

Sawayaka Health Plan For 45-years old people

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About body



Q. If you know a lifestyle that lowers blood pressure effectively, please advise me. The reason is that it is difficult to lower blood pressure only by taking less salt and by controlling weight. I think the problem is due to my physical constitution, such as being light in weight and having a higher blood pressure since I was in high school.



A. You are trying various things to improve your blood pressure aren't you?

Other than taking less salt and weight management, there are ways like quitting smoking, drinking less alcohol, practicing aerobic exercise, improving the lack of sleep and reducing stress, but I think you already know these things. If you tried all and couldn't get good result, there may be some hidden illness.

In addition, it may be necessary to borrow the power of medicine, why don't you consult your family doctor or visit a cardiovascular department with your health checkup result?

Q. In the health checkup result, on the chest X-ray column there was a description of "protrusion of the aortic arch" for two consecutive years. Though I can check it by myself even on the website, I would like you to tell me how bad it is and what kind of measures I should take. (If you know some simple contact address, I would like to use it.)

A. Most causes of protrusion of the aortic arch is due to arteriosclerosis.

Countermeasures include treatment of diseases that cause arteriosclerosis (blood pressure, lipids, blood glucose), improvement of obesity, and improvement of lifestyle such as quitting smoking. Unfortunately, we cannot answer the severity without a detailed examination. If you are worried about it, please visit a medical institution with the health checkup results.



If you have any other questions, please use the medical staff at each business site, your family doctor, our contracted contact point for inquiries shown in the enclosed documents of the health checkup results, Kenpo clinic, etc.

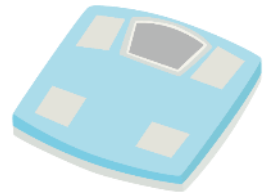
About body



Q. Do “axis variation” (today’s presentation sheet) and “axis deviation” (health checkup result) mean different things?

A. Thank you for your advice.
“axis variation” is a typographical error, and “axis deviation” is correct.
I’m very sorry for the typographical error in the material.

Q. After taking the training, I am aware that weight management is important, but I cannot continue the exercise and the dietary restrictions to reduce weight always. Is there a good way to continue them? Personally, I want to reduce weight by practicing exercise, but I cannot find the time to do it.



A. You are trying to reduce weight even when you are busy. First of all, please praise yourself for your efforts. I think there are many people who say, “I tried to change my habits, but I failed many times.” There are reasons why it is difficult to change them.

For example, “There are benefits to be gained by continuing bad habits.”

”Because it is easier to act unconsciously.”

”The switch does not turn on even when trying to leave myself to the power of will”

”I want a dramatic result and give up on the way.”

And so on. It’s difficult to change your habits, but there are some tips!

- It is NG to think that “must do “.
- Let’s start with “small habits”

If the exercise is unpleasant, all you have to do is put on your shoes and breathe in the outside air.

• Make efforts to enjoy the right things.

Convert the feeling of “pain” into excitement! Try to make boring things something you feel like a game, and it is also a good way to give yourself a reward after you worked hard!

• The stronger the desire to be like this, the more the habit changes! It is very important to play tricks on your head.

Please try to introduce this method!



About body



Q. I think that the definition of health is also changing due to advances in science and changes of the environment (values). Just for an example, in the training, there was a lecture about "prolonging life by limiting calories" and "BMI and abdominal circumference for health standard", but I think it cannot be said so unconditionally without considering other things.

In recent news, I read an article "Being a little plump is healthier". What do you think?



A. I think that you have a high level of health consciousness. In recent years, various studies have been carried out, and it is also a fact that the mortality rate decreases when the BMI exceeds 25.

The normal value may change in the future due to the development of research and medical care, but at this stage, we explain based on the index shown by the Ministry of Health, Labor and Welfare.

Also, visceral fat accumulation does not necessarily correlate with BMI and is not included in the diagnostic criteria for metabolic syndrome. Concerning the people who are muscular and heavy despite having less body fat, their BMI may fall into the range of obesity.

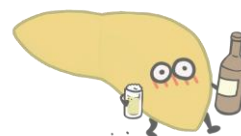
Since it is difficult to evaluate health using BMI alone, it is recommended that you take a comprehensive look at your other health checkup results, your lifestyle and judge your health level.

Q. Is it possible to remove the fat of liver that has been put on?

A. Yes, you can!!

You can get rid of the fat that has been put on by the "4 points to eradicate visceral fat" and the restriction of sugar and lipid that I told you in the lecture. Please challenge from what you can do. Extreme dieting can also lead to fat liver, so a reasonable improvement is recommended.

Please note that fatty liver progresses and causes liver cirrhosis. When liver cirrhosis occurs, the cells of the liver become fibrous and hard, and their function declines. Fat liver and subsequent hepatitis can be treated, but liver cirrhosis cannot be cured. As it progresses further, there is a possibility of developing liver cancer. If you notice fat liver, you should take action as soon as possible.



About teeth and mouth



Q. Will I not be notified of regular dental checkup?

A. If you would like to be notified of regular dental examinations, please contact Kenpo Dental Clinic. The contents of regular dental checkup at our Kenpo Dental Clinic are oral examination, dental scaling, and cleaning. Additional X-ray photography is also possible. Please understand that for each insured medical treatment, the patient will be requested to bear the 30% of the fee.

About mental health



Q. How should we deal with the work environment that cannot be improved or that cannot do anything in terms of mental health? We would appreciate it if you could give us your opinion.



A. Your workplace environment is said the place where any thing cannot be done. I sympathize with you about your daily difficulties. Regarding [Measures toward the work environment] that you asked, the way how to take an action will change depending on the position of the person who asked the question. I think the word “workplace environment improvement” is a familiar word in your work, but it is also used in mental health.

In that case, the method differs depending on “who plays a central role”, and there are different methods are “management-led” type, “workplace manager / supervisor-led” type, and “employee participation” type. “Hints for improving the working environment” is also posted on the website of the Ministry of Health, Labor and Welfare. So, why don't you try to view them as a reference?

<<Reference site: Ministry of Health, Labor and Welfare: Kokoro-no-mimi (ears of heart): Mental health of workers
Portal site <https://kokoro.mhlw.go.jp/manual/>>>

If you would like, please contact the nurse at your workplace or Mental Health Counseling Room of Bosch Health Insurance Society directly. I would like to hear your own thought about your daily workplace and organize the idea from where and what we can do together.

《Contact ① Health Counseling Room at each business site
② Bosch Health Insurance Society, Councilor
(Rep) 0493-22-0890》



For your reference, you can also consult the following:

《Reference site: Ministry of Health, Labor and Welfare: Kokoro-no-mimi (ears of heart) for workers

<https://kokoro.mhlw.go.jp/agency> (method : by phone · SNS · e-mail)》