FACULTY AND STAFF MEDICAL EXAMINATION

MEDICAL SERVICE CENTER
DIVISION OF HUMAN RESOURCES

This year's Medical Examination will be carried out as described below. By undergoing a Medical Examination, unnoticed changes to your physical condition hopefully will be detected at an early stage. Thus, for your health and safety, we recommend you to undergo this medical examination. Please note that RU faculty and staff members are obligated to take the medical exam once a year as Industrial Safety and Health Act, Act on Infectious Diseases Control, School Health and Safety Act and outlined in the Ritsumeikan Faculty and Staff Medical Examination Regulations.
The University has thus arranged an alternative that allows faculty and staff members to take the examination at off-campus affiliate medical institutions. However, the time spent for the medical examination does not count as working hours, so please use work-life balance leave, etc., to take the medical examination.
The University also recommends faculty and staff members aged 35 and older to undergo a complete medical checkup known as Ningen Dock. They can receive subsidies for the complete medical checkup fees from the Promotion and Mutual Aid Corporation for Private Schools of Japan. Please take advantage of the Ritsumeikan Trust Health Management Support Program. (*The Ritsumeikan Trust program excludes part-time contract staff, non-regular staff, part-time lecturers (part-time contract staff), others with additional posts, and dependent family members.) Faculty and staff members can substitute their complete medical checkup results for the annual medical examination results by submitting the former to the Medical Service Center. If they take new employee, pre-travel, or post-travel medical examinations in or after April 1, 2026, they can also substitute the results of those examinations for the annual medical examination results.

P2 Introduction of Health Management Systems

P4 Which method will you use for your medical checkup?

P5 Attention Influenza vaccine
Starting this fiscal year, we will no longer administer vaccinations during as part of medical examinations.

P8 On-campus medical examination schedule

P11 Screening for Cancer in Ritsumeikan
stomach cancer/ prostate cancer
colon cancer/ breast cancer

P18 At an off-campus medical institution

P26 Substitute medical examination
at the time of employment, Ningen Dock, etc.

P28 Follow-up After the Medical Examination

If you have any questions...

Ritsumeikan Medical Service Center Mon-Fri（Except public holiday） 9:30 a.m. ～ 5:00 p.m.
Kinugasa / Suzaku ☎ 075-465-8232 〒603-8577 56-1 Toji-in Kitamachi, Kita-ku, Kyoto 603-8577 JAPAN
BKC ☎ 077-561-2635 〒525-8577 1-1-1 Noji-higashi, Kusatsu Shiga 525-8577 JAPAN
OIC ☎ 072-665-2110 〒567-8570 2-150 Iwakura-cho, Ibaraki,Osaka 567-8570 JAPAN
Mail:hokencnt@st.ritsumei.ac.jp

INTRODUCTION OF HEALTH MANAGEMENT SYSTEMS

The “Growbase” health management system began operations in fiscal year 2025. This system allows you to schedule on-campus medical examinations and flu vaccinations, as well as view your health checkup results. Please register it as your favorite. In addition, those who have undergone a complete medical checkup, "Ningen Dock" can now upload and register the results in PDF format. After uploading, please inform the Medical Service Center that you have uploaded the file by Creating a new message in the message box. Please see p. 26 for details on how to do this.

How to Login

Access to Growbase Health Management System: https://ritsumei.karakoko.jp

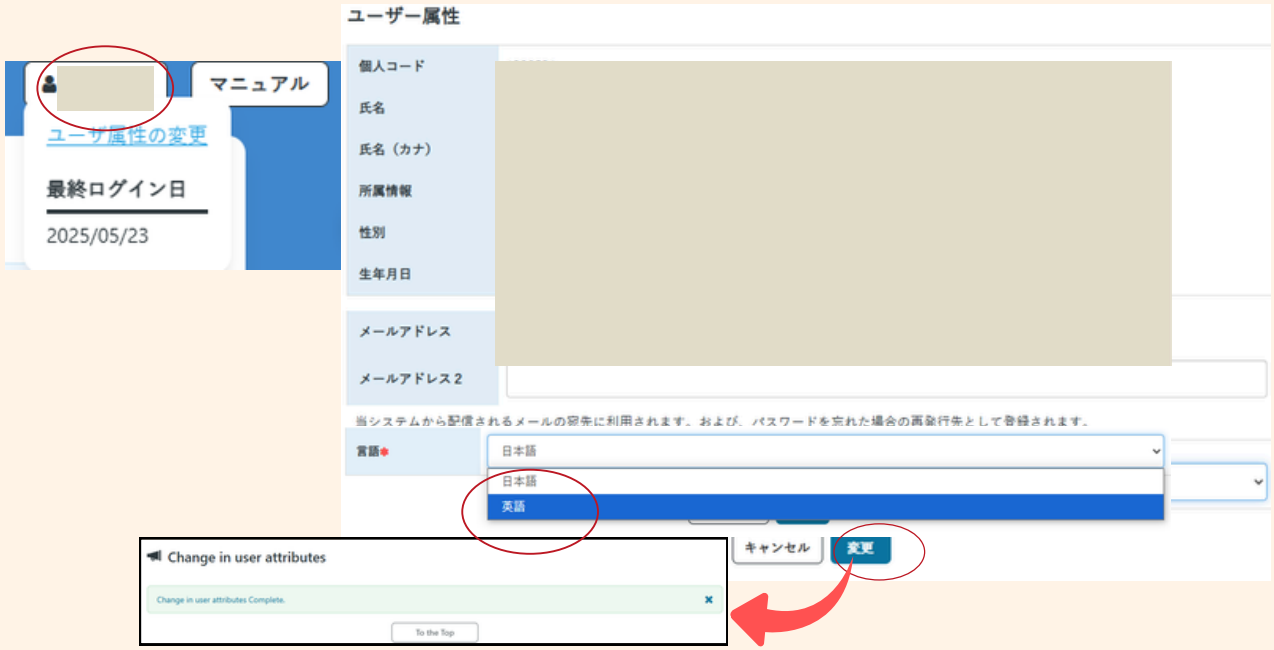
Single sign-on (SSO): login with university email address and password

When making an appointment for a medical examination on campus, we recommend that you log in using a PC so that you can easily check the medical examination schedule.



★Please switch the language from Japanese to English. (Japanese is displayed at first)

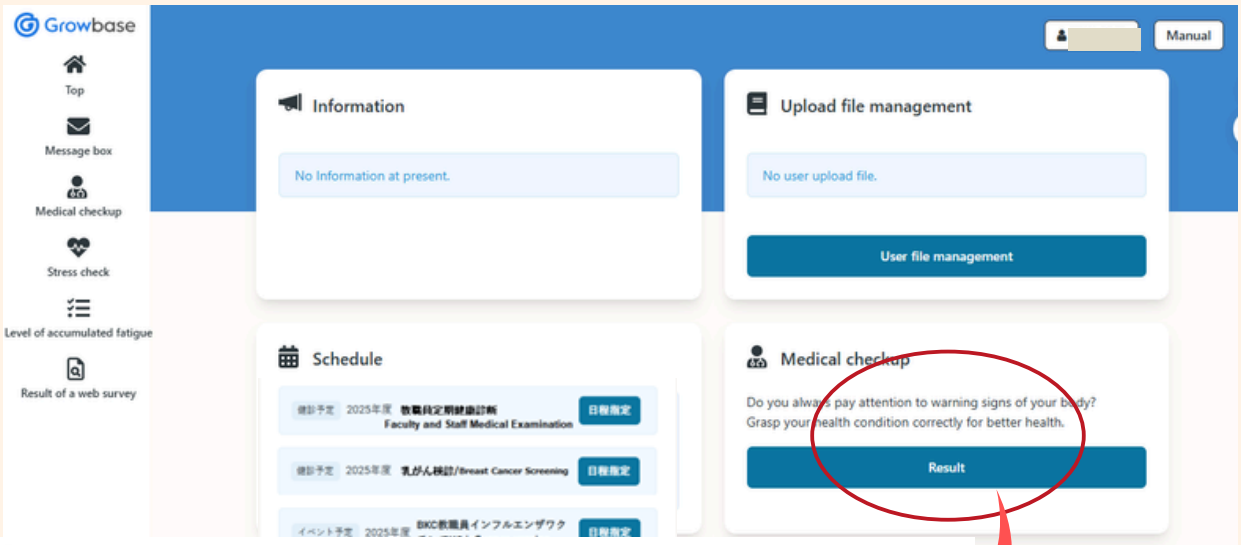
Place the cursor over your name and click **“ユーザ属性の変更”** indicated in blue letters.
Select 英語 (English) from 言語 (Language) and click 変更(Change).

