

Despite the proven effectiveness of early detection for cancer prevention, screening rates in Japan remain less than ideal.

Participation rate **Cervical cancer 35%** Participation rate **Breast cancer 44%**

Source: Ministry of Health, Labour and Welfare, Corporate Action to Promote Cancer Control, 2021 Status survey on cancer screening participation rates and cancer screening awareness initiatives and employee support programs.

Convenient if you schedule it with your annual health check!

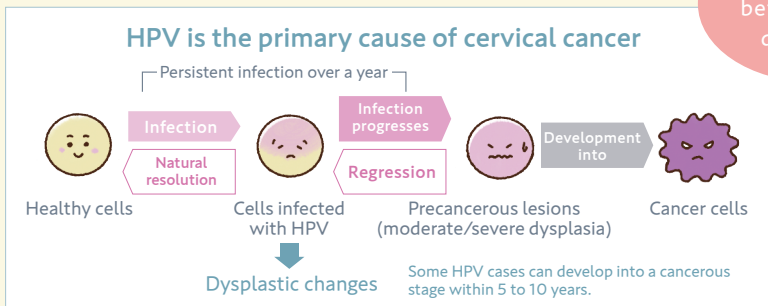


Now's the perfect time to address those health concerns!

Check out the recommended women's health screening and optional examinations at the Midtown Clinic

High prevalence, yet early detection through screenings is highly effective!

Cervical cancer



Screen for HPV before cancer develops!



The majority of cervical cancers are caused by the human papillomavirus (HPV), which is transmitted through sexual contact. HPV is a very common virus, and most infections are cleared naturally by the immune system. However, in about 10% of cases, individuals cannot eliminate the virus, resulting in a persistent infection. These infections can cause changes (dysplasia) to the cervical cells, which may, in some cases, develop into cancer.

Cervical cancer screening

To be safe, consider screening for high-risk HPV strains when undergoing your cervical cancer screening. The **Pap smear and HPV test can be performed simultaneously** at our clinic.

Pap Smear

Annual screening is recommended for all women aged 20 and above. This test can detect cervical cancer at a precancerous stage, leading to early detection and treatment. *Concurrent HPV testing is recommended to enhance accuracy.

6,050 Yen

Transvaginal Ultrasound

A common gynecological test used to evaluate the uterus and ovaries aimed at identifying abnormalities such as uterine fibroids, endometriosis, ovarian cysts, and suspected uterine cancer.

6,050 Yen

Human Papillomavirus (HPV) Test

*Must be scheduled together with the Pap Smear

Screens for high-risk HPV strains associated with cervical cancer. Combining HPV testing with the Pap smear enhances the detection rate of cervical cancer, ensuring the identification of precancerous lesions without anything being overlooked.

*Samples are collected simultaneously during the Pap smear. *Reference: Cuzickj, et al. Lancet (2003) 362:1871-1876

5,500 Yen

Comprehensive Gynecologic Cancer Screening

*Must be scheduled together with the Pap Smear

Pap Smear

Transvaginal Ultrasound

Human Papillomavirus (HPV) Test

16,500 Yen

Basic Gynecologic Cancer Screening

Transvaginal Ultrasound

Human Papillomavirus (HPV) Test

*Recommended for those eligible for an insurance-subsidized Pap smear test.

11,000 Yen

Sexually Transmitted Infections Screening

Safeguard your sexual health and well-being!



Infections are on the rise!

Syphilis (TPHA & RPR)

Screening test for syphilis, which has recently surged among young adults in Japan. *Blood test

1,100 Yen

Gonorrhea & Chlamydia

Two common sexually transmitted infections that can be found in the genitals, as well as the mouth and rectum.

4,400 Yen

Breast cancer screening, fertility testing, and more...check the back for details →

It is a leading cancer among women, but it also can be effectively prevented through early detection.

Breast cancer

Early detection and timely treatment have proven to improve survival rates!



For those in their 20s and 30s!

Available for young women, expectant mothers, and breastfeeding women.

Breast Ultrasound



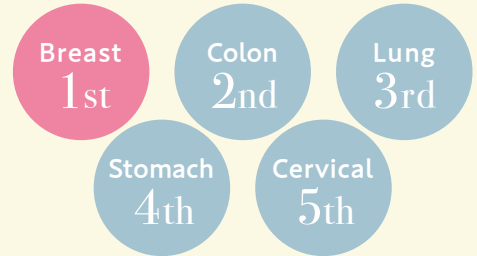
For those aged 40 and above!

The golden standard for breast cancer screening in women aged 40 and above.

Mammography



Cancer incidence in women (2019)
*Japanese figures



Breast cancer screening

Mammograms are generally not recommended for women in their 20s because incidence and mortality rates for breast cancer are minimal, and the risk of radiation is considered to be greater.

Mammography

The breasts are compressed between plastic plates and X-rayed from top to bottom and side to side to screen for lumps (tumors), architectural distortions, and calcifications. Experiences can vary across individuals, but the process can involve some discomfort. *Recommended for women aged 40 and above. *Those with breast augmentation are not eligible for this exam.

8,250 Yen

3D Mammography

Unlike the conventional 2D mammogram, which yields planar images, the multidirectional 3D mammogram generates high-resolution images, making detecting abnormalities easier even in dense breast tissues where detection was previously difficult. *Recommended for women aged 40 and above. *Those with breast augmentation are not eligible for this exam. *If your course already includes a 2D mammogram, you may upgrade to a 3D mammogram for an additional fee of 5,500 yen.

13,750 Yen

Breast Ultrasound

The breast tissue is evaluated using ultrasound waves for the presence, condition, and size of any lumps. This screening especially benefits young women or those previously informed of dense breast tissue during mammography. For Japanese women in their 40s, combining mammography and ultrasound screenings is said to enhance cancer detection rates by 1.5 times. *Available for women of all ages, especially those in their 20s and 30s.

6,050 Yen

Supplemental Breast Screening

Mammography

Breast Ultrasound

13,200 Yen

Recommended fertility tests

Are you planning for a family with your loved one?

*All tests listed are blood tests.



For men too!

MMRV Immunity Screening (Measles, Mumps, Rubella, Varicella)

● Screening for rubella, measles, mumps, varicella (chicken pox) antibodies.

In recent years, outbreaks of communicable diseases among unvaccinated young adults have become a social phenomenon that has disrupted corporate activity. Pregnant mothers and babies are also at risk for serious complications if infected during pregnancy, so it is strongly advised to determine vaccination status beforehand. **Each antibody test can be added individually upon request.**

14,850 Yen

Vitamin D Test

Vitamin D deficiency has been associated with an increased risk of osteoporosis, cancer, and lifestyle diseases. Meeting the recommended intake levels in the day-to-day can be difficult. Active measures should be taken to ensure effective intake.

3,300 Yen

Folic acid

Folic acid is a water-soluble vitamin and a member of the vitamin B group. Beginning folic acid supplementation before pregnancy is said to be essential because it can mitigate the risk of neural tube defects, a type of congenital malformation.

4,400 Yen

Zinc

Measures your zinc intake, which affects metabolism, reproductive health, immune system, and other body functions.

3,850 Yen

Ovarian Reserve Anti-Müllerian Hormone (AMH) test

You can check your ovarian reserve or how many eggs remain in the ovaries, which can help with family planning.

7,700 Yen

All prices shown include a 10% consumption tax.



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03-5413-0081

Mon-Fri 9:00 to 17:00 (excl. holidays)



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