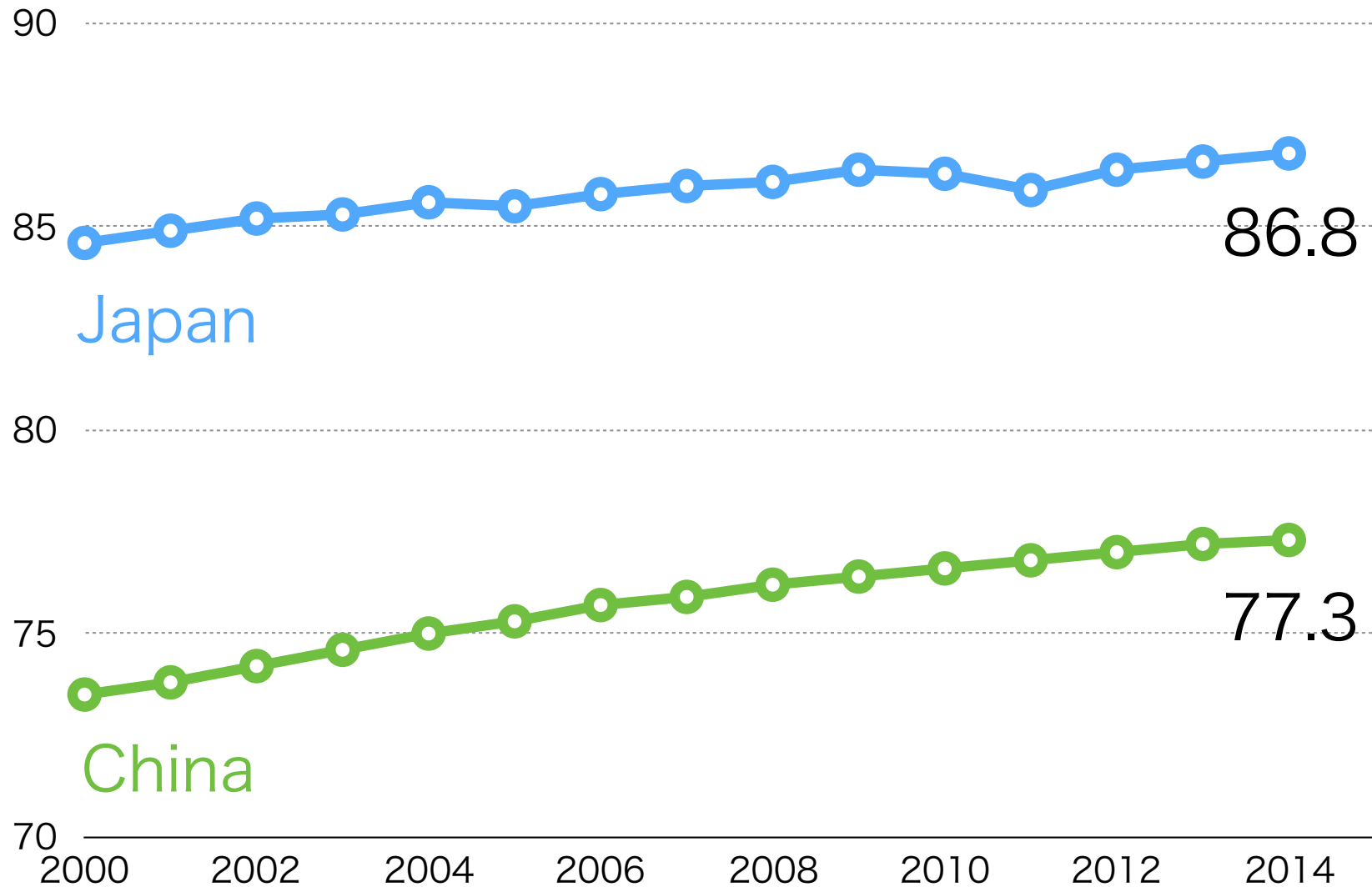


A scenic view of a European town, likely in France, featuring a river, a stone bridge, and a hilltop castle. The town is built on a hillside, with a river flowing through the foreground. A large stone bridge with multiple arches spans the river. In the background, a hilltop is covered in dense green forest, and a castle with multiple towers and battlements sits atop the hill. The sky is clear and blue.

