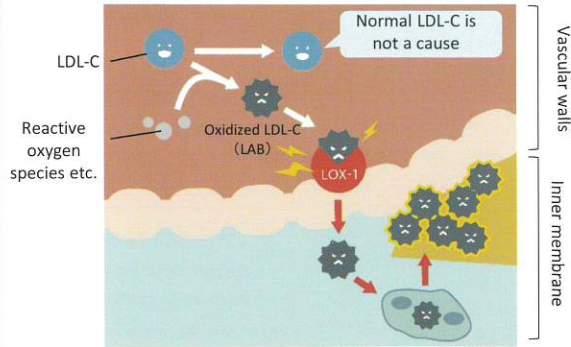


## What causes arteriosclerosis

The major cause for arteriosclerosis is LDL cholesterol (bad cholesterol), with the worst kind being the oxidized denatured LDL cholesterol or LAB (super bad cholesterol). When oxidized LDL binds to LOX-1 in the blood vessels it causes inflammation, which can lead to atherosclerosis (buildup of plaque on the vascular walls).



※ LOX-index® is the values obtained from multiplying oxidized denatured LDL (LAB) and LOX-1.

## Understanding your future risks with LOX - index®

This test method is based on the data obtained from a follow-up of approx. 2,500 Japanese people for an average of 11 years.

### ■ LOX - index® and the risks it reveals

〈Strokes〉

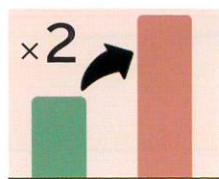
〈Heart attacks〉

Your risk is tripled if your LOX - index result is high

Your risk is doubled if your LOX - index result is high



Low Value High Value



Low Value High Value

## Lifestyle Checklist

Both strokes and heart attacks can be prevented by making lifestyle changes.

	Question	Check
Q1	Do you get sick easily due to stress?	
Q2	Are you obese (Overweight)? * BMI = (Weight (kg) divided by height(m)squared) is above 25	
Q3	Do you eat a lot of fatty or salty food?	
Q4	Do you not eat many vegetables or much seaweed?	
Q5	Do you exercise twice a week or less?	
Q6	Do you smoke, or did you previously smoke?	
Q7	Do you drink alcohol more than 5 times a week?	
Q8	Do you have high blood pressure, diabetes or hyperlipidemia?	
Q9	Are you over 40 years old?	

We recommend that anyone who checks more the four of the points above to take LOX-index®.

**You can take preventative steps against strokes and heart attacks!**

Please direct enquiries to the contact details below.

- PreMedica Inc. Website: <https://www.premedica.co.jp/>
- This document is subject to change without notice.
- LOX-index® is a registered of PreMedica Inc. and the National Cerebral and Cardiovascular Center (As of April, 2021)

Check your risk of suffering from a stroke or heart attack

LOX-index®



PreMedica

# The test that can reveal the risk of strokes and heart attacks from a blood test

## To be treated with the same caution as cancer

Although the leading cause of death for Japanese is cancer, the total of strokes and heart attacks are at the same level.

Disease	Death (approx.)
1 Cancer	360,000
2 Heart attack	200,000
4 Stroke	120,000

**320,000**  
(1/4 of total deaths)

\*Ministry of Health, Labor and Welfare, 2013 Vital Statistics (Pneumonia ranked 3rd)

## An overwhelming number of patients

Although medical advances contribute to increasing the chance of surviving from a stroke or heart, the number of patients are on the rise.

Disease	Number of patients (approx.)
Cancer	1,520,000
Heart attack (excluding high blood pressure)	1,610,000
Stroke	1,230,000

**2,840,000**

\*Number of patients from the Ministry of Health, Labor and Welfare survey 2011

## Treatments can be costly

The average patient will be in hospital for approx. 30 days for surgery.

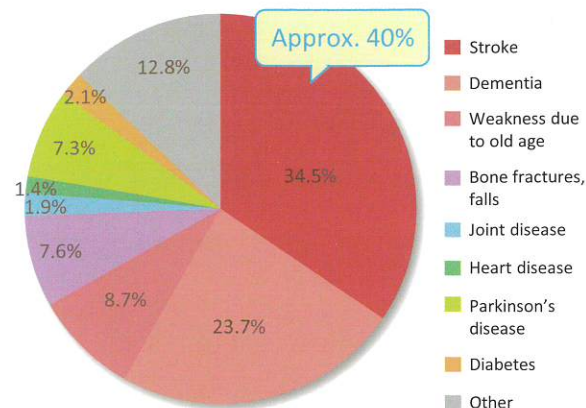
Disease	Total cost (JPY)	Amount paid by patient
Stroke	1,400,000	420,000
Heart attack	1,200,000	360,000

\* Calculated based on cost of surgery and approx. 30 day hospital stay. Website of All Japan Hospital Association

## Leading cause of leaving people bedridden is stroke

A stroke is the leading cause a person will be left in a bedridden state, amounting to approximately 40% of all cases.

### Causes leading to a patient being bedridden



Ministry of Health, Labor and Welfare, 2013 National Survey on Basic Living Conditions

## Results from a simple blood test

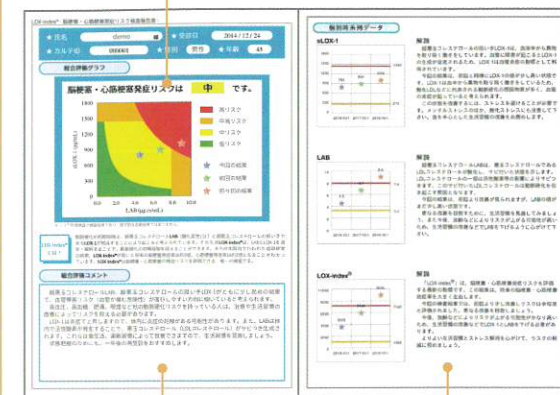
The test can be done from a blood test, completes in approx. 10 minutes.

### Risk Checks Test Flow

- 1 Make an appointment**  
Book an appointment to have the test
- 2 Blood test (approx. 10 minutes)**  
The test is performed using a blood sample.
- 3 Analysis of test results**  
A specialized laboratory will determine your risk of developing the diseases.
- 4 Test results**  
The medical institution will provide you with your test results after 2-3 weeks. The insight gained can help you improve your lifestyle, such as with diet changes or increasing exercise.

## Informative test result report

Your risk levels are clearly displayed using easy to understand graphs.



Over all informative comments will be given based on the results and include suggestions for improvement.

It is possible to include previous results, to give a more comprehensive understanding.

Not late from now!

It is possible to turn things around!

There is no need to be discouraged by poor results. There are many steps that can be taken to prevent the causes of arteriosclerosis. Below are a few measures.

Regular exercise

Well-balanced diet

Making positive lifestyle changes is the first step towards prevention

Specific advice can be offered based on each persons test results. It is important to begin where you can and form routines to being about positive change.

Please contact staff if you are interested in taking this test.