



**JAPANESE MEDICAL CARE  
PERSONAL HEALTH ASSESSMENT REPORT**

Examination Date : 5/10/2017  
Full Name : Hanako Nihon Sex : F  
Date of Birth : 6/15/1983 Age : 33  
ID Number : 29681  
Company Name : \_\_\_\_\_

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## **Japanese Medical Care Personal Health Assessment Report**

**The results of your tests are listed on the right-hand side of the page; explanations are on the left-hand side.**

**Test results conform to worldwide medical standards and are valid throughout the world.**

**The Japanese Medical Care PLLC PHA system allows patients to view and manage their reports anywhere in the world on the Internet.**

<b>SH, FH, MH, RS</b>	<b>Questionnaire</b>
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Please carefully read each item below and put a check mark in the appropriate boxes or fill in the blanks.

<b>SHW</b>	Please tell us about your employment status in the U.S.						10	I've had a physical checkup in the past.		
	01	Permanent		05	Short Term		11	When		
	02	Long term	<b>X</b>	06	Other		12	Where		
	03	Recently moved to the U.S.		07	Location	<b>NY</b>	15	Facility Name		
	04	Moving out of the US soon		08	Date of arrival in the U.S.		16	Primary Physician		
	09	Expected duration of stay					17	Phone		

<b>CC</b>	Please list your medical concerns.								
	01								
	02								
	03								

	Illness	F	M	C	S	GF	GM
01	Stroke						
02	Heart problem						
03	Diabetes						
04	High blood pressure					<b>X</b>	
05	Asthma	<b>X</b>					
06	Liver cirrhosis						
07	Stomach, duodenum ulcer						
08	Colon Polyps						
09	Kidney problem						
10	Rheumatoid arthritis						
11	Stomach cancer						
12	Colon cancer						
13	Breast cancer						
14	Cervical cancer						
15	Thyroid problem						
16	Osteoporsis						
90	Other(Specify)						

<b>MH</b>	List all medications you are currently taking.								
	01								
	02								
	03								
	04								
	05								
	06								
	07								
	08								

F	=Father
M	=Mother
C	=Child
S	=Sibling
GF	=Grandfather
GM	=Grandmother

	Drugs	Plants	Food	Animals			
01	Penicilin	07	Pollen	13	Egg	19	Cat
02	Aspirin <b>X</b>	08	Tree, grass	14	Milk, Cheese	20	Dog
03	Sulfa	09	Dust	15	Crab, Shrimp	21	Mite
04	Metal	10	Mold	16	Shellfish(clams, mussels)	22	Bee
05		11	Buckwheat	17	Alcohol	23	
06		12		18	Nuts	24	
90	Other						

<b>RSC</b>	01	Chest pressure	<b>X</b>
	02	Chest pain	
	03	Shortness of breath	
	04	Palpitations	
	05	Irregular heart beat	
	06	Fainting within the past year	
	07	Ankle swelling	
<b>RSG</b>	01	Difficulty swallowing	
	02	Bloating	
	03	Heartburn	
	04	Stomach heaviness	
	05	Stomach discomfort	
	06	Stomachache after meals	<b>X</b>
	07	Stomachache when hungry	
	08	Stomachache during sleep	
	09	Constipation in the past 6 months	
	10	Diarrhea	
11	Alternating diarrhea and constipation		
12	Blood in stool		
13	Dark stool in the past 6 months		
14	Hemorrhoids		
15	Nausea or vomiting		
16	Vomiting blood		
17	Dull pain with bowel movement		

<b>RSR</b>	01	Frequent shortness of breath	
	02	Prolonged cough	
	03	Excessive phlegm	
	04	Bloody phlegm	
<b>RSU</b>	01	Frequent urination	
	02	Urinating more than 3 times while asleep at night	
	03	Takes long time to urinate	
	04	Pain with urination	
	05	Blood in urine within last 30days	
	06	Feeling of incomplete urination	
<b>RSM</b>	01	Often catch colds; difficulty recovering	
	02	Fever	
	03	Bruise easily	
	04	Fingers tremble	
	05	Body feels hot	
	06	Had blood transfusion	
	07	Excessive thirst	
	08	Weight loss without dieting	
	09	Weight gain over past 6 months	
	10	Frequent sweating	
	11	Currently on a weight-reduction diet	

RS	Questionnaire
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Please carefully read each item below and put a check mark in the appropriate boxes or fill in the blanks.

RSE	E N T	01	Use of hearing aid	
		02	Ringing in ears	
		03	Difficulty hearing	
		04	Discomfort while swallowing	
		05	Sore throat	
		06	Hoarse voice	
		07	Runny or stuffy nose	
	E Y E S	08	Contact lenses	X
		09	Glasses	
		10	Dry eye	
		11	Excessive tearing	
		12	Flickering before eyes	
		13	Seeing black spots	
		14	Objects appear blurred	
		15	Objects appear warped	
		16	Difficulty clearly seeing parts of the visual field	
		17	Eyes tire easily	
		18	Lights appear bright	
		19	See black specks darting around	
RSO	O R T H O P E D I C S	01	Low back pain	
		02	Sudden severe back pain	
		03	Numbness down arms and legs	
		04	Knee pain	
		05	Neck and shoulder pain	
		06	Joint pain	
		07	Swollen joints	
		08	Joint deformities	
		09	Occasional big toe pain	
		10	Heel pain	
		11	Arch pain	
		14	Toe pain	
		15	Toe numbness	

History of Hospitalization

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F	Questionnaire: Gynecology
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RSF	O B / G Y N E	01	Currently pregnant		
		02	Irregular menstrual period		
		03	Severe menstrual cramps		
		04	Take pain meds for menstrual cramps		
		05	Bleeding outside of menstruation		
		06	Vaginal itch		
		07	Breast pain		
		08	Breast mass		
		09	Taking female hormones		
		10	Have had PAP smear in the past		
		11	Date of the last PAP smear//		
		12	Result		
		13	Age of first menstrual period		
		14	Cycle		days
		15	Age of menopause		
		16	Number of pregnancies		
		17	Number of deliveries		
		18	Number of abortions		

