



## Pregnancy planning · Aging care — Test items for men are also included. —

Test item	Price+Tax (Time required)	Description
<b>Antibody screening set (Measles, rubella, mumps and Varicella-zoster)</b> 	14,850 Yen	● Measles, rubella, mumps and Varicella-zoster In recent years, there is an increasing social and business impact due to the outbreak of measles and rubella among young people without adequate immunization. These viral infections could also affect fetus during pregnancy. Therefore, prior knowledge of presence of immunity is necessary. Antibody test for each viral infection is also available.
<b>Ovarian reserve (Anti-Müllerian Hormone) test (Women)</b> 	7,700 Yen	This test measures a woman's ovarian reserve, or how many eggs remain in her ovaries. It can be useful when planning for a family.
<b>Vitamin D deficiency test</b> 	3,300 Yen	Vitamin D insufficiency is reported to be associated with the risk of cancer, lifestyle related diseases, infertility in women and climacteric disturbances in men. It is necessary to increase the intake of vitamin D actively as it is usually inadequate in everyday life.
<b>Bone mineral density (DEXA)</b> 	3,300 Yen (5 minutes)	● Osteoporosis Bone mineral density will be assessed with X-rays. It is useful for diagnosis of osteoporosis.
<b>Equol test</b>  <small>*Urine sample will be taken on the day of examination using the specific urine collection kit.</small>	4,950 Yen	Equol is a substance produced from soy isoflavones which biological actions are similar to that of sex hormones, and thus, its potential benefits are expected in menopausal disorder and premenstrual syndrome in women as well as benign prostatic hypertrophy and baldness in men. However, recent studies showed that only one in three people who consumed soy products could be benefited from the desired effects of equol. This test is useful for taking appropriate actions such as promoting dietary habits and supplementation in accordance with the results.

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



## Others

Test item	Price+Tax	Description [Test item names]
<b>Testosterone (male hormone test)</b> 	3,300 Yen	This test measures the testosterone level in the blood, which can affect cognitive function, mood, reduction in muscle mass, and problems with sexual function in men. (Test must be done by 11 am.)
<b>Allergy test full set</b> 	15,400 Yen	It is for screening of 39 main allergens, which can provoke allergic symptoms. ● Airborne allergen: dust (dust mite, house dust), animal (cat and dog dander), insects (cockroach, moth), trees (cedar, cypress, alder, white birch), grasses (orchard grass, timothy grass, ragweed, mugwort), airborne fungus (sooty mold, aspergillus mold), fungus and others (candida, malassezia yeast species, latex) ● Food allergens: Egg (egg white, ovomucoid), milk, wheat, legumes and grains (soy beans, buckwheat, peanut, rice, sesame), shellfish (prawn, crab), fruits (kiwi, apple, banana), meat and fish (chicken, beef, pork, tuna, salmon, mackerel)
<b>Rheumatology screening</b> 	7,700 Yen	[Rheumatoid factor (RF) · Anti CCP antibody · C-reactive Protein] It is useful for the diagnosis of rheumatoid arthritis.
<b>Ferritin (Iron-deficiency anemia test)</b> 	3,300 Yen	Iron-deficiency anemia will be checked by Ferritin level which is protein that can store iron within cells.
<b>sd-LDL (small low-density lipoprotein test)</b> 	5,500 Yen	Small particles within bad cholesterol group; called "Small dense LDL", that can be a major cause of arteriosclerosis will be checked.
<b>HIV antibody</b>  <small>*For privacy reasons, the test result for HIV will be separated and enclosed with the medical check-up report.</small>	3,300 Yen	[HIV] It is to screen for Human Immunodeficiency Virus infection.
<b>Infection screening set</b>  <small>*Separate test result for HIV will be enclosed with the medical check-up report.</small>	9,900 Yen	[HIV antibody · Syphilis · HBs antigen & antibody · HCV antibody] This is the combination set for screening of HIV, syphilis, viral hepatitis B and C infections. Each of the infection tests is also available.
<b>Salt Intake</b> 	2,200 Yen	Probable salt consumption will be checked being calculated by your height, weight, age and the level of sodium and creatinine.
<b>Blood grouping</b> 	1,100 Yen	It is the test for ABO and Rh blood groups.

