

Membership premium medical checkup facility

# THE PREVENTION CLINIC TOKYO



# THE PREVENTION CLINIC TOKYO

# The Peninsula Tokyo 4F

VIP health checkup that diagnoses future risks.

Not only early detection of diseases,we also assess future risks and propose countermeasures.



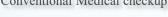
# FEATURES OF THE PREVENTION CLINIC TOKYO

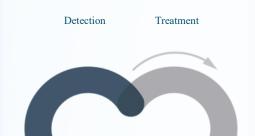
At THE PREVENTION CLINIC TOKYO, we combine the latest diagnostic imaging and liquid biopsy tests to monitor not only existing diseases but also predict future risks.

Our experienced doctors perform tests using medical equipment such as endoscopes and high-precision MRI/CT/US, as well as liquid biopsy tests.

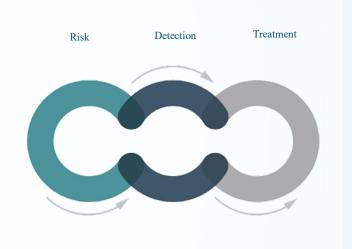
We also provide banking services to cultivate and store your own iPS cells for the purpose of dealing with future diseases.

#### Conventional Medical checkup





THE PREVENTION CLINIC TOKYO



THE PREVENTION CLINIC TOKYO



#### Affiliated medical institutions





# **Completed Course**

### Medical Check-Up

This is our most comprehensive course for detecting cancer, lifestyle-related diseases, and assessing associated risks.

By utilizing cutting-edge equipment and advanced techniques, we can perform a thorough, full-body examination in approximately half a day—tests that typically require 1 to 2 days at standard medical facilities.

Our advanced diagnostics include MRI scans of five key areas at an investigative level, featuring DWIBS and MRCP. Additionally, our CT technology allows for highly detailed imaging while minimizing radiation exposure. Ultrasound examinations are conducted by specialists, and all imaging results are carefully interpreted and supervised by expert radiologists, ensuring a truly "completed" examination process.

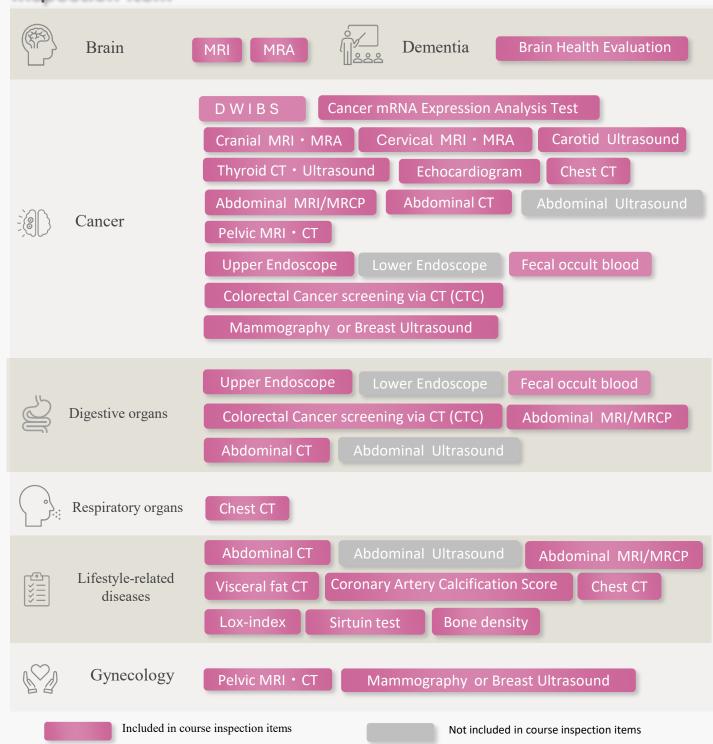
For gastrointestinal health, we provide upper gastrointestinal endoscopy performed by specialists and a virtual colonoscopy using 3D-CT imaging for more detailed investigations.

Moreover, we offer advanced blood tests, such as cancer mRNA expression analysis, LOX-index tests, and sirtuin function testing. Our brain health assessment uses AI analysis with MRI data, enabling the early detection of potential risks. With this comprehensive approach, we can identify future health risks early and provide tailored preventive measures to safeguard your well-being.