For Your Healthy and Happy Life

Masahiro TAKI, DDS, MSc, PhD
Yuki TAKI, MD, MSc, PhD

The Difference of Life Expectancy Between Japan and China (Female)



The Ranking of Life Expectancy

Year

	Male	Female
1	Switzerland 80.7	Japan 86.8
2	Iceland 80.5	Spain 86.1
3	Italy, Israel 80.3	France 85.6
4		Italy 85.2
5	Japan, Spain, Sweden 80.2	Korea 85.1

The Secrets of Longer Life Expectancy

Public Health

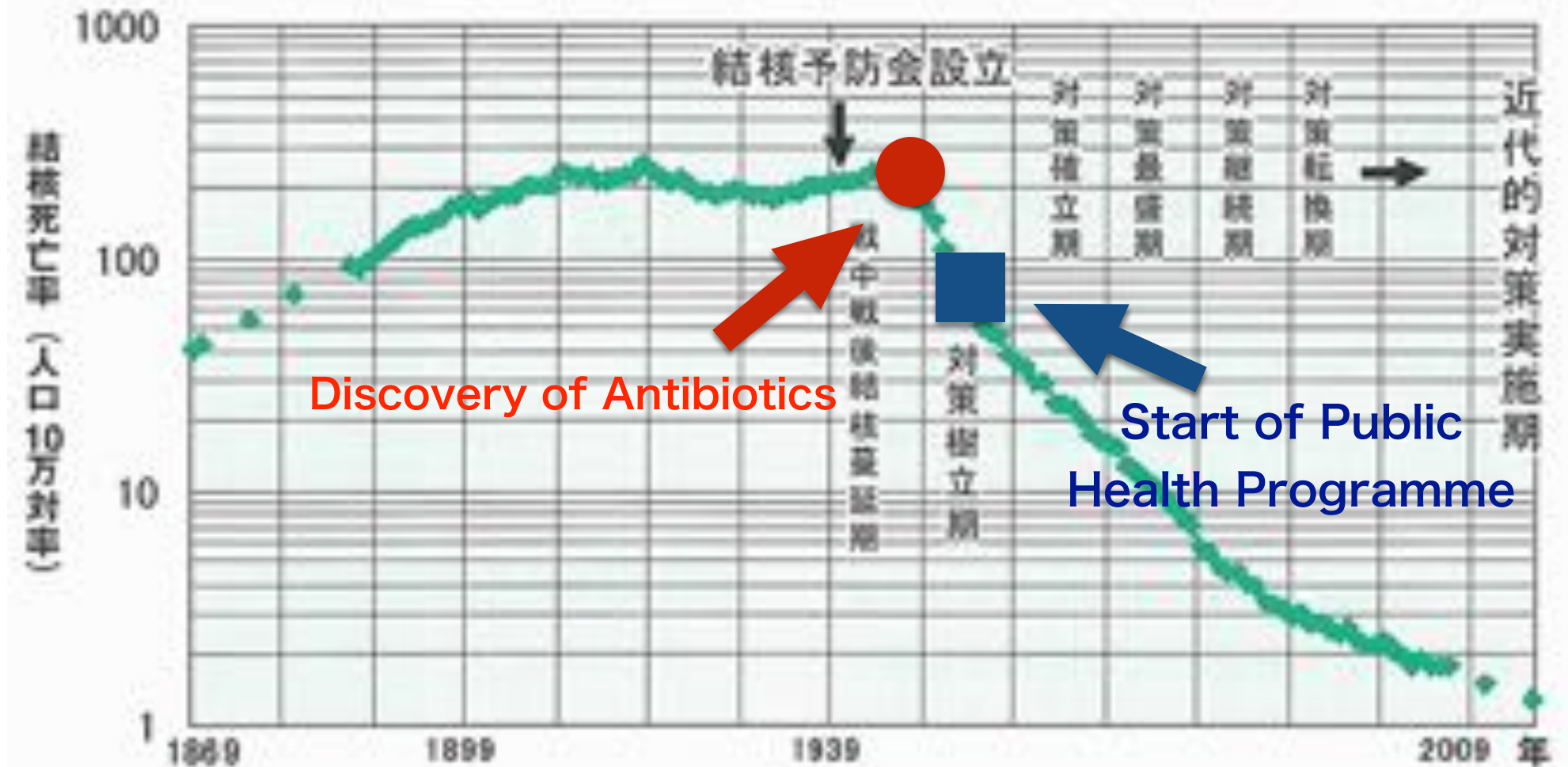
Child Mortality

The Efficacy of Public Health

Death caused by Tuberculosis in Japan

Death per 100,000
population by tuberculosis

図2 わが国の140年間の結核死亡率の推移



Lower Child Mortality Rates

Under-five mortality rate

death/1,000 live births	Nations
2	Finland, Iceland, Luxembourg
3	Andorra, Cyprus, Czech Republik, Estonia, Japan, Norway, Korea, San Marino, Singapore, Slovenia, Sweden
4	Australia, Austria, Belgium, Croatia, Denmark, France, Germany, Ireland, Israel, Italy, Monaco, Netherlands, Portogal, Spain, Switzerland, UK
5	Belarus, Bosnia and Herzegovina, Canada, Greece, Lithuania, Montenegro

