

Questionnaire for Health Checkup

2021 年 4 月からの問診票

2024年3月31日まで使用可

Name:

Use a pencil or mechanical pencil to fill in. Draw a diagonal line in ☐ of the applicable column and write a number in the column ☐.

1. Smoking
- ☐ No (gave up) ☐ Yes (per day) ☐ cigarettes ☐ years
2. Alcohol
- ☐ No ☐ Yes ☐ days a week, ☐ go/day

< Rough indication of 1 go of sake (180 mL) >
One medium bottle of beer (about 500 mL)
25% shochu (110 mL)
1 glass of double whiskey (60 mL)
Two glasses of wine (240 mL)

3. About recent subjective symptoms (Please choose symptoms that particularly concern you up to 5 items.)

- ☐ Eye fatigue
- ☐ Loss of appetite
- ☐ Shoulder (neck) stiffness/shoulder (neck) pain
- ☐ Sudden weight loss
- ☐ Tinnitus
- ☐ Frequent stomachache
- ☐ Low back pain
- ☐ Have allergy
- ☐ Dizziness/Vertigo
- ☐ Frequent nausea and vomiting
- ☐ Joint pain
- ☐ Nothing in particular
- ☐ Frequent coughing
- ☐ Frequent heartburn and burping
- ☐ Headache/heaviness of the head
- ☐ Frequent sputum
- ☐ Prone to diarrhea
- ☐ Swelling in hands/feet
- ☐ Palpitations (heart pounding)
- ☐ Tendency to be constipated
- ☐ Unable to sleep/difficulty falling asleep
- ☐ Respiratory distress
- ☐ Frequent abdominal pain
- ☐ Waking up early in the morning
- ☐ Irregular pulse
- ☐ Frequent urination (≥ 10 times a day)
- ☐ Frequent dryness in the mouth and throat
- ☐ Sometimes have squeezing chest pain
- ☐ Feeling of residual urine
- ☐ Often irritated or restless

[Only for persons who undergo blood sampling]

- ☐ Have felt sick by blood sampling
- ☐ Have had rash due to alcohol disinfection
- ☐ Have had numbness in hands after blood sampling

[Only for women]

- ☐ Pregnant or possibly pregnant
- ☐ During menstruation
- ☐ Breastfeeding

4. Recent living conditions

- (1) Chewing condition when eating food

- ☐ Able to chew anything
- ☐ Have difficulty in chewing due to problematic teeth, gums, or bite
- ☐ Hardly able to chew
- (2) Comparing with others, the speed of eating is:
- ☐ Faster
- ☐ At an average speed
- ☐ Slower
- (3) Take snacks and sweet beverages other than 3 meals of breakfast, lunch, and dinner
- ☐ Every day
- ☐ Occasionally
- ☐ Hardly

- (4) Lifestyle habits

- ☐ Skip breakfast at least 3 times a week
- ☐ Have dinner within 2 hours of going to sleep, 3 times or more each week
- ☐ Increase by ≥ 10 kg compared with the weight at the age of 20
- ☐ Do light exercise for ≥ 30 minutes per time for ≥ 2 days a week for ≥ 1 year
- ☐ Do walking or equivalent physical activity for ≥ 1 hour a day in daily life
- ☐ Walk faster than those of the same sex at almost the same age
- ☐ Have enough rest by sleeping

- (5) Improvement of lifestyle such as exercising and eating

- ☐ Have no intention of improving
- ☐ Intend to improve (within 6 months)
- ☐ Intend to improve in the near future (within 1 month) and have gradually started
- ☐ Have already worked on improvement (< 6 months)
- ☐ Have already worked on improvement (≥ 6 months)

- (6) Do you use an opportunity to receive health guidance if available?

