

# Dr.AI MedExam Pro

Dr. AIの健康診断レポート作成システム



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# 1. Dr.AI MedExam Proの特長

## 比類のない効率と生産性

Dr.AIの健康診断レポート生成システム(Dr.AI MedExam Pro)は比類のない効率を実現し、僅か15分で100件のレポートを作成するワンクリックバッチレポート生成機能により医療関係者の生産性向上に貢献することができます。これにより、健康診断のワークフローが最適化され、貴重な時間が節約され、正確度も上がります。

## 12の医療専門分野にわたるダイナミックなアプローチ

Dr.AI MedExam Proは12の医療専門分野にわたるダイナミックなアプローチで、包括的で正確かつナラティブな診断とアドバイスを提供します。これらの診断にはリアルタイム医学的洞察に基づいた個別のフォローアップ推奨事項が含まれています。診断に基づき、過去の病歴、家族歴に加え、生活習慣や異常値を統合して専属の診断評価が生成されます。

# 1. Dr.AI MedExam Proの特長

## 作成済みテンプレートの情報を利用しない

我々の推奨事項は事前に作成されたテンプレートから得られたものではなく、テスト結果から直接ダイナミックな洞察・情報を提供します。さらに、多言語でレポートを生成する機能があり、様々な言語ニーズに対応します。

## 重要な課題への対処

Dr.AI MedExam Proは医療関係者が直面する以下の課題に対処することを目的とし、患者にフォーカスする医療診断サービスの開発に注力しています。

- 医療従事者の力の強化
- 医療従事者不足の緩和
- メディカルケアにおける盲点の削減
- 医療記録とレポートの品質向上
- 文書化にかかる時間とエラーの最小化

## 2. 導入効果

### 2-1. 僅か15分で100件のレポートを作成可能



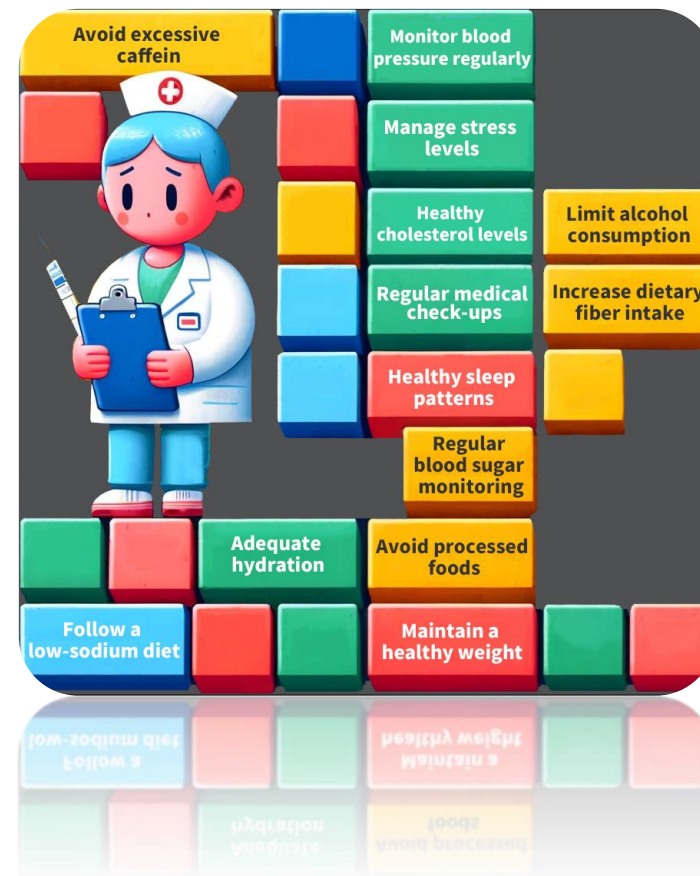
### ワンクリック大量レポート作成

Dr.AI MedExam Proを用いて100件のレポートはわずか15分でバッチ作成されます！ワークフローを大幅に最適化することで、貴重な時間を節約し、コストを削減することができます。また、医療サービスのキャパシティも向上させます。

## 2. 導入効果

### 2-2. テンプレートの手動取得は不要

Dr.AI MedExam Proは検査結果から直接洞察・情報を生成することで、事前に書かれたテンプレートを手動で取得する必要性をなくしました。リアルタイムデータに基づく我々の推奨事項は個別化されたケアを提供するものであり、一般的なテンプレートから得られるものではありません。



## 2. 導入効果

### 2-3. 12の専門分野にわたる包括的な診断

Dr.AI MedExam Proは12の医療専門分野にわたるダイナミックなアプローチで、包括的で正確かつナラティブな診断とアドバイスを提供します。これらの診断には自動音声説明及びリアルタイムの医学洞察に基づいた個別のフォローアップ推奨事項が含まれます。

### 包括的な評価のために3つの要素を統合した革新的なクロス分析

このシステムは既往歴及び家族歴、生活習慣、異常データの高度なクロス分析を統合し、独自の診断評価とフォローアップ推奨事項を生成します。

- 既往歴及び家族歴 >
- 生活習慣 >
- 異常値分析 >

## 2. 導入効果

### A. 既往歴及び家族歴のクロス分析

● 既往歴及び家族歴	▶
生活習慣	>
異常値分析	>

Rochester Clinic    Name : DavisJordan    ID :    Date of Exam : 2024-03-22

### Summary & Suggestions

Impression 5: Elevated Homocysteine

Evidence-Based on: Homocysteine level of 16.0 umol/L.  
Interpretations and Suggestions: Elevated homocysteine is a risk factor for cardiovascular diseases. Dietary modification to increase intake of folate, vitamins B6, and B12 could help lower homocysteine levels. Additionally, evaluating renal function and thyroid status is advised as these can influence homocysteine levels.

06. Diagnosis :

Impression 6: E

Evidence-Based

Interpretations a  
but it is non-spe  
clinical correlati

#### Past Medical History & Family Medical History

**Past medical history**

Personal history of diseases: Hypertension, Atrial fibrillation, Ulcerative colitis  
Medication and supplement history: No regular medication or supplement habits.


07. Diagnosis :

Impression 7: History of Hypertension and Atrial Fibrillation

Evidence-Based on: Personal medical history reporting hypertension and atrial fibrillation.  
Interpretations and Suggestions: Given your medical history, it's imperative to engage in lifestyle modifications, adherence to antihypertensive guidelines, and regular follow-up with a cardiologist, especially to monitor and manage atrial fibrillation.

In conclusion, your primary concerns include being overweight, having prehypertension, mildly elevated liver enzymes, mildly elevated bilirubin, and elevated homocysteine levels. These factors necessitate a focus on lifestyle changes, dietary improvements, and possibly medical interventions for blood pressure and liver health. Your history of hypertension and atrial fibrillation underscores the importance of cardiovascular health monitoring and management. The elevated NSE warrants further investigation to exclude serious conditions. Overall, a comprehensive approach including follow-up with your healthcare provider is recommended to address these findings and optimize your health.