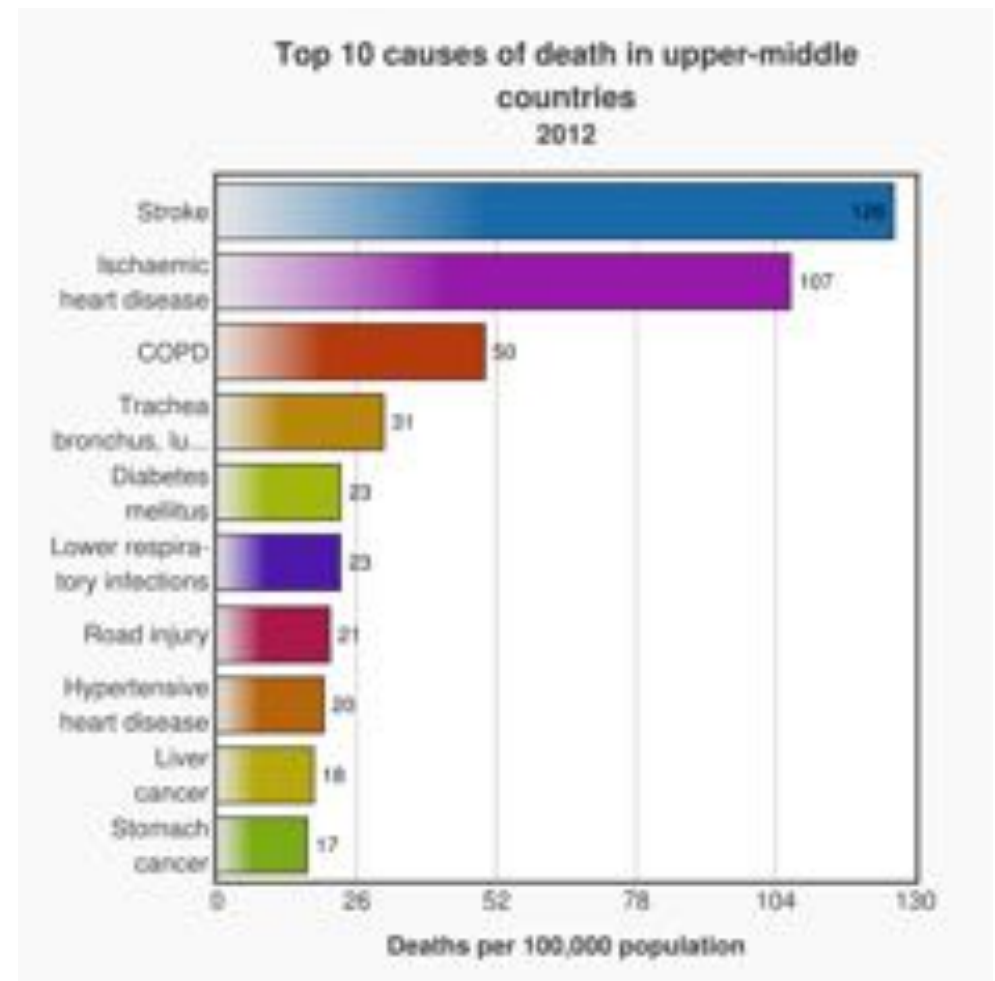
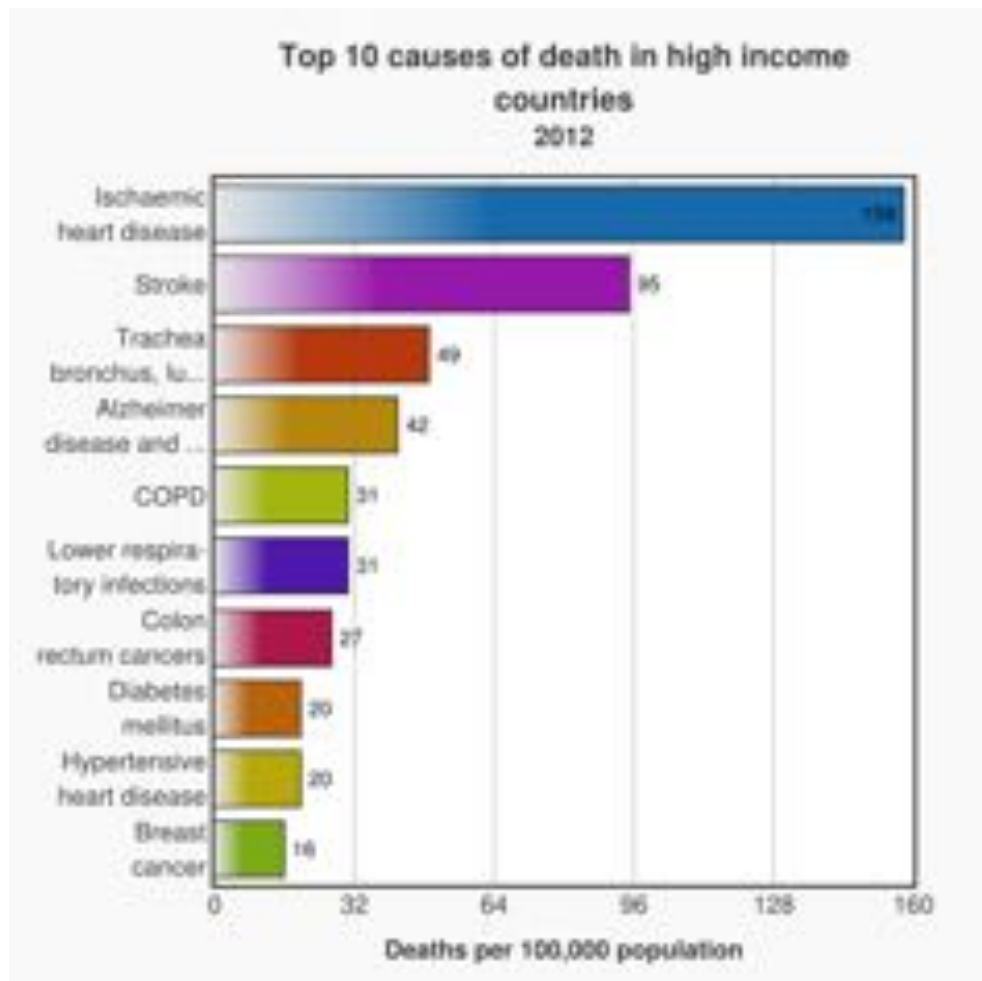
(China 11)

Levels & Trends in Child Mortality Report 2015

Estimates Developed by the UN Inter-agency Group for Child Mortality Estimation

The Top 10 Causes of Death (1)