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

### Optional: Report shipping service

	<b>Overseas shipping 2,200 yen (tax included)</b>  Report will be sent by EMS with additional shipping fee of 2,200 yen.
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	<b>Image CD-ROM 1,100 yen (tax included)</b>  CD-ROM with imaging results will be enclosed with the report. It is useful for timely access to further care when retesting is required.
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\*As of Mrach 2021: Please note that the items and prices of the inspections might be subject to change.

MTC-31-221130

## Midtown Clinic Medical Corporation Health Screening Center / Executive Health Center

For prior reservations Reception hours (Weekdays) 9:00 - 17:00

Tokyo Midtown Clinic  
☎ 03-5413-0081  
Nihonbashi Muromachi Mitsui Tower Midtown Clinic  
☎ 03-3231-2068

\*10% tax is included in the each price.

## Option menu



## Tumor markers

With the combination of tumor markers, which could aid in the diagnosis of cancer, test results can be more meaningful. You can also choose to test for each individual marker.

Test item	Price+Tax	Description [Test item names]
<b>Complete set (Men)</b> 	26,400 Yen	[PSA · P53 · SCC · CYFRA · CEA · CA19-9 · Pro-GRP · AFP · PIVKA-II · Elastase 1] This includes the useful tumor markers for detection of prostate cancer.
<b>Complete set (Women)</b> 	26,400 Yen	[CA125 · P53 · SCC · CYFRA · CEA · CA19-9 · Pro-GRP · AFP · PIVKA-II · Elastase 1] This includes the useful tumor markers for detection of ovarian cancer.
<b>Set for lung cancer</b> 	12,650 Yen	[P53 · SCC · CYFRA · Pro-GRP] This is a useful tumor marker set for detection of lung cancer, as well as for the cancers of the esophagus, head and neck, cervix and skin.
<b>Set for cancers of the digestive tract</b> 	8,800 Yen	[P53 · CEA · CA19-9] This is a useful tumor marker set for detection of cancers of the digestive tract such as stomach and intestine, pancreas, gallbladder, and bile duct, as well as for the breast and ovarian cancers.
<b>Set for cancers of liver and gallbladder</b> 	8,800 Yen	[AFP · PIVKA-II · CA19-9] This is a useful tumor marker set for detection of hepatocellular carcinoma and gallbladder.
<b>Prostate cancer (Men)</b> 	3,300 Yen	[PSA] This is the useful tumor marker for detection of prostate cancer.
<b>Ovarian cancer (Women)</b> 	3,300 Yen	[CA125] This is the useful tumor marker for detection of ovarian cancer.

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

\*Some of the markers may be already included in your screening program. In this case, only the additional marker will be charged.



## Brain · Heart · Arteriosclerosis

Test item	Price+Tax (Time required)	Description [Test item names]
<b>Head MRI/MRA 3.0 Tesla</b> 	38,500 Yen (20 minutes)	● Stroke (Asymptomatic), brain tumor and brain aneurysm, etc. Images of the head and blood vessels are taken with the use of magnetic field when lying in the tunnel made of a large strong magnet. *Please inquire in advance if you have claustrophobia. *You cannot bring metal objects into the MRI room.
<b>Echocardiogram</b>	11,000 Yen (15 minutes)	● Valvular heart diseases, myocardial infarction, etc. Heart size, activity, conditions of the heart muscles and valves, and blood flow are examined using ultrasonic waves.
<b>Carotid ultrasound</b>	7,700 Yen (15 minutes)	● Arteriosclerosis, cerebral infarction, etc. The degree of arteriosclerosis and presence of plaque which can cause cerebral infarct will be examined in the neck vessels using ultrasonic waves.
<b>OK Homocysteine</b> 	6,600 Yen	● Arteriosclerosis It is the test for homocysteine (amino acid), which is one of the risk factors of arteriosclerosis.
<b>OK NT-ProBNP</b> 	3,300 Yen	● Arteriosclerosis, heart failure It is the cardiac risk marker, which is an indicator of arteriosclerosis or heart failure.
<b>OK Pulse wave pressure</b>	3,300 Yen (10-15 minutes)	● Arteriosclerosis [PWV · ABI] Risk of arteriosclerosis and any occlusions are measured from the comparison of blood pressure in the upper and lower extremities.
<b>OK LOX-index®</b> 	15,400 Yen	● Arteriosclerosis, stroke, myocardial infarction Measures an indicator to evaluate the risk factor of strokes and myocardial infarction.
<b>Brain screening set</b> 	44,000 Yen (40 minutes)	[Head MRI/MRA · carotid ultrasound · homocysteine] This is the 8,800 yen discounted set for items of brain screening.
<b>Heart screening set</b>	22,000 Yen (50 minutes)	[Echocardiogram · carotid ultrasound · homocysteine · pulse wave pressure] This is the 6,600 yen discounted set for items of heart screening.
<b>Brain and heart screening set</b> 	55,000 Yen (70 minutes)	[Head MRI/MRA · echocardiogram · carotid ultrasound · homocysteine · pulse wave pressure] This is the 12,100 yen discounted set for items of brain and heart screening.