- ☐ Yes ☐ No

5. Medications

- ☐ Drug to lower blood pressure
- ☐ Drug to lower cholesterol or neutral fat
- ☐ Drug to lower blood glucose or insulin injection

6. Past/present medical history * Enter medical history in the table on the right.

7. Work history *Those who are currently "unemployed" do not have to answer the following questions.

- (1) Past work history
- ☐ Handling of heavy materials
- ☐ Handling of dust
- ☐ Severe vibration
- ☐ Handling of hazardous substances
- ☐ Handling of radiation
- (2) Current work system
- ☐ Regular day shift
- ☐ Regular night shift
- ☐ Shift work
- (3) Average working hours per day (last month)
- ☐ < 6 hours
- ☐ 6 to < 8 hours
- ☐ 8 to < 10 hours
- ☐ ≥ 10 hours
- (4) Average number of working days per week (last month)
- ☐ < 3 days
- ☐ 3 to < 5 days
- ☐ 5 days
- ☐ ≥ 6 days

< The following questions are for women who undergo breast cancer screening/Pap smear test. >

- Subjective symptoms
- ☐ Lump in the breast
- ☐ Pain in the breast
- ☐ Lactation or other secretion
- ☐ Severe menstrual pain
- ☐ Discharge
- ☐ Abnormal vaginal bleeding

- Menstrual history
- ☐ Regular ☐ Irregular
- Last menstrual period
- ☐ MM ☐ DD- ☐ MM ☐ DD
- Menopause
- ☐ Around years old

- Pregnancy history
- Number of pregnancies
- ☐ time(s)
- Natural delivery
- ☐ time(s)
- Cesarean section
- ☐ time(s)

Medical history

Please place a checkmark in each right box below the name of a disease that you have had or for which you are undergoing treatment. In addition, please fill your age when you were affected by the disease.

If you have no medical history, please place a checkmark in the right blank box.