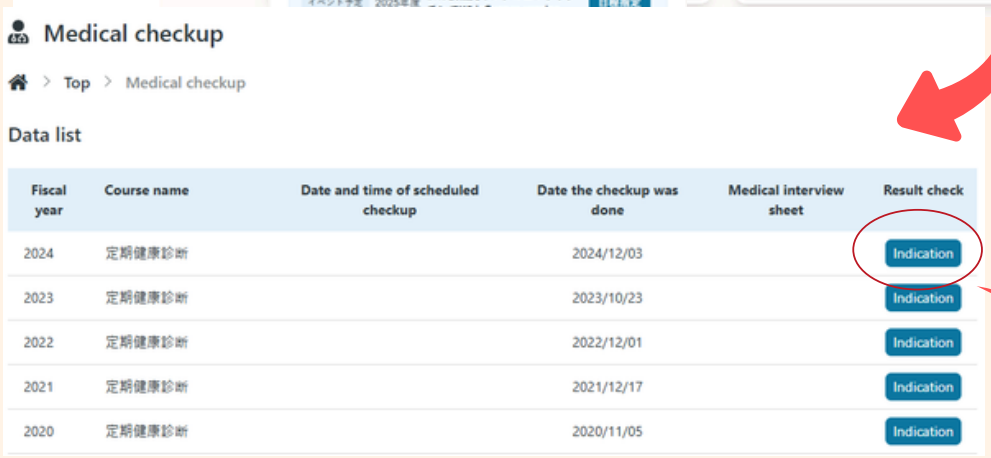


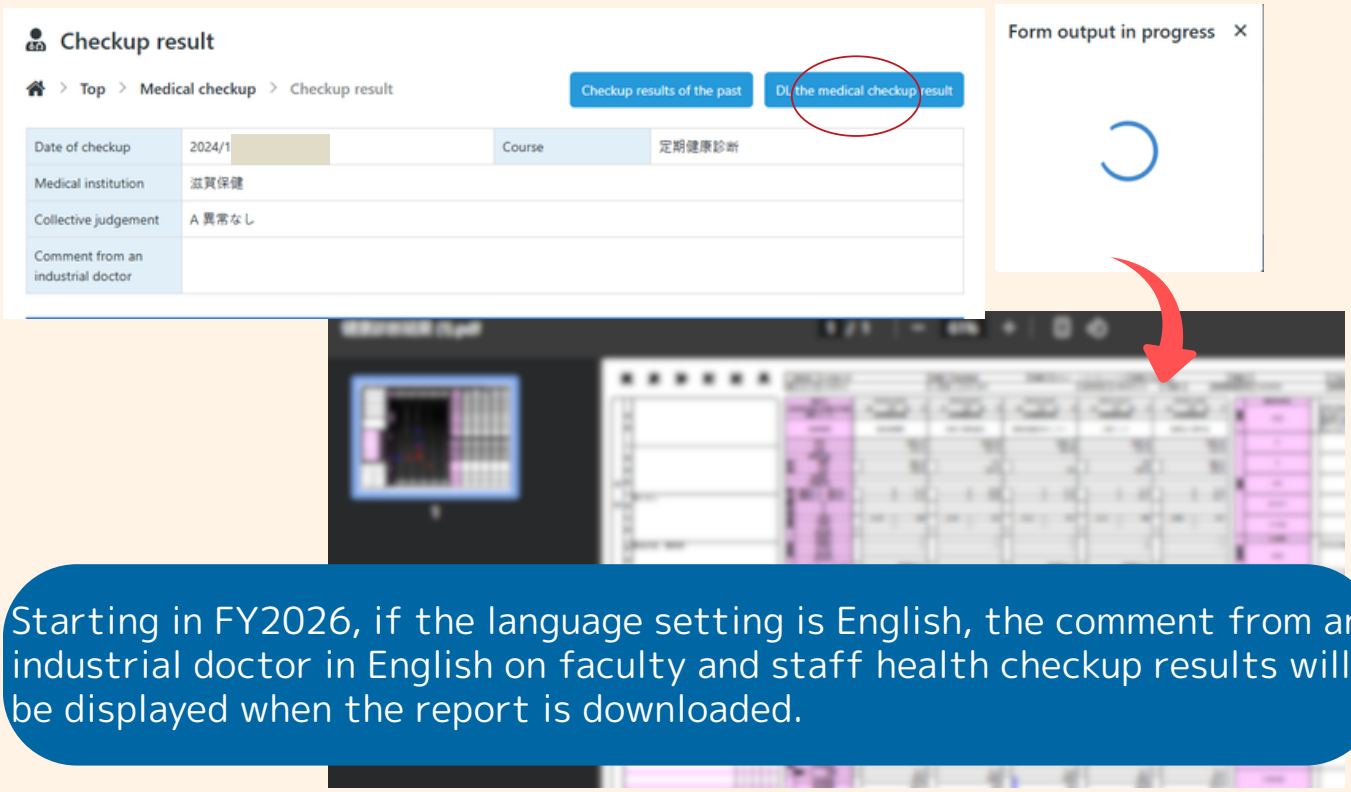
How to check the results of previous health checkups

1) Click Medical Checkup **Result**
2) Select the year you want to check from the list of data and click **Indication**.
3) **DL the medical checkup result** to download the list of results in PDF format.

※ Only results from 2015 onwards will be displayed.
※ If you have had a medical checkup twice a year, such as an on-campus medical checkup and a complete medical checkup "Ningen Dock", the results of the on-campus medical checkup will be displayed.
※Some inspection items are not displayed in the downloaded PDF.
※"Ningen Dock" results submitted to the Medical Service Center will be displayed in due course.







Starting in FY2026, if the language setting is English, the comment from an industrial doctor in English on faculty and staff health checkup results will be displayed when the report is downloaded.

WHICH METHOD WILL YOU USE FOR YOUR MEDICAL CHECKUP?

Medical examinations can be taken or substituted for medical examinations by the following methods

	ON CAMPUS	AT OFF-CAMPUS AFFILIATE MEDICAL INSTITUTION	SUBMIT THE RESULTS OF NINGEN DOCK	SUBSTITUTE WITH EMPLOYMENT MEDICAL EXAMINATION AND TRAVEL MEDICAL EXAMINATION RESULTS
time of implementation	**designated by the Medical Service Center**	**2026 June to 2027 January**	**2026 April to 2027 March**	**2026 April to 2027 March**
whether or not it is considered as work time	during working hours	use vacation time	use vacation time	follow the instructions of the Human Resources Department
cost-bearing	None	None	Yes ＊Subsidized	None
reservation	Growbase Health Management System	FORMS	Apply to the hospital yourself	follow the instructions of the Human Resources Department
submission of health checkup results	unneeded	unneeded	**needed** uploadable as PDF to health management system	unneeded
optional examinations	None	None	Yes	None
corresponding page	P8	P18	P26	P26

Health Exam Details

※Please indicate your age as of March 31st 2027.

Exam Items	Subjects	Notes
Health Questionnaire	All	Please fill in an enclosed Health Questionnaire with a pencil beforehand and bring it. **DO NOT BEND**. Otherwise you cannot take the medical examination. * Suzaku and Kinugasa will be using the web-based medical questionnaire.
Chest X-ray	All	Please do not have an x-ray taken if you are pregnant or there is any possibility of being pregnant. If you have an insulin pump or blood glucose meter attached to your body, it may be affected by the porcelain. Please make sure to remove them before the examination.
Height and Weight	All	
Waist Circumference	35※ and older/as instructed	Related to Metabolic Syndrome
Urinalysis	All	Please bring a urine sample taken on the day of the exam. Please don't take it during menstruation or menstruation before and after 3days.
Blood Pressure	All	
Eyesight	All	
Hearing	All	
Blood Test	All	TP・GOT(AST)・GPT(ALT)・ALP・LDH・γ-GTP・LDL-C・HDL-C・T-Cho・ non-HDL-C・TG・Cre・eGFR・UA・GLU・HbA1c(NGSP)・WBC・RBC・Hb・Hct・Plt
Blood Test Screening for Cancer	For eligible person	1）ABCD screening (Blood test for stomach cancer risk screening) 2）PSA (Prostate Specific Antigen)
Seeing a physician	All	From FY2026, internal medicine examinations will be conducted by doctors arranged by the health checkup contractor.
Electrocardiography	35※ and older/as instructed	
Stool Examination	40※ and older	Please bring two samples with you. Please take stool sample within 5days including a day of the exam.

INFLUENZA VACCINE

Starting this fiscal year, we will no longer administer vaccinations during internal medicine examinations as part of medical examinations.

Reservations are required for all those who wish to be vaccinated.

Reservation start date: September 17 (Thu.) 12:30-

Please make reservations through the reservation system.
Please refer to page 9 for the system URL and operating instructions.

campus	Date	Time	Place
Suzaku	October 15 (Thu)	10：00 ～ 12：00	Multi-purpose room on the 1st floor
	October 16 (Fri)	9：30 ～ 10：30	
Kinugasa	October 26 (Mon) ～ 30 (Fri) November 2 (Mon) / 6 (Fri) November 9 (Mon) ～ 13 (Fri) November 16 (Mon) ～ 20 (Fri)	Mon・Tue・Fri 13：00 ～ 14：00 Wed 13：00 ～ 15：00 Thu 13：30 ～ 14：30	Medical Service Center, Shigakukan 1st floor
BKC	October 13 (Tue) ～ 16 (Fri) October 19 (Mon) ～ 23 (Fri)	13：00 ～ 14：00	Medical Service Center, West Wing 1st floor
OIC	November 9 (Mon) ～ 13 (Fri) November 16 (Mon) ～ 20 (Fri) November 24 (Tue) ～ 26 (Thu)	13：00 ～ 14：00 *Thursdays only 13：30 ～ 14：30	Medical Service Center, Building H 1st floor

＜Price＞

Vaccination price is 2,000 yen. (Prices may vary.) The price will be deducted from your salary.
※Please pay in cash if you are on leave.

＜Note＞

- If you are currently undergoing treatment for a chronic disease or pregnant, we recommend you receive a flu shot from your own personal doctor. However, if you wish to receive this shot from a doctor at Ritsumeikan, please consult your own personal doctor first.
- Those who are pregnant need to consult their personal doctor.
- Those who are over 65 years old and those who are from 60 to 65 years old having disease such as heart, kidney,respiratory, or immune disease can get subsidization from municipality. Please check the municipal homepage for the detail. This system will not be accepted at Ritsumeikan Medical Service Center.

＜Vaccine documentation / Questionnaire for Vaccination against Influenza HA＞

Please read page 6, print and fill out page 7, and then come to get vaccinated.

The Influenza Vaccine

Before you receive vaccination against Influenza, the doctor needs to know about your health condition in detail. Please enter precise information in the questionnaire to the best of your knowledge.

1.Influenza and its complication

Influenza is transmitted through the air by coughs or sneezes, creating aerosols containing the virus or through contact with contaminated surfaces. The most common symptoms of the disease, which begin 1- 5 days after infection, are chills, high fever, sore throat, muscle pains, coughing, sneezing and fatigue. Usually these symptoms are healed within a week in self-limited way. But sometimes, especially in case of seniors, babies or immunodeficient patients, it may cause severe complications like pneumonia and / or even death.

2.Efficacy and side reactions to the vaccine

Vaccination against influenza can prevent influenza infection or lessen symptoms in severity. Vaccination is expected to prevent complications and death that may result from influenza inflection. On the other hand, known side reactions to influenza vaccine are mild in general. Redness, swelling, induration, feeling hot and pain may occur at the injection spot. There are a few people out of 100 have a fever, and , approximately 1 person out of 10 have swelling. It has been reported that following side reaction may occur very rarely. (1) Shock / anaphylaxis (urticaria, dyspnea, and angioedema etc.), (2) Acute disseminated encephalomyelitis (fever, headache, convulsions, dyskinesia, transient loss of consciousness occur within several days to 2 weeks after inoculation), (3) Guillain-Barré syndrome (Numbness of limbs, gait disturbance etc.), (4) Convulsion (including fever convulsion), (5) Hepatic impairment and jaundice, (6) Asthma, (7)Thrombocytopenic purpura, Thrombopenia, (8) Vasculitis allergic purpura, Allergic and granulomatous angiitis , Leukocytoclastic vasculitis, (9) Interstitial pneumonia, (10) Encephalitis, Encephalosis, Rachiomyelitis, Optic neuritis (11) Mucocutaneous ocular syndrome (Stevens-Johnson syndrome), (12) Nephrotic syndrome, (13) Tremor.

3. You cannot receive vaccination if you have any of the following conditions.

1.Overt fever (over 37.5)

2.Confirmed presence of serious acute disease.

3.Previous episode of anaphylaxis to influenza vaccine.

4.Other conditions unsuitable for the vaccination in the opinion of the doctor.

4.You have to seek for doctor's opinion about appropriateness of the vaccination if you have any of the following conditions.

1.Presence of heart disease, renal disease, hepatic disease, or hematological disease.

2.Previous episode of physical abnormality, such as skin rash, in reaction to any drug or any food (chicken or egg, etc).

3.Previous episode of convulsion.

4.Previous episode of suspected allergic symptoms, such as fever, rash, and urticaria, occurring within 2 days following vaccination.

5.Previous episode of test-proven abnormality of immune function in you or your near relatives.

6.Presence of respiratory disease, such as interstitial pneumonia, and bronchial asthma

7.Suspected pregnancy.

5.Precautions in post-vaccination management

l.Side reactions may occur abruptly during 30 minutes after vaccination. You should be alert on occurrence of side reaction and make a contact with a doctor if you notice it. It is advised for you to stay in the medical institution for a while after vaccination to monitor occurrence of side reaction.

2.Please consult your doctor immediately in case that abnormal symptoms such as high fever and convulsions occur. It may occur within 24 hours after vaccination.

3.Side reaction such as redness, swelling, indurations and pain may occur at the injection site but will usually resolve in 4-5 days. Please consult your doctor immediately in case that you do not feel well.

4.You can take a bath on the day of vaccination but should not rub the injection spot.

5.You are recommended to do usual daily living on the day of vaccination. Please refrain from taking strenuous exercise and heavy drinking of alcoholic beverages.

Please fill in Questionnaire for Vaccination against Influenza HA and see a doctor. If you have any questions, please feel free to ask a doctor. In case you have some problems because of the vaccine, you might be able to receive medical expenses. Please check Pharmaceuticals and Medical Devices Agency homepage for the details.

Questionnaire for Vaccination against Influenza HA **Optional**

Those who want to get vaccination needs to read the attached sheet "The Influenza Vaccine"

Please bring this filled with a ballpoint pen and your staff card. The fee will be deducted from your salary.

