

More Information on Your Health Checkup Report

- A The measured result is within the reference range.
- B The measured result deviates slightly from the reference range.
Please undergo a medical interview, re-examination, or seek advice for improving your life habits as deemed necessary.
- C The measured result deviates from the reference range.
You should undergo a medical interview, re-examination, or treatment, or seek advice for improving your life habits.

Each result is just an indication of your health. Regardless of the result, if you have noticed any symptoms or are currently undergoing observation or treatment, please consult your doctor or the Health Center.

If further tests or consultation is necessary, the Health Center will let you know during or after the health checkup. For inquiries on the results or instructions on follow-ups, please contact the Keio University Health Center on your campus. The Health Center may not be able to respond to inquiries by phone if your identity cannot be verified.
The Health Checkup Certificate can be obtained from the certificate issuing machines on each campus.

Height and Weight: BMI [Weight (kg) / {Height (m)}²] is a body mass index which relates body weight to height. The average BMI is 22.0 for both men and women. BMI below 18.5 is classed as underweight and BMI of 25.0 and greater is classed as obese, which is associated with an increased risk of developing lifestyle-related diseases. A well-balanced diet and exercise as well as regular weight monitoring are encouraged to be physically fit. Any type of rapid weight gain or loss should promptly be brought to the attention of a medical professional.

Visual Acuity: Symptoms of rapid vision loss, bleary eyes, or pain behind the eyes should promptly be brought to the attention of a medical professional (ophthalmologist). For naked eye vision less than 0.7, correction (eyeglasses or contact lenses) is recommended.

Urinalysis: Protein and occult blood range in the urine that is above 1+ can be indicative of kidney or urological diseases, and glucose range above 1+ can be indicative of diabetes. If the follow-up test shows no abnormalities, no further tests will be needed until the next periodic health checkup. If the follow-up test shows abnormal results, it is recommended that you consult a physician about further treatment. Regardless of whether findings have been identified or not, any symptoms of weariness, swelling, or mild fever should promptly be brought to the attention of a medical professional. If your urinary glucose level was 2+ or above, a referral letter to undergo an examination at a medical institution was issued at the time of the health checkup without conducting further tests.

Blood Pressure and Pulse rate: Normal blood pressure range is defined as having a systolic blood pressure (SBP) of less than 120 mmHg and a diastolic blood pressure (DBP) of less than 80 mmHg. 'Hypertension' is defined as having a SBP of 140 mmHg or higher and/or a DBP of 90 mmHg or higher. Others with a blood pressure of 120-139/80-89 mmHg have higher risks of developing hypertension. For your reference, this group is further divided into 'Elevated blood pressure' (SBP 130~139mmHg and/or DBP 80~89mmHg) and 'High-normal blood pressure' (SBP 120~129mmHg and DBP < 80mmHg). (Definitions taken from the Japanese Society of Hypertension Guidelines for the Management of Hypertension 2019). When SBP and DBP fall into different categories, the higher one is used to classify blood pressure level. Bradycardia is defined as having a resting heart rate of under 60 beats per minute, and tachycardia is defined as having a heart rate that exceeds 100 beats per minute. These can be indicative of arrhythmia and thyroid disease.

Physical Examination: All incoming undergraduate and graduate students, those receiving a health checkup for the first time, or those who were instructed to do so in the previous year will be required to undergo a physical examination in internal medicine. The physician will evaluate heart sounds and more. If an abnormal heart murmur is suspected, you will be instructed to consult a cardiovascular specialist for further tests or observation. Most "harmless murmurs" are functional and are nothing to be concerned about.

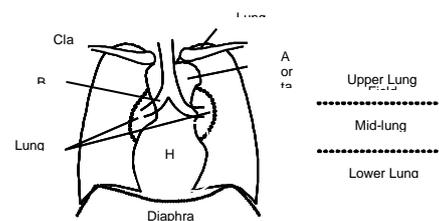
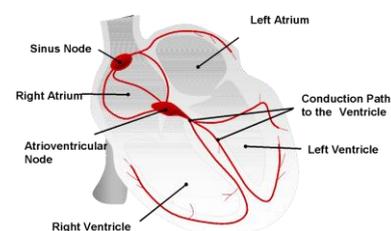
Electrocardiogram: An electrocardiogram (ECG, EKG) is a medical device used to evaluate the heart rhythm and myocardial damage. Please refer to the Interpretation of Findings document[※]. A Holter monitor is used to continuously record ECG tracings for 24 hours or longer and to monitor the heart rate during daily activities. An echocardiogram is a test that uses ultrasound waves to measure heart movement and blood flow to determine the presence of heart diseases such as valvular heart disease, congenital heart disease, and cardiac hypertrophy.

*The electrocardiogram test is a procedure conducted on all undergraduate students, those receiving a health checkup for the first time, members of the Athletic League, and those who were instructed to undergo this procedure after the previous health checkup. Undergraduate students who have not received this procedure since enrolling in the university should consult the Health Center on his/her campus.

Chest X-ray: A chest X-ray is performed to detect active pulmonary tuberculosis. It may also help determine other diseases of the lungs and the heart. Please refer to the Interpretation of Findings document[※].

※Interpretation of Findings document

<http://www.hcc.keio.ac.jp/en/health-checkup/student/kekkanomikata.html>



*Pleura: The pleura is comprised of two layers which line the outside of the lungs and the inside of the chest cavity.

~ Be Sure to Undergo the Annual Health Checkup Next Year ~