30s

### COMPLETED COURSE

### Inspection item



# Blood test



# **Total Course**

#### Medical Check-Up

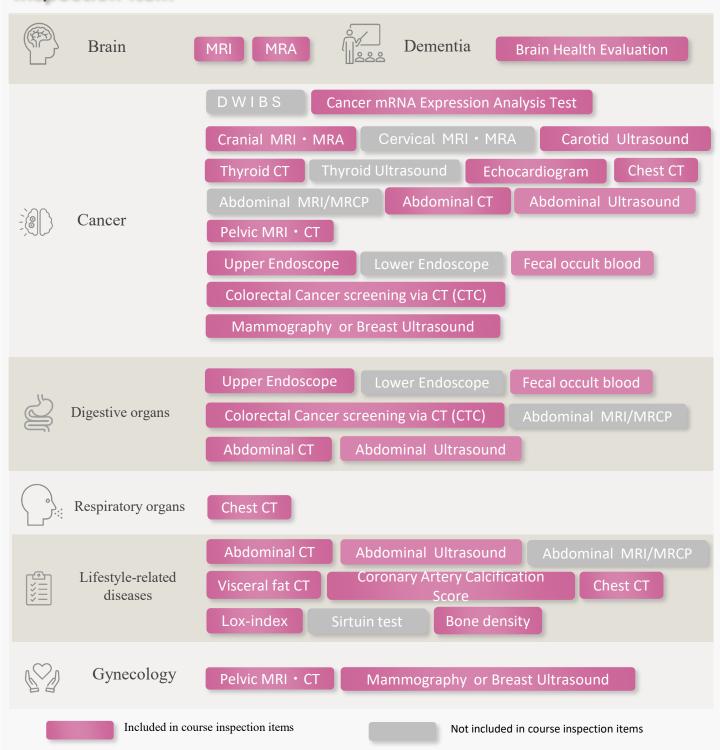
This course is ideal for individuals concerned about cancer or lifestyle-related diseases, as well as those seeking a comprehensive, high-grade examination of their entire body through advanced imaging and specialized tests—all completed in approximately 5 hours.

In addition to imaging tests such as upper gastrointestinal endoscopy, virtual colonoscopy using 3D-CT, MRI, CT, and ultrasound, the course includes cutting-edge cancer mRNA expression analysis to identify cancer risks at the genetic level. It also features LOX-index testing to assess the risk of stroke and heart attack. Furthermore, an innovative brain health evaluation visualizes the state of your brain during the presymptomatic stage using MRI image analysis.

Designed for busy professionals and individuals with active lifestyles, this course provides a specialized and detailed evaluation of risks related to cancer, stroke, heart attack, and dementia—all within a short 5-hour timeframe.

### **TOTAL COURSE**

### Inspection item



# Blood test



# Full Body + Cancer Course

Medical Check-Up

This is a comprehensive, high-grade course designed for individuals concerned about cancer caused by genetic factors, aging, or lifestyle habits.

The course includes advanced diagnostic imaging such as upper gastrointestinal endoscopy, MRI, and CT, as well as cancer mRNA expression analysis for evaluating cancer risks at the genetic level. These tests are tailored to enable the early detection of cancer through a thorough and specialized screening process.

This program is suitable for people of all generations who prioritize daily health management and are mindful of cancer risks. It offers a comprehensive full-body check-up to ensure peace of mind and proactive health care.