Address		Body temperature	℃
Contact number	TEL( ) — Extension		
Staff Number Name	( )	Date of Birth	year month day / / years

Questions	Answers		Doctor'sNote
By which method did you take this year's medical examination? Or do you plan to? Please indicate in which month you received (or will receive).	Medical examination (on campus) Ningen Dock At affiliate medical institution Health check for employment /month		
Did you read and understand the explanation (another paper) about the effect and side effects of vaccination?	No	Yes	
Do you have any disease and are you feeling sick today at all? **Describe in detail**; ( )	Yes	No	
Have you had a fever or an illness in the last month?	Yes	No	
Are you receiving treatment? Medicine name _____ **Did your doctor give you a permission to take a vaccination today?**	Yes (No)	No (Yes)	
Have you ever had, and are you being treated for any of the following conditions? Congenital abnormality, heart, kidney, liver, nerve, blood, or immunity disorder, etc. **Name of Disease** ( )	Yes	No	
Have you ever got hives or felt unwell by taking any medicine or eating any food (especially chicken meat or eggs)? **Medicine or food name**( )	Yes	No	
Have you ever had Influenza (Flu) Vaccination before? ①When did you get Flu Vaccination last time? (year/ month) ②Did you get sick after the shot? ③Have you ever felt sick after a vaccination other than influenza? Name of the Vaccine ( )	Yes Yes Yes	No No No	
Did you take any vaccination in the past four weeks? **Name of the Vaccine** ( )	Yes	No	
Have you ever had convulsions?	Yes	No	
Have you ever diagnosed aspulmonary disease such as interstitial pneumonia or bronchial asthma?	Yes	No	
Is there anyone among your close relatives who has congenital immune deficiency disorder?	Yes	No	
Is there anyone among your close relatives who has felt unwell after taking a vaccination?	Yes	No	
Did anyone of your family or close friends suffer from viral diseases such as measles, rubella, chickenpox, mumps in the past four weeks? **Name of the Disease** ( )	Yes	No	
Do you have any questions about today's vaccination?	Yes	No	
(For women) Are you pregnant now? Or is there any possibility of being pregnant?	Yes	No	

For the Doctor

Due to the answers to the above questions, and the result of a medical examination, I judge today's vaccination is (possible/impossible).

医師署名 /Doctor's Signature _____

For the Recipient

After hearing the examination and explanation of effect and adverse reaction on vaccination by the doctor,
I (☐ **am willing to receive** / ☐ **do not wish to receive**) today's immunization.

To be signed by the recipient _____

使用ワクチン名	用法・用量	接種場所・医師名・接種日時
名称：インフルエンザHAワクチン メーカー名： 製造番号：	皮下接種 0.5mL	医療機関名： 立 命 館 診 療 所 医師名： 接種日時： 時 分

Personal information is used only for the preliminary diagnosis of a vaccination.

ON-CAMPUS
medical examination schedule

	Month	Date	Day	Reception Hours		Reception venue
				Men	Women	
Suzaku	10	7	Wed	13：00～14：45	14：45～16：15	**Multipurpose room**
		8	Thu	14：45～16：15	13：00～14：30	
Kinugasa	10	19	Mon	13：00～14：15	14：15～15：15	**Igaku-kan (B1) Multipurpose room1**
		20	Tue	10：00～11：00	9：15～10：00	
				14：00～15：15	13：00～14：00	
		21	Wed	9：15～10：15	10：15～11：00	
				13：00～14：15	14：15～15：15	
		22	Thu	9：15～10：15	10：15～11：00	
				14：00～15：15	13：00～14：00	
		23	Fri	9：15～11：00	11：00～12：30	
OIC	10	27	Tue	9：30～10：45	10：45～12：00	**Building B 2F Grand Hall**
				13：30～15：00	15：00～16：00	
		28	Wed	10：45～12：00	9：30～10：30	
				14：45～16：00	13：30～14：30	
		29	Thu	9：30～10：45	10：45～12：00	
				13：30～15：00	15：00～16：00	
BKC	12	1	Tue	9：30～11：00	11：15～12：00	**Core Station 2F In front of the main conference room**
				13：30～14：45	15：00～16：00	
		2	Wed	11：15～12：00	9：30～11：00	
				14：45～16：00	13：30～14：30	
		3	Thu	9：30～11：00	11：15～12：00	
				13：30～14：45	15：00～16：00	
		4	Fri	11：15～12：00	9：30～11：00	
				14：45～16：00	13：30～14：30	

The Reception hours are subject to change.

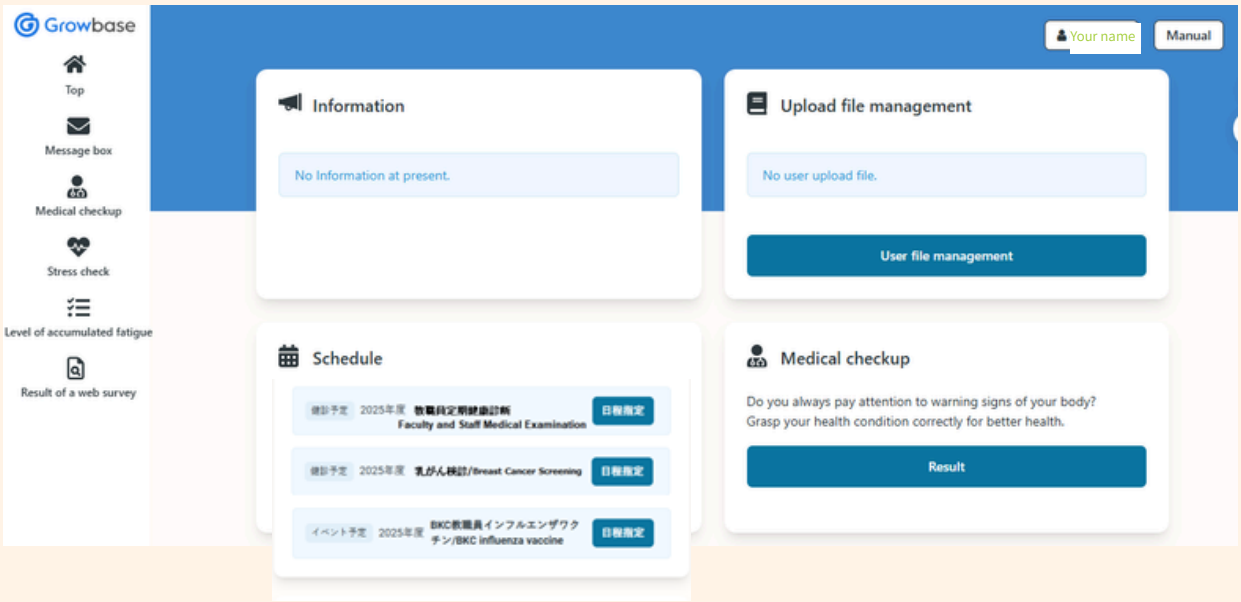
ON CAMPUS MEDICAL EXAMINATION

Reservation starts

2026 September 17 (Thu) 12:30 ～

How to make a reservation

Access to Growbase Health Management System : https://ritsumei.karakoko.jp
Single sign-on(SSO) : login with university email address and password
When making an appointment for a medical examination on campus, we recommend that you log in using a PC so that you can easily check the medical examination schedule.



① Click on the **Scheduling** for the 2026 Medical Examination listed in the schedule.
② Confirm **the date, time, and venues**, check "○", and click **Reschedule** below.
※Please note that the venues for the four campuses will be displayed.
③ See "**Rescheduling Confirmation**" and click **Reschedule**.
④ A reservation confirmation email will be sent to your university email address. (No date and time stated.)
⑤ Please check your Growbase schedule to see the date and time of your appointment.
※Appointments must be made at least one day prior to the date of visit.
If you wish to be examined at another campus, **make a reservation at least one week in advance**.

If you change the date and time:

Click on the Change Schedule for Faculty and Staff Medical Examination listed in the schedule and follow the same procedure as above to change the date and time.

If you only want to cancel:

Growbase does not have a cancel function. Please select "March 31, 2027, Venue: Cancel here" at the end of the date and time specification to change the date. In this case, a reservation completion email will also be sent, but please ignore it.

Breast cancer screening (women aged 30 and over):

If you wish to do so, please make a reservation as described above.

Distribution of medical examination information

Time of distribution of a questionnaire and urine (stool) sample kits:
Suzaku…late September
Kinugasa...early October
*Suzaku and Kinugasa will be using the web-based medical questionnaire. The instructions are enclosed.
OIC…early October
BKC…mid November
The medical questionnaire and specimen collection kits will be distributed to each faculty Office or Staff Office. Please should pick them up at the Faculty and Staff Office.
We will mail these materials only to those who are on leave of absence during the distribution period or who are not working at the university at the time of distribution. However, a request must be submitted.
Please apply here between Monday, August 24 and Friday, September 11 by 4:00 p.m.

Request to be examined at another campus

IIf you wish to receive medical examination at a campus other than your own, please confirm the following precautions.
① Please make an appointment by the following deadlines so that we can prepare your medical questionnaire.
Suzaku Campus: September 30 (Wed)
Kinugasa Campus: October 9 (Fri)
Osaka Ibara Campus: October 19 (Mon)
Biwako-Kusatsu Campus: November 20 (Fri)
② The medical questionnaire will be filled out at the reception desk on the day of your visit.
③ The specimen containers (urine and stool) provided can be used at other campuses. Please submit them at the time of your visit. If you do not have a specimen container, please pick one up at the Medical Service center.

Points of consideration

1. You need to take all the exam items.
2. At the medical examination reception, please give your official name (not a nickname / alias.)
3. Please bring the required documents and samples (urine / stool) in the containers and envelopes provided.
4. Urinalysis: Please bring a urine sample taken on the day of the medical examination.
5. Stool Examination: Because the stool samples should be tested twice, please bring two stool samples. (taken on different days within 5days including the day of the medical exam) Stool samples more than 5 days have passed are not able to be tested correctly.
6. Blood test: Please come fasting for your blood test. The blood sugar and triglyceride may be affected when you eat meals. Other items are hardly affected. Please inform the medical staff of your most recent meal when you have the examination.
7. The chest X-ray will be taken, while you are stripped to a T-shirt. If possible, wear a thin, plain shirt under your clothes on the day of the exam. If you have an insulin pump or blood glucose meter attached to your body, it may be affected by the porcelain. Please make sure to remove them before the examination.
8. If you are over age 35, your waist circumference will be measured. Therefore we ask you to wear clothes that will make it easy to take this measurement. Please do not wear a dress.
9. Please refrain from visiting if you have a fever or cold symptoms.

Purpose of use and handling of personal information in a medical examination

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

Publication of results

As announced last year, we will no longer distribute the publication in paper form from 2026.
We aim to publication of results approximately one and a half months after your medical examination.
Results from over time can be viewed in Growbase.

SCREENING FOR CANCER IN RITSUMEIKAN

※Please indicate your age as of March 31st 2027.

ABCD screening (Blood test for stomach cancer risk screening)

What is ABCD screening?

Most of stomach cancers are developed from the gastric mucosa on the basis of fundic gland atrophy (atrophic gastritis) following helicobacter pylori infection. The ABCD screening is a test to classify the subjects into ABCD 4 groups according to the risk level for gastric cancer generation, by measuring serum pepsinogen level (PG) and helicobacter pylori antibody level (HP).

To prevent gastric cancer, it is important to check for H. pylori infection as early as possible, and if infection is confirmed, to eradicate the bacteria as soon as possible. Therefore, although the target age group had been 35 years old or older, from FY2024, we have decided that the target age group will be those who receive their first medical checkup after joining the Ritsumeikan University, regardless of age.

Eligible Person

Those who have never had an ABCD screening at Ritsumeikan University (those who will have a medical examination for the first time at Ritsumeikan University)

2)Those who are 25, 30, 35, 40, 45, 50, 55, 60, 65, 70 or 75 years old and were classified into Group A before.

※Please read the explanation on pages 12-13. Please inform the receptionist on the day of your medical examination if you do not wish to undergo ABCD screening because you are taking stomach acid suppressants, have been sterilized, etc

※Please note that if you were eligible for the Gastric Screening test in the year in which you were substituted for the medical checkup at the time of employment, you will be eligible for the screening test in the next fiscal year described in above.

