

Kumamoto City Annual Health Checkup

Explanation of Results

English Translation by Kumamoto City ALT

2013

About the test results

The conclusions of this centre regarding test results are divided into seven levels from A to F.

A	No abnormalities detected.
B1	A change was detected, but it will not pose an obstacle to your everyday life.
B2	Please take the health checkup once annually.
C	Please get re-tested at a medical institution.
D	Please undergo a detailed examination.
E	Please seek medical treatment.
F	Please continue your medical treatment (or follow-ups).

Notes:

- Persons directed to undergo a detailed examination should proceed to the specified medical institution (department of internal medicine, surgery, gastroenterology, respiratory medicine, gynaecology, etc.), submit a 紹介状 or “letter of introduction” (materials for submission to the institution, 医療機関提出資料) and undergo examination.
 - Persons directed to seek medical treatment should choose a medical institution (and a primary physician) and make regular visits, undergoing detailed examinations and treatment as necessary.
- ❖ If you experience subjective symptoms, please see a medical specialist without waiting for the next annual health checkup.

Contents of the tests

Physical 【体格】

This is to check if you are overweight or underweight.

BMI – this is often used as an index of obesity. $BMI = \text{your weight (kg)} / (\text{height(m)})^2$.

(身長 – height; 体重 – body weight; 標準体重 – standardised body weight; 腹囲 – abdominal circumference; 内臓脂肪面積 – visceral fat area).

Blood pressure test 【血圧】

This is to check for high or low blood pressure. High blood pressure can be a cause of arteriosclerosis, and of damage to the brain, heart, kidneys, etc. (収縮期血圧 – systolic blood pressure; 拡張期血圧 – diastolic blood pressure).

Ocular fundus inspection 【眼底】

This is primarily an inspection of the blood vessels at the back of the eye. Sometimes abnormalities due to high blood pressure, diabetes etc. can be detected in this way.

Lipids 【脂質】

Blood cholesterol and neutral lipids (中性脂肪) are fats within the blood. If their levels are too high, they will be deposited on the arterial walls and could become a cause of arteriosclerosis.

HDL cholesterol (HDL コレステロール) – functions to remove the cholesterol stored in cells and redirect it to the liver. This has a preventative effect towards arteriosclerosis.

LDL cholesterol (LDL コレステロール) – functions to transport cholesterol synthesised in the liver throughout the tissues of the body. This has the effect of accelerating arteriosclerosis.

Glucose metabolism 【糖代謝】

We measure your blood glucose levels (血糖), and check for the presence of sugar in the urine (尿糖). If fasting blood glucose levels (空腹時血糖) are high, there is a possibility of diabetes.

Haemoglobin A1c (HbA1c) – reflects blood glucose state over the past 1-2 months.

Hepatic function 【肝機能】

We check whether there are any impediments to the functioning of the liver. Possible causes of such impediments include viral hepatitis, alcoholic liver disease, fatty liver due to obesity, etc.

HCV test (HCV 検査) – a test for hepatitis C.

HBs antigen/HBs antibody (HCV 抗原・HCV 抗体) – a test for the presence of the hepatitis B virus. Presence of the antigen indicates a state of current infection. Presence of the antibody reveals a past infection which has completely healed, with no danger of re-manifestation.

Urinalysis 【尿検査】

If there are abnormalities – in the case of urinary protein (尿蛋白), in the kidneys, and in the case of occult blood (潜血), in the kidneys, bladder or urethra – the test may indicate positive.

Renal function 【腎機能】

We check the ability of the kidneys to eliminate waste substances from the blood. If this ability deteriorates, there will be a rise in creatinine (クレアチニン) and a decrease in estimated GFR values (推算 GFR 値). (尿素窒素 – blood urea nitrogen).

Uric acid 【尿酸】

Hyperuricaemia is caused, among other things, by the overproduction of uric acid and a decline in the excretory functioning of the kidneys. An increase of uric acid may result in gout and kidney stones.

General blood test 【血液一般】

Red blood cell count, haemoglobin, haematocrit (赤血球数、ヘモグロビン、ヘマトクリット)

The aim is to detect anaemia.

White blood cell count (白血球数) – these cells function as a biological defence mechanism. When there is an infection or inflammation, the white blood cell count increases.

Faecal occult blood 【便潜血】

This is primarily to test for the presence of haemorrhaging from the large intestine. The test is responsive to even trace amounts of blood, undetectable by the naked eye.

Qualitative stool examination (便定性) – in the event of a positive result, a complete examination of the large intestine by means of endoscopy and a barium enema (X-ray examination) will be necessary.

Quantitative stool examination (便定量) – principally, the degree of haemorrhaging from the large intestine can be determined from this.

Cardiac examination 【心臓検査】

As an electrocardiogram records the electrical activity of the heart, it is an essential test to take following the discovery of ischaemic heart disease, arrhythmia, cardiac dislocation, hypertrophic or dilated cardiomyopathy, or other heart conditions. (異常なし – no abnormalities found).