Time Required

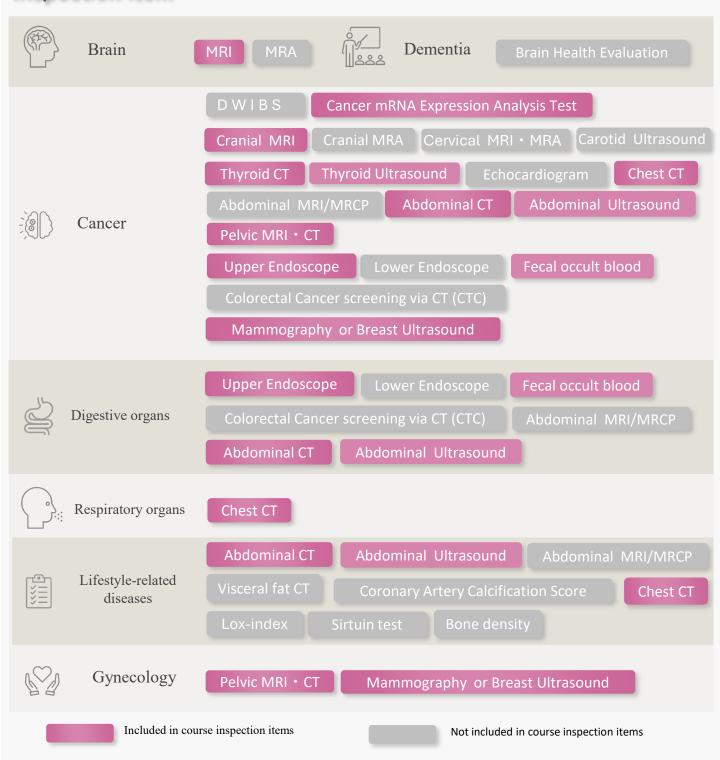
) 4.5H

Target Audience

20s 30s 40s 50s 60s 70s

# Full body + Cancer Course

# Inspection item



# Blood test



# Full Body + Lifestyle Course

Medical Check-Up

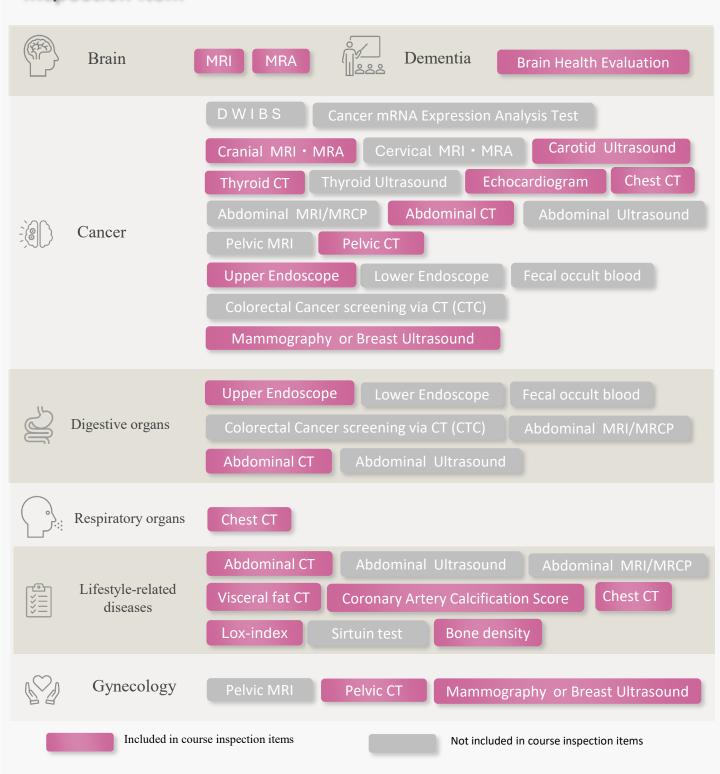
This course focuses on lifestyle disease risk assessment, featuring MRI and CT scans as well as the LOX-index test to evaluate the risk of stroke and heart attack. It also includes a brain health assessment, which visualizes the brain's condition in its pre-symptomatic stage through advanced MRI image analysis.

Stroke and cerebral hemorrhage remain among the leading causes of death, making early detection and prevention crucial.

This course is designed for individuals concerned about irregular sleep patterns, obesity, smoking, diet, or other lifestyle habits. It offers a comprehensive examination of your overall health to support proactive health management.



# Full body + Lifestyle Course Inspection item



## Blood test

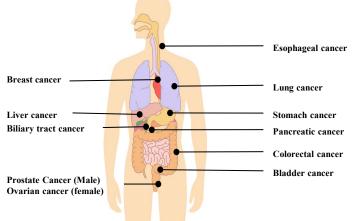


# Cancer mRNA Expression Analysis Test

The cancer mRNA expression analysis test measures the expression levels of mRNA in the blood to examine and analyze numerous cancer-related genes. This test assesses the likelihood of cancer presence as well as the growth potential of cancer cells.

