

Interpretation of Health Checkup Results and

Keio University Health Center 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 Keio University Health Center Shinanomachi Branch. (our office)

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: For unaided vision of less than 0.7, correction (eyeglasses or contact lenses) is recommended. If you experience symptoms such as rapid vision loss, bleary eyes, etc., an ophthalmologic examination is recommended.

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, a result of the 2nd measurement 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 (heart sound, objective findings): We will do physical examination in order to confirm objective symptoms. If your heart murmur is suspected to be abnormal, you are instructed to consult a cardiovascular specialist for further tests or observation.

Medical Care and Medical Consultation

Our office provides 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. Azegami

Cardiovascular Diseases: Dr. Wainai and Dr. Makino

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

Pulmonary Diseases: Dr. Mori and Dr. Tomoyasu Nishimura

Gastroenterology and Hepatology: Dr. Yokoyama



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Keio University Health Center Ver 1.2