

2018

# Faculty and Staff Medical Examination

Medical Service Center · Division of Human Resources

This year's Medical Examination will be carried out as described below. By undergoing a Medical Examination, unnoticed changes to your physical condition hopefully will be detected at an early stage. Thus, for your health and safety, we recommend you to undergo this medical examination.

Please note that RU faculty and staff members are obligated to take the medical exam once a year as Industrial Safety and Health Act, Act on Infectious Diseases Control, School Health and Safety Act and outlined in the Ritsumeikan Faculty and Staff Medical Examination Regulations.

## 1. Schedule

Suzaku 10/10 (Wed) · 11 (Thu) Kinugasa 10/15 (Mon) ~19 (Fri)

BKC 10/22 (Mon) ~26 (Fri) OIC 10/29 (Mon) · 30 (Thu)

[Schedule details are here.](#)

Please be sure to take the medical examination at the campus to which you belong. If for some reason you are unable to take the examination, please consult with the Medical Service Center as soon as possible.

## 2. How to reserve

You need to reserve on the website. Starting date of reservation for faculties is on 19th of September, at 10:00, for Staff at SZC & KIC is on 25th of September at 11:30, for Staff at BKC is on 3rd of October at 11:30, for Staff at OIC is on 10th of October at 11:30. If you are eligible for an examination, you will receive an e-mail will in September with a link to the online reservation system. Please let us know if you are not able to reserve from PC.

## 3. Health Exam Details You need to take the all exam items.

Exam Items	Those Required to Take The Item	Notes
Health Questionnaire	All	Please fill in an enclosed Health Questionnaire with a pencil beforehand and bring it and OCR on the day of the exam. <b>DO NOT BEND</b> . Otherwise you cannot take the medical examination.
Chest X-ray	All	Please do not have an x-ray taken if you are pregnant or there is any possibility of being pregnant.
Height and Weight	All	
Waist Circumference	35* and older/as instructed	Related to Metabolic Syndrome
Urinalysis	All	Please bring a urine sample taken on the day of the exam. Please don't take it during menstruation or menstruation before and after 3days.
Blood Pressure	All	
Eyesight	All	
Hearing	All	
Blood Test	All	TP · AST · ALT · ALP · LDH · γ-GTP · LDL-C · HDL-C · T-Cho · non-HDL-C · TG · Cre · eGFR · UA · GLU · HbA1c · WBC · RBC · Hb · Hct · Pit
Blood Test Screening for Cancer	For eligible person	1) ABCD screening (Blood test for stomach cancer risk screening) <a href="#">For more details.</a> 2) PSA (Prostate Specific Antigen) <a href="#">For more details.</a>
Seeing a physician	All	
Electrocardiography	35* and older/as instructed	Optional to employees under the age of 35*.
Stool Examination	40* and older	Please bring two samples with you. <b>Please take stool sample within 5days including a day of the exam.</b>

\* Please indicate your age as of March 31<sup>st</sup> 2019.

## 4. Influenza Vaccine

[For more information about Flu Vaccination here](#)

- 1) This year's vaccine contains the following four types, A/H1N1, A/H3N2, B/Yamagata, and B/Victoria. If you want to take vaccine, you must take medical examination at the same time. Those who brought your result of a comprehensive physical exam ("Ningen dock") to Medical Service Center can also get Flu vaccine. **Please come to reception desk for doctor's consultation in open hours. We cannot receive your result of a comprehensive physical exam on exam day, thus, please bring your result to Medical Service Center beforehand.**
- 2) If you are currently undergoing treatment for a chronic disease or pregnant, we recommend you to receive a flu shot by your own personal doctor. However, if you wish to receive this shot from a doctor at Ritsumeikan, please consult your own personal doctor first. Those who are pregnant need to consult your personal doctor.
- 3) Those who are over 65 years old and those who are from 60 to 65 years old having disease such as heart, kidney, respiratory, or immune disease can get subsidization from municipality. Please check the municipal homepage for the detail. This system will not be accepted at Ritsumeikan Medical Service Center.
- 4) With a rise in vaccine price, it costs **2,000 yen** this year. **Please pay in CASH on the day.**

