

Additional Tests (male)

<input type="checkbox"/> Nutritional Screening Tests	¥16,720	Blood tests: Vitamin B12; folic acid; (25)OH vitamin D Consider these tests if you have a restricted diet (vegetarian), if you have low natural sunlight exposure or experience chronic tiredness.
<input type="checkbox"/> STI (Sexually Transmitted infection) Screen	¥14,630	Additional blood tests: Syphilis (RPR); HIV Additional urine tests: Chlamydia; Gonorrhea <i>If you have any symptoms or concerns, please discuss with your doctor as well.</i>
<input type="checkbox"/> Sex Hormones	¥15,950	Additional blood tests: Testosterone; Pituitary Sex Hormones (LH, FSH and Prolactin) Consider these tests if you have low libido or unexplained fatigue, irritability, loss of muscle tone or poor recovery from exercise.
<input type="checkbox"/> Helicobacter Pylori Test	¥4,400	Blood test: Helicobacter Pylori antibody This bacteria commonly colonizes the stomach and duodenum. It can cause ulcers and increases stomach cancer risk.
<input type="checkbox"/> Gastroscopy <i>Usually requires pre-booking. Sedation can be given.</i>	¥55,000	Examines the stomach using a flexible scope and camera to look for signs of cancer and other disease. Consider this if you have chronic stomach problems such as pain or weight loss. <i>Japanese people have a much higher incidence of stomach cancer than westerners so are advised to have regular stomach screening from age 30.</i>
<input type="checkbox"/> Colonoscopy <i>Usually requires pre-booking. Sedation usually given.</i>	¥110,000	Examines the colon using a flexible scope and camera to look for polyps, bowel cancers, infection and inflammation. Recommended regularly for all individuals over 45 and recommended for those aged 40 or above who have a family history of bowel cancer.
<input type="checkbox"/> Carotid Artery Ultrasound Scan	¥11,550	An ultrasound scan of the larger arteries in your neck. Identified plaque / narrowing of the arteries. Consider this test if you are over 50 or if you smoke, have high blood pressure, high cholesterol, diabetes or a family history of heart disease or stroke.
<input type="checkbox"/> Sleep Study	¥33,000	Performed at home overnight using a portable device. Checks for sleep apnea, recommended if you've been noted to have airway obstruction while sleeping, particularly if this is combined with daytime fatigue.
<input type="checkbox"/> Continuous Glucose Monitoring	¥29,700	You will be fitted with a sensor which continuously measures your blood sugar over 14 days. During this time, keep a food diary. This will help to determine your individual response to different meals. <i>Charge covers the cost of the sensor and a follow up consultation to discuss the results with your doctor.</i>
<input type="checkbox"/> Measles, Mumps and Rubella Immunity	¥13,860	Blood test for antibodies. Younger people will typically be immune from childhood vaccination, though the year in which MMR was introduced varies by country. Consider if unsure about your vaccination history.

EXPEDITED REPORT

<input type="checkbox"/> Within 5 working days. <i>(otherwise 14 days)</i>	¥4,400	Your report will be completed and mailed in 5 working days and emailed as a PDF at the same time.
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Additional Tests (female)

<input type="checkbox"/> Nutritional Screening Tests	¥16,720	Blood tests: Vitamin B12; folic acid; (25)OH vitamin D Consider these tests if you have a restricted diet (vegetarian), if you have low natural sunlight exposure or experience chronic tiredness.
<input type="checkbox"/> STI (Sexually Transmitted infection) Screen	¥14,630	Additional blood tests: Syphilis (RPR); HIV Additional urine tests: Chlamydia; Gonorrhea <i>If you have any symptoms or concerns, please discuss with your doctor as well.</i>
<input type="checkbox"/> Sex Hormones	¥15,950	Additional blood tests: Estrogen, Pituitary Sex Hormones (LH, FSH and Prolactin) Consider if you have abnormalities to your cycle - changes in frequency of menstrual periods or unexpectedly uncomfortable, light or heavy periods.
<input type="checkbox"/> Helicobacter Pylori Test	¥4,400	Blood test: Helicobacter Pylori antibody This bacteria commonly colonizes the stomach and duodenum. It can cause ulcers and increases stomach cancer risk.
<input type="checkbox"/> Gastroscopy <i>Usually requires pre-booking. Sedation can be given.</i>	¥55,000	Examines the stomach using a flexible scope and camera to look for signs of cancer and other disease. Consider this if you have chronic stomach problems such as pain or weight loss. <i>Japanese people have a much higher incidence of stomach cancer than westerners so are advised to have regular stomach screening from age 30.</i>
<input type="checkbox"/> Colonoscopy <i>Usually requires pre-booking. Sedation usually given.</i>	¥110,000	Examines the colon using a flexible scope and camera to look for polyps, bowel cancers, infection and inflammation. Recommended regularly for all individuals over 45 and recommended for those aged 40 or above who have a family history of bowel cancer.
<input type="checkbox"/> Carotid Artery Ultrasound Scan	¥11,550	An ultrasound scan of the larger arteries in your neck. Identified plaque / narrowing of the arteries. Consider this test if you are over 50 or if you smoke, have high blood pressure, high cholesterol, diabetes or a family history of heart disease or stroke.
<input type="checkbox"/> Sleep Study	¥33,000	Performed at home using a portable device. Checks for sleep apnea, recommended if you've been noted to have airway obstruction while sleeping, particularly if this is combined with daytime fatigue.
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<input type="checkbox"/> Measles, Mumps and Rubella Immunity	¥13,860	Blood test for antibodies. Younger people will typically be immune from childhood vaccination, though the year in which MMR was introduced varies by country. Consider if unsure about your vaccination history.
<input type="checkbox"/> HPV High Risk screening	¥9,900	Additional test performed with your PAP smear test. If both regular PAP smear and high-risk HPV test are negative, you would not normally need another test for 5 years.

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