▶ **Past Medical History**



Dr.AI



## 2. 導入効果

### B. 生活習慣のクロス分析

既往歴及び家族歴 >

● 生活習慣 ▶

異常値分析 >



Rochester Clinic

Name : DavisJordan

ID :

Date of Exam : 2024-03-22

## Summary & Suggestions

### 06. Diagnosis :

Impression: Prediabetes

Evidence-Based on: Fas

Lifestyle Habits (Smoking, Drinking, etc.)

### Lifestyle Habits

Drinking habits in the past month: Abstain from alcohol.

Coffee consumption habits: Yes.

Average weekly working hours in the past six months: 48

monitoring of blood glu

osis :

Impression: Hyperlipidemia

Evidence-Based on: Total cholesterol of 227 mg/dL, LDL cholesterol of 150 mg/dL

Interpretations and Suggestions: Consider dietary modifications to reduce saturated fats and cholesterol intake, increase intake of omega-3 fatty acids, and consult with your healthcare provider about the potential need for lipid-lowering medication.

### 08. Diagnosis :

Impression: Hyperuricemia

Evidence-Based on: Uric acid of 9.6 mg/dL

Interpretations and Suggestions: Limit intake of purine-rich foods like red meats and seafood, and avoid alcohol. Stay well-hydrated. Further evaluation for gout or renal issues may be warranted if symptoms such as joint pain or difficulty in urinating occur.

### 09. Diagnosis :

Impression: Hyperthyroidism

### Lifestyle Medicine Suggestions

Lifestyle Medicine Suggestions:

- Adopting a whole-food, plant-predominant eating pattern will help in managing obesity, prediabetes, hypertension, and hyperlipidemia. Focus on incorporating a wide variety of fruits, vegetables, whole grains, and legumes into your meals.

▶ Avoid risky substances, including tobacco and excessive alcohol consumption, to reduce your risk of further aggravating hypertension, hyperuricemia, and liver conditions. Limit caffeine intake as it can affect blood pressure and sleep quality.

Impression: Nasopharyngeal stenosis

# 2. 導入効果

## C. 異常データのクロス分析

既往歴及び家族歴

生活習慣

異常値分析



# Summary & Suggestions

Item	Value	Unit	Reference Range	Abnormal	Notes
Total Cholesterol	227	mg/dl	<200	Yes	Cholesterol testing is vital for assessing cardiovascular health. Elevated cholesterol levels, influenced by endocrine disorders, diabetes, obstructive jaundice, and liver disease, can lead to atherosclerosis. Inherited LDL or HDL deficiency, hypertriglyceridemia, severe liver disease, and alcohol consumption can also influence levels. Despite controversy, high cholesterol is associated with an increased risk of atherosclerosis, cardiovascular disease, and stroke.
Total Bilirubin	1.8	mg/dl	<1.2	Yes	Total Bilirubin levels can point to biliary obstruction, liver disease, or hemolysis. High levels can indicate liver failure, while low levels may indicate malnutrition or alcoholism.
HDL-Cholesterol	44	mg/dl	>40	Yes	High-Density Lipoprotein Cholesterol (HDL-C) is often referred to as "good cholesterol" because it helps remove other forms of cholesterol from the arteries. High levels are protective against cardiovascular disease risk. Conversely, low levels are associated with an increased risk of atherosclerosis, heart disease, and stroke.
Direct Bilirubin	0.3	mg/dl	<0.3	Yes	Direct Bilirubin levels are generally low. High levels can indicate liver disease, hemolysis, or biliary obstruction. Levels above 0.3 mg/dl are generally considered abnormal.
Systolic BP-Left	143	mmHg	90-139	Yes	Systolic blood pressure (SBP) is a key indicator of cardiovascular health. High SBP is associated with an increased risk of heart disease, stroke, and kidney disease. A reading of 143 mmHg indicates Stage 1 Hypertension.
LDL-Cholesterol	150	mg/dl	<100	Yes	Low-Density Lipoprotein Cholesterol (LDL-C) is often referred to as "bad cholesterol" because it can build up in the arteries, leading to atherosclerosis. High levels are associated with an increased risk of heart disease, stroke, and peripheral artery disease.
Diastolic BP-Left	91	mmHg	60-89	Yes	Diastolic blood pressure (DBP) is the pressure in the arteries when the heart is at rest. High DBP is associated with an increased risk of heart disease, stroke, and kidney disease. A reading of 91 mmHg indicates Stage 1 Hypertension.
Indirect Bilirubin	1.5	mg/dl	<1.0	Yes	Indirect Bilirubin levels are generally low. High levels can indicate liver disease, hemolysis, or biliary obstruction. Levels above 1.0 mg/dl are generally considered abnormal.
Body Height	66	inches	5'0" - 5'10"	Yes	Height measurement is a simple yet critical parameter and potential health risk. Abnormally low height may indicate growth hormone deficiency, while high height may indicate gigantism or acromegaly.
Body Weight	173.9	lbs	110 - 150	Yes	Weight measurement is a fundamental aspect of nutritional status and potential health risks. Increased weight is associated with conditions like cardiovascular disease, diabetes, and sleep apnea. Low body weight may indicate malnutrition or eating disorders.
Body Mass Index	28.1	kg/m²	18.5 - 24.9	Yes	Body Mass Index (BMI) is a key indicator of obesity and related health risks. A BMI of 28.1 indicates obesity, which is associated with an increased risk of heart disease, stroke, and type 2 diabetes.
Waist Circumference	36.2	inches	35.5 - 36.5	Yes	Waistline measurement is a vital indicator of obesity and related health risks. An increase in waist circumference is associated with a higher risk of cardiovascular disease and type 2 diabetes, reflecting central obesity and associated metabolic abnormalities.

Abnormal Data

### 25. Diagnosis :

Comprehensive summary

Comprehensive summary: Current findings underscore several significant health concerns that warrant ongoing management and observation. You exhibit mild obesity, which, combined with prediabetes, Hypertension (Stage 1), hyperlipidemia, and mild coronary artery disease, underscores a **heightened cardiovascular risk profile**. Importantly, adhering to a lifestyle that promotes weight management, a balanced diet low in simple sugars and saturated fats, along with regular exercise, is paramount. Your condition of Thalassemia minor, while generally not requiring treatment, complements a picture of hematological intricacy, further complicated by eosinophilia and indirect hyperbilirubinemia, suggesting a need for meticulous monitoring of your **blood and liver health**. The presence of **hyperthyroidism, hyperuricemia**, along with mild prostatic enlargement, necessitates a comprehensive approach to your hormonal balance and metabolic processing. Findings of multilevel degenerative changes in your spine, intervertebral disc herniation, and spinal stenosis highlight the significance of incorporating physiotherapy and possibly pain management into your regimen. Notably, the identification of bilateral renal cysts, left renal calcification, and nasopharyngeal stenosis introduces additional layers of complexity requiring specialist consultations to monitor and manage these conditions effectively. Furthermore, the cerebral small vessel disease, Stage 1, and arteriosclerosis of the aortic arch indicate the need for **vigilant control of vascular risk factors**. Regular follow-ups for your heart and kidney functions, alongside adjustments in medication and lifestyle, will be crucial steps in managing your health holistically.

