

Health-Care Center

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General Summary

Shimbashi Medical Checkup Office: The research efforts of our center are focused on lifestyle-related diseases.

Research Activities

Shimbashi Medical Checkup Office

1. Preventing lifestyle-related disease through healthy habits

Our mnemonic or motto for promoting healthy habits is “none of one, less of two, more of three.” The “one” behavior is smoking. The “two” things are intake of food and alcohol. The “three” things are exercise, rest, and enjoyable activities. We studied the correlation of these six healthy habits with serum triglyceride levels. A questionnaire about compliance with our motto was filled out by 5,584 Japanese men undergoing medical health check-ups. Serum triglyceride levels were measured. Persons receiving medication were excluded. The decrease in triglyceride levels was correlated with the number of healthy habits practiced (161-mg/dl for 0, 156 mg/dl for 1, 140 mg/dl for 2, 127 mg/dl for 3, 115 mg/dl for 4, 104 mg/dl for 5, and 94 mg/dl for 5). We also investigated the correlation of the number of these healthy habits practiced with serum high-density lipoprotein (HDL)-cholesterol levels. The increase in HDL-cholesterol levels was correlated with the number of healthy habits practiced (53 mg/dl for 0, 56 mg/dl for 1, 58 mg/dl for 2, 58 mg/dl for 3, 60 mg/dl for 4, 62 mg/dl for 5, and 63 mg/dl for 6). Practicing these 6 healthy habits helps prevent low-HDL cholesterolemia and dyslipidemia.

Publications

Wada T, Fujishiro K (Toho Univ). The first strategy for metabolic syndrome: healthy habits “Give up one, Reduce Two, and Increase Three” (in Japanese). *J Jpn Coll Angiol* 2006; **46**: 341-4.

Reviews

Wada T, Fukumoto T. Glucose tolerance examination in medical checkup and ningen dock (in Japanese). *Prog Med* 2006; **26**: 2097-100.