By conducting this test regularly and maintaining a low-risk result, the aim is to reduce the likelihood of developing cancer. In other words, this test does not evaluate an unchanging genetic predisposition but rather diagnoses the current state of your genes—reflecting the condition of your body at that specific point in time.

The test evaluates the risk in 9 genes
(8 areas for men and 11 areas for women) on a 5-level scale.



### Steps of the Examination



A blood sample will be collected at the clinic.



A detailed examination will be conducted at a specialized facility.



The test results will be reported to you in approximately 10 days.



# DWIBS

An MRI imaging method for detecting cancer and its metastasis using an MRI machine.

This method detects areas where cancer cells or water molecule activity is abnormal, visualizing these areas in a single scan from the neck to the pelvis to assess cancer risk.

While PET-CT is another method for assessing cancer risk, DWIBS has the advantage of being radiation-free, requiring no dietary restrictions, and having a shorter examination time.

Additionally, by incorporating chest CT, colon 3DCT, and other comprehensive examinations into our course, cancers that are difficult to detect with DWIBS alone can also be covered, ensuring more accurate results.

Differences Between DWIBS and PET-CT	DWIBS	PET-CT
Dietary Restrictions	None	Fasting before the test is required
Medication/Injection	None	Intravenous injection of radioactive agents
Radiation Exposure	None	Radiation exposure from radioactive agents and CT
Examination Time	Approx. 30 minutes to 1 hour	Includes injection, approx. 3 hours
Post-Test Waiting Tim	None	Approx. 30 minutes to 1 hour
Cancers Easily Detectable Through the Examination	Head and neck cancer (throat, thyroid) Esophageal cancer. Breast cancer Liver cancer. Gallbladder cancer Bile duct cancer. Uterine cancer Ovarian cancer. Kidney cancer Bladder cancer. Prostate cancer Malignant lymphoma Bone and soft tissue tumors (bone cancer), etc.	Head and neck cancer (throat, nasal cavity, pharynx). Thyroid cancer Esophageal cancer. Lung cancer Breast cancer. Colon cancer Ovarian cancer. Uterine cancer Malignant lymphoma, etc.
Cancers Difficult to Detect Through the Examination	Lung cancer. Stomach cancer Colon cancer, etc.	Liver cancer. Prostate cancer Bladder cancer. Skeletal cancer Stomach cancer. Kidney cancer



# Brain Health Assessment

The Brain Health Assessment is a diagnostic test that quantifies the brain's health using MRI imaging.

As we age, the number of nerve cells in the brain decreases, and gaps in the brain tissue become more pronounced. This assessment measures the size of these gaps and evaluates the condition of cerebral blood vessels by analyzing the volume of white matter lesions. These data provide a clear understanding of the brain's overall health.

The test is also useful for preparing against potential future risks, such as stroke or dementia.



You can take preventive measures before dementia develops.



Highly reliable quantitative "brain data"

If any of these apply to you, we

recommend a brain assessment.

- ✓ Frequently consume alcohol
- ✓ Often work overtime and experience sleep deprivation
- √ Have an unbalanced diet
- √ Do not get much exercise
- ✓ Interested in knowing your brain age
- ✓ Want to know the condition of your brain
- ✓ Want to maintain a healthy brain
- ✓ Feel anxious because a family member has dementia
- ✓ Take longer to learn new things
- ✓ Frequently forget people's names





# Colorectal 3D CT

By conducting CT imaging without using an endoscope, a detailed examination of the colon is performed.

laxative dosage

Less than half the time compared to endoscopy.

time required

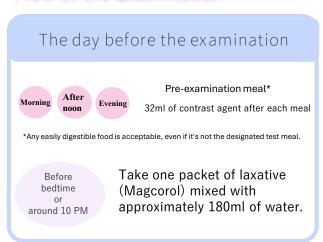
Approximately 15 minutes

feature



- ★By distending the colon with carbon dioxide and performing CT imaging, three-dimensional images can be created.
- ★Not only the colon but also information from surrounding organs within the imaging area can be obtained simultaneously.
- ★The examination can be performed even for individuals who have difficulty with colonoscopy insertion.

