

Health Checkup: Examination Items and How to Interpret Results

Student Healthcare Center, Institute of Science Tokyo (Science and Engineering Fields)

Blood pressure



Blood pressure indicates how much pressure is being exerted on your blood vessels. Prolonged high blood pressure increases the risk of developing diseases affecting the brain, heart, and blood vessels.

If your blood pressure was 140/90 mmHg or higher during your health checkup, you will be asked to take a follow-up examination—please make sure to attend.

Additionally, if your pulse rate was 100 beats per minute or higher, please consult a medical institution or contact the Student Healthcare Center.

Body Measurements (Height, Weight, BMI)



BMI (Body Mass Index) is calculated using height and weight: $[\text{Weight (kg)} \div \text{Height (m)} \div \text{Height (m)}]$. It is used to determine whether your weight is appropriate for your height. For Japanese individuals, a BMI of around 22 is considered the most healthy and least likely to be associated with illness. A BMI below 18.5 is classified as “underweight,” and a BMI of 25.0 or higher is classified as “overweight.”

Both excessive and insufficient weight can affect your health, so it is recommended to pay attention to your diet and exercise, and to measure your weight regularly.

If you wish to receive health guidance from a doctor or nurse, please contact the Student Healthcare Center.

Visual acuity



If your visual acuity is below 0.7, it may affect your academic performance and daily life. In such cases, we recommend consulting a medical institution (ophthalmologist).

Additionally, if you experience sudden vision loss or symptoms such as blurred vision, please seek medical advice from an ophthalmologist as soon as possible.

Chest X-ray



We use imaging to check for abnormalities in the lungs (such as pneumothorax or tuberculosis), heart, and spine. Depending on the results of the examination, you may be contacted individually for a consultation with the school physician. If the physician determines that a detailed examination is necessary based on the consultation, a referral letter will be issued. Please visit an external medical institution for further testing. Even if you are not contacted individually, if you have any questions about your test results, the school physician will be available to explain them. Please feel free to contact the Student Healthcare Center.

Urine test



We test three items—occult blood, protein, and glucose—to check whether they are being excreted in amounts exceeding the standard values.

If protein or occult blood is detected at a level of 1+ or higher, it may indicate kidney or urinary tract disorders. If glucose is detected at a level of 1+ or higher, there may be a possibility of diabetes.

Those who meet these criteria during their health checkup will be asked to take a Re-examination—please make sure to attend.

Questionnaire by nurse



Based on your responses to the medical questionnaire, a nurse will confirm your medical history and current symptoms.

As personal information is handled during this process, we will take all possible precautions to ensure privacy. If you require special consideration during the interview, please contact the Student Healthcare Center in advance.

★ You can measure your eye sight, blood pressure, and height • weight at the Student Healthcare Center . Please feel free to drop by.
(weekdays from 8:30 AM to 5:15 PM, except on days when health checkups are conducted.) ☎ 03-5734-2065 • 2057(Ookayama), 045-924-5107(Suzukakedai)