

Secret for a  
LONG - HEALTHY - QUALITY LIFE  
of the Japanese

# NINGEN DOCK

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“

*When it comes to treatment of health conditions,  
it is great doctors with the patient-centered (omote-  
nashi) mindset that matters*

”

Investment in **health** is an  
investment that pays off  
immediately!

*Maybe you're so engaged at your current career  
Maybe you're so engrossed in your future plans*

*...that you forget to take care of your health and your  
family's for a better quality of life. But remember that,  
health is all you need that enables you to achieve  
what you desire.*

*So, let's make in-depth health screening a routine to  
set a robust foundation to plan your future and own  
your life.*



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# NINGEN DOCK



## QUINTESSENCE OF JAPANESE PREVENTIVE MEDICINE



Spend **10 hours** for a Ningen Dock  
to get  
**8760 healthy hours** in a year in return



## What does Ningen Dock mean?

**Ningen** is a Japanese word for **human**. **Dock** in “Ningen Dock” is itself an English word.

The Japanese liken annual physical examination to the maintenance of a ship after a long voyage at sea before embarking on a new one. The same should go for us, the human beings. It is recommended that we have Ningen Dock every year to enable detection of abnormal signs at a very early stage for an effective treatment plan.

In Japan, since its first introduction in 1954, Ningen Dock has been deployed in more than 1,727 establishments and attracted 3,7 million customers each year (according to Pubmed April 2022).

Thanks to the world leading advanced medicine, and the “quintessence of preventive medicine” named Ningen Dock that has made the people aware of the importance of proactive health care, Japan has gained great achievements:

Country of *the highest average longevity* in the world.

Country of *the highest 5-year survival rate among cancer patients* in the world.

Country of the *4th highest quality of health care* in the world.

(Japan Medical Excellent 2020)



# T-Matsuoka Medical Center

Proud to be a member of **the Japan Society of Ningen Dock**  
The first medical establishment in Hanoi  
that offers Ningen Dock physical examinations

Member number **C2292**

2022年8月24日

T-Matsuoka Medical Center

公益社団法人  
日本人間ドック学会

入会申込書の受領について(通知)

拝啓 時下益々ご清祥のこととお慶び申し上げます。

この度は日本人間ドック学会の趣旨に賛同され、「本学会入会申込書」をご提出していただき有難うございました。

ご連絡頂いた事項に基づき、下記のとおり新会員受付を終了しましたのでお知らせします。

なお、本学会の理事会で承認された場合をもって正会員となりますが、この通知以降、特に連絡がない場合は承認されたものとしてご承知ください。

敬具

記

入会年月日	2022年8月23日
会員番号	C2292
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# Quintessence of Ningen Dock

**Comprehensive - In-depth - Thorough - Effective - Accurate**

The 5 qualities above are always of essence when it comes to clinical examinations, medical tests, medical results, treatment recommendations, examination procedures and service quality.





# Mission of Ningen Dock

01

Assess customer's **current** health status in a thorough manner



02



Provide thorough and meticulous **advice** during the examinations

03

Plan your **long-term** health care



04



Predict risks of **future** diseases



# Purpose of Ningen Dock

01



Detection of cancer and dangerous underlying conditions **at a very early stage** even before their symptoms show up.

02

**Early treatment** of risk factors before they cause harm to customer's health. Furthermore, a variety of diseases can be cured if detected in the "golden time", which helps reduce customers' physical, mental, financial and time burdens.



03



**Confirmation and classification of health status** to help customers understand their own health status and relieve their concern.

# Personalized examinations for reference

Based on their past medical history, living habits and lifestyle, T-Matsuoka Medical Center will tailor a personalized examination checklist suitable for each customer vuvv

## OBESITY



**Heart**  
**ABI, CAVI**  
(plaque & arterial/venous embolism and stenosis of lower extremities)  
**Visceral body fat**  
**Lifestyle-related diseases**  
**Liver**  
**Brain**  
**InBody score**  
**Metabolic syndrome**

## MUSCULOSKELETAL SYSTEM

- 40 years old or more •
- Female •
- History of bone fracture •



**Bone density measurement**  
**Musculoskeletal examinations**

## COLON

- 40 years old or more •
- Obesity •
- History of colorectal cancer •



**Colonoscopy**

## OLD AGE

- 50 years old or more •
- Headache, dizziness •
- Having lifestyle-related disease •  
(obesity, gastrointestinal disorders, etc.)
- Family history of stroke •