Prostate cancer screening (PSA test)

What is PSA test?

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

Eligible Person

Man of 50 years and older.

※Please read the explanation on pages 14-15. Please inform the receptionist on the day of your medical examination those who do not want to take PSA test.

Colon cancer screening (fecal occult blood test)

What is colon cancer screening?

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

Eligible Person

Those who are 40 years old and older.

Breast Cancer Screening（Mammography and ultrasound every other year)

Ultrasound this year.

Eligible Person

Female of 30 years and older.

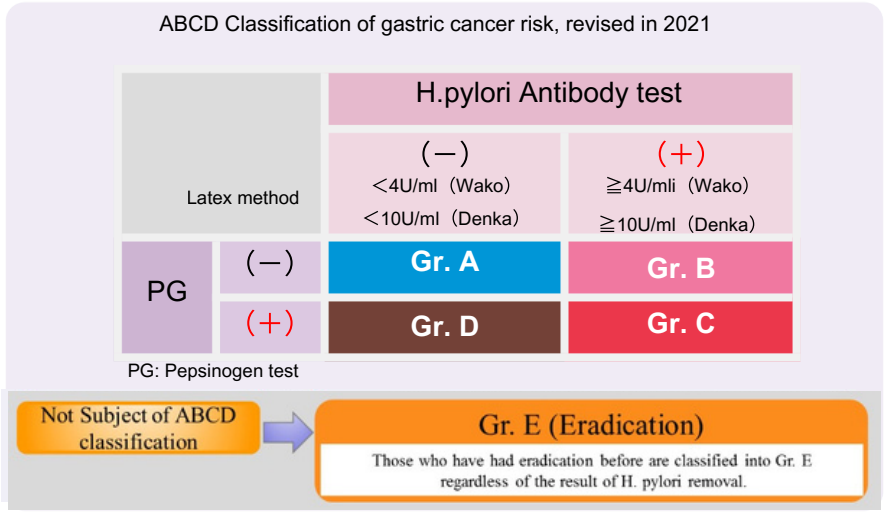
※Please read the instructions on pages 16-17 and make an appointment.

“ABCD Gastric Cancer Risk Screening”

RitsumeikanMedical Service Center

This screening identifies whether examinees have the cancer causing HP bacteria and classifies examinees into 4 groups (A, B, C, and D) depending on the result of HP antibody and pepsinogen test. According to the risk level, examinees are encouraged to have a gastro fiberscope (GF) examination periodically. HP eradication therapy is recommended to examinees in Group B and C. “ABCD Gastric Cancer Risk Screening” is an revolutionary screening because it not only efficiently detects gastric cancer in early stages, but also can prevent the growth of gastric cancer through eradication of HP.

Unfortunately, it was determined that some cases of cancer were found from persons in Group A, although those in this group who have HP antibody -negative results are reported to be risk-free of cancer. There have been cases of people being mistakenly being diagnosed as Group A after HP eradication, HP infected people or those who have previously been infected being mixed in with those who’s HP antibody level is below 10U/ml; as well as a small number of people have developed stomach cancer regardless of HP. While the risk of gastric cancer decreases after HP eradication, it is not completely eliminated, with the amount of post -eradicated-gastric cancer also reportedly increasing.

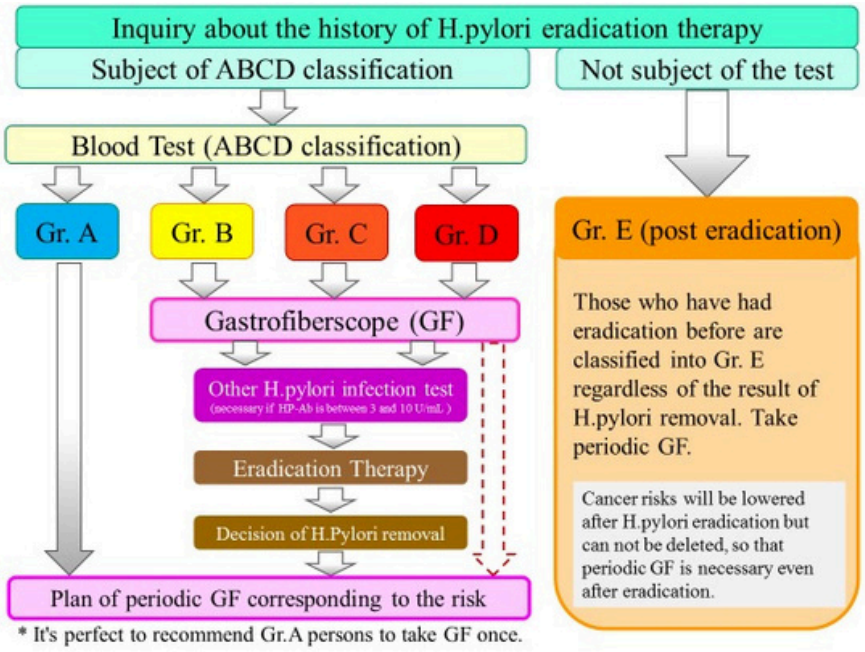


Thus, the screening was revised in 2016, with the screening criteria and the protocol after dividing into groups also being updated. The screening was renamed the "ABCD Classification of Gastric Cancer Risk." First of all, the cutoff levels for the HP antibody test kit (E-plate Eiken HP Antibody II) was lowered from 10 U/mL to 3 U/mL. While this revision reduced the number of false-negative Group A cases, it also increased the number of false-positive Group B cases. After this, new latex test kits with higher sensitivity were released by Wako Pure Chemicals Industries Ltd. and Denka Seiken Co. Ltd., and the number of both false negative and false positive results were reduced and accuracy was improved. Cutoff testing levels of 4.0 U/ml (Wako) and 10 U/ml (Denka) are used, respectively.

At Ritsumeikan University, for medical examinations from fall 2017 onwards, the protocol was changed to that of the “ABCD Classification of Gastric Cancer Risk.” In addition, in 2021, the HP antibody test changed to the latex method, with those taking the test on campus use Denka’s latex test, meaning a test result of 10 U/ml or higher is positive.

When classified into Group B, C, D or E (post eradication), people are encouraged to periodically have a GF examination under the instruction of GI specialist, and it is not possible to repeat the ABCD classification test. Only those being tested for the first time and those who have previously been determined to be in Group A are eligible for testing every 5 years.

Even now, approximately 100 people at Ritsumeikan University have not had a GF examination yet even though they are in Group B or C. To our regret, multiple cases of advanced cancer have been found among these people in recent years. For those in Group B, C or D, please do not neglect the results of the ABCD screening and promptly consult with the Medical Services Center.

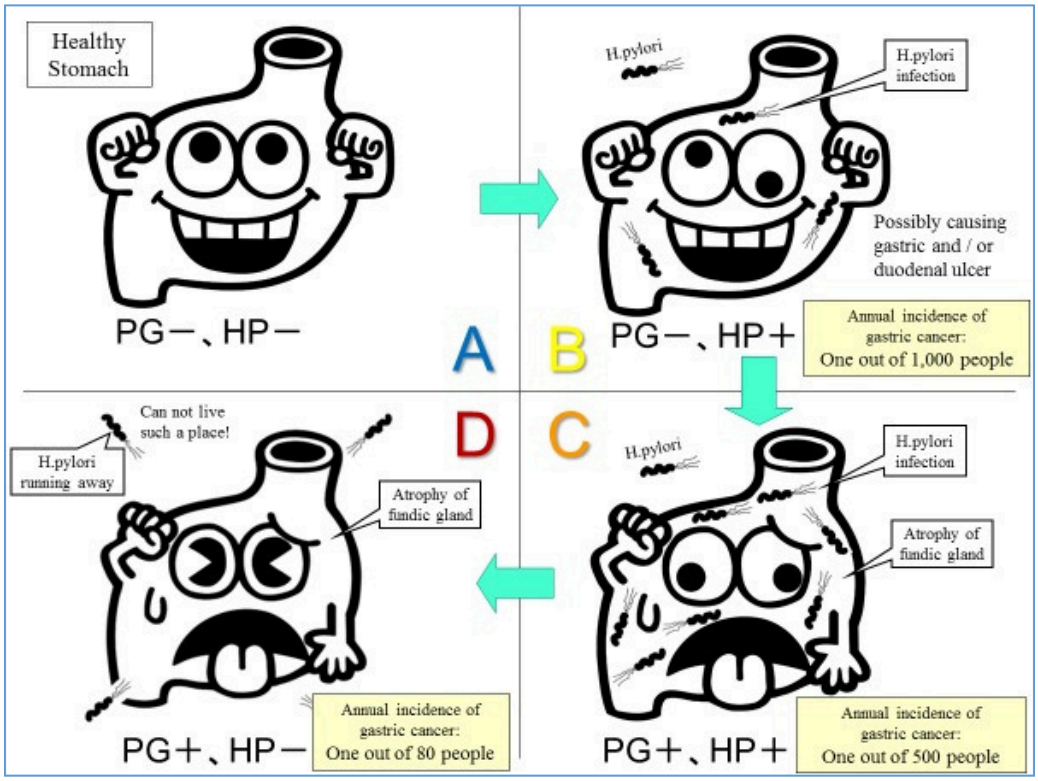


People who have received HP eradication treatment (Group E) are also recommended to periodically have a GF examination. If you are classified into Group B, C, D, or E, please consult Medical Service Center on your campus. You are always welcome.

How to read ABCD classification by gastric cancer risk

Medical Service Center

Gr. A	Your stomach is in good health and the risk of gastric cancer is very low. Most people in this group are not infected by H. pylori. Only a small part of this group is infected or has been infected with H. pylori. Everyone in Group A is recommended to take gastrofiberscope once in his /her life.
Gr. B	You are infected by H. pylori but the atrophy of fundic gland has not progressed yet. As your stomach is slightly damaged, be careful with a gastric and / or a duodenal ulcer. There is a small risk of cancer too. H. pylori eradication and periodic gastrofiberscope by a GI specialist is recommended. Annual incidence of gastric cancer is one out of 1,000 people in group B.
Gr. C	Your stomach may easily produce cancer because gastric mucosal atrophy has advanced due to H. pylori infection. Eradication therapy and periodic gastrofiberscope by a GI specialist is recommended. Annual incidence of gastric cancer is one out of 500 people in group C.
Gr. D	H. pylori no longer can stay in stomach in Group D. Individuals in Group D are at the highest risk of developing gastric cancer. Periodic gastrofiberscope by a GI specialist is recommended. If H. pylori existence was revealed by other H. pylori infection test, we recommend you take H. pylori eradication therapy, too. Annual incidence of gastric cancer is one out of 80 people in group D.
Gr. E	Everyone after H. pylori eradication is classified into Group E. The risk of developing gastric cancer is believed to decline to two third after eradication, but will not become zero. We recommend you take periodic gastrofiberscope by a GI specialist.



Note

If you leave H. pylori infection alone, atrophy of your gastric fundic mucosa will progress sequentially like B -> C -> D and risk of gastric cancer will get higher.

Subjects of this ABCD classification are people at the age of 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, and 75.

Only those who have never taken this test before and those who were classified into Group A before.

Those who have had H. pylori eradication therapy before (group E) and those who were classified into Group B, C, or D before are not included in the subject of this test. Please take periodic gastrofiberscope at GI specialist.

Those who are taking medication of proton pump inhibitors like Vonoprazan, Lansoprazole, Omeprazole, Rabeprazole, Esomeprazole etc. and those who have had gastric surgery before are not diagnosed properly by this test. Please take periodic gastrofiberscope at GI specialist.