## 2. 導入効果

### 2-4. カスタマイズ可能なレポートモジュール

医療検査センターのニーズに基づいて、ベーシック、プラス、プレミアムバージョンを含めて複数のレポートモジュールを提供します。また、必要な形式とコンテンツをさらにカスタマイズすることも可能です。

#### ベーシックレポート

一般健康診断、労働者向けの健康診断、初回健康診断パッケージなどの単発の簡易健康診断項目に適しています。AIによる総合診断と栄養指導レポートとともに、簡潔な分析を提供します。

#### プラスレポート

人間ドックと画像検査などの特定項目が含まれる健康診断パッケージに最適です。AI総合診断と栄養指導レポートに加え、詳細な分析と複数の解説レポートを提供します。

#### プレミアムレポート

高度な画像処理やVIPパッケージなどの高価値の健康診断パッケージに最適です。詳細かつ包括的なAI診断分析と栄養指導レポートを提供します。

## HEALTH EXAMINATION REPORT

Name  
I.D. Number  
Gender  
Date of Birth  
Age  
Date of Exam  
Exam Package

Personal

Contents	
Exam Item	Page
Summary & Suggestions	01
Nutrition Instructions	04
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Physician

### Nutrition Instructions

#### Diet Suggestions:

- Incorporate a high fiber diet with plenty of fruits, vegetables, whole grains, and legumes to manage prediabetes and hyperlipidemia, and to aid in weight loss.
- Choose lean protein sources and healthy fats, such as fish rich in omega-3 fatty acids, to support heart health.
- Limit intake of salt and processed foods to help control blood pressure.
- Avoid foods high in refined sugars and carbohydrates to help manage blood glucose levels.
- Opt for low glycemic index foods to stabilize blood sugar.
- Ensure adequate hydration throughout the day.

#### Supplement Recommendations:

- Consider a daily multivitamin that does not exceed 100% of the Daily Value of iron, unless otherwise directed by your physician, due to Thalassemia Minor.
- Omega-3 fatty acids supplement could be beneficial for heart health.
- A Vitamin D supplement may be beneficial, especially if your lifestyle or geographic location limits sun exposure.
- Magnesium supplements could help in managing hypertension and might assist in improving sleep quality.

#### Lifestyle Medicine Suggestions:

- Adopt a whole-food, plant-predominant eating pattern focusing on nutrient density to support weight management, improve lipid profile, and manage blood sugar levels.
- Engage in regular physical activity, aiming for at least 150 minutes of moderate aerobic exercise per week, along with muscle-strengthening activities on two or more days per week. This will aid in managing obesity, hypertension, and prediabetes.
- Ensure restorative sleep by maintaining a consistent sleep schedule, creating a sleep-conducive environment (cool, dark, and quiet), and avoiding stimulants and screens before bedtime.
- Manage stress effectively through mindfulness techniques, such as meditation, deep breathing exercises, or yoga. These practices can help in reducing blood pressure and improving overall well-being.

Limiting alcohol consumption and avoiding tobacco or the use of illicit substances are important for overall health. If you have a history of smoking, it is important to quit. If you are currently using tobacco, please consult with your physician for cessation options. Maintaining strong connections with friends and family, and participating in community or group activities that interest you can also provide emotional support and improve mental health.

### Summary & Suggestions

#### 01. Diagnosis:

Impression: Mild Obesity

Evidence-Based on: Body Mass Index (BMI) 28.1 kg/m<sup>2</sup>, Body Weight 78.9 kg, Body Fat 24.3%, Waist Circumference 92 cm  
Interpretations and Suggestions: To manage mild obesity, a combination of dietary adjustments focusing on nutrient-dense foods and regular physical activity is recommended. Consider consulting a nutritionist for personalized dietary guidance and a fitness professional to create an exercise regimen that is safe and effective for weight loss and overall health improvement.

#### 02. Diagnosis:

Impression: Stage 1 Hypertension

Evidence-Based on: Systolic Blood Pressure 143 mmHg, Diastolic Blood Pressure 91 mmHg  
Interpretations and Suggestions: Stage 1 hypertension suggests a need for lifestyle modifications such as reducing sodium intake, increasing physical activity, and managing stress. Consistent monitoring of blood pressure and adherence to antihypertensive medication, if prescribed, are important to prevent further cardiovascular risks.

#### 03. Diagnosis:

Impression: Microcytic Anemia, likely Thalassemia Minor

Evidence-Based on: RBC 6.8 x10<sup>6</sup>/uL, MCV 63.8 fL, MCH 18.5 pg, MCHC 29.0 g/dL  
Interpretations and Suggestions: The laboratory findings suggest a diagnosis of Microcytic Anemia, likely Thalassemia Minor, given your high red blood cell count but low MCV, MCH, and MCHC. This condition often does not require treatment; however, regular monitoring of hemoglobin levels and avoidance of unnecessary iron supplements are advisable unless specifically recommended by a physician.

#### 04. Diagnosis:

Impression: Eosinophilia

Evidence-Based on: Eosinophils 9.3%  
Interpretations and Suggestions: Elevated eosinophils can indicate an allergic reaction, parasitic infection, or less commonly, certain types of leukemia. It is recommended to undergo further evaluation to determine the underlying cause, which may include specific allergen testing, stool studies for parasites, and a consultation with a hematologist if indicated.

#### 05. Diagnosis:

Impression: Gilbert's Syndrome Indicated by Indirect Hyperbilirubinemia

Evidence-Based on: Total Bilirubin 1.8 mg/dL, Indirect Bilirubin 1.5 mg/dL  
Interpretations and Suggestions: The pattern of bilirubin elevation suggests Gilbert's Syndrome, a benign condition that typically does not require treatment. However, it's still important to avoid potential liver toxins including excessive alcohol consumption and certain medications known to affect liver function. Regular liver function tests may be conducted to monitor your condition over time.

#### 06. Diagnosis:

Impression: Prediabetes

Evidence-Based on: Fasting Glucose 104 mg/dL, HbA1c 6.2%  
Interpretations and Suggestions: These values indicate prediabetes. Implementing lifestyle changes such as adopting a balanced diet low in refined sugars and carbohydrates, regularly exercising, and periodically monitoring blood glucose levels are crucial steps to delay or prevent the onset of type 2 diabetes. Additionally, a consultation with a diabetes educator or endocrinologist might be beneficial.

#### 07. Diagnosis:

Impression: Hyperlipidemia

Evidence-Based on: Total Cholesterol 227 mg/dL, LDL-Cholesterol 150 mg/dL, T-Chol/HDL-Chol Ratio 5.2  
Interpretations and Suggestions: The cholesterol levels suggest hyperlipidemia, increasing your risk for atherosclerosis and heart disease. A heart-healthy diet, rich in fruits, vegetables, whole grains, and lean proteins, along with regular exercise, is recommended. Depending on your risk factors and overall cardiovascular risk, medication may also be prescribed to help manage your cholesterol levels.