**Musculoskeletal system**  
**Heart**  
**InBody score**  
**Brain & dementia screening**  
**ABI, CAVI**  
(Plaque & arterial/venous embolism and stenosis of lower extremities)

**FAMILY HISTORY OF  
CANCER**



CT scan of the lungs  
Pancreas  
Cancer markers

**ALCOHOL USE**



Liver  
Pancreas

**SMOKING**



CT scan of the lungs  
Pancreas  
Cancer markers

**FEMALE**

- *Early menopause, late period*
- *Family history of breast cancer*
- *No history of pregnancy*
- *No history of breastfeeding*



**ABI, cavi**  
(screening for plaque & arterial/  
venous embolism and stenosis  
of lower extremities)  
**CT scan of the lungs**  
**Heart**  
**Brain**

# Detection of more than 500 dangerous diseases and syndromes for which effective treatment and control methods are available

*(number of diseases according to FDA)*

- Risks of stroke
- Metabolic syndrome (diabetes, cardiovascular disorders, obesity, etc.)
- Pre-cancerous lesions
- Early-stage cancers
- Cancers



## Nervous disorders

### Skull

- Brain tumors
- Brain atrophy , ischemic

### Spine

- Myeloma
- Degeneration, hernia, etc.

## Eye disorders

- Cataract
- Diabetic eye complications (by ophthalmoscopy)
- Vision: Short-sightedness, far-sightedness, etc.

## Ear - Nose - Throat

- Nasopharyngeal cancer
- Laryngeal cancer
- Hearing

## Endocrine disorders

- Diabetes
- Goiter conditions
- Thyroid cancer

## Obstetrics - Gynecology

- Breast cancer
- Ovarian Tumor/Cancer
- Cervical cancer
- Infertility

## Gastrointestinal disorders

### Hollow organ disorders

- Esophageal cancer
- Stomach cancer
- Colon cancer
- Rectal cancer
- Stomach ulcers
- Intestines and anus diseases

### Solid organ disorders

- Liver cancer/Cirrhosis
- Liver and biliary, pancreas and spleen diseases

## Renal - Urinary disorders

- Kidney conditions
- Benign prostate tumor
- Prostate cancer
- Kidney and bladder cancer

## Lymph nodes

- Lymphatic tumor
- Lymphoma

## Dentomaxillofacial

- Orthodontic
- Ability to chew, check bite

## Dermatological disorders

- Eczema
- Skin cancer
- Dermatological conditions

## Cardiovascular conditions

- Extracranial carotid artery stenosis
- Aortic aneurysm
- Acute myocardial infarction
- Deep vein thrombosis of lower extremities
- Varicose veins of lower extremities
- Hypertension

## Musculoskeletal disorders

- Disc herniation
- Gout
- Osteoporosis
- Mobility ability
- Osteoarthritis

## Nutrition - Immunity

- Malabsorption syndrome
- Obesity
- Allergen test
- Immune diseases (systemic lupus erythematosus, rheumatoid arthritis, etc.)

## Hematological disorders

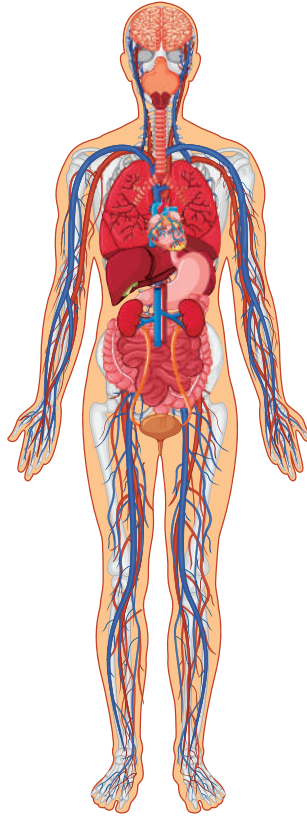
- Vascular cancer
- Leukaemia
- Anemia

## Thoracic & respiratory disorders

- Lung cancer
- Chronic obstructive pulmonary disease

## Mental disorders

- Anxiety disorder
- Depression



# When to ask for a Ningen Dock?



“

Ningen Dock should be done on a routine basis once you have **reached the age of 40**. If possible, you should get yourself examined as soon as possible.