Information of Prostate Cancer Screening (PSA test)

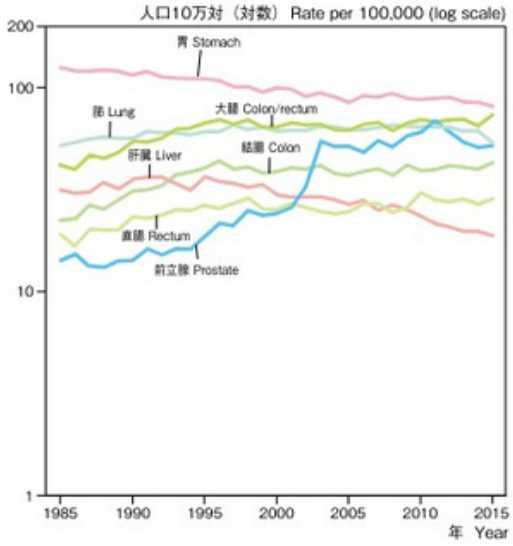
PSA assay has been carried out from 2010.

Ritsumeikan Faculty Annual Health Check-up have been grading up year by year, by adding cancer screening tests, such as fecal occult blood test for colon cancer, ABCD examination for stomach cancer, on standard checkup item ruled by Industrial Safety and Health Act.

Furthermore from 2010, we started PSA assay for screening of prostate cancer in men of 50 or more.

Rate of prostate cancer has been increasing in JAPAN in recent years

Prostate cancer develops primarily in men over fifty. Rate of this disease in Japan has been increasing, probably because of aging society and westernized food. Fortunately, prostate cancer can be early detected by PSA blood test. It has been reported that PSA assay for periodic screening of prostate cancer decreased cancer death in Europe.

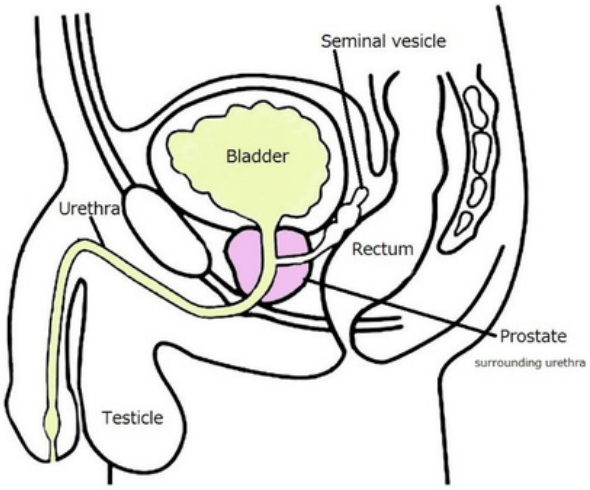


Age-Adjusted Prevalence Rate Yearly Change Particular area (main part) Male

Function of prostate and prostate cancer

The prostate is a part of the male reproductive organ which function is to secrete and store seminal fluid, which size is as big as walnut. It is located under the urinary bladder, surrounding urethra. Prostate cancer is generating from peripheral zone of prostate. On the other hand, benign prostate hypertrophy (BPH) is an enlargement of central zone of prostate.

Most prostate cancers are slow growing; however, once advanced, they will cause symptoms like hematuria, painful or difficult urination. The cancer cells may metastasize (spread) from the prostate to the bones, which may cause lumbago.



PSA assay

PSA(prostate-specific antigen) is a protein produced by the prostate gland. PSA is leaked into circulating blood in prostate disorders including prostate cancer. The reference range of PSA level is less than 4 ng/ml. Increasing levels of PSA are associated with prostate cancer; therefore PSA is approved as an early indicator of prostate cancer. However, rising levels of PSA do not necessarily mean prostate cancer be- cause prostatitis or BPH also increases PSA level. Mild increased level of PSA (4-10ng/ml) would suggest prostate cancer at a probability of 30%. Further examination (biopsy), will be required for definite diagno- sis. It was reported that annual PSA screening test often detects prostate cancer at an early stage before metastasizing to other organs. Early detection enables early treatment.

Merit and demerit of PSA test

Since most prostate cancers are slow growing, some of them may not affect life expectances without any treatment. About 10 percent of prostate cancers found by the annual PSA screening test are thought to be such dormant cancers. While annual PSA screening test has a merit of early detection of prostate cancer, it also may have a risk of over diagnosis and over treatment. Read carefully the FACT SHEET on the other side, before taking a checkup.

To Persons who do not intend to take PSA screening test

If there are persons whoarealreadyundergoing treatment, who already took PSA test elsewhere this year, who do not want to take PSA test after reading the FACT SHEET, please inform the receptionist on the day of your medical examination.

Fact Sheet: Prostate Cancer Screening

1.About prostate cancer and the method leading to the final diagnosis of prostate cancer

➢ The incidence of prostate cancer in Japan is rapidly increasing due to a more westernized lifestyle and aging society. Prostate cancer, ranked 3rd in 2014, has now overtaken stomach and lung cancer to become the most common cancer among men in 2015 and 2016.

➢Although the number of deaths from prostate cancer had increased from 1970 to 2013, it started to decline in 2014 for the first time since statistics began in 1970. Prostate cancer is the 6th cause of cancer death in Japanese men.

➢Prostate cancer screening is often included in the resident health checkup or Ningen-dock. Usually only PSA blood test is held, but sometimes supplemental digital examination may be added.

➢ There is no specific symptom in early stage of prostate cancer, so that early detection is thought to be very difficult without taking a PSA blood test.

➢ Generally, the risk for prostate cancer increases significantly after the age of 50. Now the screening program for age of 50 or more implemented by 80% of municipal governments.

➢ In the PSA screening test, the PSA level is abnormal in about 8 percent of subjects, who will need to see a urologist for the further examination. As the further examination, you will take a PSA blood test, a digital examination, an ultrasound, and MRI. Those who are suspected for suffering prostate cancer, will be required, a prostate biopsy for the definite diagnosis. The standard method of prostate biopsy is to take 8-12 tissue samples by pricking thin biopsy needles into prostate.

➢ The prostate biopsy is held under local anesthesia or lumber epidural anesthesia. This test is done on both inpatients and outpatients.

➢ Prostate cancer will be found in 40 percent of subjects who take prostate biopsy. The higher the level of PSA, the possibility of cancer is the higher. The possibility of cancer is about 20% if the PSA level is slightly high above the reference range.

2.Advantage, disadvantage and uncertainness of the prostate cancer screening test

➢ PSA screening reduces prostate cancer mortality.

➢ 30% of prostate cancers, which are found by some symptoms related to urination, already metastasize to other organs such as bone. By taking the prostate screening test with PSA, you can surely reduce the risk of metastasized cancer.

➢ The cases in which the PSA level is within normal range are found in 2-3% of prostate cancer and are difficult to diagnose by PSA test.

➢ After prostate biopsy test, you may have a fever, rectal bleeding, hematuria and / or blood in semen. Severe complication is rare.

➢ Even if the cancer is not found by biopsy, you have to consult with a urologist about the follow-up, because 20-40% of cancers might be missed even by the standard biopsy of prostate.

➢ In the subjects who are suspected for cancer by PSA test and digital exam, 20-40% of those whose PSA levels are between 4 and 10 ng/ml, will be diagnosed for prostate cancer. On the other hand, 60-80% of them will be diagnosed as normal, which means that painful biopsy will turn out unnecessary. If the PSA levels are high enough, prostate cancers are likely and unnecessary biopsy will be minimal.

➢The autopsy of subjects who were not diagnosed as prostate cancer while alive showed that 30-50% of them had small prostate cancers (latent cancers) which did not affect life at all. Sometimes such small prostate cancers are detected by PSA test or digital examination.

➢While prostate cancer screening tests can reveal lot of prostate cancers which are curable by treatment, well-behaved cancers which are not life threatening will also be found (overdiagnosis).

➢It is difficult to diagnosis " Not life threatening cancer" before treatment. As you get older, it tend to be difficult to extend your life expectancy even if you got aggressive treatment and reduce QOL because of treatment complications. Those with slightly elevated PSA levels or with low malignant potential tumors may have a possibility of overdiagnosis.

日本泌尿器科学会編：前立腺がん検診ガイドライン2018年版（メディカルレビュー社） 改編

Breast Cancer Screening

Breast Cancer Screening with ultrasound this year.

Eligible Person

Female at the age of 30 and older as of March 31, 2027 who wishes to undergo the screening.

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

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

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

campus	Reception	Date	Time
Suzaku	1F Multipurpose room	October 15、16(morning only)	AM 9:15～11:15 PM 12:30～4:30
Kinugasa	Shigakukan1F **Northeast entrance**	November 9～ 13	
BKC	Core Station 4th floorConference Room 4	October 19 ～ 22	
OIC	Medical Service Center (H 1F)	November 4 ～ 6	

＊If you are unable to take the examination during this period, the University advises faculty and staff members to use breast cancer screening conducted by municipalities or a cancer screening subsidy program offered by the Ritsumeikan Trust. Please check the details of the subsidy program at Jinji WEB, a university website providing personnel-related information.

How to reserve

You need to reserve on the website. Please see the Medical Service Center website or the board of Faculty and Staff Portal System for details.

Implementation

1. Reception Fill out the medical questionnaire.
2. You will be asked to remove clothing from your waist up and cover with your bath towel or jacket.
3. A clinical technologist will perform an examination . The screening will take 15～30 minutes.

Please bring your bath towel or jacket to cover your upper body. We do not prepare the examination gown. Please do not wear a dress. A clinical technologist will perform an examination. We cannot explain about the result on the ex-amination day.

Precaution

Diagnosis may not be possible if any of the following apply.

- Those who have mammoplasty before or breast implant.
- Those who have a pacemaker.
- Those who are a possibility of pregnancy or pregnancy.
- Those who had a cerebrospinal fluid shunt surgery.
- Those who are breastfeeding may not be able to get accurate diagnosis due tobreast development.
- Those who have an insulin pump or blood glucose meter attached to their body.

◇ Breastfeeding mothers are allowed to undergo the procedure, but may have difficulty in making an accurate diagnosis due to mammary gland development.

◇ The examining instrument may be pressed hard against thebreast. If this hurts, please let the technologist know.

◇ If you have been diagnosed with any kind of lesion (cyst, mammary gland disease, fibroadenoma, etc.) in the past, it is recommended that you continue to have your checkup at the same medical institution, since X-ray, palpation, and ultrasound examinations are performed after considering the lesion in advance. The results can be compared with the results of previous examinations.

◇ If you would like to have mammography examination, please consult a medical institution (breast surgery). The Medical Service Center can also provide you with information on medical institutions.

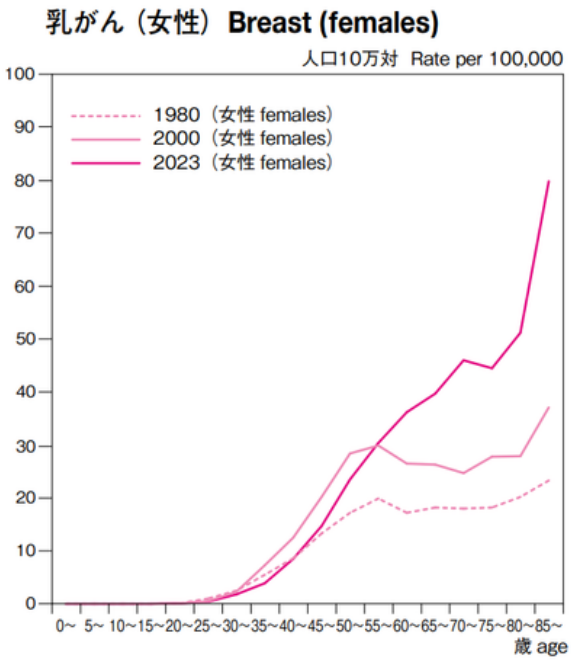
Screening result

It will be sentdirectly from the medical institution conducting the screening about 3 weeks later. If you want to change theaddress printed on the questionnaire form, please let us know on the day of screening.