#### 08. Diagnosis:

Impression: Hyperthyroidism

Evidence-Based on: TSH 0.02 uIU/mL, Free T4 1.98 ng/dL  
Interpretations and Suggestions: The suppressed TSH and elevated free T4 levels suggest hyperthyroidism, which may require antithyroid medications or other treatments. Consultation with an endocrinologist for precise diagnosis and management is essential. Monitoring thyroid function tests regularly as advised by your specialist is crucial for appropriate management.

#### 09. Diagnosis:

Comprehensive summary

Based on the comprehensive analysis of your conditions, it seems you are dealing with several health issues that require attention, including mild obesity, stage 1 hypertension, microcytic anemia likely due to Thalassemia Minor, eosinophilia, Gilbert's syndrome indicated by indirect hyperbilirubinemia, prediabetes, hyperlipidemia, and hyperthyroidism. A multidisciplinary approach involving lifestyle modifications, close monitoring, and possibly medication is advised to manage these conditions effectively. Collaboration with various specialists, including a nutritionist, fitness professional, allergist, and endocrinologist, will be key to addressing your health concerns.

# ベーシックレポート

## ベーシックレポート

一般健康診断、労働者向けの健康診断、初回健康診断パッケージなどの単発の簡易健康診断項目に適しています。AIによる総合診断と栄養指導レポートとともに、簡潔な分析を提供します。

## 2. 導入効果

## 2-4. カスタマイズ可能なレポートモジュール

## HEALTH EXAMINATION REPORT

### Personal Information

Name  
I.D. Number  
Gender  
Date of Birth  
Age  
Date of Exam  
Exam Package

DEMO-005

### Contents

- Exam Item
- Summary & Suggestions
- Nutrition Instructions
- Personal and Family History
- Physical Analysis
- Vision & Hearing Screen
- Hematology Screening
- Biochemistry Examination
- Serology and Immunology Examination
- Urinalysis
- Pharyngorhinoscopy
- Abdominal Ultrasound
- Echocardiography Ultrasound
- Carotid Duplex Ultrasound

### Nutrition Instructions

#### Diet Suggestions:

- Prioritize a whole-food, plant-based diet rich in fruits, vegetables, whole grains, and legumes to manage weight, blood pressure, and blood sugar levels.
- Incorporate lean proteins like fish and poultry, and limit red meat and processed foods to manage hyperlipidemia and hypertension.
- Choose foods high in potassium to help manage hypertension.
- Limit salt intake to less than 1500 mg per day to support blood pressure control.
- Avoid high-purine foods such as red meat, organ meats, and certain types of seafood to reduce uric acid levels.
- Opt for foods rich in omega-3 fatty acids, such as salmon, to support heart health.
- Reduce consumption of simple sugars and refined carbohydrates to manage prediabetes and obesity.

#### Supplement Recommendations:

- A multivitamin tailored to your age and sex may help fill any nutritional gaps without providing excess iron, given your beta-thalassemia minor.
- Fish oil supplements, for the omega-3 fatty acids EPA and DHA, may benefit heart health but consult with your doctor due to your lipid profile and cardiovascular concerns.
- Vitamin D, especially if your lifestyle or geographical location limits sun exposure, to support overall health, but consult with your healthcare provider for appropriate dosing.
- Magnesium, which may help with blood pressure control and heart health. Again, check with your physician for the appropriate dose.

#### Lifestyle Medicine Suggestions:

- Adopt a whole-food, plant-predominant eating pattern to address obesity, hypertension, hyperlipidemia, and prediabetes. Focus on incorporating a variety of fruits, vegetables, whole grains, and legumes into your meals.
- Engage in regular physical activity. Aim for at least 150 minutes of moderate aerobic exercise per week, such as brisk walking, cycling, or swimming, along with muscle-strengthening activities on two or more days a week. This will help manage weight, blood pressure, and cardiovascular health.
- Ensure restorative sleep by establishing a regular sleep schedule, creating a relaxing bedtime routine, and making your sleeping environment comfortable and free of distractions. Aim for 7-9 hours of sleep per night.
- Manage stress effectively through mindfulness practices, meditation, yoga, or deep-breathing exercises. These methods can help lower blood pressure and improve overall well-being.
- Avoid risky substances including tobacco and limit alcohol intake, as these can exacerbate several of your conditions including hypertension, hyperuricemia, and liver health.
- Foster positive social connections by maintaining relationships with friends and family. Support groups for specific health conditions can also provide emotional support and valuable information for managing your health.
- Stay well-hydrated, particularly to manage hypertension and kidney health. Aim for at least 8-10

### Summary & Suggestions

#### 01. Diagnosis :

Impression: Mild obesity

Evidence-Based on: BMI of 28.1 kg/m<sup>2</sup>, Body weight of 78.90 kg, Body fat percentage of 24.30%, Waist circumference of 92 cm  
Interpretations and Suggestions: Mild obesity is associated with a higher risk of several chronic diseases. It is important to aim for a slow and steady weight loss through a balanced diet and regular physical activity. Consider consulting a nutritionist for personalized dietary advice.

#### 02. Diagnosis :

Impression: Stage 1 Hypertension

Evidence-Based on: Systolic blood pressure of 143 mmHg, Diastolic blood pressure of 91 mmHg  
Interpretations and Suggestions: Stage 1 hypertension increases the risk of cardiovascular diseases. Limiting salt intake, maintaining a healthy weight, and regular monitoring of blood pressure are crucial. Discuss with your doctor whether medication might be needed to control your blood pressure.

#### 03. Diagnosis :

Impression: Beta-Thalassemia Minor

Evidence-Based on: RBC of 6.8 10<sup>6</sup>/uL, MCV of 63.8 fl, MCH of 18.5 pg/cell  
Interpretations and Suggestions: Beta-thalassemia minor often doesn't require treatment but monitoring for possible anemia symptoms is recommended. Avoid routine iron supplements without evidence of iron deficiency.

#### 04. Diagnosis :

Impression: Eosinophilia

Evidence-Based on: Eosinophils at 9.30%  
Interpretations and Suggestions: Eosinophilia can indicate allergic reactions, parasitic infections, or other causes. It is advisable to see an allergist or immunologist for further evaluation and possible allergy testing.

#### 05. Diagnosis :

Impression: Indirect hyperbilirubinemia

Evidence-Based on: Total Bilirubin at 1.8 mg/dL, Indirect Bilirubin at 1.5 mg/dL  
Interpretations and Suggestions: Further evaluation is necessary to determine the cause of elevated bilirubin. Possibilities include Gilbert's syndrome, hemolysis, or liver dysfunction. Consultation with a hepatologist may be beneficial.

#### 06. Diagnosis :

Impression: Prediabetes

Evidence-Based on: Glucose AC of 104 mg/dL, HbA1C of 6.2%  
Interpretations and Suggestions: Prediabetes indicates a high risk of developing diabetes. Lifestyle modifications including diet and exercise are crucial. Regular follow-up with glucose and HbA1c testing every 6 months is recommended.

