

## Price List

Annual nutrition and dietetics counseling ensures personalized guidance, preventive health measures, and adaptation to changing lifestyles, fostering long-term well-being through ongoing support and education.

### Health Package with Nutrition & Dietetics Counseling

Package	Testing Time	Price (PHP)
Platinum Shinagawa Dock	3 Hours	25,000
<small>/IP Shinagawa Dock vāin</small> Transnasal Endoscopy	4 Hours <sup>*</sup>	58,000
<small>/IP Shinagawa Dock vāin</small> Gastroscopy	5 Hours <sup>*</sup>	73,000
<small>/IP Shinagawa Dock vāin</small> Colonoscopy	2 Days	85,000



*Depending on the patient's condition*

*Inclusive of Lunch*

*Inclusive of Lunch and Hotel Accommodation*

Health Item	Time	Price (PHP)
Nutrition & Dietetics Counseling	15-30 minutes	2,500
Nutrition Monitoring and Evaluation	15-30 minutes	500
Nutrition Counseling Package	6 Days	7,000



## About Us

Shinagawa Diagnostic & Preventive Care is a diagnostic center in the Philippines that offers a comprehensive range of Japanese-standard health screening services, imaging, and specialized diagnostics for the early detection and prevention of diseases.



8th and 23rd Floor, Ore Central Tower,  
9th Avenue cor. 31st Street, BGC,  
Taguig City 1630 Philippines

### MAKE AN APPOINTMENT

Contact Us at our Patient Care Lines:



Landline (+632) 7368-5241  
Globe (+63) 917-864-6762  
Smart (+63) 962-067-3669



[info@shinagawa-healthcare.ph](mailto:info@shinagawa-healthcare.ph)



[www.shinagawa-healthcare.ph](http://www.shinagawa-healthcare.ph)



## Introduction to Nutrition & Dietetics Services

**SHINAGAWA**  
DIAGNOSTIC & PREVENTIVE CARE



## Nutrition & Dietetics for Preventive Care

Nutrition & Dietetics Counseling is vital for expert guidance in making dietary choices that directly impact health, addressing various health needs such as managing chronic diseases, weight, and digestive issues.

### Leading causes of death in the Philippines

Ischaemic heart diseases - 77.17

Cerebrovascular diseases - 42.89

Neoplasms or Cancer - 42.5

Diabetes mellitus - 26.77

Hypertensive disease - 23.97

Data from January to September 2022 shows that the leading causes of death in the Philippines can be prevented with proper Nutrition and Dietetics Counseling. This is due to the following:

- **Heart Health:** Adopting heart-healthy eating habits to reduce cardiovascular risk.
- **Neoplasms or Cancer:** Providing nutritional support during and after cancer treatment.
- **Diabetes Mellitus:** Managing blood sugar levels through dietary choices.
- **Hypertensive Disease:** Implementing dietary strategies to control blood pressure.
- **Digestive Disorders:** Tailoring diets for conditions like irritable bowel syndrome (IBS) or celiac disease.



### Our Nutrition & Dietetics Services are recommended for:

-  Individuals seeking personalized dietary plans.
-  Those with specific health goals, such as weight management or disease prevention.
-  People with medical conditions requiring dietary modifications.
-  Athletes or individuals with specific performance-related dietary needs.
-  Individuals with digestive issues or gastrointestinal concerns.
-  Anyone aiming to adopt a healthier lifestyle through balanced nutrition.
-  Pregnant women or those planning for pregnancy, requiring specialized nutritional advice.

## Why Choose Shinagawa?



### 1 Personalized Care

At Shinagawa, we consider our counseling as preventive measure, that helps in managing weight, preventing chronic diseases, and promoting overall well-being.



### 2 Registered Nutritionist - Dietitian

Providing expert guidance on dietary choices tailored to individual needs, contributing to overall well-being and disease prevention.



### 3 Inclusive of Food Panel Allergy Test

Our Nutrition Counseling Package includes an allergy test to detect food allergies, allowing us to tailor a food menu specifically to meet your