## Digestive tract

### Stomach

Test item	Price+Tax (Time required)	Description [Test item names]
<b>Upper GI X-ray</b> (Barium meal) <small>Dietary restriction</small> <small>During Pregnancy N/A</small>	<b>14,300 Yen</b> (15 minutes)	● <b>Cancers, ulcers or polyps of the esophagus, stomach, and duodenum</b> This is to test for the condition of esophagus, stomach and duodenum after swallowing the barium (contrast media).
<small>Only for Ningen Dock with prior reservation</small> <b>Upper GI endoscopy</b> (Gastroscopy) <small>Dietary restriction</small> <small>During Pregnancy N/A</small>	<b>8,800 Yen</b> (20 minutes)	● <b>Cancers, ulcers or polyps of the esophagus, stomach, and duodenum</b> Barium meal examination will be replaced by gastroscopy. You can choose insertion of the scope either from the mouth or from the nose. Early reservation is recommended since the appointment slots are limited. *For those who plan to take any courses except for the comprehensive health screening course, gastroscopy can be reserved with a separate charge of 27,500 yen on a separate date. Please contact us for further details.
Option for upper GI endoscopy <b>Gastroscopy under sedation</b> <small>Glaucoma N/A</small> <small>During Pregnancy N/A</small> <small>During Breast Feeding N/A</small>	<b>5,500 Yen</b>	Gastroscopy will be done under sedated condition, with the use of intravenous sedation. Driving is not allowed on the screening day. It is required to take a rest in the supine position for about one hour after the examination. *This is the option only for those with per oral gastroscopy. There are individual variations in sedation efficacy. *Please make a reservation at your earliest convenience since the slots could be occupied even several months before. *For safety reasons, sedation could not be performed to those above 75 years of age.
<b>Stomach cancer risk (Type ABC)</b> <small>Blood test</small>	<b>5,500 Yen</b>	● <b>Stomach cancer</b> [Pepsinogen· blood pylori antibody] By assessment of <i>Helicobacter pylori</i> infection and degree of gastric mucosal atrophy, the risk for stomach cancer will be evaluated into four categories; namely, A, B, C and D. *This is for assessment of the current or future risk of stomach cancer, but not for the detection of stomach cancer. For detection of cancer, more precise investigation such as imaging exams are required. *This test cannot be performed in those ●currently under treatment for stomach disease ●after stomach removal ●after <i>H. pylori</i> eradication treatment ●with kidney failure ●currently under treatment with gastric acid blockers
<b>Pepsinogen</b> <small>Blood test</small>	<b>3,300 Yen</b>	● <b>Atrophic gastritis, etc.</b> This is to detect the condition of atrophy and inflammation of gastric mucosa.
<b>Blood pylori antibody test</b> <small>Blood test</small>	<b>2,200 Yen</b>	● <b>Stomach cancer, gastric ulcer, etc.</b> This is to test for the presence of <i>Helicobacter pylori</i> antibody in the blood. <i>H. pylori</i> is the bacterium that inhabits in the gastric mucosa and provokes gastritis. It is recommended to those who have never tested for <i>H. pylori</i> before.
<b>Helicobacter pylori set</b> <small>*Use of specific stool collection kit</small> <small>Blood test</small>	<b>3,850 Yen</b>	[Blood pylori antibody·stool pylori antigen] There are cases where the activity of <i>H. pylori</i> cannot be assessed with the blood test alone. More accurate results could be obtained by performing both blood and stool tests.