#### 07. Diagnosis :

Impression: Hyperlipidemia

Evidence-Based on: Total Cholesterol of 227 mg/dL, LDL-C of 150 mg/dL  
Interpretations and Suggestions: Elevated cholesterol increases the risk of cardiovascular disease. Dietary changes, weight management, and possibly lipid-lowering medication after discussing with your healthcare provider are recommended.

#### 08. Diagnosis :

Impression: Increased risk for atherosclerosis

Evidence-Based on: T-Chol/HDL-Chol ratio of 5.2  
Interpretations and Suggestions: To reduce the risk of atherosclerosis, focus on lifestyle modifications such as increasing physical activity, quitting smoking if applicable, and managing dietary fat intake. Regular monitoring of lipid profile is essential.

#### 09. Diagnosis :

Impression: Hyperuricemia

Evidence-Based on: Uric acid level of 9.6 mg/dL  
Interpretations and Suggestions: High uric acid levels can lead to gout and kidney stones. Management includes dietary changes, such as limiting purine-rich foods and alcohol. Adequate hydration and follow-up blood tests are recommended.

#### 10. Diagnosis :

Impression: Hyperthyroidism

Evidence-Based on: TSH of 0.08 ng/mL  
Interpretations and Suggestions: Low TSH levels indicate hyperthyroidism, which can lead to weight loss, increased heart rate, and other symptoms. Further evaluation, including thyroid function tests, is needed for a definitive diagnosis and treatment options.

#### 11. Diagnosis :

#### 12. Diagnosis :

Impression: Left Kidney Calcification

Evidence-Based on: Abnormal ultrasound of the kidney showing calcification points in the left kidney.  
Interpretations and Suggestions: This indicates previous kidney damage or infection, leading to calcification. It is important to monitor kidney function and manage blood pressure and blood sugar to prevent further damage. Stay well-hydrated and schedule a follow-up with a nephrologist for ongoing assessment and management strategies.

#### 13. Diagnosis :

Impression: Diastolic Dysfunction

Evidence-Based on: Abnormal echocardiogram indicating left ventricular diastolic dysfunction.  
Interpretations and Suggestions: Diastolic dysfunction is a condition where the heart's ability to relax and fill with blood is impaired. This can be managed by controlling blood pressure, possibly adjusting medication if you have hypertension, and managing other cardiovascular risk factors. Implementing lifestyle changes such as regular physical activity and a heart-healthy diet is beneficial. Further evaluations by a cardiologist are necessary to tailor treatment and monitor the condition.

#### 14. Diagnosis :

Impression: Valve Regurgitation

Evidence-Based on: Abnormal echocardiogram showing mild regurgitation in the mitral, pulmonary, and tricuspid valves.  
Interpretations and Suggestions: Even minimal valve regurgitation deserves attention to monitor for potential progression. Regular follow-up with echocardiograms to assess valve function over time is recommended. Engage in heart-healthy lifestyle practices and manage other cardiovascular risk factors. Consult with a cardiologist for more specific recommendations and potential treatment options.

#### 15. Diagnosis :

Impression: Multinodular Goiter with Cystic Changes

Evidence-Based on: Ultrasound of the thyroid showing multiple nodules with cystic changes in the left thyroid.  
Interpretations and Suggestions: The presence of multiple nodules with cystic changes warrants periodic monitoring through ultrasound to detect any changes in size or characteristics of the nodules. Thyroid function tests should be conducted to evaluate thyroid hormone levels. Consultation with an endocrinologist is important for further assessment and to decide if any nodules require biopsy based on their growth or symptoms.

#### 16. Diagnosis :

Impression: Nodular Thyroid Disease

Evidence-Based on: Ultrasound of the thyroid showing a nodular goiter in the right thyroid.  
Interpretations and Suggestions: Like the multinodular goiter, this condition also needs monitoring over time with ultrasound and thyroid function tests to ensure the nodules do not adversely affect thyroid function. An endocrinological evaluation is crucial, and a biopsy may be considered based on nodule growth or associated symptoms.

#### 17. Diagnosis :

Impression: Atherosclerosis of the Aortic Arch

Evidence-Based on: Abnormal chest X-ray showing aortic arch calcification.  
Interpretations and Suggestions: Aortic arch calcification is indicative of atherosclerosis, a buildup of plaque that can narrow the arteries and increase cardiovascular disease risk. Managing blood pressure, cholesterol, and other cardiovascular risk factors is critical. A cardiology consultation is recommended for a comprehensive cardiovascular risk assessment and management plan.

#### 18. Diagnosis :

Impression: Cervical Spondylosis

Evidence-Based on: Abnormal cervical X-ray showing intervertebral disc narrowing, osteophytes, and ligament calcification.  
Interpretations and Suggestions: Management focuses on relieving pain and maintaining neck mobility. Nonsteroidal anti-inflammatory drugs (NSAIDs), physical therapy, and lifestyle modifications to reduce strain on the neck are important. In some cases, referral to a spine specialist for further evaluation and treatment planning may be necessary, including the possibility of surgery for severe symptoms or nerve involvement.

#### 19. Diagnosis :

Impression: Lumbar and Thoracic Spine Anomalies

Evidence-Based on: Abnormal X-rays showing spondyloarthrosis, vertebral fractures, disc narrowing, and osteophyte formation in the lumbar and thoracic spine.  
Interpretations and Suggestions: This combination of spine issues requires comprehensive management to address pain, prevent further deterioration, and maintain function. Physical therapy geared towards strengthening and flexibility exercises, pain management strategies, and possibly evaluation for surgical intervention in severe scenarios are advised. Regular follow-ups with a specialist in orthopedics or spine disorders are critical to adjust management plans as needed.

#### 20. Diagnosis :

Comprehensive Summary

You are currently managing several health issues, most notably mild obesity with a BMI of 28.1, indicating a need for lifestyle adjustments in diet and exercise. Your combination of stage 1 hypertension and prediabetes both suggest immediate lifestyle modifications and possibly medications to control blood pressure and blood sugar levels, which are critical to prevent cardiovascular disease and diabetes. Beta-thalassemia minor, eosinophilia, and indirect hyperbilirubinemia require monitoring but are not immediately life-threatening. Your elevated uric acid levels point towards a risk for gout and kidney stones, necessitating dietary adjustments. The diagnosis of hyperthyroidism will likely require referral to an endocrinologist for further management. Your echocardiogram shows left kidney calcifications, and your echocardiogram also indicates diastolic dysfunction, left ventricular dysfunction, and valve regurgitation. These findings suggest previous kidney damage or infection, leading to calcification. It is important to monitor kidney function and manage blood pressure and blood sugar to prevent further damage. Stay well-hydrated and schedule a follow-up with a nephrologist for ongoing assessment and management strategies. Further evaluations by a cardiologist are necessary to tailor treatment and monitor the condition. Even minimal valve regurgitation deserves attention to monitor for potential progression. Regular follow-up with echocardiograms to assess valve function over time is recommended. Engage in heart-healthy lifestyle practices and manage other cardiovascular risk factors. Consult with a cardiologist for more specific recommendations and potential treatment options. Like the multinodular goiter, this condition also needs monitoring over time with ultrasound and thyroid function tests to ensure the nodules do not adversely affect thyroid function. An endocrinological evaluation is crucial, and a biopsy may be considered based on nodule growth or associated symptoms. To reduce the risk of atherosclerosis, focus on lifestyle modifications such as increasing physical activity, quitting smoking if applicable, and managing dietary fat intake. Regular monitoring of lipid profile is essential. High uric acid levels can lead to gout and kidney stones. Management includes dietary changes, such as limiting purine-rich foods and alcohol. Adequate hydration and follow-up blood tests are recommended. Low TSH levels indicate hyperthyroidism, which can lead to weight loss, increased heart rate, and other symptoms. Further evaluation, including thyroid function tests, is needed for a definitive diagnosis and treatment options. This combination of spine issues requires comprehensive management to address pain, prevent further deterioration, and maintain function. Physical therapy geared towards strengthening and flexibility exercises, pain management strategies, and possibly evaluation for surgical intervention in severe scenarios are advised. Regular follow-ups with a specialist in orthopedics or spine disorders are critical to adjust management plans as needed.