### Flow of the Examination



### On the day of the examination

- A soft catheter, about the thickness of a pencil, is inserted 5 to 7 cm.
- 2 Carbon dioxide is injected to expand the colon.
- Abdominal CT imaging is performed in both the supine and prone positions.
  - •The carbon dioxide injected into the colon is absorbed by the body within approximately 10 minutes.
- After the examination, you can resume your usual diet and daily activities.

# Optional inspection

Optional tests are conducted to thoroughly examine areas of concern or those related to diseases considered to have a high risk of development. If you wish to undergo a more detailed examination in addition to the standard one, please inform our doctors.

#### Tests for lifestyle-related diseases

Brain Health Evaluation

Coronary Artery Calcification Score

Cervical MRI · MRA

LOX-index

MCI (Mild Cognitive Impairment Risk Screening)

Visceral fat CT

ABI test

Amino Balance Check

Bone density

Amino + Intestinal Flora test

#### Cancer tests

Cancer mRNA Expression Analysis Test

**DWIBS** 

Colorectal Cancer screening via CT (CTC)

ALA Cancer Risk Screening

Abdominal MRI/MRCP

Lower Endoscope

miRNA Test 3 types

Pelvic MRI

Thyroid Ultrasound

miRNA Test 5 types

miRNA Test 8 types miRNA Test 13 types

Breast MRI

**Breast Ultrasound** 

#### Gynecological tests

3D-Breast Ultrasound

**Breast Ultrasound** 

Pelvic MRI

Mammography

Breast MRI

### Tests related to aging

Telomere Check

Sirtuin Check

Telomere + Sirtuin Check

### Antibody tests

Allergen Check

HIV antigen-antibody screening

# Referral destination/Partner hospital list

#### Japanese Medical University Hospital



[ Clinical department ]

Cardiology, Geriatrics, Neurology, Nephrology, Rheumatism/Collagen Disease, Hematology, Diabetes/Endocrinology/Metabolism, Gastroenterology/Hepatology, Respiratory Medicine, Chemotherapy, Neuropsychiatry, Pediatrics, Genetic Medicine Department, Department of Cardiovascular Intensive Care, Department of Stroke Intensive Care, Department of Radiology, Department of Radiation Therapy, Department of Oriental Medicine, Department of Oral Medicine (perioperative), Department of Rehabilitation, Department of Gastrointestinal Surgery, Department of Breast Surgery, Department of Endocrine Surgery, Department of Cardiovascular Surgery, , Respiratory Surgery, Neurosurgery, Orthopedics/Rheumatology Surgery, Women's Department/Obstetrics, Otorhinolaryngology/Head and Neck Surgery, Urology, Dermatology, Ophthalmology, Anesthesiology/Pain Clinic Palliative Care Department, Cancer Department, Critical Care Department (CCM), Plastic Surgery/Reconstructive Surgery/Cosmetic Surgery

#### Toranomon Hospital



#### [ Clinical department ]

Hematology, Endocrinology and Metabolism, Respiratory Medicine, Respiratory Surgery, Sleep and Pulmonary Medicine, Hepatology, Gastroenterology, Gastrointestinal Surgery, Neurology, Cardiovascular Medicine, Cardiovascular Surgery, Psychiatry, Pediatrics, Department of Dermatology, Department of Clinical Infectious Diseases, Department of Radiology, Department of Radiotherapy, Department of Breast and Endocrine Surgery, Department of Neurosurgery, Department of Neuro endovascular Therapy, Department of Rheumatism and Collagen Disease

### Ohashi Hospital Toho University Medical Center



#### [ Clinical department ]

Gastroenterology, cardiovascular medicine, nephrology, neurology, respiratory medicine, pediatrics, surgery, collagen disease rheumatology, diabetes/metabolism/endocrinology, esophageal/gastric/colorectal surgery, hepatobiliary and pancreatic surgery, mammary gland surgery

#### Japanese Red Cross Medical Center



#### [ Clinical department ]

Internal medicine, diabetes endocrinology, hematology, infectious diseases, collagen disease/allergy, gynecology, nephrology, palliative care, neurology, mental health, respiratory medicine, gastrointestinal medicine, cardiovascular medicine. Internal medicine, respiratory surgery, breast surgery, gastro-esophageal surgery, hepato-biliary-pancreatic and transplant surgery, colorectal and anal surgery, bone and joint orthopedics, neurosurgery, dermatology, urology

