

Health Information

~Spring & Summer 2021 Edition · About chest X-ray examination~

Annual medical health checkup season has come !

(☆Please check our website for details.)

Hi! This is an announcement from the Health Service Center. Every spring, a large-scale student medical health checkup is planned, and most students are required to have a "chest X-ray" taken. It is implemented based on the law and a regulation of our university. Do you know why "chest X-rays" are required?



Early detection is very important !

Having no subjective symptoms such as coughing or sputum does not mean you are okay.

Pneumothorax, pneumonia, or other rare but serious illnesses may be hidden.

In particular, tuberculosis (TB) is not a disease of the past. You may become a carrier without noticing and be a threat to your friends and colleagues.

However, if found in its early stage we can cure TB with medications without spreading the disease to others. Therefore, early detection is very important.



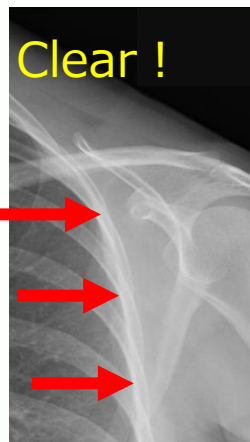
Be sure to take the medical examination for yourself and your community.

Tips to getting your chest X-rayed



You may be instructed to put your hand on your waist.

Scapula
(shoulder blades)



1. Put your chest tightly on the imaging board and move your shoulder blades, the scapula, as far forward as possible. This prevents the overlap of the lungs and scapula and clarifies the lung image.

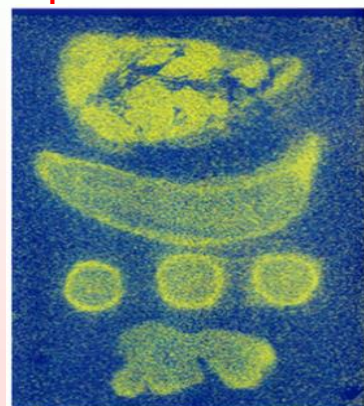
2. Take a deep breath. This makes your lungs swell and clarifies the lung image. Conversely, insufficient breathing makes your heart image bigger and so on. This leads abnormal findings and you may need to have your chest X-rayed again.

For those worried about radiation exposure.

Our environment itself has radiation from the earth and space in addition to foods, stones, and plants. So, there is radiation in abundance around us.

The X-ray for examination at our health service center is strictly regulated to use the minimum amount required and aimed only at the necessary area. So, the X-ray amount is so low that its effect on your health can not be detected. Compared to this minimal effect, having your chest X-rayed can reveal your physical condition and is immensely beneficial.

Without taking a chest X-ray, you are taking the risk of delaying the detection of diseases.



← Pork

← Banana

← Sliced banana

← Ginger

Reference: Website of the Japanese Ministry of Environment

Distribution of K40