



### A Health Package designed for Men

Staying ahead of health concerns is important, especially with demanding schedules and fast-paced lifestyles. Our Men's Prime Executive Checkup provides a comprehensive, same-day health procedures that monitors your health, detects potential issues early, and supports your goal of achieving long-term wellness and peak performance.

### Who should avail this package?

**Men aged 30 and above**

**Executives and professionals under high stress**

**Individuals with family history of lifestyle diseases**

**Those seeking proactive and preventive care**

*As of September, 2025  
version: 2.1*

### 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)



## Men's Prime Executive Checkup

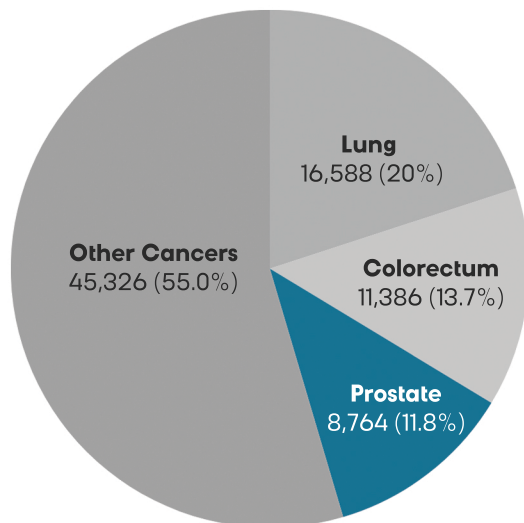
Preventive Health Screening





## Leading Cancer Types Among Filipino Men (2022)

In the Philippines, lung, colorectal, and prostate cancers have emerged as the three most common types affecting many Filipino men. Particularly, prostate cancer poses a significant threat as it only targets males.



International Agency for Research on Cancer (IARC), 2022

Beyond cancer detection, this health package also helps identify and address the following conditions:

Anemia & Leukemia

Diabetes

Cardiovascular Diseases

Liver Disease  
(Fatty Liver, Cirrhosis, Cysts)

Benign Prostatic Hyperplasia

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## Health Tests Included

To help you prepare and set your expectations, here's a step-by-step guide to the examinations included in the Men's Prime Executive Checkup.

### 01 Check-in



Receive your Patient Gown & Hotel Slippers upon check-in.

### 02 Health Checkup Orientation



Our medical coordinator will provide a brief run-through of your procedures and essential tests.

### 03 Specimen Collection



Collect and submit urinalysis and stool samples using the provided patient invitation.

### 04 Physical Exam



Know your height, weight, body mass index, waist circumference, and blood pressure.

### 05 Blood Exam

CBC, FBS/HbA1c, Lipid Profile, Liver Function 1, Liver Function 2, Kidney Function, Uric Acid, Electrolyte, Infection, Tumor Markers (CEA, PSA).

Our blood tests provide a broader look at various functions of the body. These exams also include tumor markers that can detect cancers specific to men.

### 06 Eyesight



### 07 Tonometry



### 08 Fundus



### 09 Hearing



### 10 ECG



### 11 Chest X-ray



### 12 Whole Abdominal Ultrasound (Including Prostate)



### 13 Optional Add-ons (Upon Recommendation)



Treadmill Stress Test

2. 2D Echo

3. Endoscopy  
(Transnasal Endoscopy, Gastroscopy, Colonoscopy)

Our Whole Abdominal Ultrasound captures detailed images of the entire abdomen, allowing for the assessment of organs such as the prostate, liver, pancreas, kidneys, and intestines to detect any abnormalities or diseases.

### 14 Doctor's Consultation



### 15 Same-day Laboratory Results



### 16 Check-out



### Exclusive Privilege



With this package, patients will receive a Japanese bento meal, which they can enjoy at our Executive Lounge on the 8th floor.