RSF	Please note any other problems		
	O T H E R S	90	
		91	
		92	
		93	

RSN	P S Y C H	01	Easily tired, frequent fatigue	
		02	Difficulty sleeping	
		03	Loss of appetite	
		04	Do not feel well when waking up	
		05	Easily irritated with minor things	
		06	Sense of heaviness and melancholy	
		07	Reluctant to meet people	
		08	Work feels difficult and inefficient	
		09	Have many problems at home	
	N E U R O	10	Recent headaches	
		11	Occasionally, part of the body feels numb	
		12	Upper limb numbness	
		13	Lower limb numbness	
		14	Legs and arms lack strength	
		15	Part of body trembles	
		16	Dizzy	
		17	Lightheaded	
		18	Blurry vision	
RSD	D E N T A L	01	Dental visit within the last 6 months	
		02	Gums bleed while brushing	
		03	Teeth and gums sensitive to cold drinks	
		04	Had dental problems in the past	
		05	Gums bleed frequently	
		06	Have not been to a dentist in over 1 year	

R	O T H E R	Please note any other problems	
		90	
		91	
		92	

History of Surgery

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P	Questionnaire: Pediatrics
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RSP	P E D I A T R I C S	01	Congenital defect		
		02	Name of illness		
		03	Had chicken pox		
		04	Age when contracted chicken pox:		Years Old
		05	Born in Japan		
		06	Normal vaginal delivery		
		07	Problem during pregnancy		
		08	Child born on schedule		
		09	Seizure		
		10	Developmental delay		
		11	Physical disabilities		
		12	Learning disabilities		
		13	Asthma		
		14	Heart problem		
		15	Kawasaki disease		
		16	Number of siblings including yourself		

O T H E R S	Please note any other problems	
	90	
	91	

PM	Medical History
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Please carefully read each item below and put a check mark in the appropriate boxes or fill in the blank.

Y: Yes T: Under treatment S: Had surgery H: Hospitalized

Illness		Y	T	S	H
PMG					
01	Gastritis				
02	Stomach ulcer	X	X		
03	Duodenal ulcer				
04	Stomach polyp				
05	Hemorrhoids				
06	Irritable bowel syndrome				
07	Ulcerative colitis				
08	Intestinal obstruction				
09	Esophageal varices				
10	Colon polyp				
11	Pancreatitis				
90	Others				

Illness		Y	T	S	H
PMD					
01	Atopic dermatitis				
02	Athlete's foot				
90	Others				

Illness		Y	T	S	H
PMO					
01	Severe back pain				
02	Herniated disk				
03	Low back pain				
04	Shoulder pain				
05	Whiplash				
06	Fractured bone				
07	Osteoporosis				
08	Deformity of joints				
09	Subluxation				
90	Others				

Illness		Y	T	S	H
PME					
01	Color blindness				
02	Retinal detachment				
03	Cataract				
04	Glaucoma				
05	Sinusitis				
06	Nasal polyps				
07	Ear infection				
08	Hearing difficulty				
09	Vocal cord polyps				
90	Others				

Illness		Y	T	S	H
PMU					
01	Kidney stone				
02	Enlarged prostate				
03	Prostatitis				
04	Pyelonephritis				
05	Kidney infection				
06	Nephrosis				
90	Others				

Illness		Y	T	S	H
PMC					
01	High blood pressure				
02	Irregular heart beat				
03	Low blood pressure				
04	Coronary heart disease				
05	Angina				
06	Heart attack				
07	Congenital heart defect				
90	Others				

Illness		Y	T	S	H
PMM					
01	High lipid count				
02	Gout				
03	Diabetes				
04	Hyperthyroidism				
05	Hashimoto disease				
90	Others				

Illness		Y	T	S	H
PMR					
01	Asthma				
02	Pneumonia				
03	Tuberculosis				
04	Chronic bronchitis				
05	Pneumothorax				
06	Bronchiectasis				
07	Collapsed lungs				
08	Emphysema of the lungs				
90	Others				

Illness		Y	T	S	H
PMI					
01	Syphilis				
02	HIV				
90	Others				

Illness		Y	T	S	H
PMN					
01	Seizure				
02	Autonomic nerve dysfunction				
03	Insomnia				
04	Polio				
05	Meniere's disease				
06	Infarction				
07	Cerebral hemorrhage				
08	Facial paralysis				
09	Facial tremor				
10	Twitching eyelids				
11	Depression				
12	Panic Attack				
90	Others				

Illness		Y	T	S	H
PML					
01	Hepatitis A				
02	Chronic hepatitis				
03	Cirrhosis of liver				
04	Liver failure				
05	Fatty liver				
06	Gallstone				
07	Gallbladder infection				
08	Jaundice				
90	Others				

Illness		Y	T	S	H
PMT					
01	Stomach cancer				
02	Colon cancer				
03	Uterine cancer				
04	Cervical cancer				
05	Breast cancer				
06	Lung cancer				
07	Malignant lymphoma				
90	Others				

Illness		Y	T	S	H
PMB					
01	Anemia				
02	Polycythemia				
03	Purpura				
04	Leukemia				
90	Others				

Illness		Y	T	S	H
PMA					
01	Rheumatoid arthritis				
02	Rheumatic fever				
03	SLE				
90	Others				

Illness		Y	T	S	H
PMAL					
01	Hayfever				
02	Rash				
03	Allergy				
04	Drug allergy				
90	Others				

Illness		Y	T	S	H
PMF					
01	Fibroid				
02	Endometriosis				
03	Cervical polyps				
04	Ovarian cyst				
05	Fibrocystic breast disease				
06	Post menopausal syndrome				
07	Hysterectomy				
90	Others				

Exam Items								
PV	BMI	BMI is now used worldwide as an indicator of obesity.		BMI				
	Body Mass Index	$=wt (kg) \div \{ht (m)\}^2$		Male	Rank	Female		
	Waist Circumference	This is one of the risk factor for metabolic syndrome		<21	Skinny	<20		
	Ideal Weight	Weight proportionate to height Calculated as height (m) X height (m) X 22	Abdominal circumference		22 ~ 24	Ideal	21 ~ 23	
	Body Fat Percentage	This refers to the total percentage of fat in the body The body fat and percentage will be measured through an assay.	Standard	Male	Female	24 ~ 28	Slightly obese	23 ~ 27
			Under 85cm	Under 90cm	28 ~ 32	Overweight	27 ~ 31	
			* Standard of Japan		>32	Obese	>31	
	Head Circumference	Please see attached for the correct proportions for a child's height, weight and head circumference.						