*\_Forbes Japan\_*





Once you have reached the age of 25, your body begin to change and you have to face various risks of getting dangerous diseases such as cancer, stroke, etc. The most critical thing at this time is a sense of proactiveness in having periodic physical examinations following the Ningen Dock model even when there are no symptoms of illness or you are still feeling well.

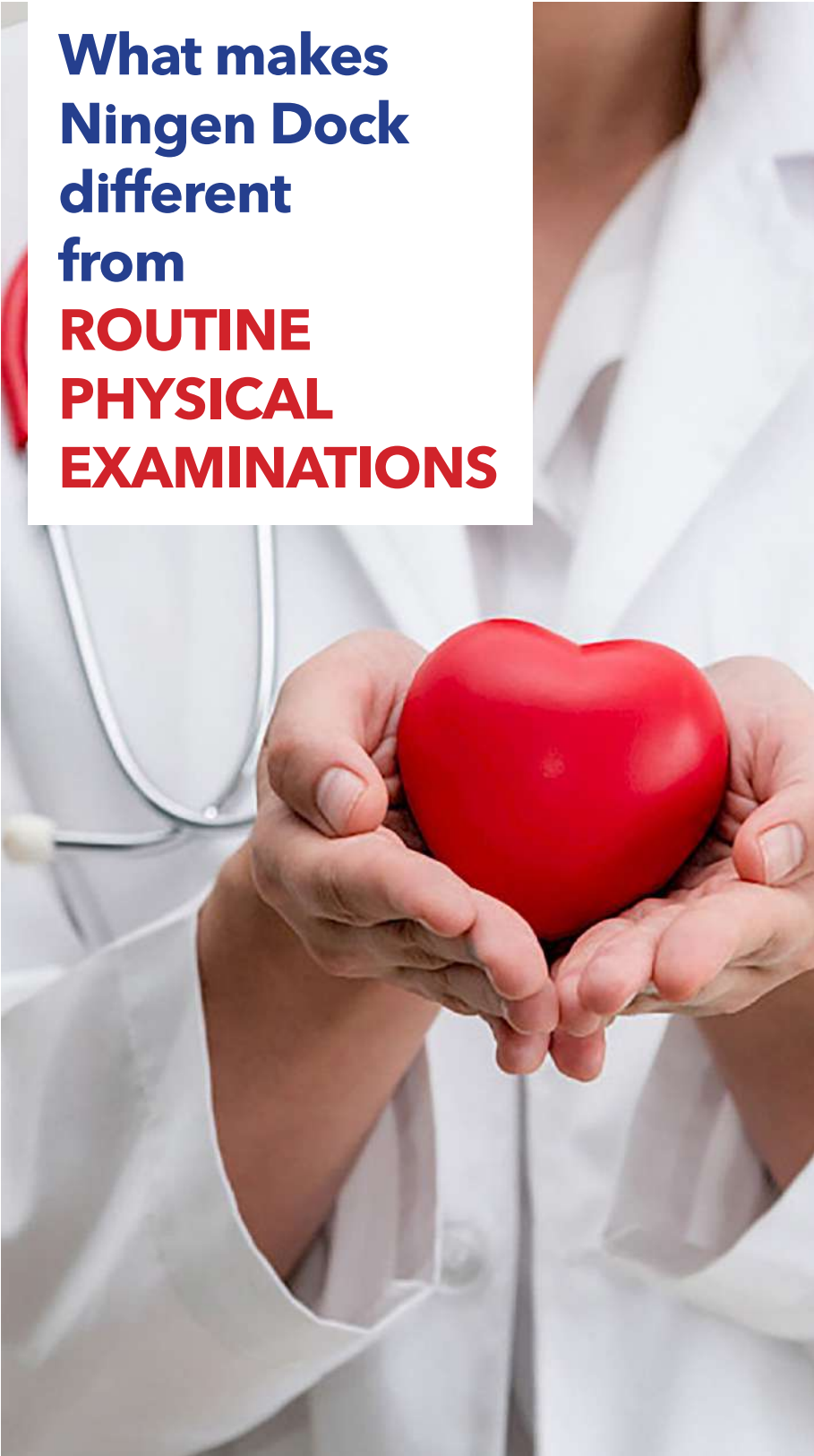


- Unexplained pain without remission after a few weeks
- Moles or warts that keep growing, darkening or bleeding
- Tumors or lumps on the body
- Abnormal vaginal bleeding, especially bleeding between menstrual periods or after menopause
- Vomiting blood or blood in stools
- Blood in urine
- Hoarseness or persistent cough
- Difficulty swallowing
- Unexplained weight loss