# プラスレポート

## プラスレポート

人間ドックと画像検査などの特定項目が含まれる健康診断パッケージに最適です。AI総合診断と栄養指導レポートに加え、詳細な分析と複数の解説レポートを提供します。

## 2. 導入効果

# 2-4. カスタマイズ可能なレポートモジュール

## HEALTH EXAMINATION REPORT

### Personal Information

Name  
I.D. Number  
Gender  
Date of Birth  
Age  
Date of Exam  
Exam Package

### Contents

- Exam Item
- Summary & Suggestions
- Nutrition Instructions
- Personal and Family History
- Physical Analysis
- Vision & Hearing Screen
- Hematology Screening
- Biochemistry Examination
- Serology and Immunology Examination
- Urinalysis
- Pharyngoscopy
- Abdominal Ultrasound

Rochester Clinic Name: DEMO-005 ID: DEMO-005 Date of Exam: 2024-05-19

### Nutrition Instructions

#### Diet Suggestions:

- Prioritize a diet rich in vegetables, fruits, whole grains, and lean proteins. Focus on fiber-rich foods to help manage weight and blood sugar levels.
- Reduce saturated fats and cholesterol by choosing plant-based fats such as avocados, nuts, and olive oil over animal fats.
- Limit your intake of processed and high-sodium foods to help control blood pressure.
- Avoid purine-rich foods like red meats and seafood to manage hyperuricemia.
- For hypothyroidism, ensure adequate iodine intake from foods like seaweed, fish, dairy, and eggs, unless otherwise contraindicated.
- Drink plenty of water and stay hydrated, especially important due to the presence of renal cysts and calcification.

#### Supplement Recommendations:

- A high-quality multivitamin tailored to your age and sex may support overall health but avoid iron supplements unless specifically recommended by your healthcare provider due to Thalassemia minor.
- Omega-3 fatty acids (from fish oil supplements) could be beneficial for hyperlipidemia and overall heart health.
- Magnesium and potassium supplements might help in managing blood pressure, but consult with your healthcare provider first.
- Vitamin D supplementation, especially if there is limited sun exposure or dietary intake is low.
- Coenzyme Q10 (CoQ10) could be considered for its potential benefits on heart health and statin-related side effects, if statins are prescribed for hyperlipidemia.

#### Lifestyle Medicine Suggestions:

- Adopting a whole-food, plant-predominant eating pattern will help in managing obesity, prediabetes, hypertension, and hyperlipidemia. Focus on incorporating a wide variety of fruits, vegetables, whole grains, and legumes into your meals.
- Engage in regular physical activity by incorporating at least 150 minutes of moderate-intensity or 75 minutes of high-intensity exercise weekly. Mix aerobic activities, strength training, and flexibility exercises for comprehensive health benefits.
- Ensure restorative sleep by aiming for 7-9 hours per night. Establish a regular sleep schedule and create a relaxing bedtime routine to improve sleep quality.
- Manage stress effectively through mindfulness practices, meditation, or yoga. Regular stress management can aid in managing hypertension and improving overall well-being.
- Avoid risky substances, including tobacco and excessive alcohol consumption, to reduce your risk of further aggravating hypertension, hyperuricemia, and liver conditions. Limit caffeine intake as it can affect blood pressure and sleep quality.
- Foster positive social connections by spending time with family and friends, joining community groups, or participating in group activities that interest you. Positive social support can significantly impact your mental and emotional well-being, which in turn can help manage stress and contribute to a

### Summary & Suggestions

#### 01. Diagnosis :

Impression: Mild obesity

Evidence-Based on: BMI of 28.1, body weight of 78.9 kg, body fat percentage of 24.3%, waist circumference of 92 cm  
Interpretations and Suggestions: Engage in a balanced diet and regular exercise program to achieve a gradual and sustainable weight loss. Consult a nutritionist for a personalized plan.

#### 02. Diagnosis :

Impression: Hypertension, Stage 1

Evidence-Based on: Left systolic blood pressure of 143 mmHg, left diastolic blood pressure of 91 mmHg  
Interpretations and Suggestions: Continue monitoring your blood pressure at home and follow up with your healthcare provider to adjust treatment as necessary. Lifestyle modifications such as reducing sodium intake, maintaining a healthy weight, engaging in regular physical activity, and managing stress can be beneficial.

#### 03. Diagnosis :

Impression: Thalassemia minor

Evidence-Based on: RBC of 6.8 10<sup>6</sup>/uL, MCV of 63.8 fL, MCH of 18.5 pg, MCHC of 29 g/dL  
Interpretations and Suggestions: This condition generally requires no treatment. However, avoid iron supplementation unless iron deficiency is diagnosed by your healthcare provider. Regular monitoring of your hemoglobin levels may be advised.

#### 04. Diagnosis :

Impression: Eosinophilia

Evidence-Based on: Eosinophils at 9.3%  
Interpretations and Suggestions: Further evaluation is required to identify the cause of eosinophilia. Potential causes include allergies, asthma, parasitic infections, or more rare conditions like eosinophilic leukemia. Consult with your healthcare provider for targeted diagnostic testing.

#### 05. Diagnosis :

Impression: Indirect hyperbilirubinemia

Evidence-Based on: Total bilirubin of 1.8 mg/dL, indirect bilirubin of 1.5 mg/dL  
Interpretations and Suggestions: This may indicate a mild condition such as Gilbert's syndrome or other liver function issues. A detailed evaluation including liver function tests, and possibly imaging, is recommended to rule out other causes.

#### 06. Diagnosis :

Impression: Prediabetes

Evidence-Based on: Fasting glucose of 104 mg/dL, HbA1c of 6.2%  
Interpretations and Suggestions: Adopt a diet low in simple sugars and refined carbohydrates. Increase physical activity to at least 150 minutes of moderate exercise per week. Regular monitoring of blood glucose levels is recommended.

