b>Pancreatic Elastase-1</b> <small>Blood test</small>	3,300 Yen	A tumor marker that is useful in detecting pancreatitis and pancreatic cancer.

### Colon

A14	<b>Fecal Occult Blood Test (Two-day Method)</b> <small>Menstruating N/A</small> *A specific collection kit is provided	2,200 Yen	● Screening for colon cancer, polyps, etc. Two separate stool samples collected before the appointment will be tested for blood.
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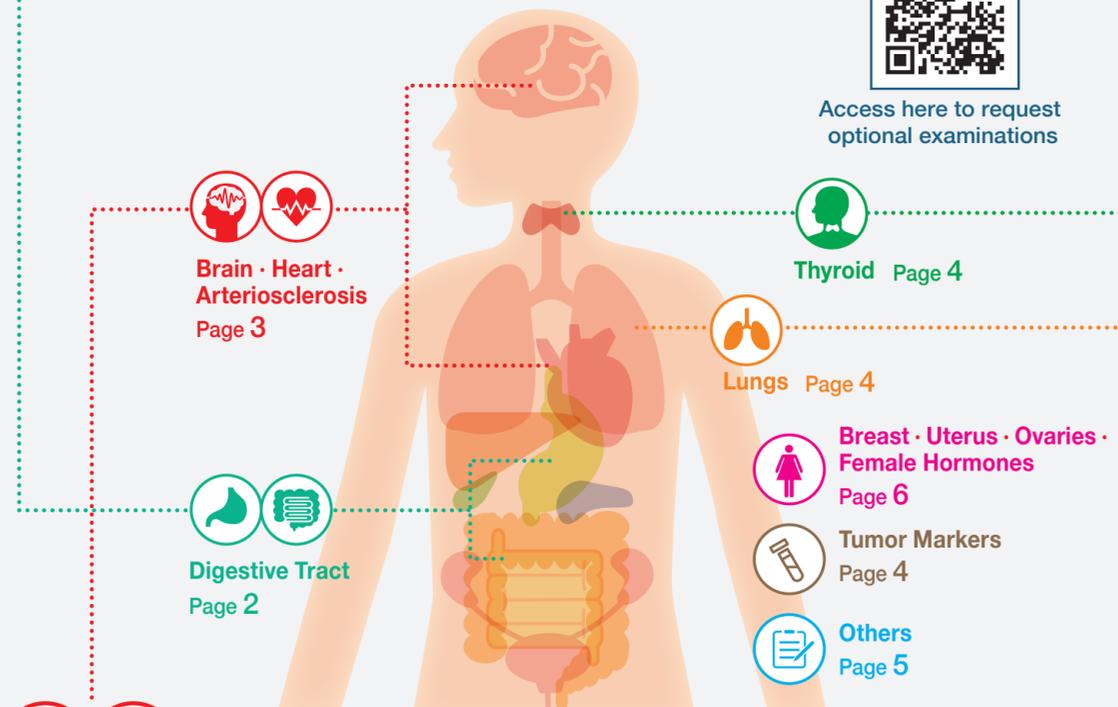
\*All prices shown include a 10% consumption tax.

OK All of the above items could be requested on your health screening day.

## Optional Examinations



Access here to request optional examinations



## Brain·Heart·Arteriosclerosis

No.	Examination item	Price with tax (Duration)	Description
B01	<b>Head MRI/MRA (3.0 Tesla)</b> <small>Pregnant N/A</small>	38,500 Yen (20 minutes)	● Screening for silent stroke (asymptomatic), brain tumor, aneurysm, etc. Cross-sectional images of the head and blood vessels are generated as you enter a tube-like scanner that contains powerful magnets. *Inform the clinic in advance if you are uncomfortable with enclosed spaces. *Metal objects are prohibited in the MRI room.
B02	<b>Echocardiogram</b>	11,000 Yen (15 minutes)	● Screening for valvular heart disease, heart attacks, etc. Heart size and movement, the condition of the heart muscles and valves, and blood flow are assessed using ultrasound waves.
B03	<b>Carotid Ultrasound</b>	7,700 Yen (15 minutes)	● Screening for arteriosclerosis, stroke, etc. The carotid arteries in the neck are assessed for the degree of arteriosclerosis and plaque buildup using ultrasound waves.
OK B04	<b>Homocysteine</b> <small>Blood test</small>	6,600 Yen	● Screening for arteriosclerosis Measures the amount of homocysteine (amino acid), a risk factor for arteriosclerosis, in the blood.
OK B05	<b>NT-ProBNP</b> <small>Blood test</small>	3,300 Yen	● Screening for arteriosclerosis and heart failure A biomarker used to indicate arteriosclerosis and heart failure.
OK B06	<b>Pulse Wave Analysis</b>	3,300 Yen (10-15 minutes)	● Screening for arteriosclerosis, etc. [Includes: PWV, ABI tests] Assesses for arteriosclerosis and blockage based on the blood pressure ratio between the wrists and ankles.
OK B07	<b>LOX-index®</b> <small>Blood test</small>	15,400 Yen	● Screening for arteriosclerosis, stroke, and heart attack Evaluates the future risk of developing stroke or heart attack by measuring oxidized LDL cholesterol, the causative agent of arteriosclerosis.
OK B08	<b>Fatty Acid Profile of 4 Lipid Fractions &amp; EPA/AA Ratio</b> <small>NEW Blood test</small>	6,600 Yen	● Screening for arteriosclerosis, stroke, and heart attack [Fatty acid (DHLA·AA·EPA·DHA) EPA/AA Ratio] Assesses cardiovascular disease risk by measuring the ratio of fatty acids in the blood.
B09	<b>Brain Health Screening</b> <small>Pregnant N/A</small>	44,000 Yen (40 minutes)	[Includes: head MRI/MRA, carotid ultrasound, homocysteine test] Save 8,800 yen with this discounted screening set.
B10	<b>Heart Health Screening</b>	22,000 Yen (50 minutes)	[Includes: echocardiogram, carotid ultrasound, homocysteine test, pulse wave analysis] Save 6,600 yen with this discounted screening set.
B11	<b>Brain &amp; Heart Health Comprehensive Screening</b> <small>Pregnant N/A</small>	55,000 Yen (70 minutes)	[Includes: head MRI/MRA, echocardiogram, carotid ultrasound, homocysteine test, pulse wave analysis] Save 12,100 yen with this discounted screening set.



