

# OSAKA MARATHON 2024

# Health Check List

**For participation in the Osaka Marathon, a health check is required.**

**Please confirm each item individually and  
participate in the race at your own risk.**

A: If any of the following items (1.~5.) apply to you, **consult your regular doctor before deciding on race participation.** Under the guidance of your regular doctor, undergo examinations or treatments. If you still choose to participate in the race, do so at your own risk.

- 1 Diagnosed with heart disease (myocardial infarction, angina, cardiomyopathy, valve disease, congenital heart disease, arrhythmia, etc.) or currently undergoing treatment.
- 2 Experienced sudden loss of consciousness (fainting episodes).
- 3 Felt chest pain or dizziness during exercise.
- 4 Family members who have suddenly passed away due to "heart paralysis" (sudden death).
- 5 Have not undergone a health examination in the past year.

B: The following items (6.~9.) are risk factors for myocardial infarction or angina. **If any apply to you, consult your regular doctor.**

- 1 High blood pressure.
- 2 High blood sugar (diabetes).
- 3 High LDL cholesterol or triglycerides (lipid abnormalities).
- 4 Smoking.

Your primary care physician is responsible for managing your health. Please select a primary care physician to consult with on a variety of screenings, competitions, and more.

(Japan Association of Athletics Federations Medical Committee)