

## ***FY2017 Information on Health Screening and Cancer Screening in Minato City***

In addition to the specific health checkup and specific health guidance, which focus on preventing and improvement of metabolic syndromes (visceral fat syndromes), other health checkups and various cancer screening services are also provided.

Apart from the health checkups, various health seminars and consultation services are also available.

\*All services are available at no charge.

Details	Eligibility *Age as of 31 March 2018	Application	Contents of screening	Remarks	
Breast cancer screening (Clinical examination)	Designated medical institution in Minato City Screening period: July 2017 - January 2018	Women aged 30 - 39	A separate notification will be sent to those who have undergone screening in the past three years, and those of ages 30 and 35. (All other persons are required to submit an application.)	Interview, clinical examination	
Breast cancer screening (Mammography)	Designated medical institution in Minato City Genki Plaza Medical Center for Health Care Screening period: July 2017 - February 2018	Women aged 40 or over <u>who have not undergone a Minato City breast cancer screening (mammography) in the previous fiscal year</u>	A separate notification will be sent to eligible persons aged 40 or over.	Interview, breast x-ray examination	
Cervical cancer screening	Designated medical institution in Minato City Screening period: July 2017- January 2018	Women aged 20 and over	A separate notification will be sent to those who have undergone screening in the past three years, and those aged 20, 25, 30, and 35. (All other persons are required to submit an application.)	Interview, clinical examination, internal examination, cytodiagnosis (all persons) HPV (human papillomavirus) test (women aged 30, 33, 36 and 39 years)	
Osteoporosis screening (Bone densitometry)	Designated medical institution in Minato City Screening period: July - November	Women aged 40, 45, 50, 55, 60, 65, and 70	An examination ticket will be sent to those receiving notification about the specific health checkup and basic health checkup.	Interview, bone densitometry, clinical examination	For women who have reached certain age markers, and are undergoing the specific health checkup under a collective health insurance are able undergo screening without a ticket.
	Conducted at Minato Public Health Center Applications accepted every month (with a max. capacity) Twice a month (in principle, every second and fourth Wednesday)	Women aged 20 and over, and for whom one or more of the following is applicable: • Those who are at the five-year age marker • Those who have not undergone the screening in the past five years or less	Application by phone on the 11th of every month for screening in the following month.	Bone densitometry, diagnosis, osteoporosis prevention seminar	

	Details	Eligibility *Age as of 31 March 2018	Application	Contents of screening	Remarks
Hepatitis virus screening	Conducted together with the abovementioned health checkup from July to November Conducted separately at some medical institutions from April to June, and December 2017 to March 2018	Minato City residents who have never undergone hepatitis screening in Minato City	A hepatitis virus screening examination ticket will be sent to eligible persons aged 40 or over. Those aged 39 and below are required to submit an application.	Interview, blood test, diagnosis	
Age 30 health checkup	Conducted at Minato Public Health Center Applications accepted every month (with a max. capacity) Twice a month (in principle, every second and fourth Wednesday)	Eligible age: 30 - 39	The checkup takes place during the birthday month of eligible persons. Application by phone from the 1st of the month prior to the birthday month. A separate notification will be sent to those who turn 30.	All persons undergoing checkup: Medical examination (including measurement of abdominal circumference), measurement of blood pressure, urine test, blood test, chest X-ray Some persons undergoing checkup: Electrocardiogram, consultation on giving up smoking	Health and nutrition consultations are conducted based on the results of the health checkups. On the day of the results, osteoporosis screening is conducted for women who are 30 and 35, and who have not received on in the past five years.
Oral health screening	Conducted twice a year at designated dental health institutions in Minato City Screening period/1st health checkup June - August, 2nd health checkup November - January	Eligible age: 20 or over *Those who are below 20 years old but pregnant may also undergo the screening.	A separate notification will be sent to those who have undergone screening in the past three years, and those aged 20, 25, 30 - 50, 60, and 70. All other persons are required to submit an application.	Interview, teeth examination, saliva examination, chewing functions (gum), tongue stain examination, explanation of results, oral health guidance	Those who are bedridden or have serious mobility issues and are unable to commute to hospital can receive the checkup through a home visit. The Public Healthcare Subsection is in charge of the oral health screening.
Oral cancer screening	Conducted once a year at designated dental health institutions in Minato City Screening period/June - January	Eligible age: 40 or over	A separate notification will be sent to those who have undergone "Oral health screening" in the past three years, and those aged 40 - 50, 60 and 70. All other persons are required to submit an application.	Interview, visual examination, palpation, etc	The Public Healthcare Subsection is in charge of the oral cancer screening.