#### 07. Diagnosis :

Impression: Hyperlipidemia

Evidence-Based on: Total cholesterol of 227 mg/dL, LDL cholesterol of 150 mg/dL  
Interpretations and Suggestions: Consider dietary modifications to reduce saturated fats and cholesterol intake, increase intake of omega-3 fatty acids, and consult with your healthcare provider about the potential need for lipid-lowering medication.

#### 08. Diagnosis :

Impression: Hyperuricemia

Evidence-Based on: Uric acid of 9.6 mg/dL  
Interpretations and Suggestions: Limit intake of purine-rich foods like red meats and seafood, and avoid alcohol. Stay well-hydrated. Further evaluation for gout or renal issues may be warranted if symptoms such as joint pain or difficulty in urinating occur.

#### 09. Diagnosis :

Impression: Hypothyroidism

Evidence-Based on: TSH of 0.02 uIU/mL, Free T4 of 1.98 ng/dL  
Interpretations and Suggestions: Consult an endocrinologist for a detailed assessment. Treatments may include antithyroid medications, radioactive iodine therapy, or thyroid hormone replacement, depending on the underlying cause and your specific condition.

#### 10. Diagnosis :

Impression: Nasopharyngeal stenosis

Evidence-Based on: Imaging findings showing narrowing of the nasopharynx  
Interpretations and Suggestions: Further evaluation with a specialist is recommended to assess the severity of the stenosis and determine the most appropriate management strategy. This may include surgical intervention or medical management, depending on the underlying cause and associated symptoms, such as difficulty breathing or chronic sinusitis.

#### 11. Diagnosis :

Impression: Left ventricular hypertrophy

Evidence-Based on: Abnormal elevated showing left kidney calcification  
Interpretations and Suggestions: It is recommended to monitor for potential underlying conditions that could have contributed to the calcification in your left kidney, such as chronic kidney disease or an increased risk of kidney failure. Regular follow-up with your healthcare provider for repeat ultrasonography is advised to assess any changes or progression.

#### 12. Diagnosis :

Impression: Left ventricular diastolic dysfunction

Evidence-Based on: E-Trace cardiac echocardiogram indicating left ventricular diastolic dysfunction  
Interpretations and Suggestions: Engage in lifestyle modifications such as controlling blood pressure, managing diabetes, regular physical activity, and maintaining a healthy body mass index to manage diastolic dysfunction. Medication may also be prescribed to improve heart function. Ongoing monitoring by a cardiologist is essential to evaluate the condition's progression or improvement.

#### 13. Diagnosis :

Impression: Valve abnormalities

Evidence-Based on: E-Trace cardiac echocardiogram showing very minor mitral, pulmonary, and tricuspid regurgitation  
Interpretations and Suggestions: Given the mild nature of regurgitation observed in your heart valves, special treatment may not be immediately required. However, it is important to undergo periodic echocardiograms to monitor these conditions over time. Engaging in heart-healthy lifestyle and regular monitoring by a cardiologist are key to ensuring your heart health effectively.

#### 14. Diagnosis :

Impression: Multichamber pacer with cyclic changes in the left bundle and nodal gate in the right bundle  
Evidence-Based on: Physical assessment revealing multichamber pacer with cyclic changes in the left bundle and nodal gate in the right bundle  
Interpretations and Suggestions: Regular monitoring through device function tests and follow-up ultrasound is critical to watch for any changes in the nodal gate or ablation sites. Minor atrial nodal gate changes, but do not require to assess for symptoms of atrial fibrillation or the nodal gate. If atrial fibrillation symptoms or other symptoms features are observed, further evaluation or intervention may be necessary.

#### 15. Diagnosis :

Impression: Normal ophthalmological and tetrapod findings

Evidence-Based on: Ophthalmological and tetrapod ophthalmology examinations showing no significant abnormalities  
Interpretations and Suggestions: The absence of significant findings in the visual pathway and tetrapod screening. Continue regular health checks and remain regular for any eye symptoms. Should any signs concerning your health arise for further evaluation will be necessary.

#### 16. Diagnosis :

Impression: Normal abdominal ultrasound findings except for increased left renal calcification  
Evidence-Based on: Abdominal ultrasound showing normal findings except the left kidney calcification  
Interpretations and Suggestions: The overall normal findings of your abdominal organs are encouraging, indicating no immediate concerns. To support ongoing liver, gallbladder, pancreas, and spleen health, maintaining a balanced diet, regular exercise, and avoiding excessive alcohol consumption are advised. Continue regular health checks to monitor the left kidney calcification in close monitoring.

#### 17. Diagnosis :

Impression: Normal cardiac chamber function with abnormal valve abnormalities  
Evidence-Based on: Normal cardiac function indicated by test, with an ejection fraction of 77% despite valve abnormalities  
Interpretations and Suggestions: The good news is your heart function will overall, even with the observed valve regurgitation. These should be monitored periodically to ensure they do not progress. Adopting regular exercise regime, managing stress effectively, and eating a balanced, heart-healthy diet will support your cardiovascular system's health and functionality.

#### 18. Diagnosis :

Impression: Arthrocentesis of the wrist joint  
Evidence-Based on: Chest X-ray findings indicating osteoarthritic changes in the wrist with hyperostosis  
Interpretations and Suggestions: Consider starting a heart-healthy diet, regular exercise, and adequate rest. Discuss any signs concerning your health with your healthcare provider for further evaluation will be necessary.

#### 19. Diagnosis :

Impression: Multichamber pacer changes in the cervical and thoracic sites  
Evidence-Based on: X-ray and MRI findings showing joint fusion, vertebral sliding (spondylosis), disc narrowing, osteophyte formation, and calcification of ligaments in the cervical and thoracic sites  
Interpretations and Suggestions: Regular physiotherapy focused on strengthening and flexibility exercises. Post management strategies, including NSAIDs, may be helpful. In some cases of persistent, severe symptoms, surgical consultation could be considered. An ergonomic assessment of your workplace and adoption of posture correction techniques may improve symptom management.

#### 20. Diagnosis :

Impression: Mild coronary artery disease  
Evidence-Based on: CT heart scan showing coronary artery calcification with a total score of 195 and coronary CT angiography revealing mild stenosis in the LAD and LCx arteries  
Interpretations and Suggestions: Discuss with your doctor the need for medication to manage lipid levels and possibly aspirin for its antiplatelet effect. Lifestyle changes, including dietary modifications, regular physical activity, and managing stress, are crucial. Regular monitoring of your heart health is recommended to assess the progression of coronary artery disease.

#### 21. Diagnosis :

Impression: Confirmed small vessel disease, Stage 1  
Evidence-Based on: MRI brain scan findings  
Interpretations and Suggestions: Control vascular risk factors, such as high blood pressure and diabetes, to slow the progression. Consideration of antiplatelet therapy may be discussed based on your overall risk profile. Regular neurologic evaluations can help in monitoring the condition.