- Family history of such diseases as: Cancer, cardiovascular disease, diabetes, etc.
- Personal history of such diseases as: Cancer, liver disease, lung disease, etc.
- Women in perimenopause, having endocrine disorders
- Being overweight, obese, men with waist measurement > 90cm, women with waist measurement > 80cm
- Frequent use of alcohol, beer, tobacco, etc.
- Stressful job, toxic working environment, un-healthy lifestyle, etc.
- History of irradiation or chemotherapy for cancer treatment
- History of infection with HP bacteria, hepatitis B/C, cirrhosis, colon polyps, colitis.

**What makes  
Ningen Dock  
different  
from  
ROUTINE  
PHYSICAL  
EXAMINATIONS**





### **Coordination between multiple subspecialties in screening & diagnosis**

The human body is a unified whole, the functioning of one organ is related to the other's. The combination of multiple subspecialties in screening and diagnosis helps identify the root causes of the problems that affect the whole body, so that customers can be assured of their physical examination results.

### **Detection at a very early stage & avoidance of missed lesions**

The Ningen Dock physical examination model helps identify pre-cancerous lesions, early-stage cancers, dangerous disorders that may develop into a condition, potential chronic diseases with high level of accuracy of results as well as minimize the possibility of missed lesions, even the smallest ones.



### **Effective treatment advice**

Based on the examination results, the doctors will give advice on how to improve living habits, and initial prevention measures to prevent the conditions from developing into diseases, or advice on recovery and improvement of the functioning of organs damaged by chronic diseases.

### **Collection of information on past medical history and living habits**

One of the causes of diseases comes from living habits. Based on an in-depth questionnaire on past medical history and living habits together with the assistance of modern medical equipment, T-Matsuoka Medical Center's pool of experts and experienced doctors can detect dangerous disorders that may develop into a condition, thereby giving appropriate and effective treatment advice.





# **Ningen Dock**

## **at**

# **T-Matsuoka Medical Center**

We hope that the Ningen Dock physical examination journey at T-Matsuoka Medical Center will be, more than simply steps of physical examinations, a chance for useful sharing of valuable medical knowledge so that you may get a better understanding, hence better appreciation of your own health.

## PROFESSIONAL TEAM

In medicine, medical ethics and clinical experience of doctors are the key factors that determine the quality of examination and treatment.

T-Matsuoka Medical Center is proud to have a multi-subspecialty pool of doctors who are leading experts in Vietnam and Japan, all devoted and dedicated to their profession. Nurses and technicians are all experienced, skillful, dedicated and compassionate towards customers.



# SERVICE QUALITY

Understanding that the medical examination and treatment experience is never pleasant, T-Matsuoka Medical Center is always careful in our service manner to make customers feel comfortable. That's what we strive for day by day, following the famous Japanese Omotenashi art of service.

All items, clothing, and medical supplies are prepared separately to ensure absolute safety and no cross-infection.

Customers will be served individually with our support all the way through the entire physical examination journey, ensuring convenient and private experience.



# Ningen Dock physical examination journey





# Before the visit



## Collection of information on past medical history

Customers will provide information on their past medical history and living habits by answering nearly 200 in-depth questions under the guidance of medical staff. This will give doctors a better understanding of customers' health status so that they can give accurate and personalized indications for examination as well as appropriate and useful advice.



## Instructions before the visit

Customers will be instructed to adapt their diet, stop taking drugs (if any), or adjust their living activities and exercise to ensure a suitable physical condition for the visit. With such preparation, the medical results obtained will be more accurate.



## Sample collection

Customers will be provided with specific instructions on how to take samples.





# During the visit

## Staff's support all the way through the examinations

At T-Matsuoka Medical Center, the customer service team always supports and accompanies you during the examinations, giving specific instructions to facilitate your medical examination journey.

## Thorough and meticulous medical examinations

The clinical examinations and medical tests will be conducted thoroughly in every single step to ensure that no abnormality, even the smallest one, will be missed.