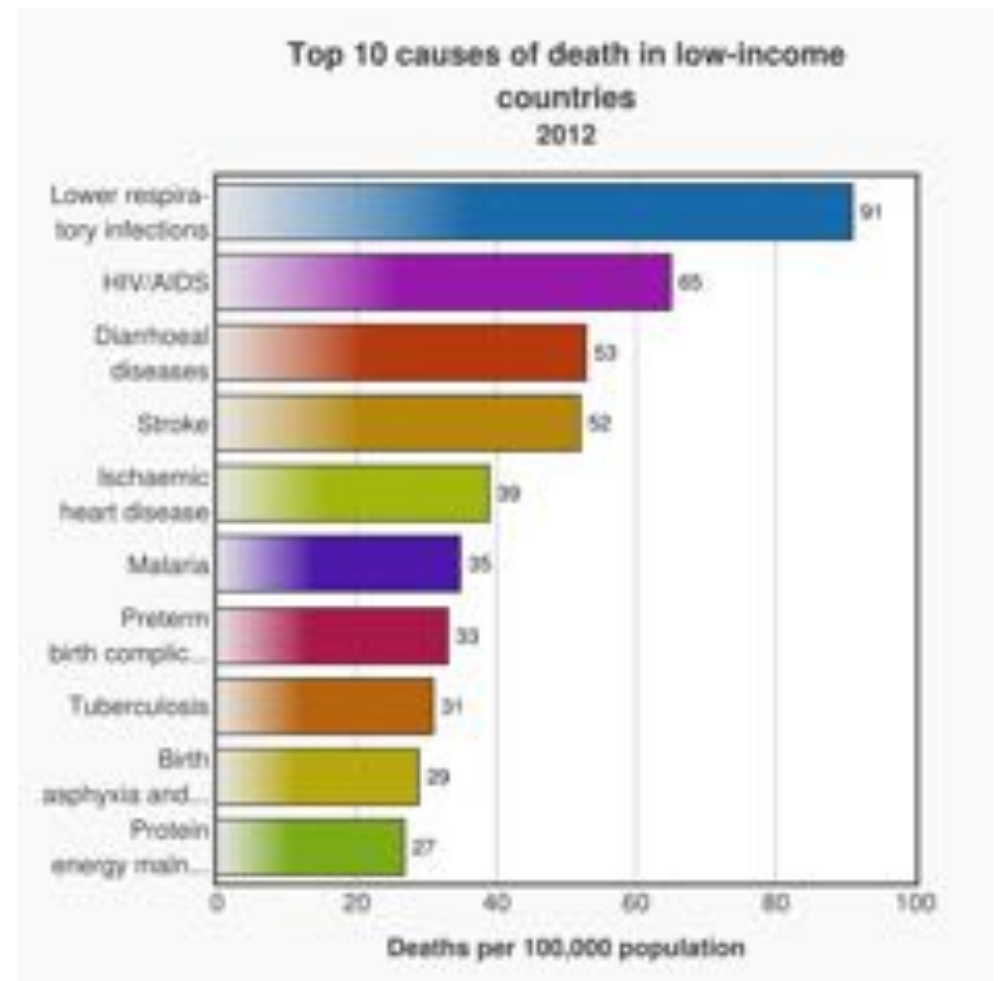
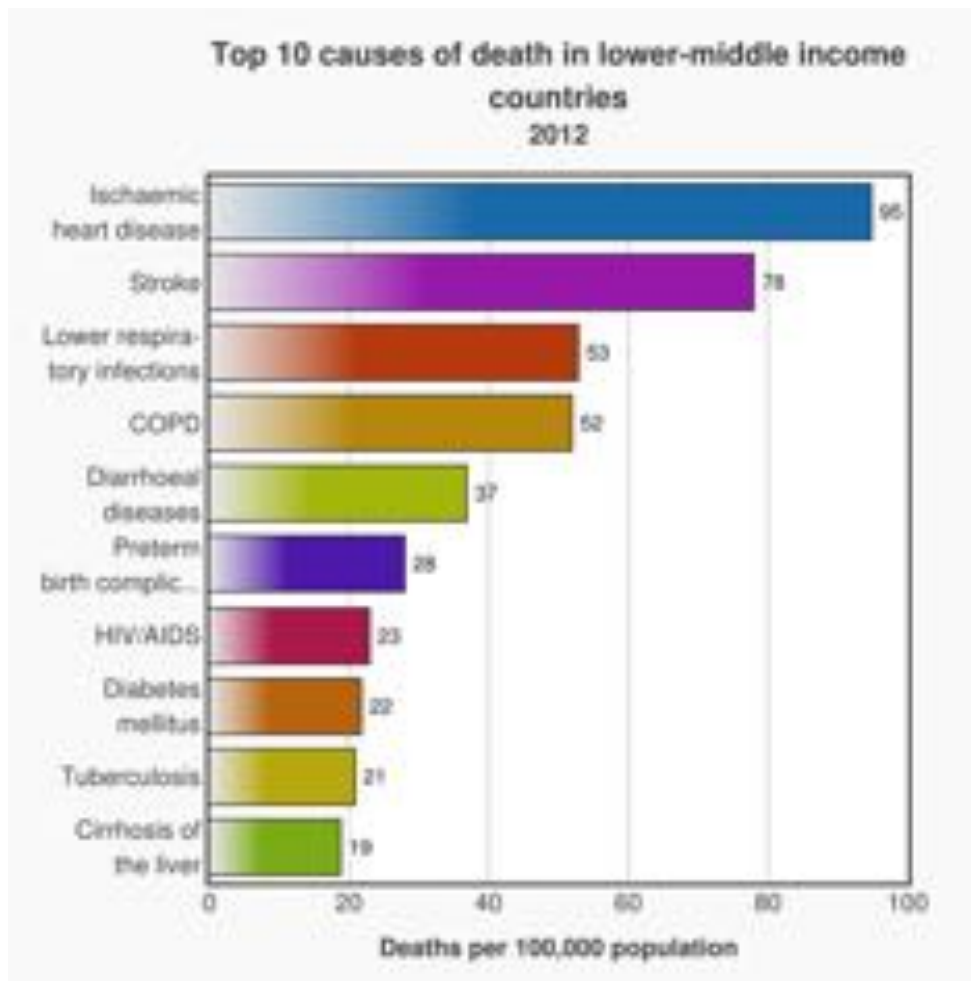
Countries Economic Status