PC	Blood pressure is the pressure exerted on the blood vessel as blood is circulated through the body.	Rank			
	An elevated blood pressure can cause hardening of the arteries, which in turn can lead to a stroke or heart infarction.		Normal	Borderline	High pressure
	Since blood pressure is not constant, several measurements may be taken in the event of an abnormality.	Systolic pressure=upper B	<130	130 ~ 139	>140
		Diastolic pressure=lower B	<85	85 ~ 90	>90
	Heart Rate	Beats per minute (bpm)			
	Electrocardiogram	An electrode is attached to the body that captures the electrical voltage in the heart in the form of a strip graph and creates a graphical rendering of the cardiac cycle.			
	Cardiothoracic Ratio	A fatty heart or an enlarged heart is suspected if there is a greater than 50% difference in the ratio of the size between the heart and the lungs.			
	Exercise Electrocardiogram	The presence of CAD (coronary artery disease) is tested by subjecting the heart to stress through the use of the treadmill and stairs.			

PR	Chest X-ray	The presence of a white shadow could mean infection, scarring, TB or tumor.
	Expected Lung Capacity	Expected value derived from predictions based on gender, age, and height.
	Lung Capacity %	Percentage based on calculation of an average expected lung capacity value.
	Forced Vital Capacity	Volume of air forcibly exhaled in one breath
	1-sec Volume	Amount exhaled in the first second.
	1-sec Rate	Proportion of the 1-sec volume towards the total lung capacity
	Sputum Cytology	Checks sputum for abnormal cells.

PE	This is a test to diagnose conductive hearing loss, caused by damage to the eardrum or the three tiny bones, and sensorineural hearing loss, caused by damage the pathway from the inner ear to the brain. Hearing ability is ranked as below. The decibel refers to the smallest sound the ear can detect. As hearing ability can vary according to tone, the hearing test is conducted using a variety of frequencies ranging from 250 HZ (low) to 8000 HZ (high).											
	<table border="1"> <thead> <tr> <th>Audible Lowest Sound</th> <th>Rank</th> </tr> </thead> <tbody> <tr> <td>0 ~ 40 db</td> <td>Normal</td> </tr> <tr> <td>41 ~ 60 db</td> <td>Minimal hearing loss</td> </tr> <tr> <td>61 ~ 80 db</td> <td>Slight hearing loss</td> </tr> <tr> <td>&gt; 80 db</td> <td>Severe hearing loss</td> </tr> </tbody> </table>	Audible Lowest Sound	Rank	0 ~ 40 db	Normal	41 ~ 60 db	Minimal hearing loss	61 ~ 80 db	Slight hearing loss	> 80 db	Severe hearing loss	*Anyone with a hearing loss of over 60db should consider using a hearing aid
Audible Lowest Sound	Rank											
0 ~ 40 db	Normal											
41 ~ 60 db	Minimal hearing loss											
61 ~ 80 db	Slight hearing loss											
> 80 db	Severe hearing loss											

PE	<p>In the United States, visual acuity is represented by fractions as used by the WHO (World Health Organization). Denominator = The distance (in feet) from which a person with a normal 20/20 eyesight can see a letter on the eye chart. Numerator = The distance (in feet) from which you (the patient being examined) can see the same letter. *In Japan, the above values are represented as decimal fractions. Anything below 0.6 falls in the abnormal range and requires corrective lenses. Farsightedness also requires correction.</p> <table border="1"> <thead> <tr> <th>US</th> <th>Assessment</th> <th>Japan</th> </tr> </thead> <tbody> <tr> <td>20/20</td> <td>Normal</td> <td>1</td> </tr> <tr> <td>20/30 ~ 20/100</td> <td>Myopia</td> <td>0.7 ~ 0.2</td> </tr> <tr> <td>20/200</td> <td>Severe Myopia</td> <td>0.1</td> </tr> </tbody> </table>			US	Assessment	Japan	20/20	Normal	1	20/30 ~ 20/100	Myopia	0.7 ~ 0.2	20/200	Severe Myopia	0.1
US	Assessment	Japan													
20/20	Normal	1													
20/30 ~ 20/100	Myopia	0.7 ~ 0.2													
20/200	Severe Myopia	0.1													
	Color blindness	This is ability to distinguish color. If result is abnormal, you might have a color blindness.													
	Ocular Pressure	Intraocular pressure refers to pressure inside the eye. Glaucoma is suspected if there is high eye pressure.													
	White Spots	The eyes are the only part of the human body where it is possible to view both the arteries and veins simultaneously. An examination of the blood vessels in the eyes makes it possible not only to detect abnormalities of the eyes, such as retinal diseases, but also abnormalities of the head and any changes in the blood vessels caused by hypertension, hardening of the arteries, and diabetes.													
	Bleeding														
	Cataracts	When the lens of the eyes become cloudy.													

		T score	Assessment
PT	Thyroid Ultrasound	In the event of an abnormality, a tumor is suspected.	~ - 1 . 0 Normal bone density
			- 1 . 0 10% below normal values
			- 1 . 5 15% below normal values
			- 2 . 0 20% below normal values
PO		Comparison of the T score with that of a healthy young woman or the average of men.	
	Bone density	*Osteoporosis is suspected if below 20%	
PM	Depression Scale	Screening for depression	

