



Annual Health Check

How to understand your results

1. Height / weight measurements

BMI (body mass index) is calculated with $BMI = \text{weight (kg)} / [\text{height (m)}]^2$. It is known that a BMI of 22 for Japanese people indicates the lowest frequency of illness. Therefore ideal weight is calculated as $22 \times [\text{height (m)}]^2$, however this varies between individuals. It is known that being underweight or overweight can lead to health problems in later life, so it is important to know your own healthy weight. Also, caution is required should your weight fluctuate more than ± 5 kg over a short period of time.

2. Blood pressure measurement

Blood pressure is the pressure under which the heart pumps blood around the body. Normal blood pressure is less than 140 mmHg systolic and 90 mmHg diastolic. Neglecting high blood pressure can lead to heart failure or cerebral hemorrhage. Some people can experience increased blood pressure simply through stress associated with undergoing an examination. In such a case, please measure again at Health Administration Center on another day.

3. Urine test

Protein: This is a test to check for kidney diseases such as chronic nephritis. The result can be affected by, for example, fever up or vigorous exercise.

Sugar: A positive result is suspicions for diabetes mellitus.

If you have positive results, visit Health Administration Center for re-check.

4. Eyesight

As people testing lower than 0.6 could experience difficulties in lectures and other aspects of student life, correction with glasses or contact lenses will be recommended. Please consult an ophthalmologist.

5. Hearing

In order to ensure that you do not experience difficulties while university life, the doctor will check that you have no problems with hearing conversational speech levels.

6. Chest X-ray photo

This is a test to check for pulmonary disease like pneumonia or tuberculosis, abnormalities of the spine, or enlargement of the heart.

7. Physical examination

Physician makes physical examination; color of the eyelid conjunctiva, lymph nodes and thyroid gland of the neck region, skin, heart and breath sounds. The physician check the medical questionnaire, too.

We would like to make sure about your current illness and treatment; we will make contact with you by email or phone to come to the Health Administration Center.



☆ Grading of results ☆

- A: Within normal range or no findings.
- B: Slightly out of normal range, please follow up the data.
- C: Re-testing is required. Lifestyle advice will be given by a physician, a nurse, or a dietician at Health Administration Center.
- D: Advanced examination or medical treatment are required. Please receive an explanation of your results from a physician at Health Administration Center. If it is necessary, a physician will make reference letter to the hospital.

★ New students were also carried out the following tests

8. ECG

ECG detects abnormalities in the heart, such as irregular pulse, by monitoring fluctuations of the voltage produced by the heart. In some cases where abnormalities have been identified, it may affect participation in sports. Please visit Health Administration Center for a explanation of your results, if you have a finding.

9. Blood analysis

Liver function test: It measures the serum concentration of liver enzymes. A high count can raise suspicion of viral hepatitis or fatty liver. Comprehensive examination is required at a medical facility. Fatty liver is required better diet and exercises habit.

Lipids test: It is known that high levels of triglyceride or LDL cholesterol can lead to the development of atherosclerosis. Atherosclerosis is the hardening and thickening of artery walls, which may cause myocardial or cerebral infarction. On the other hand, HDL cholesterol is also known as "good cholesterol", which works to prevent atherosclerosis.

Glucose metabolism test: Blood glucose concentration is strictly regulated from 60 to 140 mg/dl at any times. HbA1c demonstrates average blood glucose level for the last 1-2 months. If it is over 5.9%, it is high possibility for prediabetes. If it is over 6.5%, it is high possibility for diabetes mellitus. You have visit the specialist to have precious examination like glucose tolerance test.

Uric acid measurement: Uric acid is a metabolite from purine, which widely exists in body configuring skeletal nucleotides and nucleic acids. If it's level exceeds 8.0 mg/dl over a prolonged period, this may cause gout onset. People with over 7.1 mg/dl should review the content of their meals and maintain a healthy body weight. Those with over 8.0 mg/dl should consult a clinics or hospital.

Antibody tests for infectious diseases

Measles, rubella, mumps, and chicken pox are highly contagious and sometimes induce serious illness. An individual who has no antibodies is at immediate risk of infection. Patients may experience more severe conditions if they are infected later in life. Infection of a mother during pregnancy can cause congenital syndrome in her child. Some people do not have sufficient antibodies against these diseases, even if they have been vaccinated in childhood.

Unless 90% or more of the population have adequate levels of antibodies, there is a risk of an outbreak. Only a person with sufficient antibody can participate in teaching practice, hospital practice, and nursing care practice.

If you do not have the enough antibody levels, it is recommended that you receive additional vaccinations at a medical institution.



	Item	Normal range
Liver function	AST (GOT) (IU/L)	≤ 40
	ALT (GPT) (IU/L)	≤ 40
Lipids	Triglyceride (mg/dl)	< 150
	HDL cholesterol (mg/dl)	$40 \leq$
	LDL cholesterol (mg/dl)	< 140
Glucose metabolism	Blood sugar (at any time) (mg/dl)	< 140
	HbA1c (%) (NGSP)	< 5.9
Uric acid	Uric acid (mg/dl)	≤ 7.0

	Ideal level	Required to have shot
Measles	$16.0 \leq$	< 4.0
Rubella	$8.0 \leq$	< 4.0
Mumps	$4.0 \leq$	< 2.0
Chicken pox	$4.0 \leq$	< 2.0