

Interpretation of Health Checkup Results and Keio Clinics Guide

- 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.

Height, Weight and Abdominal circumference: 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. A BMI below 18.5 is classified as underweight and a BMI over 25.0 is classified as obese, which is associated with an increased risk of developing lifestyle-related diseases. A well-balanced diet, exercise, as well as regular monitoring of your weight are recommended to stay physically fit. Any type of rapid weight gain or loss should promptly be brought to the attention of a medical professional.

Visceral fat accumulation-related obesity may cause hypertension, diabetes mellitus, dyslipidemia, arteriosclerosis, etc. Men with an abdominal circumference of 85 cm or more or women with an abdominal circumference of 90 cm or more are classified as having visceral fat obesity, which carries the risk of metabolic syndrome (refer to the reverse page).

Visual Acuity: If you experience subjective symptoms such as sudden loss of vision, dimness of sight, glare, myodesopsia (seeing floaters in one's eye), photopsia, abnormalities in visual field (such as partial loss of vision, appearance of dark spots, warped vision), eye pain, headache, etc., please visit an ophthalmologist's office as soon as possible. Early stages of ocular diseases may not be accompanied by vision loss. If your unaided vision (naked eye acuity) is less than 0.7, it is recommended that you undergo vision correction at an ophthalmologist or optician.

Hearing: 1000Hz is low tone range and 4000Hz is high tone range. If hearing loss is identified for the first time or deteriorated hearing loss interferes with daily activity, consultation with an otorhinolaryngologist is recommended.

Blood Pressure and Pulse rate: When blood pressure is taken twice, the 2nd value is

given. Hypertension, which increases the risk of stroke and cardiovascular diseases, is defined as having a systolic pressure of 140 mmHg or higher and/or a diastolic pressure of 90 mmHg or higher. We encourage patients with hypertension to get medical attention. Systolic pressure of 130 mmHg or higher and/or a diastolic pressure of 85 mmHg or higher are defined as risk factors in the Specific Health Checkup. Bradycardia is a slow heart rhythm less than 60 beats per minute and tachycardia is a pulse rate that exceeds 100 beats per minute. These can be indicative of arrhythmia and thyroid disease.

Urinalysis (protein/ occult blood/ glucose): Protein and blood range in the urine above 1+ can be indicative of kidney or urological diseases, and glucose range above 1+ can be indicative of diabetes mellitus. If protein or blood range in the urine is above 1+, re-examination is required. Please get a urine testing tool from us and undergo a re-examination on the appointed day. Regardless of whether abnormalities have been identified or not, any symptoms such as weariness, swelling, a mild fever, or painful urination should promptly be brought to the attention of a medical professional.

Physical examination (objective findings): A physical examination will be conducted when it is deemed necessary from a medical interview and visual examination. If an abnormal finding is suspected, you are instructed to consult a specialist for further tests or observation.

Medical Care and Medical Consultation

Keio Clinics provide medical care and health consultation.

Please confirm the medical examination schedule and the physicians' specializations in advance.

*You can confirm this on our homepage (<http://www.hcc.keio.ac.jp/>).

Public health nurses can respond to inquiries about your health checkup results except for the physicians' consultation time.

◎ Medical specialists

Renal Diseases and Hypertension: Dr. Takeda and Dr. Adachi

Cardiovascular Diseases: Dr. Makino

Diabetes, Endocrinology, and Obesity: Dr. Hirose and Dr. Goto

Pulmonary Diseases: Dr. Mori, Dr. Tomoyasu Nishimura and Dr. Kaji

Gastroenterology and Hepatology: Dr. Yokoyama and Dr. Ishiwata



Health Center, Keio University

Headquarters at Hiyoshi

Mita branch

Shonan Fujisawa branch

Shinanomachi branch

Shiba-Kyoritsu branch

Keio Shiki Senior High School branch

Ext: 32708-32712

Ext: 22392, 22395

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Ext: 26225

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