### Abdomen

Test item	Price+Tax (Time required)	Description
<b>MRI lower abdomen 3.0 Tesla</b> <small>Dietary restriction</small> <small>During Pregnancy N/A</small>	<b>27,500 Yen</b> (20 minutes)	It is recommended for screening of prostate gland in men with symptoms such as difficult urination and urinary retention. It is also useful for screening of the uterus and ovaries in women, without radiation hazard.
<b>Ultrasound abdomen</b> <small>Dietary restriction</small>	<b>6,600 Yen</b> (15 minutes)	It is for the examination of abdominal viscera (liver, gallbladder, pancreas, kidneys, spleen) to assess their structures and sizes as well as the presence of benign or malignant tumor, gall stone or kidney stone, with the use of ultrasonic waves.
<b>CT upper abdomen</b> <small>Dietary restriction</small> <small>During Pregnancy N/A</small>	<b>19,800 Yen</b> (5-10 minutes)	With the use of low-dose 80 slice CT scanner, the cross-sectional images of the upper abdomen are taken, especially for the examination of liver, gallbladder, pancreas, kidney and spleen.
<b>CT upper and lower abdomen</b> <small>Dietary restriction</small> <small>During Pregnancy N/A</small>	<b>23,100 Yen</b> (5-10 minutes)	In addition to those organs in the upper abdomen, there is examination of the organs of the lower abdomen such as small intestine, large intestine, bladder, prostate gland in men, and uterus and ovaries in women. It is recommended to those with family history of cancers or heavy drinkers or those who eat out frequently.
<b>Visceral fat CT</b> <small>During Pregnancy N/A</small>	<b>8,800 Yen</b> (5-10 minutes)	With the use of low-dose 80 slice CT scanner, the surface areas of the abdominal visceral fat and subcutaneous fat are measured. It is recommended to those with concerns on their waist size, lipids, blood glucose or mild abnormality in blood pressure.
<b>Elastase 1</b> <small>Blood test</small>	<b>3,300 Yen</b>	This is the marker which is useful for detection of pancreatitis and pancreatic cancer.

### Colon

Test item	Price+Tax	Description
<b>Stool occult blood (2 times)</b> <small>*Use of specific stool collection kit</small> <small>During Menstruation N/A</small>	<b>2,200 Yen</b>	● <b>Colon cancer, polyp, etc.</b> This is the test to examine the presence of blood in the stool specimens taken on two separate dates before the health screening appointment.