#### 22. Diagnosis :

Impression: Bilateral renal cysts  
Evidence-Based on: MRI of the abdomen showing cysts in both kidneys, the largest measuring approximately 3.1 cm  
Interpretations and Suggestions: Regular monitoring of renal function and cyst size is recommended. Ensure adequate hydration and consult with your healthcare provider before taking medications that may affect kidney function. Typically, surveillance is not required unless symptoms arise or significant changes are observed.

#### 23. Diagnosis :

Impression: Mild prostate enlargement  
Evidence-Based on: MRI of the male pelvis indicating mild prostate enlargement  
Interpretations and Suggestions: Monitor symptoms such as urinary frequency, urgency, or frequency issues. Further evaluation for benign prostatic hyperplasia may be necessary. Dietary changes, medications, or potentially minimally invasive treatments with a urologist to alleviate symptoms and improve quality of life.

#### 24. Diagnosis :

Impression: Intermittent flat foot and spinal stenosis  
Evidence-Based on: MRI findings of flat foot, stenosis at lumbar L4/L5 and cervical C4/C5 with moderate spinal canal narrowing  
Interpretations and Suggestions: Consider custom orthotics, including arch supports, anti-inflammatory medications, and possibly orthopedic footwear, to alleviate discomfort. Massage or health and spine services can also be considered for symptomatic relief.

#### 25. Diagnosis :

Impression: Cervical spondylosis  
Cervical spondylosis is a natural degenerative condition caused by age-related wear and tear on the spine, leading to stiffness and discomfort. The condition can affect the neck and upper back, causing pain, reduced flexibility, and in some cases, nerve irritation. Regular exercise, maintaining a healthy weight, and using proper posture can help manage symptoms. Physical therapy and pain management options are available. Your condition of Cervical spondylosis, while generally asymptomatic, may require periodic monitoring of your neck and upper back health. The presence of hypertrophic changes along with mild vertebral narrowing, necessitates a comprehensive approach to your management plan. Regular monitoring and timely interventions are key to maintaining your quality of life and preventing further progression of the condition.

# プレミアムレポート

## プレミアムレポート

高度な画像処理やVIPパッケージなどの高価値の健康診断パッケージに最適です。詳細かつ包括的な AI 診断分析と栄養指導レポートを提供します。

# 2. 導入効果 2-4. カスタマイズ可能なレポートモジュール

## 2. 導入効果

### 2-4. カスタマイズ可能なレポートモジュール

## 独自の3つの付加価値計画を提供

健康診断レポートには付加価値のある食事の提案、サプリメントの提案、ライフスタイル医学のアドバイスが含まれています。

#### 食事の提案

##### Diet Suggestions:

- Incorporate a high fiber diet with plenty of fruits, vegetables, whole grains, and legumes to manage prediabetes and hyperlipidemia, and to aid in weight loss.
- Choose lean protein sources and healthy fats, such as fish rich in omega-3 fatty acids, to support heart health.
- Limit intake of salt and processed foods to help control blood pressure.
- Avoid foods high in refined sugars and carbohydrates to help manage blood glucose levels.
- Opt for low glycemic index foods to stabilize blood sugar.
- Ensure adequate hydration throughout the day.

#### サプリメントの提案

##### Supplement Recommendations:

- Consider a daily multivitamin that does not exceed 100% of the Daily Value of iron, unless otherwise directed by your physician, due to Thalassemia Minor.
- Omega-3 fatty acids supplement could be beneficial for heart health.
- A Vitamin D supplement may be beneficial, especially if your lifestyle or geographic location limits sun exposure.
- Magnesium supplements could help in managing hypertension and might assist in improving sleep quality.

#### ライフスタイル医学のアドバイス

##### Lifestyle Medicine Suggestions:

- Adopt a whole-food, plant-predominant eating pattern focusing on nutrient density to support weight management, improve lipid profile, and manage blood sugar levels.
- Engage in regular physical activity, aiming for at least 150 minutes of moderate aerobic exercise per week, along with muscle-strengthening activities on two or more days per week. This will aid in managing obesity, hypertension, and prediabetes.
- Ensure restorative sleep by maintaining a consistent sleep schedule, creating a sleep-conducive environment (cool, dark, and quiet), and avoiding stimulants and screens before bedtime.
- Manage stress effectively through mindfulness techniques, such as meditation, deep breathing exercises, or yoga. These practices can help in reducing blood pressure and improving overall well-being.
- Avoid risky substances by limiting alcohol consumption and avoiding smoking or the use of illicit drugs. Given Gilbert's Syndrome, minimizing alcohol intake is particularly important to avoid additional liver stress.
- Foster positive social connections by maintaining close relationships with friends and family. Participating in community or group activities that interest you can also provide emotional support and improve mental health.

## 2. 導入効果

### 2-5. 多言語レポート

日本語、スペイン語、中国語、タイ語、ベトナム語など、健康診断の利用者の多様な言語ニーズに対応し、さまざまな背景を持つ患者へのアクセシビリティを確保します。



多國語系健檢報告 (中文)

Multilingual Health Checkup Reports (English)

Informe de chequeo de salud multilingüe (Spanish)

Báo cáo kiểm tra sức khỏe đa ngôn ngữ (Vietnamese)

รายงานการตรวจสุขภาพหลายภาษา (Thai)

多言語健診報告 (Japanese)

Rapports de contrôle de santé multilingues (French)

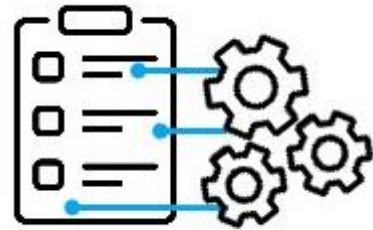
다국어 건강 검진 보고서 (Korean)



### 3. 既存のセットアップとの連携

Dr.AI MedExam Proは以下のように健康診断センターのレポートシステムと統合されます:

- 健康診断項目の基礎データのマッピングと初期設定



- API連携による健康診断データの匿名化送信



## 4. 導入実績

我々はFu Jen Catholic University Hospital及びLotung Poh-Ai Hospitalと協力しています。  
また、他にもいくつかの健診センターが導入を積極的に検討中です。



Fu Jen Catholic University Hospital



Lotung Poh-Ai Hospital

設立

2017年9月29日

1953年

種類

大学病院

一般病院

診療  
規模

- 入院：656床(2022年8月時点)

- 入院：753床

## 5. 無料トライアルの申し込み

Dr.AI MedExam Pro が提供する比類のない効率と個別化されたケアをぜひ体験してみてください。

無料トライアルをお申し込みいただくと、センター向けにカスタマイズされた健康診断レポートを作成するために、弊社のチームがご連絡いたします。

患者のプライバシーを保護するために、トライアルレポートは匿名化されます。



トライアルの申し込み

<https://www.draiai.com/jp/trial-request>

# Dr.AIの力を感じてもらいたい！

Medical Exam Center



**Dr.AI MedExam Pro**

<https://www.draiai.com/jp/medexampro>

Healthcare Professionals



**Dr.AI公式サイト**

<https://www.draiai.com/>

Individuals



**近日公開**





IntoWell Biomedical Technology Inc.

**医療の境界を越え:Dr.AIとともに新時代を拓く**