




Complimentary Options List

	Examination items	Description
Cardiology 	NT-ProBNP Blood test	<ul style="list-style-type: none"> ●Screens for arteriosclerosis and heart failure A biomarker used to indicate arteriosclerosis and heart failure.
	Small Dense LDL Cholesterol (sd-LDL) Blood test	Measures the small dense LDL cholesterol in the blood, a type of LDL cholesterol that is an important risk factor for arteriosclerosis.
Gastrointestinal tract 	Pepsinogen Blood test	<ul style="list-style-type: none"> ●Screens for atrophic gastritis, etc. Used to evaluate the gastric mucosa for inflammation and atrophy.
	Helicobacter pylori (H. pylori) Antibody Blood test	<ul style="list-style-type: none"> ●Screens 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.
	Pancreatic Elastase-1 Blood test	A tumor marker that is useful in detecting pancreatitis and pancreatic cancer.
Other 	Salt Intake Urine test	Sodium and creatine levels in the urine are measured, and salt intake is calculated based on height, weight, and age.
	Vitamin D test Blood test	Vitamin D deficiency is said to be related to the development of cancer and lifestyle-related diseases as well as osteoporosis.
	Ferritin Test (Iron Deficiency Anemia) Blood test	Ferritin, a protein that stores iron in the body, is measured to screen for iron deficiency anemia.
	Blood Typing Blood test	Blood type is determined using the ABO/Rh blood group system.
	Zinc Blood test	Measures your zinc intake, which affects metabolism, reproductive health, immune system, and other body functions.
	Equol Urine test	A compound derived from soy isoflavones, equol mimics the function of estrogen. Equol 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 equol 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.
	Bone Mineral Density Test For those who have already booked a mammography examination X-ray Test	<ul style="list-style-type: none"> ●Screens for osteoporosis Measures bone density using X-rays. Effective in diagnosing osteoporosis.
3D Mammogram X-ray Test	<ul style="list-style-type: none"> ●Screens 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.	