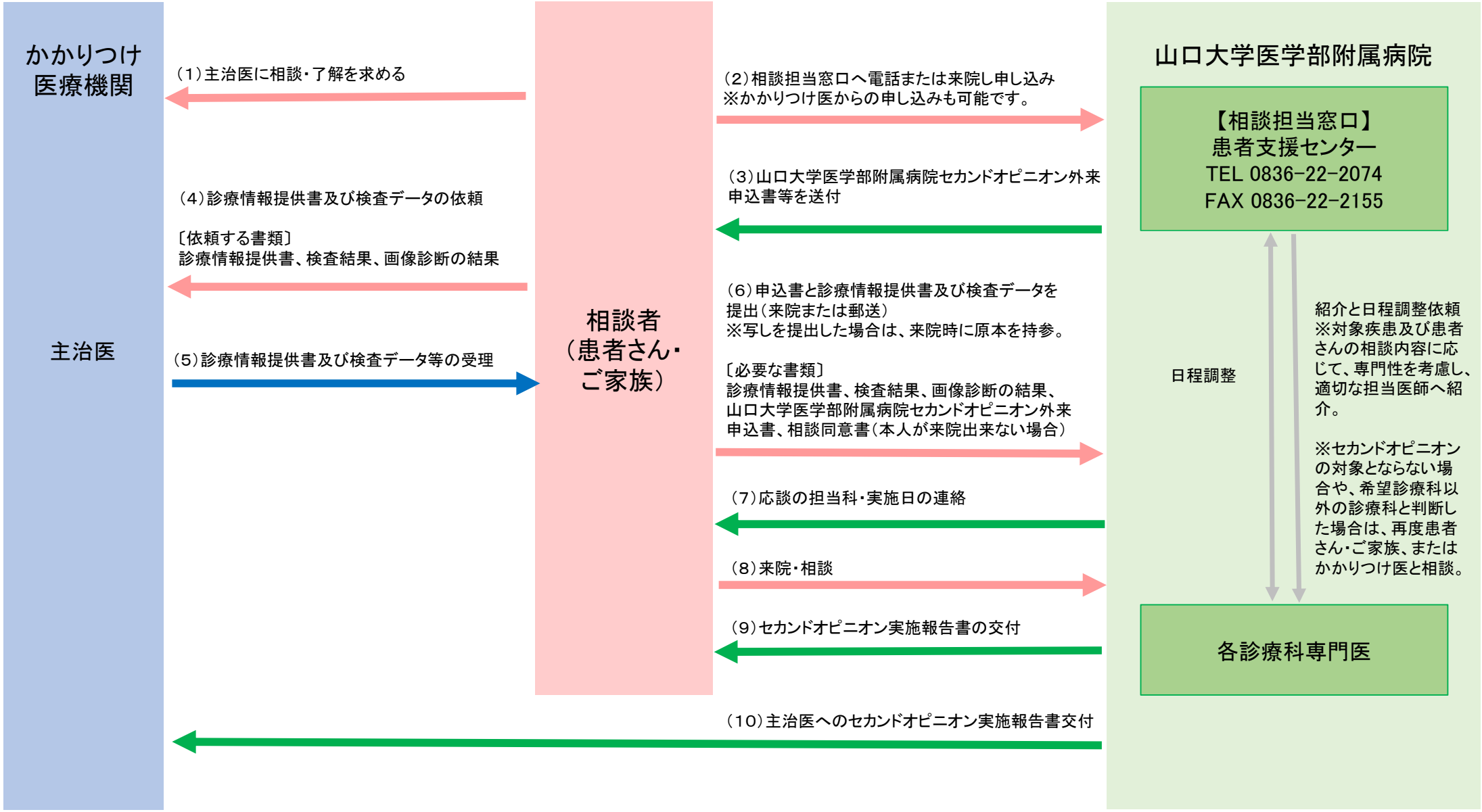セカンドオピニオン外来の流れ