The causes of death are mainly
noncommunicable diseases in almost all countries

The Top 10 Causes of Death (2)

Countries Economic Status



Communicable diseases are still main causes of death
only in low-income countries

Current Status in Japan

Beneficially Factors for Health in Japan

Mild Climate

Japanese Food - Healthy Nutrition

Low Industrial and Agricultural Pollution

Fulfilling Medical Checkup from Birth to Elderly

 Early Detection and Early Treatment

Public Health Insurance for The **Whole Nation**

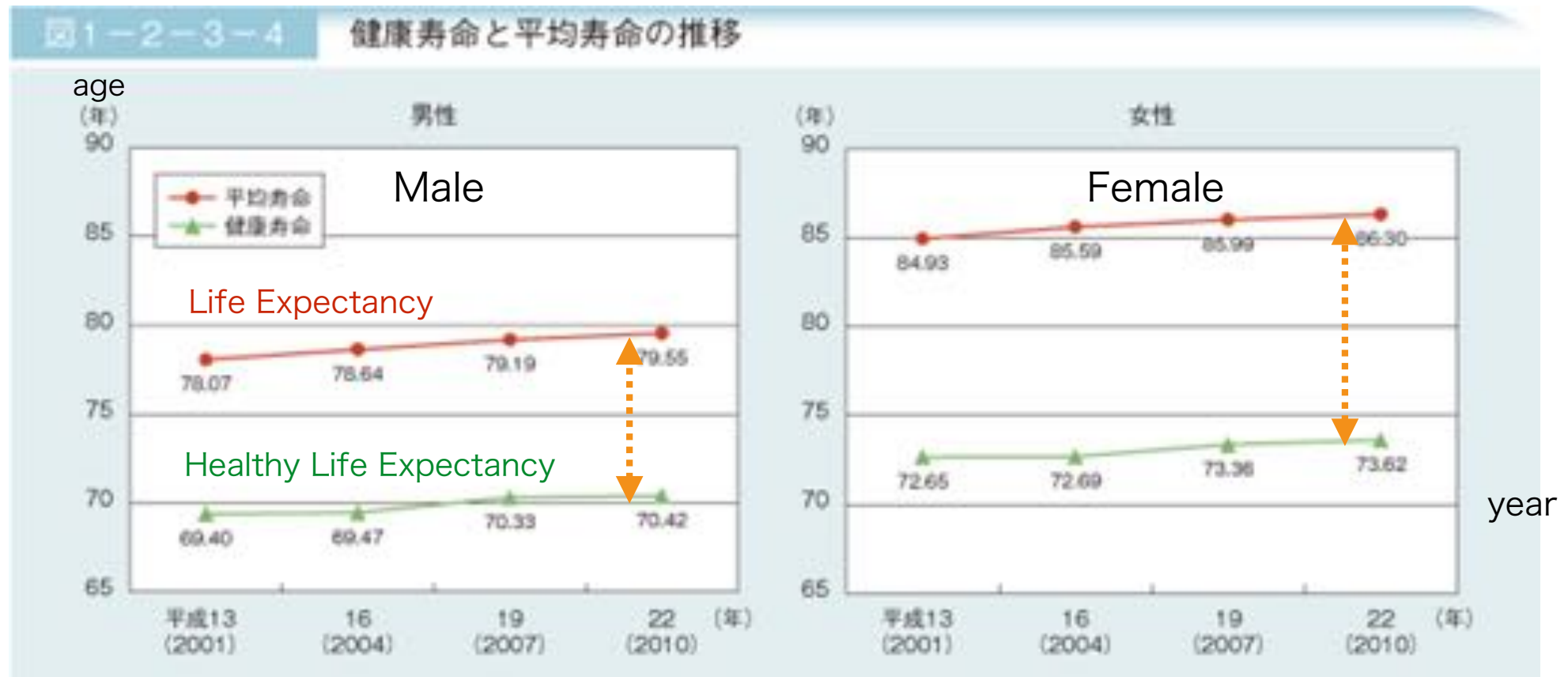
Easy Access to Clinic and Hospital

Public Nursing Care Insurance for The Elderly

Easy Access to Health Informations from Media

Nevertheless Japanese cannot enjoy healthy and happy life until their terminal

Average Duration of Caregiving in Japan



Male: 9 years

Female: 13 years

Are
Early Detection and Early Treatment
beneficial ?

Of corse,
If You are already ill.

DALY

Disability Adjusted Life Year is a measure of overall disease burden, expressed as the cumulative number of years lost due to ill-health, disability or early death

$$= \text{YLD} + \text{YLL}$$

Years Lived with Disability Years of Life Lost



DALY

High-income countries

1	Unipolar depressive disorder	9.8
2	Ischaemic heart disease	5.9
3	Alzheimer and other dementia	5.8
4	Alcohol use disorders	4.7
5	Diabetes mellitus	4.5
6	Cerebrovascular disease	4.5