		Tests								
Diagnostic tests and measurements		Reference Range	Grade	Current	Grade		Grade		Grade	
PV	01	Height	Inches		62.2					
			Centimeters		158					
	02	Weight	Pounds	B	110					
			Kilograms		50					
	03	BMI	Men 22-24, women 21-23%	B	20.0					
	04	Ideal Wt	Kilograms							
	05	Body Fat	Men 14-23, women 17-27%							
06	Head Circumference	Inches								
		Centimeters								
07	Abdominal Circumference *	Inches	A	27.6						
		Centimeters	A	70						
PC	01	BP-Systolic	Under 140mmHg	A	114					
	02	BP-Diastolic	Under 90mmHg	A	64					
	03	BP-Systolic	Under 140mmHg							
	04	BP-Diastolic	Under 90mmHg							
	05	Heart Rate	< 100/min	B*	50					
	06	EKG	Normal	B*	See Pg.13					
	07	Cardiac Ratio	<50%	A	<50%					
	08	Stress Test	No abnormalities							
	09	ABI RIGHT	1.0-1.29							
	10	ABI LEFT	1.0-1.29							
	11	Carotid Doppler	No abnormalities							
	12	Abdominal Vessel	No abnormalities							
PR	01	Chest Xray	No abnormalities	A	Normal					
	02	Pred Vital Capacity	Men >3.5 l, Women >2.5 l	A	2.91					
	03	%VC		A	125					
	04	FVC	Expected rate X more than 80%	A	3.64					
	05	FEV1	Expected rate X more than 80%	A	3.11					
	06	FEV/FVC (%)	Expected rate X more than 70%	A	85.4					
	07	Sputum Cytology	(-)							
PE	04	1000 Hz	0 - 35 decibels (dB)	A	10					
	08	4000 Hz	"	A	5					
	10	8000 Hz	"	A	10					
	14	1000 Hz	0 - 35 decibels (dB)	A	5					
	18	4000 Hz	"	A	10					
20	8000 Hz	"	A	-5						
PEY	01		Right (1.0)	A	0.9					
	02	Far	Both "	A	1.0					
			Left "	A	0.8					
	03		Right (1.0)							
			Both "							
	04	Near	Left "							
			Right (1.0)							
	05		Both "							
			Left "							
	06		Right (1.0)							
			Both "							
	07	Far (corrected)	Left "							
Right (1.0)										
08		Both "								
		Left "								
09		Right (1.0)								
		Both "								
10	Near (corrected)	Left "								
		Right (1.0)								
11		Both "								
		Left "								
12	Color Blindness	Normal								
13	Tonometry	Right, 8 - 22 (mmHg)	A	15.0						
		Left, 8 - 22 (mmHg)	A	16.3						
14		No abnormalities								
		"								
15		"								
		"								
16		"								
		"								
17		"								
		"								
18		"								
		"								
PT 01	Thyroid Ultrasound	No abnormalities								
PO 01	Bone Density	~ -1.0								
PM 01	Depression Scale	≤ 4	A	4						

Hanako Nihon Record # 00000 Date: 5/10/2017

P	Tests
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Exam Item		
PG	X-ray	
	Esophagus	
	Stomach	Inflammation or a tumor is abnormal and may indicate gastric ulcer, gastroesophageal varices, gastroesophageal reflux disease, stomach cancer, gastritis, stomach polyps, or Ménétrier's disease.
	Duodenum	
	Colon	If tumors are found, colorectal ulcer, inflammation of the intestines, colorectal cancer, and intestinal polyps may be suspected.
	Endoscope	
	Esophagus	
	Stomach	Inflammation or a tumor is abnormal and may indicate gastric ulcer, gastroesophageal varices, gastroesophageal reflux disease, stomach cancer, gastritis, stomach polyps, or Ménétrier's disease.
	Duodenum	
	Colon / Sigmoid colon	If tumors are found, colorectal ulcer, inflammation of the intestines, colorectal cancer, intestinal polyps and hemorrhoid may be suspected.
	Ultrasound	In the event of an abnormality, gallstones, polyp, gallbladder cancer, hepatitis, gallbladder hematoma, hardening of the liver, liver cancer, and pancreatic cancer may be suspected.
	Gallbladder	
	Liver	
	Pancreas	
	Spleen	
	Stool	
	Stool Hemocult	Examine the GI system (esophagus, stomach, intestines) for bleeding. If there is bleeding, then hemorrhoids, ulcers, cancer, and polyps may be suspected.
	Ova and Parasite	Examine the stool for parasites or ova.

PU	Kidney Ultrasound	If abnormal, kidney cancer, tumor, cyst, or stone may be suspected.
	Prostate Ultrasound	Abnormalities may indicate prostate tumor and enlargement may be suspected.
	Urinalysis	Test for diabetes
	Sugar	
	Bilirubin	Test result is positive (+) if liver dysfunction, jaundice or dehydration is present. Because liquids are not taken before the exam, the result is more likely to be positive.
	Ketone	Will test as positive if fasting for a long period of time or there is severe diabetes.
	Specific gravity	If dehydrated, specific gravity rises, and if the ability of the kidney to concentrate the urine becomes impaired and lowers the specific gravity.
	P H	The urine is normally mildly acidic, but may become very acidic (under 6) when experiencing heat exhaustion or starvation. It tends to become alkaline if there is urinary infection.
	Protein	A clue for kidney disease, but may also be seen during extreme exercise, under psychological stress, or after eating meat.
	Urobilinogen	A positive result (+) may indicate liver dysfunction, negative (-) may indicate gallstones
	Nitrite	The test may be positive (+) if there is bladder infection or other urinary infectious diseases.
	Blood	Test for the presence of blood in the urine. Some blood may be present even in healthy people.
	Leucocyte	A positive result may indicate inflammation or infection of the urinary tract.
	Menstruating	An accurate urinalysis cannot be obtained during menstruation, and testing will have to be repeated
	Urine Sediments	
	RBC	The urine is put in an assay and its sediments are examined under a microscope to determine which elements have increased and whether there are any abnormal cell growths. This will provide clues not only to kidney and urinary tract illnesses, but other diseases as well.
	WBC	
	Epithelial Cells	
	Crystal	
	Others	

PF	Thin Prep Pap	Cells near the opening of the uterus are extracted and examined under a microscope, leading to an early detection of uterine cancer. The cancer is classified according to type and stage. Currently there are 3 classification systems. The one most often used in the U.S. is the BETHESDA method.		
	Uterus Ultrasound	Test for uterine sarcomas	Pap smear	Assessment
	Ovaries Ultrasound	Test for ovarine cysts, tumors, and cancer	1	Normal
	Breast Ultrasound	Test for cysts, tumors, and cancer of the mammary gland	2 ~ 4	Need to be re-tested
	Breast X-ray	Test for cysts, tumors, and cancer of the breasts	5	Malignant
				BETHESDA
				normal
				ASCUS/L,HGSIL
				SCC

L	Blood analysis
---	----------------

LB	Blood type	A, B, AB, or O, and the Rh factor, positive or negative. Your blood type never changes.
	White Blood Cell Count	Various infectious diseases, such as pneumonia or appendicitis, as well as leukemia, may be suspected if the white blood cell count is high.
	Red Blood Cell Count	A low red blood cell count indicates anemia, a high count is called polychythemia vera.
	Hemoglobin	The role of hemoglobin is to carry oxygen. A low count is considered to be anemia.
	Hematocrit	The role that the hemoglobin plays in the blood. Anemia results in a low count.
	MCV	An analysis of these counts can help us determine if the patient has anemia.
	MCH	
	MCHC	
	Platelet	
	Platelet	The platelet acts to stop bleeding. A score that is too high or too low is abnormal. If abnormally low, the nose and gums may readily bleed.
	White Blood Cell Percentage	
	Neutrophil	When bacteria invades the body, white blood cells increase. There are several different types of white blood cells. They have fixed roles to play.
	Lymphocyte	
	Monocyte	
	Eosinophil	
	Basophil	
	Monocyte	This test examines 5 types of white blood cells. Their increase or decrease provide valuable clues in diagnosing illnesses