Chest examination 【胸部検査】

Chest X-ray examination (胸部X線検査) – this is to detect any abnormalities in the chest area by means of X-ray images.

Sputum examination (喀痰検査) – this is to check for cancer cells in the sputum. It is especially effective in detecting cancer in the vicinity of the pulmonary hilum (the entranceway to the lungs).

Within normal range 正常範囲	No atypical cells are visible.
Follow-up 経過観察	Please get re-tested within the specified time period.
Detailed examination required 要精密検査	You must undergo a detailed examination at a specialist medical institution.
Test inconclusive 判定不能	Since the amount of sputum produced was insufficient, a firm conclusion could not be drawn.

❖ Even if there are findings (所見) within the normal range, please get tested and receive treatment within the specified time period.

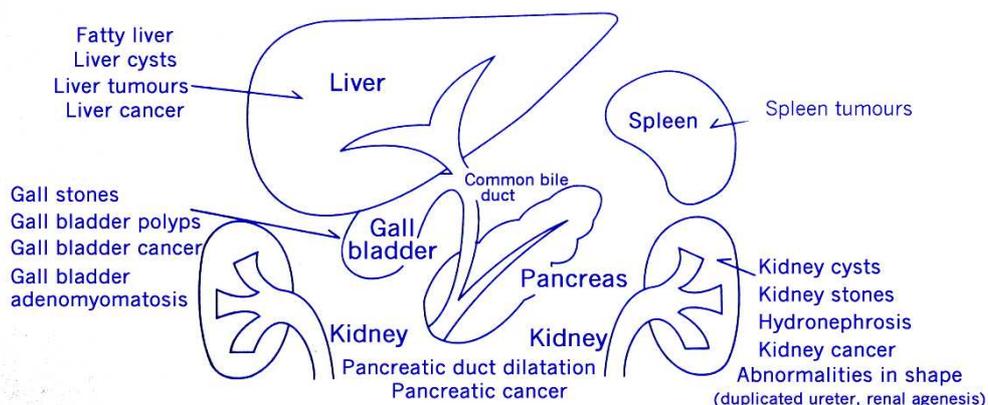
Upper gastrointestinal tract examination 【上部消化管検査】

Gastrointestinal fluoroscopy (胃透視) – after drinking barium, the presence of stomach diseases (ulcers, polyps, cancer, etc.) is investigated.

Upper gastrointestinal tract endoscopy (上部消化管内視鏡) – using an endoscope (camera) to directly observe the oesophagus, stomach and duodenum, the presence of diseases (ulcers, polyps, cancer, etc.) is investigated. A histological (tissue) examination will be conducted as necessary.

Abdominal ultrasonography 【腹部超音波検査】

In the ultrasound examination, high frequency sound vibrations inaudible to the human ear are directed at each internal organ, in order to determine the shape of each organ and the presence or absence of cancer or lesions. This process is harmless to the human body. By examining the liver, gall bladder, bile ducts, kidneys, pancreas, spleen, abdominal aorta etc., the kinds of changes shown below can be identified. However, depending on your physique and the state of the gases in the lungs, stomach and intestines, there may be some difficulty in visualising the internal organs.



Breast cancer screening 【乳がん検診】

Palpation check (視触診) – this is to see if there is any stiffness, lumps or abnormal secretions from the breasts.

Breast ultrasound (乳房超音波) – this can detect changes in the mammary gland tissues, milk ducts, etc. This method is especially excellent at detecting tumours and cysts. However, sometimes there is difficulty in representing changes which do not produce tumours.

Mammography (マンモグラフィ) – reveals an overall image of the breasts. It is especially excellent at discovering cancers which cannot be felt as lumps (e.g. calcifications).

Cervical cancer screening 【子宮頸がん検診】

Pelvic examination (内診) – abnormalities of the vulva, tumours or hypertrophy of the uterus or ovaries, etc. can be detected.

Pap test (子宮頸部細胞診) – this is a test in which samples of the cells at the entrance of the uterus and in the cervix are collected with a cotton swab, and examined under a microscope.

Within normal range 正常範囲	No atypical cells are visible.
Detailed examination required 要精密検査	You must undergo a detailed examination at a specialist medical institution.
Test inconclusive 判定不能	Due to an inadequate specimen, a firm conclusion could not be drawn.

- ❖ Even if there are findings (所見) within the normal range, please receive treatment within the specified time period.
- ❖ As of April 2011, we have changed to a new cytodiagnostic method (based on the 2001 Bethesda System).

Ultrasound thyroid examination 【甲状腺検診超音波検査】

We look for changes in the thyroid using ultrasound. Tumours, cysts and so on can be detected in this way.

Osteoporosis screening 【骨粗鬆症検診】

Maximum bone density ratio (最大骨密度比) – taking peak bone mass (reached around 30 years of age) as 100%, this is a comparison of your bone density to the maximum.

Same age group bone density ratio (同年代骨密度比) – taking the average value of people of your age group as 100%, this is a comparison of your bone density to the average.

+ Japanese Red Cross Society
Kumamoto Health Control Centre 2012.04