7	Hearing loss, adult onset	4.1
8	Trachea, bronchus & lung cancers	3.0
9	Osteoarthritis	2.9
10	COPD	2.5

Middle-income countries

1	HIV/AIDS	9.8
2	Unipolar depressive disorder	6.7
3	Cerebrovascular disease	6.0
4	Ischaemic heart disease	4.7
5	COPD	4.7
6	Road traffic accidents	4.0
7	Violence	2.9
8	Vision disorders, age related	2.9
9	Hearing loss, adult onset	2.9
10	Diabetes mellitus	2.6

Ten leading causes of burden of disease, world, 2004 and 2030

2004 Disease or injury	As % of total DALYs	Rank		Rank	As % of total DALYs	2030 Disease or injury
Lower respiratory infections	6.2	1		1	6.2	Unipolar depressive disorders
Diarrhoeal diseases	4.8	2		2	5.5	Ischaemic heart disease
Unipolar depressive disorders	4.3	3		3	4.9	Road traffic accidents
Ischaemic heart disease	4.1	4		4	4.3	Cerebrovascular disease
HIV/AIDS	3.8	5		5	3.8	COPD
Cerebrovascular disease	3.1	6		6	3.2	Lower respiratory infections
Prematurity and low birth weight	2.9	7		7	2.9	Hearing loss, adult onset
Birth asphyxia and birth trauma	2.7	8		8	2.7	Refractive errors
Road traffic accidents	2.7	9		9	2.5	HIV/AIDS
Neonatal infections and other ^a	2.7	10		10	2.3	Diabetes mellitus
COPD	2.0	13		11	1.9	Neonatal infections and other ^a
Refractive errors	1.8	14		12	1.9	Prematurity and low birth weight
Hearing loss, adult onset	1.8	15		15	1.9	Birth asphyxia and birth trauma
Diabetes mellitus	1.3	19		18	1.6	Diarrhoeal diseases