## 5. Points of consideration:

- 1) You need to take the all exam items.
- 2) At the medical examination reception, please give your official name (not a nickname / alias.)
- 3) Please bring the required documents and samples (urine / stool) in the containers and envelopes provided.
- 4) Urinalysis / Stool Examination
  - ① Please bring a urine sample taken on the day of the medical examination.
  - ② Because the stool samples should be tested twice, please bring two stool samples. **(taken on different days within 5days including the day of the medical exam)**
  - ③ You cannot submit your urine/stool sample without taking a medical examination.
- 5) Blood test
  - \* If you often have high blood sugar and triglyceride, please do not eat breakfast / lunch on the day of the exam.
  - \* The blood sugar and triglyceride may be affected when you eat meals. Other items are hardly affected.**When you take blood test, please inform the time when you had a meal at the end.**
- 6) Others

The chest X-ray will be taken, while you are stripped to a T-shirt. If possible, wear a thin, plain shirt under your clothes on the day of the exam.

If you are over age 35, your waist circumference will be measured. Therefore we ask you to wear clothes that will make it easy to take this measurement.

## 6. Alternative to Medical examination

If you received a comprehensive physical exam ("Ningen dock") after April 2018 and are not able to take this medical exam, please bring a copy of the "Ningen dock" exam results to Office of Payroll and Employee. This will be alternative to the medical examination.

## 7. Purpose of use and handling of personal information in a medical examination

- (1) To provide personal information such as name and date of birth to the outsourcing contractor for preparation of medical examination and reporting the results.
- (2) In case a doctor/medical staff use the results of a medical examination for medical education or research, it will be used on condition of anonymity.
- (3) To provide required data to Promotion and Mutual Aid Corporation for Private Schools of Japan if you are a subject of a specific medical examination.
- (4) To report the notification required by law and statistics.
- (5) To report the participation and the evaluation of a medical examination to a corporation.

# Screening for Cancer in Ritsumeikan

## ABCD screening (Blood test for stomach cancer risk screening)

【What is ABCD exam?】

Most of stomach cancers are developed from the gastric mucosa on the basis of fundic gland atrophy (atrophic gastritis) following helicobacter pylori infection.

The ABCD screening is a test to classify the subjects into ABCD 4 groups according to the risk level for gastric cancer generation, by measuring serum pepsinogen level (PG) and helicobacter pylori antibody level (HP).

See the figure below.

After risk screening test, you should regularly take gastric fiber scope in other medical institutions at the interval recommended for each risk group.

【Eligible Person】

Those who are 35 years old and older, and entered Ritsumeikan University after a medical examination in 2017.

Those who are 35, 40, 45, 50, 55, 60, 65, 70 or 75 years old. **Only those who have never taken this test before and those who were classified into Group A before.** (the expected ages at the end of this school year)

If you have missed ABCD exam on designated year, please contact us before you make a reservation of medical examination.

Please go to the URL below to see a more information.

<http://www.ritsumei.ac.jp/mng/ql/hoken/doc/ABCDpanfen.pdf>

Those who don't want to take ABCD screening, please choose "No" on the reservation system.

## Prostate cancer screening (PSA test)

PSA (prostate-specific antigen) is a protein produced by the prostate gland. PSA is leaked into circulating blood in prostate disorders including prostate cancer. The normal range of PSA level is less than 4 ng/ml. Increasing levels of PSA are associated with prostate cancer; therefore PSA is approved as an early indicator of prostate cancer.

【Eligible Person】

Man of 50 years and older.

Those who do not want to take PSA test after reading the FACT SHEET, please choose "decline a PSA test" on the reservation system.

**Fact Sheet:** <https://ritsumei365.sharepoint.com/sites/portal/Notices/Attachment/Pages/Screening-for-Cancer-in-Ritsumeikan/2018psaen.pdf>

## Colon cancer screening (fecal occult blood test)

This is a test of stool for hidden bleeding. If occult blood was found in your stool, we strongly recommend you to have follow-up colonoscopy.

【Eligible Person】

Those who are 40 years old and older.