☐ No past history/present illness

	Past	Under treatment	Outpatient / No medicine	code		Past	Under treatment	Outpatient / No medicine	code		Past	Under treatment	Outpatient / No medicine	code
<< Gastric/duodenal disease >>					<< Kidney/urinary tract disease >>					<< Bone/muscle/peripheral nerve disease >>				
Chronic gastritis				53	Nephritis				70	Fracture				79
Gastric ulcer				55	IgA nephropathy				238	Lumbago				66
Duodenal ulcer				56	Nephrosis				71	Disk herniation				68
Gastric polyps				54	Pyelonephritis				186	Spinal column stenosis				209
Gastric submucosal tumor				163	Hemodialysis				72	Gonarthrosis				210
Gastric diverticulum				151	Nephrolithiasis/urolithiasis				73	Coxarthrosis				211
Helicobacter pylori positive				164	Prostatitis				187	Shoulder periarthritis (frozen shoulder)				212
Gastric cancer				6	Prostatic hyperplasia				74	Osteoporosis				67
Other diseases				121	Cystitis				128	Neuralgia				137
<< Esophageal disease >>					Renal cancer				188	Cervical spondylosis				213
Reflux esophagitis				178	Prostate cancer				189	Scoliosis				148
Esophageal hiatal hernia				147	Bladder cancer				190	Rheumatism				65
Esophageal varices				160	Other diseases				131	Other diseases				69
Esophageal carcinoma				162	<< Skin disease >>					<< Autoimmune disease >>				
Other diseases				120	Atopic dermatitis				100	Systemic lupus erythematosus				214
<< Colonic disease >>					Urticaria				191	Scleroderma				215
Colonic polyp				57	Chronic eczema				192	Dermatomyositis				216
Irritable bowel syndrome				155	Benign skin tumor				193	Multiple sclerosis				217
Ulcerative colitis				117	Burn				80	Myasthenia gravis				218
Crohn's disease				153	Herpes zoster				194	Sjogren's syndrome				219
Colon diverticulum				152	Skin cancer				195	Other diseases				52
Intestinal obstruction (ileus)				116	Other diseases				99	<< Mammary gland disease >>				
Colon/rectal cancer				7	<< Cerebrovascular/cranial nerve disease >>					Mastitis				159
Other diseases				122	Cerebral infarction				41	Mastopathy				75
<< Gallbladder/hepatic/pancreatic disease >>					Cerebral hemorrhage				40	Galactoceles				158
Gall bladder polyp				58	Hydrocephalus				196	Fibroadenoma				157
Gallstone				59	Parkinson's disease				197	Benign mammary neoplasm				92
Cholecystitis				60	Epilepsy				24	Breast cancer (right)				171
Hepatitis				82	Facial palsy				198	Breast cancer (left)				172
Hepatitis B				3	Brain tumor				199	Other diseases				239
Hepatitis C				4	Meningitis				244	<< Uterine, ovarian and tubal diseases >>				
Fatty liver				61	Other diseases				97	Uterine myoma				76
Liver cirrhosis				62	<< Blood disease >>					Endometriosis				129
Pancreatitis				63	Anemia				14	Adenomyosis uteri				176
Bile duct cancer				179	Purpura				233	Cervical duct polyp				130
Hepatic cancer				138	Aplastic anemia				200	Ovarian cystoma				167
Pancreatic carcinoma				180	Leukemia				11	Ovarian cyst				156
Other diseases				64	Multiple myeloma				223	Benign ovarian tumor				226
<< Eye disease >>					Other diseases				15	Menopausal symptom				77
Cataracta				27	<< Endocrine disease >>					Uterine cervical cancer				174
Glaucoma				28	Hyperthyroidism				201	Uterine body cancer				175
Retinal detachment				181	Hypothyroidism				202	Ovarian cancer				177
Age-related macular degeneration				182	Goiter				203	Other diseases				133
Retinopathy				98	Thyroid cancer				245	<< Traumatic injury >>				
Allergic conjunctivitis				183	Diabetes mellitus				17	Cervical sprain				227
Other diseases				29	Gout/hyperuricemia				18	Meniscus injury				228
<< Bronchial/pulmonary disease >>					Dyslipidemia				19	Ligament injury				229
Bronchial asthma				46	Other diseases				20	Internal injury				230
Bronchiectasis				48	<< Neuropsychiatric disease >>					Spinal cord injury				231
Pneumonia				43	Autonomic nervous system disorder				25	Limb amputation				232
Pleuritis				49	Depression				21	Other traumatic injury disorders				81
Pneumothorax				109	Neurosis				22	<< Others >>				
Pulmonary cystic disease				108	Panic disorder				234	Other cancers				13
Emphysema				47	Adjustment disorder				235	Malignant lymphoma				222
Interstitial pneumonia				145	Schizophrenia				236	Behcet's disease				170
Pulmonary tuberculosis				1	Other diseases				23	Progressive muscular dystrophy				241
Pneumocoinosis / Asbestosis				146	<< Otic/nasal/pharyngeal/laryngeal disease >>					Post organ transplantation				242
Lung cancer				8	Otitis media				32	Anal prolapse				243
Sarcoidosis				221	Sudden hearing loss				33	Temporomandibular joint disease				224
Mediastinal tumor				166	Congenital deafness				204	Hyperventilation syndrome				225
Other diseases				50	Meniere's disease				34	Other diseases				136
<< Cardiovascular disease >>					Allergic rhinitis				112					
Hypertension				36	Sinusitis				45					
Angina pectoris				102	Tonsillar hypertrophy				205					
Myocardial infarction				103	Vocal cord polyp				206					
Arrhythmia				38	Laryngeal cancer				207					
Cardiac valvular disease				104	Sleep apnea syndrome				208					
Cardiomyopathy				39	Other diseases				101					
Congenital heart disease				105										
Arteriosclerosis obliterans				184										
Venous aneurysm				237										
Aortic aneurysm				185										
Kawasaki's disease				220										
Other diseases				42										