LB	Iron	A low amount of iron may indicate iron deficient anemia.
----	------	--

LE	Sodium	A balance of electrolytes are maintained at a constant concentration within the body's fluids for life-maintaining activities. This test examines the concentration of various types of electrolytes. A disruption in their balance is examined to diagnose illness.
	Potassium	
	Chloride	
	Calcium	
	Magnesium	



		P	Tests								
Test Results			Reference Range	Grade	Current	Grade		Grade		Grade	
PG	01	X-ray	Esophagus	Normal	CD	See Pg.13					
	02		Stomach	"	CD	See Pg.13					
	03		Duodenum	"	A	Normal					
	04		Colon	Normal							
	05	Endoscope	Esophagus	Normal							
	06		Stomach	"							
	07		Duodenum	"							
	08		Colon	"							
	15		Sigmoid Colon	Normal							
	09	Ultrasound	Gall Bladder	Normal	A	Normal					
	10		Liver	"	E	See Pg.13					
	11		Pancreas	"	A	Normal					
	12		Spleen	"	A	Normal					
	13	Stool	Stool Hemocult	(-)	A	(-)					
	14		Ova & Parasite	(-)							
PU	01		Kidney Ultrasound	Normal	CD	See Pg.13					
	02		Prostate Ultrasound	Normal							
	11	Urinalysis	Blood	(-)	A	(-)					
	04		Bilirubin	(-)	A	(-)					
	09		Urobilinogen	Normal	A	Normal					
	05		Ketone	(-)	A	(-)					
	08		Protein	(-)	B	Trace					
	10		Nitrite	(-)	A	(-)					
	03		Glucose	(-)	A	(-)					
	07		pH	5-8	A	6.0					
	06		Specific Gravity	1.001-1.035	A	1.025					
	12		Leucocyte	(-)	A	(-)					
	13		Menstruating								
	14	Urine Sediments	RBC	0-3/hpf							
	15		WBC	0-2/hpf							
	16		Epithelial cells	0-5/hpf							
	17		Crystal	Conflicting							
	19		Bacteria	Conflicting							
	18		Other	Conflicting							
PF	01		Thin Prep Pap	No abnormalities	A	Normal					
	09		HPV	No abnormalities							
	02		Uterus Ultrasound	No abnormalities							
	03		R-Ovary Ultrasound	No abnormalities							
	04		L-Ovary Ultrasound	No abnormalities							
	05		R-Breast Ultrasound	No abnormalities							
	06		L-Breast Ultrasound	No abnormalities							
	07		R-Mammogram	No abnormalities							
	08		L-Mammogram	No abnormalities							
		L	Blood Test								
LB	01		(A/B/O/AB型) Rh (+· -)								
	02		WBC	3.8-10.8 Thous/mcL	A	6.2					
	03		RBC	3.80-5.10 Mill/mcL	A	4.23					
	04		Hemoglobin	11.7-15.5 g/dL	A	12.5					
	05		Hematocrit	35.0-45.0 %	A	38.7					
	06		MCV	80.0-100.0 fL	A	91.6					
	07		MCH	27.0-33.0 pg	A	29.5					
	08		MCHC	32.0-36.0 g/dL	A	32.3					
	16		RDW	11.0-15.0 %	A	14.3					
	09		Platelet	140-400 Thous/mcL	A	256					
	10	White Blood Cell Count	Neutrophil	38-80 %	A	61.6					
	11		Lymphocyte	15-49 %	A	30.5					
	12		Monocyte	0-13 %	A	5.1					
	13		Eosinophil	0-8 %	A	2.4					
	14		Basophil	0-2 %	A	0.4					
	15		Iron	40-190 mcg/dL	A	71					
LE	01		Sodium	135-146 mmol/L	A	139					
	02		Potassium	3.5-5.3 mmol/L	A	4.2					
	03		Chloride	98-110 mmol/L	A	109					
	04		Calcium	8.6-10.2 mg/dL	A	9.0					
	05		Magnesium								

