



MEDICAL & HEALTH

Hokkaido Medical Health Tourism

The average life expectancy in Japan, according to the Ministry of Health, Labor and Welfare in 2014, is 80.5 years for males, and 86.83 years for females. Japanese females' life expectancy is number one in the world, and males' life expectancy is number three.

The reasons given for that are the full health-care system, the high level of treatment techniques, and the promotion of health awareness. Besides that, PET and MRA scans, and other methods of precision diagnosis, which have led to earlier discovery of illnesses, have also contributed to the greater longevity of the Japanese.

In addition, the Japanese lifestyle, including the Japanese diet, level of exercise, and custom of taking hot baths, lends itself to a longer life expectancy. Among the industrialized nations, Japan is by far the lowest in fat but with a high

level of carbohydrates mainly from rice. Also, with large amounts of fish, or tofu, natto, miso, and other soybean-based foods, it is close to the ideal diet to prevent the progression of hardening of the arteries.

Japan's hot spring culture also contributes to the promotion of good health. Taking a hot spring has "general" benefits simply by warming up the body. There are also other "particular" benefits based on the qualities and varieties of the hot spring, that include benefits for fatigue, muscle soreness, joint pain, skin diseases, insomnia, etc.

Why not come to Hokkaido and enjoy a healthy trip where you will receive a thorough medical examination, exercise in the middle of beautiful nature, soak in the hot springs and dine while learning the Japanese philosophy of food?



Genmai Koso (Brown Rice Enzymes)

The largest enterprise in Japan dealing in enzyme food products. The company has a health hall near Lake Toya, one of Hokkaido's major tourist attractions, where it continues to actively transmit the importance of traditional Japanese "health and food."



Hokuto Hospital

Founded in 1993, it has focused on the early diagnosis and treatment of stroke and heart disease since its beginning. In 2003, a PET center was built, and screening for and precise examination of cancer using PET scans was added, making this a Secondary Preventive Medicine Hospital (preventing, diagnosing and treating serious illnesses) for the top three adult health problems, stroke, heart disease and cancer. There are also doctors from other countries here, with much experience diagnosing and treating international patients. People who receive a diagnosis will also get an exclusive interpreting assistant accompanied from Premium Hokkaido.

MODEL COURSE

- Day 1 New Chitose Airport - Sapporo.
Dinner: Organic Food

- Day 2 PET cancer scan at Hokuto Hospital in Obihiro and meeting with a doctor.
Tokachi River Hot Spring's peat hot spring.
Dinner: Teppanyaki course.

- Day 3 Enjoy Tokachi River's Millennium Forest on a Segway.
Move to Toya Hot Spring Town.
Hear a lecture on Japanese Dietary Health at Toya Health Retreat.
Dinner: Japanese meal of ingredients with no agricultural chemicals.

- Day 4 Enjoy Lake Toya Cruise Ship, pick vegetables and fruits at Lake Toya farms
Return to Sapporo. Sightseeing in Sapporo.
Dinner: Japanese Kaiseki Cuisine

- Day 5 New Chitose Airport - Return home