

## Do you know COPD?

### COPD(Chronic obstructive pulmonary)

- COPD (chronic obstructive pulmonary disease) is a condition in which the function of the lung declines, affecting organs throughout the body to endanger the life.
- Initial symptoms are casual symptoms like shortness of breath, cough, phlegm, but gradually it develops difficulty of breathing and in serious cases, oxygen therapy (Oxygen cylinder) may be required in daily life.
- 90% of the cause is smoking, and it is said that 1 in 5 smokers will develop the disease.

	Risk of death Ratio : Smoker vs Non-smoker			
	Lung cancer	COPD	Heart Disease	
Male	4.8	3.1	2.2	1.25
Female	3.9	3.6	3.0	1.8

祖父江らによる2008年 厚生労働省研究班

#### Reference:



Health Support Section, Health and Welfare Department,  
Health and Welfare Bureau, Chiba City  
Inside General Health Center  
〒261-8755 1-3-9, Saiwai-cho, Mihama-ku, Chiba

・ "Matters related to various types of screening such as cancer screening"

Screening Team TEL:043-238-1794

・ "Matters related to specific health examinations and health checkups"

Health Checkup Guidance Team [TEL:043-238-9926](tel:043-238-9926)

Common fax number: 043-238-9946

\* Various consultations on health promotion such as lifestyle, exercise, diet, oral hygiene

Chuo Health and Welfare Center,  
Address : 1-4-5, Chuo, Chuo-ku, 13<sup>th</sup> Floor of Kibor  
TEL:221-2582

Hanamigawa Health and Welfare Center Health Division  
Address: 1-1 Mizuho, Hanamigawa-ku  
TEL:275-6296

Inage Health and Welfare Center Health Division Address: 4-12-4 Anagawa, Inage-ku [TEL:284-6494](tel:284-6494)

Wakaba Health and Welfare Center Health Division Address: 2-19-1 Kaizuka, Wakaba-ku [TEL:233-8714](tel:233-8714)

Midori Health and Welfare Center Health Division  
Address: 226-1 Kamatori-cho, Midori-ku  
[TEL:292-2630](tel:292-2630)

Mihama Health and Welfare Center Health Division Address:  
5-15-2 Masuna, Mihama-ku [TEL:270-2221](tel:270-2221)

Issued April, Reiwa 4

## Guidance to Cancer check-ups etc.

Please read this guidance before examination.

Examination, Inspection, examination fee, method of examination	2
Why is cancer screening?	4
Exemption of medical examination fees(Application required in advance)	6
Various medical examinations	7
Examination results	14
Thorough examination	14
Specific health checkups and health checkups	16
List of cooperating medical institutions	17
List of cooperating Dental institutions	30
✕ List of reference contact	36

#### <Precautions for Inspection>

- If you are currently under treatment or follow-up at a medical institution, **Since the sticker of the examination ticket may not be applicable, please consult with your Home doctor.** "The certificate stickers are for all the types of medical examinations that can be received this fiscal year. \* Some people for stomach cancer risk check and hepatitis screening may be required to make advance reservations. Please check page 2 for details.
- Before receiving medical examinations, please make sure to read "Various Examinations (pages 7~13)" As it will be very clouded near the end of effective date of stickers(December to February), we recommend you to receive early check-ups.
- Those who have been transferred out of the city must cannot use coupons.  
Please contact the municipality where you are moving to.

# 1, Examination, Inspection, Fees and method of receiving check-ups

- The stated on the voucher sticker is your age. (As of March 31, Reiwa.)
- Check available checkups, the cost of checkups, and precautions.

Effective till February 28,

## Cancer Inspection

\*1 Uterine cancer (cervical) screening. "internal examination" is conducted only individually. \* All examinations

Inspection item	Stomach Cancer		Lung cancer		Colorectal cancer	Uterine cancer		Breast cancer (female)			
examination	Stomach X-ray inspection	Gastro fiberscope inspection	Chest X-ray inspection	Sputum cytology	Fecal occult blood test	Cervical cytology + visual inspection + Pelvic examination *	Uterine body cytodiagnosis	Ultrasonic	Mammography 2directions	Mammography 1 direction	
Objects	20's										
	30's							In 30's			
	40's	Over 40 years old (Those who have not undergone endoscopy with a medical examination coupon in the previous year)	Over 50 years and in	over 40 year	Over 50 years and judged	Over 40 years old	Over 20 Years		In 40's		
	50's									Over 50 years old	
	Over 70 years old										
fee	Individual checkup	2,200円 (X-Ray) Free for over 70years old	3,000円 (Fiber Scope) Free for over 70years old	600円 Free for over 65 years	400円 Free for over 70years old	600円 for over 70years	1,200円 [Cervix] Free for over 70years old	1,900円 [Cervix and body]	1,200円	1,500円	1,200円 Free for over
	Group inspection	1,100円 [X-Ray] Free for over 70years old		300円 Free for over 65 years old	100円 free for over 70years	300円 free for over 70years	Over 40 years old Gtr for over 70years old		600円	750円	600円 Free for 7years old