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Exam Item																	
<b>LC Blood Liquid</b>																	
Triglycerides	Like cholesterol, a high level can lead to hardening of the arteries.																
cholesterol	High cholesterol is the most dangerous factor in hardening of the arteries.																
LDL	This is bad cholesterol that will cause hardening of the arteries.																
HDL	Good cholesterol that will prevent hardening of the arteries. A higher level is better.																
cholesterol/high density lipoprote	Like cholesterol, a high level can lead to hardening of the arteries.																
<b>LL liver function blood</b>																	
liver function																	
Total protein	The total amount of protein found in the blood. One-half of it is albumin, and the rest consists mostly of globulin.																
Albumin	Albumin level decreases if there is a liver dysfunction, as albumin is produced only in the liver.																
Globulin	Globulin increases if there is a liver function abnormality.																
Albumin/globulin ratio	During illness, albumin decreases, globulin increases, and the ratio drops. Liver disease is then suspected.																
ALP	One of the enzymes found in many organs. Disease of the liver, the bile duct, and the bone may be suspected if there is a high level of this enzyme.																
γ-GTP	This may become elevated after high alcohol consumption.																
AST=GOT	This is a standard liver function test and an indicator for alcoholic liver disease and hepatitis.																
ALT=GPT																	
LDH = LD	The score becomes high as it leaks out of abnormal cells. If elevated, liver, heart, and blood disease may be suspected.																
gallbladder																	
Total Bilirubin	The sum of direct and indirect bilirubin equals the total bilirubin.																
Direct Bilirubin	Biliary tract disease may cause an elevation. It also tends to increase after a period of fasting.																
<b>LV Viral hepatitis</b>																	
Hepatitis virus markers																	
Hep A antibody																	
He pAI gM Antibody	Currently there are 5 known viral hepatitis: A, B, C, D and E.																
Hep B s Antigen	There are blood tests available for hepatitis A, B, and C																
Hep B e Antigen	Hepatitis A is transmitted orally.																
Hep B e Antigen	Hepatitis B may be transmitted from mother to infant, through sexual contact, or from the blood or other bodily fluids.																
	Hepatitis C is mainly transmitted through the blood.																
Hep B c IgM Antibody	Vaccinations are available only for hepatitis A and B.																
HepB s Antibody	In the U.S., hepatitis B vaccination is given to children, and for adults who request the vaccination.																
Hep CV Antibody																	
<b>LD Blood glucose level</b>																	
Glucose	This is a test for diabetes.																
Hg1Ac	This is the combination of blood hemoglobin and glucose. It reflects the average blood glucose of the past 3 months.																
glucose burden																	
Fasting glucose	Tests the before and after change in blood glucose level before and after drinking 75g																
One hour	This is an indispensable test for the diagnosis of diabetes.																
Two hours	This test cannot be omitted for the diagnosis of diabetes																
	<table border="1"> <thead> <tr> <th></th> <th>Empty stomach</th> <th>1 hour</th> <th>2 hours</th> </tr> </thead> <tbody> <tr> <td>normal</td> <td>65-99</td> <td>variable</td> <td>65-139</td> </tr> <tr> <td>borderlin</td> <td>100-125</td> <td>variable</td> <td>140-199</td> </tr> <tr> <td></td> <td>&gt;125</td> <td>&gt;199</td> <td>&gt;199</td> </tr> </tbody> </table>		Empty stomach	1 hour	2 hours	normal	65-99	variable	65-139	borderlin	100-125	variable	140-199		>125	>199	>199
	Empty stomach	1 hour	2 hours														
normal	65-99	variable	65-139														
borderlin	100-125	variable	140-199														
	>125	>199	>199														
<b>LT Thyroid</b>																	
Triiodothyronine uptake	This tests for hormones secreted by the thyroid gland and is an indispensable test for diagnosing thyroid disease.																
	*The thyroid gland secretes hormones important in the regulation of metabolism																
Free thyroxine																	
Thyrotropin	This hormone is secreted by the brain and regulates the amount of hormones secreted by the thyroid																
<b>LU Kidney</b>																	
Nitrogenous waste	Both are waste products that should be excreted from the kidneys into the urine. Kidney function can be seen by determining their level in the blood.																
Creatinine																	
Uric acid	A high value can lead to gout, kidney and urinary tract calculi.																
<b>LP Spleen</b>																	
Amylase	Amylase is a digestive enzyme secreted by the pancreas and salivary glands, and may be used to check pancreatic function.																
Lipase	Lipase is a digestive enzyme secreted by the pancreas and it is used to check pancreatic function.																
<b>LA Immunity</b>																	
Sedimentation rate	This test measures the speed at which red blood cells settle to the bottom of a test tube. If the value is high, it may indicate infectious diseases, or inflammatory illnesses such as rheumatism.																
C-reactive protein (CRP)																	
Rheumatoid factor (RF)	One of the rheumatoid factors that can be seen in the blood of rheumatoid patients.																
ASP	Tests for the presence of bacteria that can cause swelling of the prostate glands and middle ear infection.																
Rapid plasma reagin (RPR)	Positive results are indicated by (+) (++) (+++) according to strength. A positive result does not always indicate that syphilis is present.																
<b>LM Tumor markers</b>																	
CEA	GI system cancer																
Alpha-feta protein (AFP)	liver cancer																
Prostate specific antigen (PSA)	prostate cancer																
CA125 (Female)	Test for ovarian cancer																
	This is strictly a screening test that may provide useful clues in detecting cancer.																
	Even if the value is abnormal, it does not necessarily mean the patient has cancer.																
	It is an extremely important test to check for the recurrence of cancer or its spread elsewhere in the body.																
<b>LF Women</b>																	
ES	Tests for changes in the female hormone and predicts the onset of menopause.																
FSH	Hormone that stimulates ovarian follicles and estrogen production. The value becomes higher as menopause approaches.																
LH	This hormone stimulates ovulation. The value increases as menopause approaches.																
<b>LO Others</b>																	
Helicobacter pylori	The bacteria live in the gastric mucous layer and are the main causes of gastritis, gastric and peptic ulcer, and stomach cancer.																
HIV-1	Tests for the presence of the HIV virus. A positive reaction cannot be seen until 3 months after infection.																

		L	Blood Test								
Test Result			Reference Range	Grade	Current	Grade		Grade		Grade	
LC	01	Blood Lipids	Triglycerides	<150 mg/dL	A	56					
	02		Cholesterol	125-200 mg/dL	A	160					
	03		L D L	<130 mg/dL	A	87					
	04		H D L	>=46 mg/dL	A	62					
	05		Cholesterol/HDL ratio	< = 5.0	A	2.6					
LL	01	Liver	Total Protein	6.1-8.1 g/dL	A	6.8					
	02	Liver function	Albumin	3.6-5.1 g/dL	A	4.1					
	03		Globulin	1.9-3.7 g/dL	A	2.7					
	04		A/G Ratio	1.0-2.5 calc	A	1.5					
	05		ALP	33-115 U/L	A	54					
	06		γ-GTP=GGT	3-55 U/L	A	15					
	07		GOT=AST	10-30 U/L	A	14					
	08		GPT=ALT	6-29 U/L	A	10					
	09		LDH=LD	100-200 U/L	A	140					
	10	Gallbladder	Total Bilirubin	0.2-1.2 mg/dL	A	0.5					
	11		Direct Bilirubin	< = 0.2 mg/dL	A	0.1					
LV	01	Viral hepatitis	HepA Antibody								
	02	Hepatitis virus markers	He p A I g M Antibody								
	03		HepB s Antigen	Non Reactive	A	Non Reactive					
	04		HepB e Antigen								
	05		HepB e Antibody								
	06		HepB c Antibody								
	07		HepB c IgM Antibody								
	08		HepB s Antibody	Non Reactive	A	Non Reactive					
	09		HepCV Antibody	Non Reactive	A	Non Reactive					
LD	01	Serum glucose	Glucose	65-99 mg/dL	A	91					
	02		HgA1c	<5.7 % of total Hgb	A	5.4					
	03	Glucose burden	Fasting glucose								
	04		1°								
	05		2°								
LT	01	Thyroid gland	T3 Uptake								
	02		Free T4								
	03		TSH	0.40-4.50 mIU/L	A	0.50					
LU	01	Kidney	BUN	7-25 mg/dL	A	20					
	02		Creatinine	0.50-1.10 mg/dL	A	0.74					
	03		Uric Acid	2.5-7.0 mg/dL	A	3.7					
LP	01	Pancreas	Amylase								
	02		Lipase								
LA	01	Immunities	Sedimentation Rate								
	02		CRP								
	03		RF								
	04		ASO								
	05		RPR								
LM	01	Tumor markers	CEA								
	02		AFP								
	03		PSA								
	04		CA125								
LF	01	Women	ES								
	02		FSH								
	03		LH								
LO	01	Others	Helicobacter Pylori								
	02		HIV-1/2								
	03		NT-pro BNP								