## Strict procedures

We have in place rigorous examination procedures meeting Japanese standards that ensure convenience for customers, saving their travelling and waiting time.



# Physical examination journey

*Ningen Dock's examination checklists will be completed in 1-2 days and can be flexibly tailored to each customer.*



## Reception

Create customer's profile, take vital signs, body index, muscle-to-fat ratio.



## Blood tests

Screen for hepatitis B, hepatitis C, fat metabolism, diabetes, and functions of liver, kidney, thyroid, gallbladder, etc.



## Clinical examinations, specialized examinations

Doctors to perform direct examinations to find out the symptoms: Cough, abdominal pain, etc. and find out the signs that exist on customer's body without their knowing: Heart arrhythmia, bleeding under the skin, etc.



## Ultrasound

Assess the current status for early detection of signs of abnormalities of the thyroid, liver, gallbladder, pancreas, kidney, spleen and bilateral mammary glands.



### Gastrointestinal endoscopy

Apply artificial intelligence (AI) to enable early detection of gastrointestinal lesions, HP bacteria, etc.



### Lunch break

Enjoy a Japanese meal.



### Diagnostic imaging

**Doppler echocardiography of the heart, arteries, veins:** for assessment of sclerosis, embolism and stenosis of blood vessels, varicose veins, etc.

**CT scan:** CT Scan of the chest and abdomen to screen for signs of early-stage lung cancer, thoracic diseases, etc.

**Whole-body MRI** integrated with artificial intelligence (AI) to screen for cancer from early stage, stroke risk, etc.



### Expert consultation following the examinations

Experts to provide initial consultation based on results obtained in the day (ultrasound, blood tests, acute medical conditions, etc.)



# After the visit

## Return of examination results

Medical records will be consulted by a professional panel for assessment of each category using the A, B, C, D, E scale to give customers a clear understanding of their own health as well as their potential internal risks.

*A - No abnormality detected*

*B - Mild abnormalities that do not affect daily activities*

*C - Further monitoring required and attention to be paid to daily activities*

*C1/C3/C6/C12 - Revisit after 1/3/6/12 months*

*D1 - Treatment required*

*D2 - Visit to specialized medical establishments required*

*E - Under treatment*

## Consultation on results

Based on the physical examination results, our pool of experts will provide customers with advice and a proactive long-term health care solution tailored for them, through changes to their nutritional diet, exercises and sports, a scientific lifestyle and proactive physical examinations.

## Provision of root-cause solutions

- More thorough and in-depth examinations in cases where signs of dangerous abnormality are detected
- Multi-subspecialty consultation in cases of suspected cancer, or dangerous disease
- Private doctor to accompany customers and proactive health management
- Support with examination and treatment at leading hospitals in Vietnam and 34 general and specialized hospitals in Japan.





# How you benefit from a Ningen Dock at T-Matsuoka Medical Center

## SPECIAL BENEFITS

Medical records in Japanese accepted by 34 hospitals in Japan, which helps **save time, effort and costs** in case customers are in need of examinations and treatment in Japan.

With pre-cancerous lesions, early-stage cancers, the pool of doctors of T-Matsuoka Medical Center will advise **on effective treatment with advanced methods, or minimally invasive interventions.**

## **Proactive and regular monitoring of health status**

The resulting records provide customers with details, and assessment of each category of health examinations as well as a long-term health care plan. All results are stored on the software systems including HIS and PACs, which enables doctors and customers' monitoring and comparison of changes in their health over the years.

## **Ningen Dock examination experience up to Japanese standard **right in Vietnam****

In accordance with Japanese standards, Ningen Dock physical examination procedures at T-Matsuoka Medical Center are performed strictly and thoroughly in every single step, ensuring convenience, and optimizing the examination journey while minimizing waiting time for customers. You can experience all these at T-Matsuoka Medical Center without having to travel to Japan.

## **Multi-subspecialty physical examinations at 01 Medical Center only**

T-Matsuoka Medical Center gathers a pool of leading experts from various subspecialties with intensive and extensive professional knowledge, breadth and depth of practical experience along with the effective assistance of advanced equipment, which promises to deliver comprehensive and in-depth examination experience to customers instead of having to search for, or travel across different specialized medical establishments to take sufficient examinations.





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