\*Please bring 2 stool samples together, which are taken on the different days, on the day of medical examination. (taken within 5days including the day of medical exam.)

## Tumor Marker Examination (Optional)

Examination of tumor markers are optionally available with your own cost. If you prefer to have the exam, be sure to bring cash to pay the cost at the reception desk. The result will be sent directly to your address, apart from the medical examination debrief report. It will not be reported to Ritsumeikan Medical Service Center. Although men over the age of 50 and women over the age of 40 are recommended to consider tumor marker screening, everyone who wishes can receive the screening.

# Breast Cancer Screening

## Breast Cancer Screening with Ultrasound this year.

### 【Eligible Person】

Female at the age of 30 and older as of March 31, 2019 who wishes to undergo the screening.

Each municipality in JAPAN organizes a breast cancer screening with mammography and interview once in 2 years for 40s and above under the guidance of Ministry of Health, Labor and Welfare. However, the efficacy of mammography as a breast cancer screening for 30s is not verified yet. As the breast tissue of young women has generally higher density than of older women, it is more difficult to find small lump. Ultrasound is now expected as a new valid breast cancer screening for younger women. Younger women can easily take ultrasound because there is no exposure to radiation, and no painful compression of the breast. Although the efficacy of ultrasound as a breast cancer screening has not been verified, one third of the municipalities including Kyoto-city have already introduced a breast cancer screening with ultrasound for 30s on their own accord.

According to the results of the past questionnaire held in Ritsumeikan University, women in 30s wanted to have a breast cancer screening. Therefore, we decided to perform mammography and ultrasound alternately for every woman over 30s. An ultrasound is going to be performed this year on campus. As a guideline of Ministry of Health, Labor and Welfare has been changed to “Doesn’t recommend clinical exam for a breast cancer screening”, we don’t perform clinical exam from 2017.

If you wish to have a clinical exam and mammography, please visit a breast cancer specialists. Please feel free to contact us if you need the information about the breast cancer specialists. If you have taken the further examination before, we strongly recommend you to take continuous observation or examination at the same institution because they have your detailed medical history, and it will be useful.

[For more information about Breast Cancer Screening is here.](#)

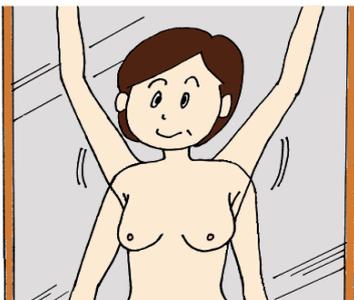
[Schedule details for Breast Cancer Screening are here.](#)

If you would like to take a Breast Cancer Screening, you also need to reserve on the website. Those submitting comprehensive physical exam (“Ningen dock”) and would like to receive Breast Cancer Screening,

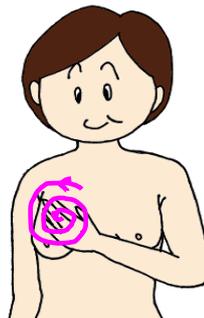
1. Please log in to the Medical Examination Reservation System and click “Proceed”.
2. Make your appointment for Breast Cancer Screening.
3. Log in to the Medical Examination Reservation System again, and choose “ I will not have health examination…”

## Breast Self Examination

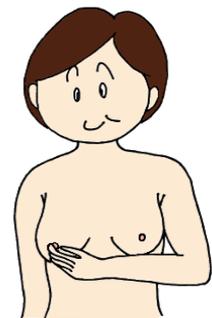
Even though you have breast screening every year, we recommend you a monthly breast self-exam. If you have menstrual periods, you should perform the examination 5 days to 10 days after your period has ended. If you are not menstruating, it should be performed on the same day each month. Below is an example of easy self-examination that you can perform in a bathroom. Start it today



1. Begin by looking at your breasts in the mirror, look for any changes in size, shape, or position of your breast and any skin puckering, dimpling.



2. It is helpful to have your hands slippery with soap and water. Check for any lumps or thickening. Use a circular pattern inward.



3. Check for the same changes in your under arm area. At the end, pinch your nipples and check for discharge.