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## Understanding Test Results

<b>A Normal</b>	No abnormalities present.
<b>B Nearly normal</b>	Although test results are outside the normal range, they are not abnormal.
<b>C Re-testing necessary</b>	You must make another appointment for more tests and treatment.
<b>D Thorough re-examination needed</b>	
<b>E Treatment necessary</b>	

### If your result was normal (A)

As stated before, the results of a health assessment report are no more than a snap shot of your physical condition on the day of the checkup. Even good test results will not do you much good unless you are willing and able to manage your own health.

The essence of preventive medicine lies in the early discovery and elimination of factors that can obstruct good health. In addition to regular checkups, you should make every effort to reduce or eliminate habits that are destructive to your health.

### If your result was almost normal (B)

Even if the test scores fell outside of the normal range, that does not necessarily mean that they are abnormal. Based on the total assessment, your physician has determined that the examination result is normal.

\*Please make sure that you review the "reference range" provided below.

### If test results were deemed as abnormal (C, D, E)

Regardless of the degree of abnormality, please be sure to follow any directions given by your physician. It is important that you make any lifestyle changes as necessary and eliminate any factors that obstruct health while still in the early stages of illness.

We offer health consultations for anyone who desires it. (Free of charge; appointment necessary.) Using textbooks and other teaching materials, a doctor or nurse will give you guidance appropriate for your symptoms.

### How to read the reference ranges

The reference range provided below shows the range that is considered normal for a particular test. Even if a particular score falls outside of the range regarded as normal, it may not be deemed abnormal for the reasons explained below. In all cases, please follow your doctor's assessment.

\* The doctor's evaluation is based on an overall assessment of your health, which includes your medical history and all examinations.

\* These reference ranges indicate the current accepted standard for adults only and may not be appropriate for all patients.

\* Reference ranges are generally altered every year in keeping with medical progress. The ranges provided for you with your test results were regarded as the general standard by the medical community at the time of your examination.  
\* Each laboratory that conducts the blood analysis provide slightly different reference ranges. There is no need to worry if you received a physical examination at another institution and were shown reference ranges different than the ones shown here.

Test Item	Results	Remark
Measurement		
Examination		
	A	
5 PV02	Weight	B
5 PV03	BMI	B
5 PV06	Head Circumference	
5 PV07	Waist Circumference	A
5 PE01-12	Eyesight	A
5 PE14-15	Ocular pressure	A
5 PE16-18	Interior of eyes	
5 PE01-20	Hearing	A
Circulatory System		
5 PC01	Blood pressure	A
5 PC0 5	Heart Rate	B*
5 PC0 6	EKG	B*
5 PC0 7	Cardiac Ratio	A
5 PC08	Stress Test	
5 PC09-10	ABI	
5 PC11	Cardio Doppler	
5 PC12	Abdominal Vessel	
Respiratory system		
5 PR01	Chest X-ray	A
5 PR03	Lung capacity	A
5 PR07	Check sputum for abnormal cells	
GI System		
X-ray		
7 PG01	Esophagus	CD
7 PG02	Stomach	CD
7 PG03	Duodenum	A
7 PG04	Colon	
Endoscopy		
7 PG05	Esophagus	
7 PG06	Stomach	
7 PG07	Duodenum	
7 PG08	Colon	
7 PG15	Sigmoid Colon	
Ultrasound		
7 PG09	Gallbladder	A
7 PG10	Liver	E
7 PG11	Pancreas	A
7 PG12	Spleen	A
Stool		
5 PG13	Stool Hemocult	A
5 PG14	Ova & Parasite	
Urino-genitary department		
Ultrasound		
7 PU01	Kidney ultrasound	CD
7 PU02	Prostate ultrasound	
Urinalysis		
7 PU	Urinalysis	B
7 PU 1 3	Menstruating	
7 PU	Urine sediment	
7 PF01	Thin Prep Pap	A
7 PF09	HPV	
Ultrasound		
7 PF0 2	Uterus Ultrasound	
7 PF0 3	R-ovary Ultrasound	
7 PF0 6	Breast ultrasound	
Gynecology		
7 PF07	Mammogram	
Bone		
5 PO01	Bone Density	
5 PT01	Thyroid gland ultrasound	
5 PM01	Depression Scale	A

Test Item	Results	Remark
Blood		
7 LB	Blood analysis	A
7 LB15	Iron	A
Liver		
9 LL01	Total Protein	A
9 LL02	Albumin	A
9 LL03	Globulin	A
9 LL06	γ-GTP	A
9 LL07	GOT=AST	A
9 LL08	GPT=ALT	A
9 LL09	LDH	A
Gallbladder		
9 LL1 0	Total Bilirubin	A
9 LL11	Direct Bilirubin	A
Hepatitis		
9 LV0 1	Hepatitis A	
9 LV03	Hepatitis B	A
9 LV08	Hepatitis C	A
Lipids		
9 LC01	Neutral fats	A
9 LC02	Cholesterol	A
9 LC03	LDL	A
9 LC04	HDL	A
9 LU01	BUN	A
9 LU02	Creatinine	A
9 LU0 3	Uric acid	A
9 LP01	Amylase	
9 LP02	Lipase	
Diabetes		
9 LD01	Serum glucose	A
9 LD02	Glycohemoglobin	A
9 LD05	Glucose Burden	
7 LE01	Electrolytes	A
9 LA01	Sedimentation	
9 LA02	C-reactive Protein	
9 LA0 3	Rheumatoid Factor	
9 LA0 4	ASO	
9 LA0 5	RPR	
9 LO 0 2	HIV-1	
Tumor marker		
9 LM1	CEA	
9 LM2	AFP	
9 LM3	PSA	
9 LM4	CA125	
11 LT03	TSH	A
12 LF01	Femlae hormones	
12 LF02	FSH	
12 LF03	LH	
9 LO01	Helicobacter Pylori	
9 LO03	NT-pro BNP	

A:No Abnormalities B:Nearly Normal C:Requires Re-testing D:Requires more detailed exams E:Requires treatment

\* Results C, D, E, and F require follow-up testing or care. Please be sure to make an appointment for free consultation.