## Breast·Uterus·Ovaries·Female hormones —Female doctors and staff will perform the procedures.—

Test item	Price+Tax (Time required)	Description [Test item names]
<b>Mammography</b> <small>During Pregnancy N/A</small> <small>During Breast Feeding N/A</small>	<b>7,700 Yen</b> (15 minutes)	● <b>Breast cancer</b> This is to detect the breast lump (tumor), distortion and calcification (calcium deposition) in the breast, while compressing the breasts to take two dimensional images; vertically and medio-laterally, with the use of X-rays. Although there are individual variations, this exam could be associated with pain to some extent. *It is recommended to women aged 40 years and beyond. *Breast ultrasound is recommended to women in their 20s and 30s, instead of mammography.
<b>3D Mammography</b> <small>During Pregnancy N/A</small> <small>During Breast Feeding N/A</small>	<b>13,200 Yen</b> (15-20 minutes)	● <b>Breast cancer</b> Compared to a normal mammogram which can only produce linear images, this new technology can produce images with greater clarity in three dimensional approach, which helps visualize breast lesions in those with dense breast tissues that were previously difficult to be detected by a normal mammogram. *If you have already reserved for a normal mammogram, you can change to 3D with an additional charge of 5,500 yen.
<b>Breast ultrasound</b> <small>During Pregnancy Safe</small> <small>During Breast Feeding Safe</small>	<b>5,500 Yen</b> (15 minutes)	● <b>Breast cancer</b> It is to examine the inner parts of the breasts for the existence, condition and size of any breast lump by ultrasonic waves. *This could be performed in women at any age. It is recommended to those in their 20s and 30s.
<b>Pap smear</b> <small>During Pregnancy N/A</small> <small>During Menstruation Safe</small>	<b>5,500 Yen</b> (10 minutes)	● <b>Cervical cancer</b> We recommend this screening annually for those at 20 years and beyond. Early detection of cervical cancer will enable the treatment to commence at an early stage. *We also recommend to simultaneously do the HPV exam to increase the accuracy.
<b>HPV (Human Papilloma Virus)</b> <small>*It must be taken together with Pap smear test.</small> <small>During Pregnancy N/A</small> <small>During Menstruation Safe</small>	<b>5,500 Yen</b> (10 minutes)	● <b>Cervical cancer</b> This is the test for examining the presence of human papilloma virus (HPV) which is the cause of cervical cancer. By adding this to the regular exam (pap smear), the detection rate will increase and not miss the presence of precancerous (pre-malignant) stage. *The cell sample may be collected simultaneously as the pap smear. *Ref: Cuzickj, et al. Lancet(2003)362:1871-1876
<b>Transvaginal ultrasound</b> <small>During Pregnancy N/A</small> <small>During Menstruation Safe</small>	<b>5,500 Yen</b> (10 minutes)	● <b>Uterine fibroid, endometriosis, ovarian cancer, ovarian cyst, etc.</b> One of the gynecological basic courses for uterine and ovarian screening. Check for abnormalities such as uterine fibroid, endometriosis, ovarian cyst and suspicious cervical cancer, etc.
<b>Breast and gynecology screening set</b> <small>During Pregnancy N/A</small> <small>During Breast Feeding N/A</small> <small>During Menstruation Safe</small>	<b>27,500 Yen</b> (40 minutes)	[3D mammography·Breast ultrasound·Pap smear·Transvaginal ultrasound] This is a 2,200 yen discounted set for items of breast and gynecology screening.



## Thyroid

Test item	Price+Tax (Time required)	Description [Test item names]
<b>Thyroid ultrasound</b>	<b>7,700 Yen</b> (10 minutes)	● <b>Graves' disease and Hashimoto's thyroiditis</b> With an ultrasound examination to the neck, the presence of inflammation or tumor is assessed from observing the size and condition of the thyroid gland.
<b>Thyroid function test</b> <small>Blood test</small>	<b>6,600 Yen</b>	● <b>Graves' disease and Hashimoto's thyroiditis</b> [TSH·Free-T3·Free-T4] Thyroid function will be assessed by blood hormone tests. Thyroid abnormality can lead to depression, edema (increased water retention in the body), abnormal periods, etc. This is recommended once in every five years especially to women even without subjective symptoms.



## Lungs

Test item	Price+Tax (Time required)	Description [Test item names]
<b>Chest CT</b> <small>During Pregnancy N/A</small>	<b>19,800 Yen</b> (5-10 minutes)	● <b>Early stage of lung cancer, etc.</b> With the use of low-dose 80 slice CT scanner, the cross-sectional images of the lungs and mediastinum are taken. This is useful in finding the early stage of very small cancer lesions in the lungs and inflammation which could not be visible in the plain chest X-ray.
<b>Lung cancer set</b> <small>*Use of specific sputum collection kit for cytology</small> <small>During Pregnancy N/A</small>	<b>28,050 Yen</b> (5-10 minutes)	[Chest CT·SCC·CYFRA·Pro-GRP·Sputum cytology] It is recommended to smokers and those with excessive phlegm (mucus). Sputum collection for three consecutive days is required for sputum cytology. This is a 4,400 yen discounted set for items of lung cancer screening.