## Thyroid

No.	Examination item	Price with tax (Duration)	Description
OK C01	<b>Thyroid Function Test</b> <small>Blood test</small>	6,600 Yen	● Screening for Graves' and Hashimoto's disease, etc. [Includes: TSH, fT3, fT4 tests] Thyroid function is evaluated by measuring the thyroid hormone levels. Thyroid disorders can lead to health issues such as depression, edema, and menstrual disorders. Periodic screening is recommended even if there are no noticeable symptoms, especially for women.
OK C02	<b>Thyroid Function &amp; Autoantibody Test</b> <small>NEW Blood test</small>	15,400 Yen	● Screening for Graves' and Hashimoto's disease, etc. [Includes: TSH, fT3, fT4, TgAb, TPOAb, TRAb tests] A screening set that combines the Thyroid Function Test and autoantibody tests associated with Graves' and Hashimoto's disease. The set can provide a thorough analysis that also checks for latent thyroid diseases.
C03	<b>Thyroid Ultrasound</b>	7,700 Yen (10 minutes)	● Screening for Graves' and Hashimoto's disease, thyroid cancer, etc. The size and condition of the thyroid gland in the neck are evaluated using ultrasound waves to screen for inflammation and tumors.
C04	<b>Comprehensive Thyroid Screening</b> <small>NEW</small>	22,000 Yen	● Screening for Graves' and Hashimoto's disease, thyroid cancer, etc. [Includes: TSH, fT3, fT4, TgAb, TPOAb, TRAb tests] A combined set of the Thyroid Function & Autoantibody Test and the Thyroid Ultrasound for a more comprehensive assessment. The set utilizes blood tests and an ultrasound for a thorough screening.



## Lungs

No.	Examination item	Price with tax (Duration)	Description
OK D01	<b>Chest CT</b> <small>Pregnant N/A</small>	19,800 Yen (5-10 minutes)	● Screening for early-stage lung cancer, etc. Cross-sectional images of the lung and mediastinum are generated using a low-dose 80-slice CT scanner. The scan is useful for detecting small, early-stage lung cancers and inflammations that may not be visible on chest X-rays.
D02	<b>Lung Cancer Screening</b> <small>Pregnant N/A</small> *A specific collection kit is provided for the sputum cytology test	28,050 Yen (5-10 minutes)	[Includes: chest CT, SCC, CYFRA, Pro-GRP, sputum cytology tests] Recommended for smokers and individuals with a persistent wet cough. For the sputum cytology test, you will be asked to collect sputum samples for the three days before your appointment. Save 4,400 yen with this discounted screening set.



## Tumor Markers

\*Tumor markers, a diagnostic tool used in aiding cancer diagnosis, can be combined with other diagnostic tests to yield more comprehensive and detailed results.

No.	Examination item	Price with tax (Duration)	Description
OK E01	<b>Comprehensive Tumor Marker Test (Men)</b> <small>Blood test</small>	26,400 Yen	[Includes: PSA, p53Ab, SCC, CYFRA, CEA, CA19-9, Pro-GRP, AFP, PIVKA-II, Elastase-1 tests] A comprehensive set of tumor markers that includes a tumor marker useful in prostate cancer detection.
OK E02	<b>Comprehensive Tumor Marker Test (Women)</b> <small>Blood test</small>	26,400 Yen	[Includes: CA125, p53Ab, SCC, CYFRA, CEA, CA19-9, Pro-GRP, AFP, PIVKA-II, Elastase-1 tests] A comprehensive set of tumor markers that includes a tumor marker useful in ovarian cancer detection.
OK E03	<b>Lung Cancer Tumor Marker Test</b> <small>Blood test</small>	12,650 Yen	[Includes: p53Ab, SCC, CYFRA, Pro-GRP tests] A set of tumor markers that is useful in detecting lung cancer but can also screen for esophageal, head, neck, cervical, and skin cancers.
OK E04	<b>Gastrointestinal Cancer Tumor Marker Test</b> <small>Blood test</small>	8,800 Yen	[Includes: p53Ab, CEA, CA19-9 tests] A set of tumor markers that is useful in detecting gastrointestinal cancers but can also screen for pancreatic, gallbladder, bile duct, lung, breast, and ovarian cancers.
OK E05	<b>Liver &amp; Gallbladder Cancer Tumor Marker Test</b> <small>Blood test</small>	8,800 Yen	[Includes: AFP, PIVKA-II, CA19-9 tests] A set of tumor markers that is useful in detecting hepatocellular carcinoma (liver cancer) and gallbladder cancer.
OK E06	<b>Prostate Cancer Tumor Marker Test (Men)</b> <small>Blood test</small>	3,300 Yen	[Includes: PSA test] A tumor marker that is useful in detecting prostate cancer.
OK E07	<b>Ovarian Cancer Tumor Marker Test (Women)</b> <small>Blood test</small>	3,300 Yen	[Includes: CA125 test] A tumor marker that is useful in detecting ovarian cancer.