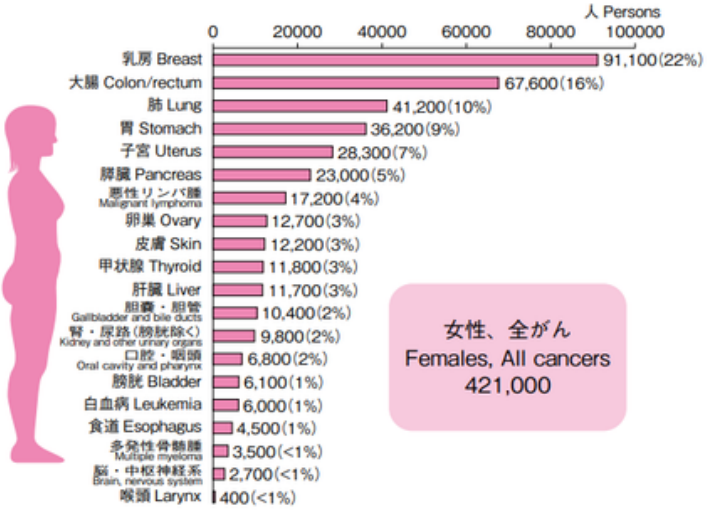
Statistics of Breast Cancer for JAPAN

The death rate of the breast cancer is the increased tendency compared with before. An increase in mortality rate among females aged 35 years or older was seen. Especially, the increase among ages 50 and above was rapid. The bar graph on the right shows that breast cancer is the most common cancer in Japanese women.

Trends in Age-specific Mortality Rate (1980, 2000, 2023)



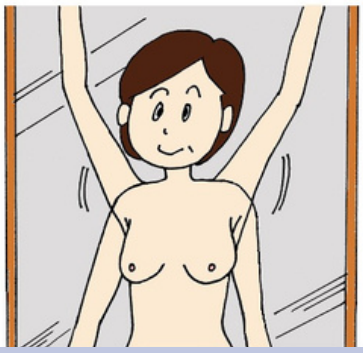
Expected number of cancer incidence by site (2024)



Foundation for Promotion of Cancer Research,
CANCERSTATISTICSIN JAPAN 2025

Breast Self Examination

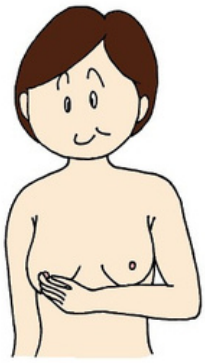
Even though you have breast screening every year, we recommend you a monthly breast self-exam. If you have menstrual periods, you should perform the examination 5 days to 10 days after your period has ended. If you are not menstruating, it should be performed on the same day each month. Below is an example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



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



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



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

AT OFF-CAMPUS AFFILIATE MEDICAL INSTITUTION

medical examination period

June, 2026 - January, 2027

※Please complete the medical examination during this period.

available institution

Affiliate medical institution	Location
Kyoto Industrial Health Association	Kyoto-city, Uji-city, Kobe-city, Himeji-city
Kyoto Kuramaguchi Medical Center	Kyoto-city
Oumi Kusatsu Tokushukai Hospital	Kusatsu-city
Shiga Health Research Center	Yasu-city
Saiseikai Ibaraki Hospital	Ibaraki-city
Kikkokai	Osaka-city

1. Cost

The cost will be billed directly to Ritsumeikan so no payment is required.

2. Not considered as work time

From FY2023, time spent at affiliated medical institutions for medical examination will not be counted as work. If you are unable to schedule a group medical examination on campus, please use your work-life balance leave or other leave time to receive a medical examination at an affiliated medical institution. Please note that the cost of transportation to and from the off-campus medical institution will not be reimbursed in any cases.

3. Results

Approximately 4 weeks after the date of the visit (depending on the medical institution). The medical institution will mail the results to them directly or by way of the Medical Service Center.

The Medical Service Center will also receive another copy of the results for their records.

After the results have been reviewed and assessed by the occupational physician, they can be accessed through the system below. Please note that the assessment is based on the University's criteria; therefore, the results may differ from the assessment provided by the medical institution where the examination was conducted. We appreciate your understanding. https://ritsumei.karakoko.jp

4. Vaccination against influenza

Please refer to page 5.

5. Breast cancer screening

The University will offer breast cancer screening on each campus in fall. Ultrasound will be used for the screening in AY2026. If you wish to undergo the screening, you will be required to make an online appointment in the same way as you did for the annual medical examination. For details on breast cancer screening, see page16-17.

*Breast cancer screening is voluntary, so there is no system for receiving examinations at affiliated medical institutions. If you are unable to take the examination during this period, the University advises faculty and staff members to use breast cancer screening conducted by municipalities or a cancer screening subsidy program offered by the Ritsumeikan Trust. Please check the details of the subsidy program at Jinji WEB Medical Checkup "Ningen Dock","Cancer Screening".

6. Points of consideration

- This is not a Ningen dock. If you would like to take examinations such as tumor markers, gastroscopy, and CT/MRI, please check the Jinji WEB to take a Ningen dock.
- If you wish to have optional examinations at affiliated medical institutions, please apply directly to the medical institution.
- You need to take the all exam items.
- Chest X-ray can be omitted if the following are submitted. If you had a chest X-ray taken at another medical institution on or after April 1, please hand the "Request to Provide Chest X-ray Results" (*form available at the Medical Service Center) to your doctor and submit it to the Medical Service Center. You may submit an X-ray image or a medical certificate written by a doctor. Fees related to these items are to be paid by the applicant.

7. If you have any questions...

Ritsumeikan Medical Service Center Mon-Fri（Except public holiday） 9:30 am ～ 5:00 pm

Kinugasa / Suzaku	☎ 075-465-8232	〒603-8577	56-1 Toji-in Kitamachi, Kita-ku, Kyoto 603-8577 JAPAN
BKC	☎ 077-561-2635	〒525-8577	1-1-1 Noji-higashi, Kusatsu Shiga 525-8577 JAPAN
OIC	☎ 072-665-2110	〒567-8570	2-150 Iwakura-cho, Ibaraki,Osaka 567-8570 JAPAN

Mail:hokencnt@st.ritsumei.ac.jp

Kyoto Industrial Health Association

Steps to Follow for Annual Medical Examination at Affiliate Medical Institution

1. Answer a questionnaire for those wishing to take the annual medical examination at an off-campus medical institution.

Access thequestionnairefrom theURLand QR codein this sectionand select “Kyoto Industrial Health Association” and answer the other items.

https://forms.office.com/r/jspZzU5Sd8

The application period is from June to January 15, 2027.

Both links will take you to the Microsoft Forms page (authentication required).

2. You can make a reservation on the WEB. (Japanese only)

You will receive an email from Medical Service Center about how to make a reservation on the WEB.

3. Receive items necessary for the examination.

Those aged 40 and older will receive sample containers by mail. Place the samples in the containers and bring them to the examination.

4. Take the examination.

Take the examination on your appointment date and time at the association.

Kyoto Industrial Health Association * Please check the homepage for details. **https://www.kyotokojohokenkai.jp/about/ (Japanese only)**	
Access	Emmachi:67 Nishinokyo Kitatsuboicho, Nakagyo-ku, Kyoto [five-minute walk from JR Emmachi station.] Yamashina:Racto C301, 92 Takehana Takenokaidocho, Yamashina-ku, Kyoto [JR Yamashina sta.] Uji: 1-7 Narita, Hironocho, Uji-city [Car parking available] Kobe: Ortensia Building, 2-8-14 Motomachidori, Chuo-ku, Kobe Himeji: Himeji Terminal Square 3F, 73 Nishiekimaecho, Himeji City, Hyogo Prefecture
Phone No.	Emmachi : 0120-823-053, Uji : 0120-823-099, Yamashina:075-582-8101, Kobe: 0120-995-757, Himeji: 0120-012-277
Phone hours	Mon-Fri: 8:30 a.m.-4:30 p.m.
Medical exam available	Mon-Fri (may also be available on Sat, Sun, and national holidays.)
Notes	You cannot cancel PSA and ABCD screening test if you are applicable to them.

5. Receive the examination results.

The results will be mailed around four weeks after the examination. If you have items that need to be re-examined or examined thoroughly, be sure to have them do so at a nearby medical institution. You can also consult the Medical Service Center about the results. Please check the consultation hour on the Ritsumeikan medical service center’s website before you visit.

Kyoto Kuramaguchi Medical Center
Steps to Follow for Annual Medical Examination at Affiliate Medical Institution

1. Answer a questionnaire for those wishing to take the annual medical examination at an off-campus medical institution.

Access thequestionnairefromthe URLand QR codein this sectionand select “Kyoto Kuramaguchi Medical Center” and answer the other items.

https://forms.office.com/r/jspZzU5Sd8

The application period is from June to January 15, 2027.
Both links will take you to the Microsoft Forms page (authentication required).

2. Enter the date you wish to take the examination in the questionnaire.

3. Receive items necessary for the examination.

The hospital will send you the notice of the dates of exam and items necessary for the examination. You will receive a medical questionnaire (and sample containers if you are 40 and older) by mail. Bring them to the examination.
If the date you wish is not available, staff at Kyoto Kuramaguchi Medical Center will call you to rearrange the date.

4. Take the examination.

Take theexamination on yourappointment date and time at the hospital. If you need to cancel the examination, please contact the number below.

Kyoto Kuramaguchi Medical Center (Healthcare Center)	
Access	27 Koyama Shimofusacho, Kita-ku, Kyoto [one-minute walk from Kyoto Municipal Subway Kuramaguchi Station]
Phone No.	075-441-6143
Phone hours	Mon-Fri (except for national holidays): 9:00 a.m.-5:00 p.m. Sat (1st and 3rd weeks): 9:00-11:00 a.m.
Medical exam available	Except for Sat (2nd,4th and 5th), Sun and national holidays
Note	Bring faculty/staff ID.



5. Receive the examination results.

The results will be mailed around three weeks after the examination. If you have items that need to be re-examined or examined thoroughly, be sure to have them do so at a nearby medical institution. You can also consult the Medical Service Center about the results. Please check the consultation hour on the Ritsumeikan medical service center’s website before you visit.

Oumi Kusatsu Tokushukai Hospital, Medical Examination Center
Steps to Follow for Annual Medical Examination at Affiliate Medical Institution

1. Answer a questionnaire for those wishing to take the annual medical examination at an off-campus medical institution.

Access thequestionnairefromthe URLand QR codein this sectionand select “Oumi Kusatsu Tokushukai Hospital” and answer the other items.

https://forms.office.com/r/jspZzU5Sd8

The application period is from June to January 15, 2027.
Both links will take you to the Microsoft Forms page (authentication required).

2. Enter the date you wish to take the examination in the questionnaire.

Once your appointment is confirmed, the hospital will contact you by phone.
If you receive a call from 077-516-2769, please call back during reception hours.

3. Receive items necessary for the examination.

The hospital will send you items necessary for the examination.
Those aged 40 and older will receive sample containers by mail. Place the samples in the containers and bring them to the examination.

4. Take the examination.

Oumi Kusatsu Tokushukai Hospital (Medical Examination Center)	
Access	3-34-52 Higashiyagura, Kusatsu, Shiga [15-minute walk from JR Minami-Kusatsu station]
Phone No.	077-516-2769
Phone hours	Mon-Sat (except for national holidays): 9:00 a.m.-5:00 p.m.
Medical exam available	Except for Sun and national holidays
Note	Abdominal circumference and ECG included also in the exam items for those younger than 35.



Take the examination on your appointment date and time at the hospital. If you need to cancel the examination, please contact the number above.

