



Annual Health Check, 2010

Explanation of health check results (No.1)

1. Height / Weight measurements

BMI (body mass index) is calculated with $\text{weight(kg)}/(\text{height(m)})^2$. It is known that a BMI of 22 for Japanese people indicates a low frequency of illness. Ideal weight is calculated as $22 \times (\text{height(m)})^2$, but 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 over a short period of time (more than 5 kg in one year).

2. Blood pressure measurement

Blood pressure is the pressure under which the heart pumps blood around the body. Normal blood pressure is less than 139 mmHg systolic / 89 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 having blood pressure taken or 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 suspicious for diabetes mellitus.

ocult blood: A positive result is suspicious for nephritis, cystitis, inflammation of the urethra, urinary tract stone or tumor, or benign causes. If you have positive results, visit Health Administration Center for recheck.

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. (In such a case, please consult an ophthalmologist or optician.)

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.

6. Chest X-ray

This is a test to check for pulmonary disease (pneumoniae or tuberculosis), abnormalities of the spine, or enlargement of the heart.

7. Physical examination

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



When We would like to make sure about your current illness and treatment, we will make contact with you by mail or phone to come to the Health Administration Center!

☆Grading of results☆

A: With in normal range or no findings.

B: Slightly out of normal range, please follow up the data.

C: Re-testing required. You may have a re-examination and lifestyle advice will be given by a physician, nurse, or dietician at Health Administration Center.

D2: Advanced examination required. Please receive an explanation of your results from a physician in Health Administration Center. If it is necesaly, a physician will make reference letter to the hospital.

D1: Medical treatment will be required. Please. Visit Health Administration Center as soon as possible.

E: Undergoing treatment.

G: Test has not completed.