#### St. Luke's International Hospital



#### [ Clinical department ]

General internal medicine, neurology, respiratory medicine, gastrointestinal medicine, cardiovascular medicine, nephrology, endocrine and metabolic medicine, hematology, oncology, palliative care, psychosomatic medicine, infectious diseases, comprehensive health checkup, surgery Systemic departments, gastrointestinal/general surgery, orthopedics, plastic surgery

#### Nihon University Itabashi Hospital



#### [ Clinical department ]

General Internal Medicine, Respiratory Medicine, Hematology/Oncology, Rheumatism/Collagen Disease, Cardiology, Nephrology/Hypertension/Endocrinology, Gastroenterology/Hepatology, Diabetes/Metabolic Medicine, Neurology, Psychosomatic Medicine, Neuropsychiatry, Pediatrics/Neonatology, Dermatology, Breast Endocrine Surgery, Cardiovascular Surgery, Gastroenterology Surgery, respiratory surgery, pediatric surgery, neurosurgery, orthopedics, obstetrics, gynecology, urology, plastic surgery, otorhinolaryngology/head and neck surgery, ophthalmology

#### The Jikei University Hospital



#### 【 Clinical department 】

Gastroenterology/Hepatology, Neurology, Nephrology/Hypertension, Rheumatology/Collagen Disease, Cardiovascular Medicine, Diabetes/Metabolism/Endocrinology, Hematology/Oncology, Respiratory Medicine, Pediatrics, Dermatology, Neuropsychiatry, Digestion. Organ surgery, hepatobiliary and pancreatic surgery, breast and endocrine surgery, respiratory surgery, vascular surgery, pediatric surgery, orthopedics, neurosurgery, cardiac surgery, obstetrics and gynecology, urology, ophthalmology, otolaryngology, plastic surgery, rehabilitation, Dentistry, Pediatric Neurosurgery

# Doctor



#### 5 Star Medical Club - Chief Medical Director

#### Dr. Norimasa Tsukada

Conducted lung cancer treatment research at the Department of Thoracic Surgery, Keio University, and served as Chief Physician of the Respiratory Department at Kawasaki Municipal Hospital. With extensive clinical experience as a board-certified surgeon, later contributed to the establishment and medical practice of a membership-based clinic. Also engaged in healthcare research at the National Institute of Advanced Industrial Science and Technology (AIST).

As Medical Director at CLINIC 9ru, THE PREVENTION CLINIC TOKYO, and BiOSTYLE CLINIC, involved in cutting-edge medical treatments. Additionally, dedicated to advanced interdisciplinary research as a Specially Appointed Professor at Shinshu University.

Graduated from Teikyo University School of Medicine.

Areas of Expertise

Regenerative Medicine | Aesthetic Internal Medicine & Dermatology | Anti-Aging Medicine | Sports Medicine



#### THE PREVENTION CLINIC TOKYO - Clinic Director

#### Dr. Hirohisa Okame

Graduated from Nihon University School of Medicine and completed surgical training at the Department of Gastrointestinal Surgery, Nihon University. Further honed his skills at Higashimatsuyama Municipal Hospital and Mitsuwadai General Hospital. After obtaining a Doctorate in Medicine (Ph.D.), served as Chief Outpatient Surgeon at Nihon University's Department of Gastrointestinal Surgery and later as Chief Surgeon at Tsudanuma Central General Hospital.

Subsequently, worked as a clinical physician specializing in dendritic cell therapy for cancer treatment at an advanced cancer immunotherapy clinic in Tokyo. Later, served as the director of a membership-based health screening facility. Now, as the Clinic Director of THE PREVENTION CLINIC TOKYO, he focuses on integrating cancer immunotherapy into treatments and preventing recurrence.