5. Receive the examination results.

The results will be mailed around four weeks after the examination. If you have items that need to be re-examined or examined thoroughly, be sure to have them do so at a nearby medical institution. You can also consult the Medical Service Center about the results. Please check the consultation hour on the Ritsumeikan medical service center’s website before you visit.

Shiga Health Research Center
Steps to Follow for Annual Medical Examination at Affiliate Medical Institution

1. Answer a questionnaire for those wishing to take the annual medical examination at an off-campus medical institution.

Access thequestionnairefrom theURLand QR codeinthis sectionand select “Shiga Health Research Center” and answer the other items.

https://forms.office.com/r/jspZzU5Sd8

The application period is from June to January 15, 2027.
Both links will take you to the Microsoft Forms page (authentication required).

2. Receive the confirmation email from Medical Service Center. (within a few days) After receiving the email, Call Shiga Health Research Center (0120-35-9997) to make an appointment.

We will inform Shiga Health Research Center about the examination items you need to take. Tell the center staff that you want to take the medical examination for Ritsumeikan University faculty and staff.

3. Receive items necessary for the examination.

Those aged 40 and older will receive sample containers by mail. Place the samples in the containers and bring them to the examination.

4. Take the examination.

Take theexamination on yourappointment date and time at the center.
If you need to cancel the examination, please contact the number below.

ShigaHealth Research Center	
Access	664 Kamimachi, Nagahara, Yasu, Shiga [10-minute bus ride on the Ohmi Railway Bus Nagahara loop line from the north entrance of JR Yasu station]
Phone No.	0120-35-9997 (for appointment)
Phone hours	Mon-Fri: 9:15 a.m.- 5:00 p.m. Sat: 9:15 a.m.-12:00 p.m. (except for Sun and national holidays)
Medical exam available	Except for Sun and national holidays
Note	Specific Health Checkup available



5. Receive the examination results.

The results will be mailed around four weeks after the examination. If you have items that need to be re-examined or examined thoroughly, be sure to have them do so at a nearby medical institution. You can also consult the Medical Service Center about the results. Please check the consultation hour on the Ritsumeikan medical service center’s website before you visit.

Osaka Saiseikai Ibaraki Hospital
Steps to Follow for Annual Medical Examination at Affiliate Medical Institution

1. Answer a questionnaire for those wishing to take the annual medical examination at an off-campus medical institution.

Access thequestionnairefrom theURL and QRcodein thissection and select “Osaka Saiseikai Ibaraki Hospital” and answer the other items.

https://forms.office.com/r/jspZzU5Sd8

The application period is from June to January 15, 2027.
Both links will take you to the Microsoft Forms page (authentication required).

2. Enter the date you wish to take the examination in the questionnaire.

3. Receive items necessary for the examination.

The hospital will send you the notice of the dates of exam and items necessary for the examination. You will receive a medical questionnaire (and sample containers if you are 40 and older) by mail. Bring them to the examination. If the date you wish is not available, staff at Osaka Saiseikai Ibaraki Hospital will call you to rearrange the date.

4. Take the examination.

Take theexamination on yourappointment date and time at the hospital. If you need to cancel the examination, please contact the number below.

Osaka Saiseikai Ibaraki Hospital	
Access	2-1-45 Mitsukeyama, Ibaraki, Osaka [15-minute walk from JR Ibaraki station]
Phone No.	072-622-8651 (main number)
Phone hours	Mon-Fri (except for national holidays): 1:00-4:00 p.m.
Medical exam available	Except for Sat, Sun, and national holidays
Notes	



大阪府済生会茨木病院
Saiseikai Ibaraki Hospital

5. Receive the examination results.

The results will be mailed around four weeks after the examination. If you have items that need to be re-examined or examined thoroughly, be sure to have them do so at a nearby medical institution. You can also consult the Medical Service Center about the results. Please check the consultation hour on the Ritsumeikan medical service center’s website before you visit.

Kikkoukai Clinic

Steps to Follow for Annual Medical Examination at Affiliate Medical Institution

1. Answer a questionnaire for those wishing to take the annual medical examination at an off-campus medical institution.

Access thequestionnaire fromtheURL andQRcode inthissectionand select “Kikkoukai Clinic” and answer the other items.

https://forms.office.com/r/jspZzU5Sd8

The application period is from June to January 15, 2027.
Both links will take you to the Microsoft Forms page (authentication required).

2. Enter the date you wish to take the examination in the questionnaire.

Once the examination appointment is scheduled, you will receive an email from the hospital.

3. Receive items necessary for the examination.

The clinic will send you items necessary for the examination.
Those aged 40 and older will receive sample containers by mail. Place the samples in the containers and bring them to the examination.

4. Take the examination.

Take theexamination onyour appointment date and time at the clinic. If you need to cancel the examination, please contact the number below.

Kikkoukai Clinic	
Access	3-4-1 Uchikyuhojimachi, Chuo-ku, Osaka [five-minute walk from Tanimachi 4-chome station on the Osaka Metro Tanimachi line]
Phone No.	06-6943-1306 (main number)
Phone hours	Mon-Fri (except for national holidays): 9:00 a.m.-5:00 p.m.
Medical exam available	Except for Sat, Sun, and national holidays
Notes	

医療法人橘甲会



5. Receive the examination results.

The results will be mailed around four weeks after the examination. If you have items that need to be re-examined or examined thoroughly, be sure to have them do so at a nearby medical institution. You can also consult the Medical Service Center about the results. Please check the consultation hour on the Ritsumeikan medical service center’s website before you visit.

SUBSTITUTE MEDICAL EXAMNATION AT THE TIME OF NINGEN DOCK,EMPLOYMENT, ETC.

period **April 2026 - March 2027**

※Please complete the medical examination during this period.

Those who are substituted in the “Ningen Dock”

No application is required for substitutions. **Application is required if you do not need an information envelope for on-campus medical examination. Please submit your application here between Monday, August 24 and Friday, September 11 by 4:00 p.m.**

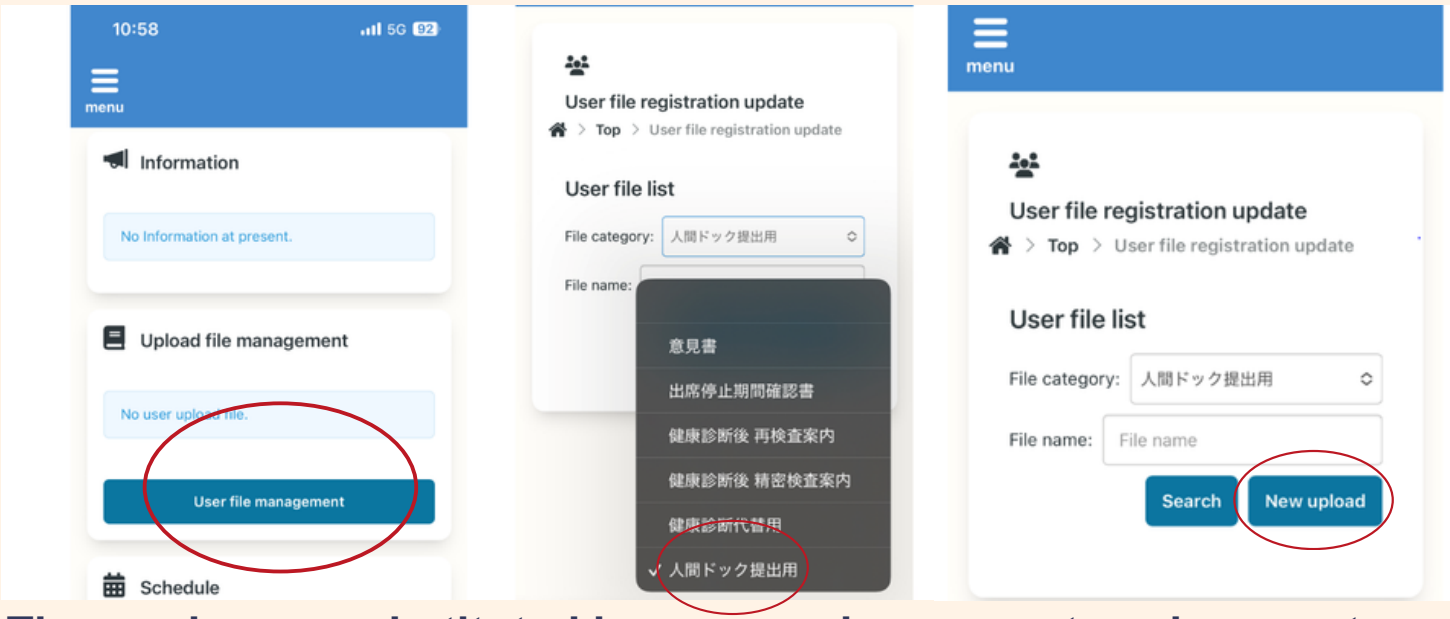
When you receive your health checkup results, please bring them to the medical service center where you belong or upload them from Growbase. Please refer to the following for uploading instructions.

How to Upload the file

Only one file(Within 4.7MB) of data can be uploaded. Please prepare a single PDF file of the documents for the Application Forms for the Ritsumeikan Trust Health Management Support Program ① Ritsumeikan Trust Application for Health Management Support Fund, ② Ritsumeikan Trust Health Management Plan and the ③Results of the physical exam (Ningen Dock). Please submit the documents for the PMAC to the Campus Information Counter (Suzaku is in Office of Payroll and Employee Benefits (Nakagawa Hall 6F)).
For details, please refer to the Jinji WEB.

***For inquiries regarding cost assistance, please contact the Human Resources Department.**

① Access Growbase Health Management System https://ritsumei.karakoko.jp
Single Sign-On SSO: Login with your university email address and password
② Click User File Management under Upload File Management
③ Select “人間ドック提出用” for the file category and click New Upload
④ Create a new message in the message box to Medical Service Center. Please inform the medical center that you have uploaded the file.



Those who are substituted in new employee, pre-travel, or post-travel medical examination

No application is required for substitutions. **Application is required if you do not need an information envelope for on-campus medical examination.** Please submit your application here between Monday, August 24 and Friday, September 11 by 4:00 p.m.

1. About medical examination on campus

On-campus medical examinations are also available. Some medical checkup items are different from the medical examination for new employee, pre-travel, or post-travel. Items not included in the medical examination for new employee, pre-travel, or post-travel include (1) colon cancer screening, (2) ABCD screening, and (3) prostate cancer screening (etc.). Please refer to page 9-11.

2. Vaccination against influenza

Please refer to page 5.

3. Breast cancer screening

The University will offer breast cancer screening on each campus in fall. Ultrasound will be used for the screening in AY2026. If you wish to undergo the screening, you will be required to make an online appointment in the same way as you did for the annual medical examination. For details on breast cancer checkups, see page16-17.

*Breast cancer screening is voluntary, so there is no system for receiving examinations at affiliated medical institutions. If you are unable to take the examination during this period, the University advises faculty and staff members to use breast cancer screening conducted by municipalities or a cancer screening subsidy program offered by the Ritsumeikan Trust. Please check the details of the subsidy program at Jinji WEB.