Increased Number of
Stress and Environmental Related Diseases

Ideal Life

Life Expectancy = Healthy Life Expectancy



90 year-old woman (Germany)

Ideal Solution

From Checkup Medicine to **Positive Health**
From Pathogenesis to **Salutogenesis**

**For those reasons,
we have studied European
Antiaging and Preventive Medicine**

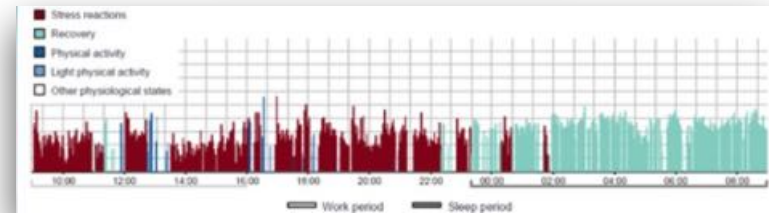
9 Factors of Antiaging



1. Diet
2. Vitamines & Nutritions
3. Hormones
4. Genetics
5. Exercise
6. Sleep, Mental Attitude
7. Neurotransmitters
8. Pollution
9. Detox

We Can Offer You 9 Factors of Antiaging Medicine

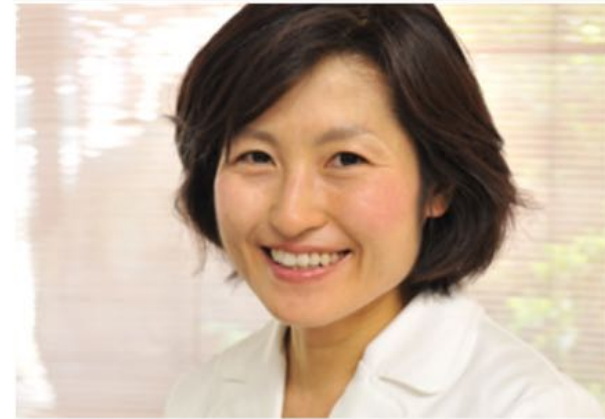
With 4P Medicine
Personalized
Predictive
Preventive
Participatory



Doctors



Masahiro TAKI, DDS, MSc(Germany), PhD(Japan)



Yuki TAKI, MD, MSc(Germany), PhD(Japan)

Dr. Masahiro Taki has finished his PhD in Oral and maxillofacial Surgery at Tokyo Dental Collage.

Dr. Yuki Taki has finished her PhD in Anesthesiology at Jichi Medical University.

They have finished their Master of Science in Antiaging, Preventive and Regenerative Medicine, which was co-hosted by EuroMediCom and Dresden International University.



Clinics



Ichinomiya, Aichi



Kyoto

Hints for Your Healthy Longevity

You do anytime 9 factors of antiaging, otherwise you fail.

Eat a lot of organic vege and fruits in day time.

Food, nutritions and exercise should be individualized.

Don't take supplements without examinations.

Don't miss windows of opportunity.

You should know your gene for food, nutrition, mental health and detox etc.

Do exercise regularly.

Measure your stress, neurotransmitters and hormones.

Keep enough sleep and recovery.

Avoid pollution. Avoid alcohol in evening.

Checkup your detox system.

Keep your gut healthy. ;))

Visit Japan and Our Clinic



Your Flight

Beijing - Nagoya 3h15min

Beijing - Osaka 3h05min

Shanghai - Nagoya 2h40min

Shanghai - Osaka 2h25min

Seoul - Nagoya 1h50min

Seoul - Osaka 1h40min

Manila - Nagoya 4h00min

Manila - Osaka 4h00min

You can buy



**You cannot buy back
Your Health**



Thank you for your attention.

www.takioptimalhealth.jp

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