Areas of Expertise Gastrointestinal Surgery | Regenerative Medicine | Anti-Aging Medicine



5 Star Medical Club - Chief Medical Advisor Professor Emeritus, Tokyo Medical University

### Dr. Harufumi Kato, M.D.

President, International Academy of Cytology | President, International Association for the Study of Lung Cancer | President, Japanese Society of Clinical Cytology | President, Japanese Lung Cancer Society Annual Meeting | Chairman, Japan Medical Association

Dr. Kato is recognized as a pioneer in the field of photodynamic therapy (PDT) for earlystage lung cancer, having developed this groundbreaking treatment. He has served as the Chairman of the Department of Surgery at Tokyo Medical University and as Vice President, as well as Director of the Clinical Proteomics Center. Throughout his career, he has received numerous prestigious awards both domestically and internationally, including the Japanese Society of Clinical Cytology Award in 1986. He has contributed to the advancement of medical research and healthcare technologies as a specialist advisor to various governmental agencies.

Areas of Expertise

Thoracic Surgery | Photodynamic Therapy | Lung Cancer Treatment



# 5 Star Medical Club – Chief Academic Advisor Professor Emeritus, Aichi Medical University

### Yoshitaka Fukuzawa, M.D., Ph.D., FACP

Former Professor and Director of the Department of Strategic Preventive & Integrative Medicine and Health Promotion at the Graduate School of Medicine, Aichi Medical University, as well as the Comprehensive Center for Preventive & Integrative Medicine at Aichi Medical University Hospital (also serving in the Department of Hepato-Biliary-Pancreatic Medicine). Currently holds positions as Trustee and Professor Emeritus at Aichi Medical University, President of the Aichi Medical University Alumni Association (Aikitsu-kai), and Fellow of the American College of Physicians (FACP). Additionally, he serves as a Visiting Professor at Ludwig Maximilian University of Munich (LMU), President of the Japanese Society of Clinical Genomic Medicine, and President of the Japanese Society of Preventive Clinical Medicine, among other key roles in various medical associations. He oversees comprehensive health and medical promotion projects across clinical, research, and educational fields.

Notably, he has been selected six times for The Best Doctors in Japan.

Areas of Expertise

Gastroenterology (Hepatology) | Preventive Medicine | Integrative Medicine



# Chief MRI Imaging Analysis Advisor | Developer of DWIBS Professor, Tokai University

#### Dr. Taro Takahara, M.D.

Graduated from Akita University School of Medicine and trained in Pediatrics at Keio University School of Medicine and Radiology at Dokkyo Medical University. He later served as a Radiologist at St. Marianna University School of Medicine, an Assistant Professor in Radiology at Kyorin University, and a Lecturer in Diagnostic Imaging at Tokai University. Additionally, he was a Visiting Associate Professor at Utrecht University Medical Center in the Netherlands, before becoming a Professor at Tokai University.

Dr. Takahara developed the Diffusion-Weighted Whole-Body Imaging with Background Suppression (DWIBS) method and was the first in the world to successfully visualize peripheral nerves, a breakthrough published in The New England Journal of Medicine (NEJM).

Areas of Expertise

Radiology| Diffusion-Weighted Imaging (DWI) | DWIBS Method



# CLINIC 9ru THE PREVENTION CLINIC TOKYO

#### Dr. Reiki Ohinata

After graduating from Nippon Medical School, completed surgical training at Tokyo Metropolitan Komagome Hospital. Served as Chief Surgeon at Tokyo Metropolitan Hospitals, with a distinguished record in gastric cancer surgery.

Areas of Expertise

Gastrointestinal Surgery | Anti-Aging Medicine | Regenerative Medicine

5 Star Medical Club – Medical Advisor Visiting Professor, Tokyo Women's Medical University (Headache Clinic, Neurosurgery) Clinical Associate Professor, Dokkyo Medical University (Neurology)



Areas of Expertise

#### Dr. Toshihiko Shimizu

Earned a Doctorate in Medicine after graduating from the Graduate School of Tokyo Women's Medical University. Board-certified by the Japan Neurosurgical Society. Has served as Auditor for the Japanese Headache Society, among other roles.

Neurosurgery | Headache Treatment

Cell Processing Center Advisor Professor Emeritus, Tokyo University of Science



#### Ph.D. Yasufumi Murakami

Earned a Ph.D. in Pharmaceutical Sciences from the University of Tokyo. Conducted research at Memorial Sloan Kettering Cancer Center and served as a professor at RIKEN and Tokyo University of Science.



### THE PREVENTION CLINIC TOKYO

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