4. If you have any questions...

Ritsumeikan Medical Service Center Mon-Fri（Except public holiday） 9:30 am ～ 5:00 pm

Kinugasa / Suzaku	☎ 075-465-8232	〒603-8577 56-1 Toji-in Kitamachi, Kita-ku, Kyoto 603-8577 JAPAN
BKC	☎ 077-561-2635	〒525-8577 1-1-1 Noji-higashi, Kusatsu Shiga 525-8577 JAPAN
OIC	☎ 072-665-2110	〒567-8570 2-150 Iwakura-cho, Ibaraki,Osaka 567-8570 JAPAN

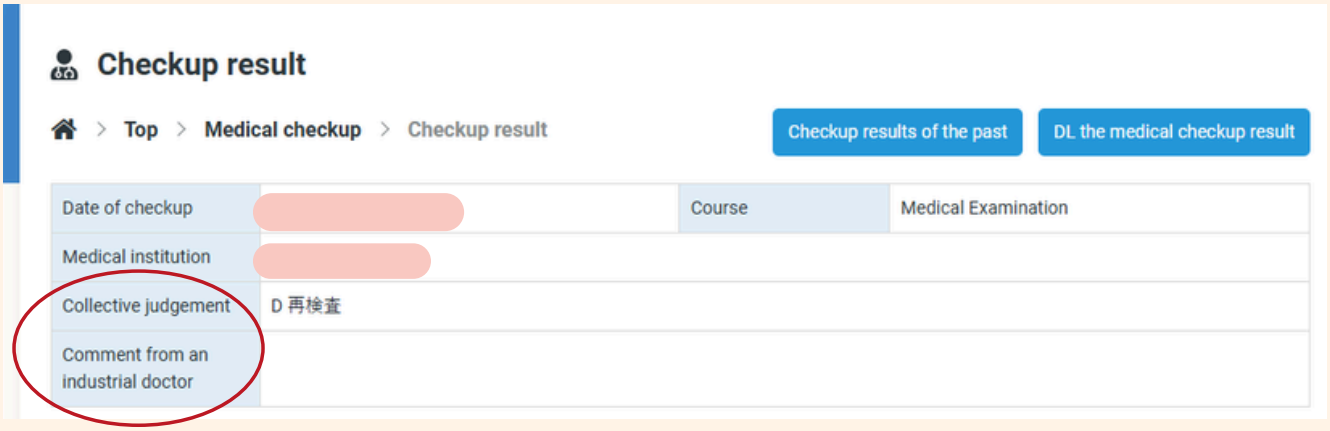
Mail:hokencnt@st.ritsumei.ac.jp

FOLLOW-UP AFTER MEDICAL EXAMINATION

Starting in the 2026 academic year, paper-based distribution of medical examination results for the on-campus annual medical examination will be discontinued.
Please check your results through the Health Management System (Growbase).
Results will be available approximately one month after your examination date.
You will receive an email notification once they are ready to view. (Please refer to page 3 for instructions on how to check your results.)
If your results indicate “Re-examination(再検査)” or “Medical Attention Required（要医療)”, please visit your Medical Service Center or an external medical institution.
After your visit, please report the outcome to us.

1.How to Check Your Results

Please log in to Growbase and check:
Collective judgement and Comment from an industrial doctor
(For details, please refer to page 3: “How to Check Previous Results.”)



2. How to Report After Medical Consultation

When visiting a medical institution, please provide the “Medical Examination Result Report Form (精密検査のご依頼) ” (download available here) to the clinic, and then

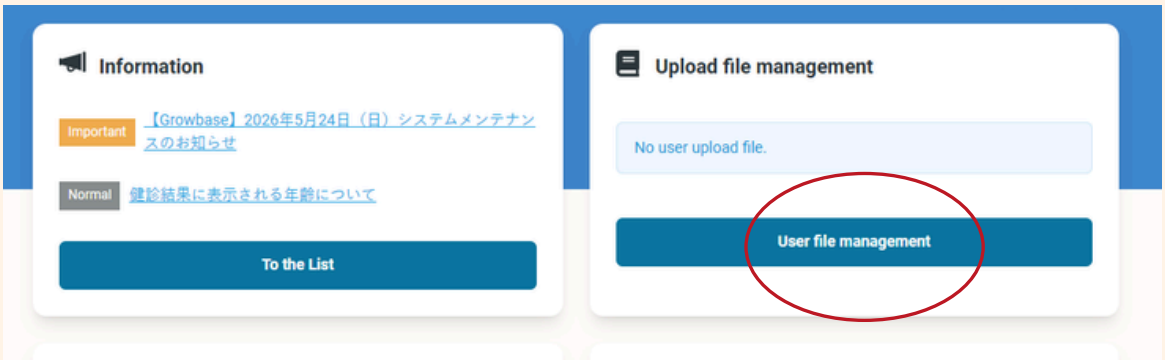
- Upload in Growbase, or
- Bring to the Medical Servive Center

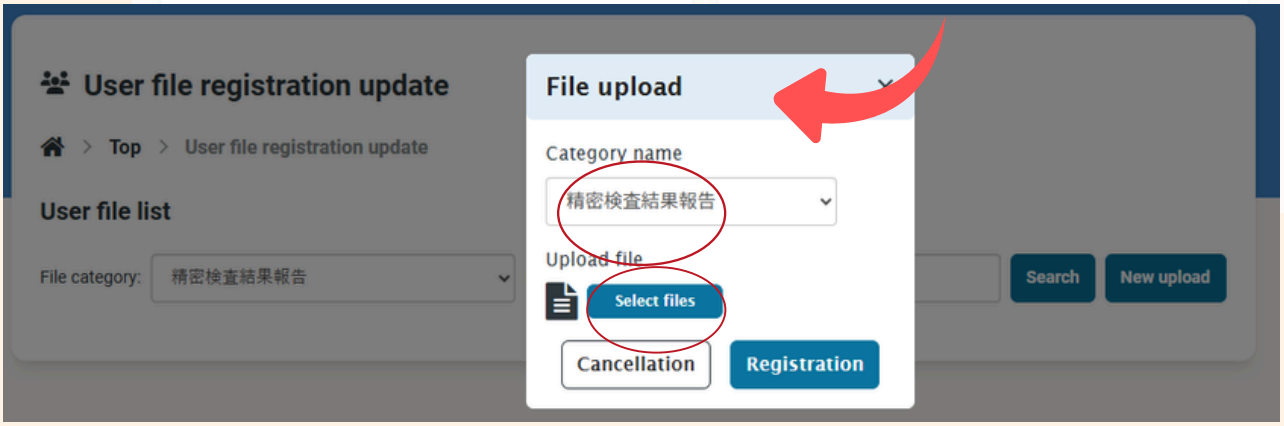
Some medical institutions may charge a copayment for issuing reports.
If it is difficult to submit the Medical Examination Result Report Form, please upload the examination results you received:

- Blood test results
- Imaging results
- Other test data conducted at the hospital

[How to Upload]

Login to Growbase Health Management System: https://ritsumei.karakoko.jp
Single sign-on (SSO): login with university email address and password
①Click “User file Management”
②Click “New Upload” and select the category name: “Medical Examination Report Submission（精密検査結果報告）”
③Click “Select Files”
④Upload the report, then click “Registration”
⑤Confirm that the file has been uploaded to the list linked to the Medical Service Center and please inform the Medical Service Center responsible for your affiliation.





3． For those with elevated blood pressure who were classified as “Re-examination” or “Medical Attention Required”

Please measure and record your blood pressure at home for approximately two weeks.
After that, bring the results and visit the Medical Service Center or an external medical institution.
Blood pressure should be measured at the following two times:
①Within one hour after waking up
②Before going to bed
Please also record the time of each measurement.
You may use any method you prefer for recording, such as a notebook or a smartphone app.
Please choose a method that is easy for you to manage.

4．Frequently Asked Questions

[Q1. What should I do if I don’t know which medical institution to visit?]
→ Please contact your campus Medical Service Center.

[Q2. I would like to consult about the results, even though they do not indicate a need for re-examination or medical attention.]
→ Consultations with a nurse are available on weekdays from 9:30–17:00.
Please visit during clinic hours to consult with a doctor. Clinic shcedule is “What’s new” on our homepage.

[Q3. What should I do if I am advised to undergo further testing or receive medical treatment following a medical examination at off-campus affiliate medical institution (p. 18) or a complete medical checkup?]
→As with the standard post–medical examination procedures, please visit the Medical Service Center or an external medical institution. Please provide the “Medical Examination Result Report Form” (download available **here**) to the medical institution and submit the completed form to the Medical Service Center.

～Information on Further Examination and Treatment～

Stomach Cancer Risk Screening	Gr. A	HP（—） PG（—）	While it is highly likely that you are not infected with H. pylori, some individuals may be currently infected or have a history of infection. Ideally, you should undergo a gastroscopy at least once, such as during a complete medical checkup. Additionally, if you experience symptoms such as stomach discomfort, please consult a gastroenterologist.
	Gr. B	HP（＋） PG（—）	**Please have a gastroscopy (upper endoscopy) performed as soon as possible.** We recommend undergoing eradication therapy. Please visit a gastroenterologist. If you have questions about scheduling an appointment or need a referral letter, please visit the Internal Medicine Clinic at the Medical Service Center.
	Gr. C	HP（＋） PG（＋）⇒ Gr. C HP（—） PG（＋）⇒ Gr. D	**Please have a gastroscopy (upper endoscopy) performed as soon as possible.** We recommend undergoing eradication therapy. Please visit a gastroenterologist. If you have questions about scheduling an appointment or need a referral letter, please visit the Internal Medicine Clinic at the Medical Service Center.
Colon Cancer Screening	Positive fecal occult blood test (even once)		**You need to undergo a colonoscopy.** Please visit the Gastroenterology Department. If you need a referral letter or would like further information, please visit the Medical Service Center.
Prostate Cancer Screening	Test result of 4.0 or higher		**Please visit a urologist.** If you need a referral or would like further information, please visit the Medical Service Center.
Chest X-ray	Those who have been referred for further testing		**Please contact the Medical Service Center.** We will inform you of the days when the pulmonologist is available for consultations. Please visit the Medcal Service Center on the designated day. If you require further testing, we will issue a referral letter.
Cardiogram	Electrocardiographic abnormalities		**Please visit the Cardiology Department.** If you need a referral letter or would like further information, please visit the Medical Service Center.
Blood Test	Those who had abnormal blood test results		Please visit the Medical Service center or another medical facility.
Urine Test	Proteinuria of (+) or higher		Please visit a medical facility to undergo a re-test or other necessary examinations. At the Medical Service Center, you can receive a re-test (one time only) free of charge. If you wish to do so, please come by to pick up a urine collection container.
	Urine occult blood (＋) or higher		
	Glycosuria of (+) or higher		

Re-examination for Urinalysis
(Monday through Friday, 9:30–11:00 and 15:30–16:30)

～To individuals eligible for the ABCD Screening Program who have a history of eradication therapy, gastric surgery, or use of proton pump inhibitors～

Regular upper gastrointestinal endoscopy is required.
If you have not undergone an endoscopic examination within the past few years, we can arrange a referral to a medical institution. Please visit the internal medicine consultation hours at the Medical Service Center.

2026年5月

精密検査のご依頼

担当医殿

立命館保健センター
所長 中川 克

〒603-8577（衣笠）
京都市北区等持院北町 56-1
電話　075-465-8231
FAX　075-466-3422
〒525-8577（BKC）
滋賀県草津市野路東1丁目 1-1
電話　077-561-2635
FAX　077-561-2636
〒567-8570（OIC）
茨木市岩倉町 2-150
電話　072-665-2110
FAX　072-665-2119

謹啓

時下、益々ご健勝のこととお慶び申し上げます。平素は、本学教職員の健康管理につき格別のご支援を賜り、厚く御礼申し上げます。

さて本患者につき、今年度の定期健康診断にて異常所見が認められました。本人が持参します『健康診断結果票』を参照下さい。つきましては、貴院にて必要な再検査並びに精密検査を行っていただいた後、ご指導・ご加療を賜りますようお願い申し上げます。

なお当方にも、検査結果や治療経過につきお知らせ頂けましたら幸いです。恐れ入りますが、本紙下段の検査結果票にご記入のうえ，本人にお渡し頂きます様お願い申し上げます。

謹白

検査結果報告票

年　　月　　日

立命館保健センター
中川 克 宛

貴院名
ご住所
お電話番号
お名前

患者氏名　　生年月日

診断名

検査データ（必要に応じてコピーを添付していただければ幸いです）

治療経過