**SH Lifestyle Habits**

Please read carefully and either place an "X" in the appropriate boxes, or write in the answer.

SHD		1	2	3	4	5
	<b>Diet</b>					
	<b>Main Dish</b>					
01	Rice, bread, pasta			X		
02	Meat			X		
03	Fish			X		
04	Shellfish			X		
05	Eggs			X		
06	Beans/Tofu			X		
	<b>Side Dish</b>					
07	Light colored vegetables			X		
08	Green and yellow vegetables			X		
09	Potatoes and pumpkins		X			
10	Mushrooms			X		
11	Fruits		X			
12	Dairy products	Regular		X		
13		Low-fat		X		
14	Salad				X	
	<b>Seasonings</b>					
15	Animal and vegetable oil	*Saturated fats		X		
16		*Unsaturated fats			X	
17		Animal fats		X		
18	Salt, soy sauce, miso				X	
19	Seasonings (such as hot pepper)			X		
	<b>Snack foods</b>					
20	Pastries			X		
21	Coffee				X	
22	Black tea, green tea				X	
23	Soft drinks		X			
24	Juices			X		
	<b>Amount consumed</b>					
25	Snacks			X		
26	The average amount of food consumed in a day.				X	
27	Average number of times you eat out in a week			X		

- 1 - Never/ None
- 2 - A Little
- 3 - Average
- 4 - More than Average
- 5 - Many / Often

\*Saturated fats are those that remain solid at room temperature, such as palm and coconut oil

\* Unsaturated fats are those that remain liquid at room temperature, such as corn, sunflower, rapeseed, olive, and sesame seed oil.

SHA	<b>Alcoholic beverages</b>	01	02	03	04
	<b>Volume</b>				
25	Frequency of alcohol consumed (weekly)	0	1-2	3-4	>5
			X		
26	Average amount consumed in a day.	<30cc	31-60	61-90	>91
		X			

	< 30 c c	31-60cc	60-90cc	>91cc
Whiskey	1-2.5 glass	2.5 -5 glasses	5-7.5 glasses	7.5 glasses
Beer (350 cc can)	>1.9 can	1.9-3.8 cans	3.8-5.7 cans	>5.7 cans
Beer (633ML - large bottle)	<1 bottle	1-2.1 bottles	2.1-3.2 bottles	>3.2 bottles
Japanese Sake	<1 cup	1-2 cups	2-3 cups	>3 cups
Shochu straight (cup)	<0.5 cup	0.5-1cup	1-1.5 cups	>1.5 cups
Wine (wine glass)	<2 glasses	2-4 glasses	4-6 glasses	> 6 glasses

SHA		01	02	03	04	05
	<b>Work</b>					
12	Office work			X		
13	Physical work		X			
14	Housework				X	
	<b>Exercise</b>					
15	Walking and Jogging			X		
16	Swimming		X			
17	Golf		X			
18	Other sports		X			
19	Stress				X	
		<5	5-6	6-7	7-8	>8
20	Average hours of sleep		X			
		0	1	1.5	2	>2
21	Days off in a week				X	

- 1 - Never/ None
- 2 - A Little
- 3 - Average
- 4 - More than Average
- 5 - Many / Often

SHS	<b>Cigarette Smoking</b>	
12	Never smoked	X
13	Currently smoking	
14	Have smoked in the past	
15	Used to smoke about	years ago
16	Used to smoke for a period of about	years
17		<1 1 >1
18	Cigarettes smoked per day (carton)	

Har

<b>Name :</b>	<b>Nihon, Hanako</b>	<b>Date of Examination:</b>	<b>2017年5月10日</b>
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Your EKG showed bradycardia (slower heart rate). You don't need to worry about at this moment if you have no complain. Please repeat EKG in one year.

Your upper GI series found mild reflux. Avoid eating or drinking 3-4 hours before going to bed. We recommend EGD.

Your abdominal ultrasound found a nonobstructive 7mm left renal stone. Please take enough oral fluid, and seek medical attention if you have flank pain and/or blood in urine. Please repeat ultrasound in one year.

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Tomonori Nakagama, MD, MPH

**Hanako Nihon Record # 00000 Date: 5/10/2017**

**Contact information for regular use and emergencies**

- **When something happens, please call your primary physician first and obtain his or her directions. In life threatening situations, Call 911 immediately for an ambulance and contact your physician thereafter.**

Japanese Medical Care	<p>Manhattan : 315 Madison Ave, Floor 17th, New York, NY 10017 Tel: 212-365-5066 Fax: 212-808-5510</p> <p>Westchester: 3010 Westchester Ave, Suite 401 Purchase, NY 10577 Tel: 914-305-8630 Fax: 914-701-0010</p> <p><b>Tomonori Nakagama, M.D, MPH.</b> (General Practice, Family Medicine, Internal Medicine, Pediatrics, Women's Health) <b>Ibrahim Mian, M.D.</b> (General Practice)</p> <p><b>Miho Urisaka PT, DPT</b> (Physical Therapy) <b>Eun Sheen, M.D.</b> (Allergy) <b>Atsuko Ishikawa, MD</b> (Psychiatry) <b>Megumi Omonishi, PhD (Psychologist)</b> <b>Asako Miyashita MS, RD</b> (Nutrition) <b>Yu Kaneko, L.Ac</b> (Acupuncture, Chinese Herbal Medicine)</p> <p align="center">♦In the event of an emergency, please call your primary physician and follow his or her directions.♦</p> <p>Emergency Phone Number, Only for after hour emergency contact 212-365-5066</p>
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- **Go to the emergency clinic immediately if your physician tells you to, or if you cannot get hold of your physician.**

Closest ER	Address	Phone

- **In case of emergency, your home doctor can send a prescription to your designated pharmacy. ( Only applicable for certain acute illnesses) Note the information of the closest pharmacy that open 24 hours.**

Pharmacy	Address	Tel	Open House

- **Always carry your primary physician's contact number with you. In the event that you encounter an unexpected illness or an accident when away from home, you can provide the information to the attending physician.**