	Details	Eligibility *Age as of 31 March 2018	Application	Contents of screening	Remarks
Specific health checkup	Designated medical institution in Minato City Checkup period: July - November	Eligible age: 40 ~ Below 75 as of the date of checkup Those who are subscribed to the National Health Insurance under Minato City as of 1 April 2017 (Those who have subscribed to the National Health Insurance after 2 April are eligible for the basic health checkup.)	A notification will be sent to all eligible persons.	Interview, medical examination, body measurements, measurement of blood pressure, urine test, blood lipid test, liver function test, blood glucose test Those who require it may be subjected to anemia test, electrocardiogram, fundus examination, chest X-ray, etc.	Those who are eligible for the specific health guidance will be notified, based on the results of the checkup (two to three months later). Of the residents who are dependents under employees' insurance, those who are subscribed to an employees' insurance under a collective contract with the Japan Medical Association can undergo screening at a designated medical institution in Minato City.
Basic health checkup		Eligible age: 75 or over Those who are subscribed to the Medical Care System for Senior Citizens as of the date of checkup (includes those aged 65 - 74 who are subscribed to the Medical Care System, and who have certain disabilities)	A notification will be sent to all eligible persons.	As above	The contents of the checkup are the same as for the specific health checkup.
		Eligible age: 40 or over Public welfare assistance recipients and those who have not had the opportunity to undergo other health checkups	A notification will be sent to all eligible public welfare assistance recipients. All other persons are required to submit an application.	As above	The contents of the checkup are the same as for the specific health checkup.
Daily life function evaluation	Conducted together with the abovementioned health checkup Checkup period: July - November	Eligible age: 65 or over *Those who are certified as requiring long-term care/assistance under the Long-term Care Insurance are not eligible.	The daily life function evaluation screening form will be sent to eligible persons.	Interview, diagnosis	

		Details	Eligibility *Age as of 31 March 2018	Application	Contents of screening	Remarks
Stomach cancer screening	Stomach X-ray	Genki Plaza Medical Center for Health Care Applications accepted every month (with a max. capacity)	Eligible age: 35 or over	Application by phone on the 11th of every month for screening in the following month.	Interview, Stomach X-ray *A barium test	【※1】Persons aged 50 or over at even-number years of age can select a stomach X-ray examination or a gastroscopy for the stomach cancer screening. However, only one of the examinations can be taken in the same fiscal year (it is not possible to undergo both the gastroscopy and the stomach X-ray examination.)
		Designated medical institution in Minato City Screening period: July - November	Eligible age: 40 or over	A notification will be sent to all eligible persons.	Interview, Stomach X-ray *A barium test	
	Gastroscopy	Designated medical institution in Minato City Screening period: July - November	Eligible age: 50 and over at even-number years of age, and who wish to undergo gastroscopy ※1	A separate notification will be sent to eligible persons aged 50 or over.	Interview, gastroscopy	
Colorectal cancer screening		Genki Plaza Medical Center for Health Care Applications accepted every month (with a max. capacity)	Eligible age: 35 or over	Application by phone on the 11th of every month for screening in the following month.	Interview, Fecal occult blood test (two-day method)	
		Designated medical institution in Minato City Screening period: July - November	Eligible age: 40 or over	A notification will be sent to all eligible persons.	Interview, Fecal occult blood test (two-day method)	
Lung cancer screening		Designated medical institution in Minato City Screening period: July - November	Eligible age: 40 or over	A notification will be sent to all eligible persons.	Interview, Chest X-ray (all persons) Sputum test (in principle, those with a Brinkman index of 600 or over)	Brinkman index = No. of cigarettes smoked per day × No. of years of smoking  Eg: 20 cigarettes × 30 years = 600
Larynx cancer screening		Designated medical institution in Minato City Screening period July - November	Eligible age: 40 or over Those deemed requiring the screening, such as those having a Brinkman index of 600 or over, and are producing sputum, or those who are frequently being exposed to second-hand smoke, etc.	A notification will be sent to all eligible persons.	Interview, Larynx and pharynx examination (neck palpation, indirect laryngoscope, larynx fiberscope, etc.)	
Prostate cancer screening		Designated medical institution in Minato City Screening period: July - November	Men aged 55 - 75 at odd-number years of age	A notification will be sent to all eligible persons.	Interview, Specific antigen test (PSA test) *A blood test	

《Inquiries》  
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