

Questionnaire

Name _____ Date _____

Category	Items	Points	Sum
Place of residence	Living in Eastern Japan	5	
	Have moved from Eastern Japan	4	
	Staying in eastern Japan as a volunteer for the earthquake and nuclear power plant disaster	5	
	Living in western Japan or Hokkaido	3	
	Living in a country that neighbors Japan or the west coast of North America	2	
	Living in another northern hemisphere country	1	
	Living in the southern hemisphere	0	
Life style	Regular consumption of seafood products and/or sushi	2	
	Consumption of mushrooms and/or blueberries	2	
	Smoking	1	
	Consumption of confectioneries and/or ice creams made in Japan	1	
	Not worried about origin or location of products	1	
	Staying outdoors most of the time (eastern Japan 3 points, western Japan 1 point)	3 or 1	
Subjective symptoms	High fever (over 102°F or 39°C)	1	
	Frequent nosebleeds	1	
	Vomiting, diarrhea	1	
	Stomach ache, abdominal pain	1	
	No appetite	1	
	Chest pain, palpitation, sense of something wrong	1	
	Headache	1	
	Bone ache or pain, arthralgia (joint pain), lumbago (low back pain), thoracic (upper back) pain	1	
	Bone fracture	2	
	Dizziness, unsteadiness, disorientation	1	
	Stumbling while walking	3	

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Category	Items	Points	Sum
Subjective symptoms (continued)	Dropping something	2	
	Personality change	1	
	Cutaneous symptom (eczema, leucoderma, mole)	1	
	Reoccurring purpura (purple spots)	2	
	Decline in memory and/or comprehension	2	
	Unconsciousness	2	
	Insomnia, drowsiness	1	
	Nail avulsion and/or deformation	1	
	Hair loss	1	
	Recurrence of furuncle(s) (boil)	1	
	Broken tooth, chipped tooth	2	
	Canker sore, gingivitis	1	
	Taste disorder (dysgeusia)	1	
	Itchy, swollen eyes and/or subconjunctival hemorrhage	1	
	Eyesight deterioration	1	
	More than 5kg (11lb) of weight loss	3	
	Lowered immune system (more susceptible to catching the common cold)	1	
	Sore throat and/or throat discomfort	1	
	Lymph node enlargement	1	
	Lowered physical strength, general malaise (fatigue)	1	
	Menstrual irregularity ()	1	
	Sudden death of someone close, colleague	1	
	Recurrence of tympanitis (infection of middle ear), hearing impairment, tinnitus	1	

Questionnaire

Category	Items	Points	Sum
Child's Growth	Failure to grow (abnormal height, weight)	5	
	Hypodontia or Oligodontia (missing permanent teeth) 1 point per tooth		
Benign disease	Myocardial infarction	5	
	Angina pectoris	5	
	Cardiac insufficiency (congestive heart failure)	5	
	Cataract	5	
	Retinal detachment	5	
	Retinal hemorrhage	5	
	Cerebral infarction, cerebral hemorrhage	5	
	Aortic dissection	5	
	Kawasaki disease	3	
	Connective tissue disease (collagen-vascular disease)	3	
	Pancreatitis	3	
	Gastric ulcer, duodenal ulcer	3	
	Thyroid abnormalities (<10mm)	1	
	Thyroid abnormalities (≥10mm or plural)	2	
	Onset of diabetes mellitus	3	
	Onset of hypertension or exacerbation of hypertension	2	
	Shingles (zoster)	2	
	Ganglion, unknown growth	3	
	Cystitis (bladder infection)	1	
	Vaginal inflammation	1	
	Pleural effusion	2	
Malignant disease	Leukemia	10	
	Papillary thyroid cancer	10	
	Breast cancer	5	
	Esophageal cancer	5	

Questionnaire

Category	Items	Points	Sum
Malignant disease (continued)	Colon cancer	5	
	Prostate cancer	5	
	Liver cancer	5	
	Pancreatic cancer	5	
	Brain tumor	8	
	Skin cancer	5	
	Tongue cancer	5	
	other cancer(s) ()	3	
Pregnancy	Fetal abnormalities ()	5	
	Miscarriage cause(s):	3	
	Premature birth, low birth weight (IUGR) (less than 4 lb, 6 oz or 2000 g)	3	
Blood test	Abnormal white blood cell count (less than 3000, more than 10,000)	2	
	Abnormal white blood cell shape	3	
	Abnormal red blood cells (hemoglobin <10.0)	1	
	Abnormal blood platelets (less than 100,000)	1	
	Abnormal liver function (AST/ALT/G-GTP, one of these is more than 100)	2	
	Hypothyroidism (TSH > 5.0)	2	
	Proteinuria	2	
Sudden death		10	
Total Points			

Please circle the point score that applies to you, and record total points.

Diagnostic criteria:

0 - 5 ⇒ almost normal, 6 - 10 ⇒ may be affected or not, 11 - 15 ⇒ possible,

16 - 20 ⇒ highly possible, greater than 20 ⇒ strongly suspected

Additional comments: _____

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