\*2 Stomach cancer risk test (H. pylori test) Application is required except 20, 25, 30, and 35

\*3 Hepatitis screening : 70 years of age or older without a checkup need an

## Other Checkups • inspections

check up	Stomach Cancer risk Inspection of Pylori*2	Hepatitis *3	Prostate cancer (male)	Osteoporosis (Female)	Periodontal disease	
Inspection Item	Blood test	Blood test	Blood test	Bone quantity measurement	Periosteum inspection	
Objects	20's					
	30's	Those in 20's and 30's, who have not been inspected				
	40's					
	50's		Over 40 years old, who have not been inspected	50 years 55	40 45 years 40 years 45 years	
	60's			60 65 years	50 years 55 50 years 55 years	
Over 70 years old			Every 5 years over 70 years old	70 years 60 years 65 years 60 years 65 years		
Fee	individual inspection	¥500	Free	¥1,200 Over 70yrs : Free	¥1,000 Over 70yrs : Free	¥500 Over 70yrs : Free
	Group inspection			-2-	Free for group inspection of lung cancer	

## How to apply

※ Its Iso in the back-side of Coupon  
★ Individual inspection at cooperating institute

① Select Medical Institution (Ref: leaflet (p19~))

② Book a medical institution

★ Group Inspection at Health welfare Centers in

① Select a group inspection site (Ref: for those who receive group inspection.)

② Make a reservation trough Web or Telephone

### 3 Exemption of inspection fee

Applicable people are exempted from cancer inspection fee, etc., with prior application. Without prior application applicable people will also be charged. Inspection fee will not be returned. For people over 70 years old, no application is required.

【Eligible people for exemption from medical Inspection expenses】

- (1) Those who are receiving welfare benefits.
- (2) Those who are receiving support benefits for Japanese Nationals remained in China
- (3) All members of the family are charged no tax. (total annual tax is

Places for applications

- Health Division, Health and Welfare Center, each ward
  - Health Support Division (Health Support Division accepts applications by mail.)【Documents required for application】
- ① Application form; In addition to applying at the counter, it is also possible to obtain application form in advance by following methods.
    - Download from the website of the Health Support Division
    - Delivered by mail from the Health Support Division (Please contact us if you wish.)
  - ② Cancer screening ticket sticker
  - ③ Certificate
- \* The documents required for certification differ depending on the target person.

Please refer to followings;



People with total municipal tax of all family members is nil

**People with certification documents**

You need something to prove the entire household is tax-exempted.

- I. Certificate of Municipal Tax Income (For Tax amount 0-yn, 300 yen per copy)
- II. Public Nursing Care Insurance Premium Notice (with insurance premium stage 1 to 3)
- III Notice on Tax amount change (decision) of municipal tax and prefectural tax. (In case, tax filing is made after June and decided to be exempted from tax. \* I to IV are mailed to only to applicable people. \* "Notice on Special Collection of Special Municipal amount" cannot be used.

**People without certification**

It is also possible to apply by omitting supporting documents. But, in order for the city to confirm that you are a tax-exempt household All members of the household must sign or stamp the consent column on the back of the application form. \*It may take more than 2 weeks for the exemption to be decided. \*Exemption may not be granted depending on the results of investigations and inquiries. \*If there are dependents in another household, the dependent may be required to submit a municipal tax return (declaration that there was no income) to the city tax office

### 4. Various Inspections

Object people

Age		Inspection
40 to 50 years old		X-ray inspection of Stomach
Over 50 years old	Odd year	* Those who did not have inspection in previous year
	Even year	X-ray inspection every year or gastroscop every (selection other year

\* Age is as of March 31 of Reiwa 5  
 \* As for applicable inspections Please refer to enclosed medical coupons  
 \* Year after receiving gastroscop inspection, no stomachic check including X-ray

Inspection

X-ray inspectiOn

(2) Support for Japanese Residents in China Those who are eligible for the benefit

Drink barium (contrast agent) and foaming agent (a medicine that inflates the stomach) and receive X-ray inspection to check the mucous membrane in the stomach. Following instructions by a medical radiological technologist, various pictures will be taken changing body positions on the rotating stand.

Remarks

- Following people will be omitted from x-ray inspection
    - Pregnant people or those who might be pregnant.
    - Those who have had surgery on the stomach or Intestines or are undergoing treatments
 If you have had any problem in the barium test in the past, please consult with a medical institution in advance.
  - Preparation for medical examination, etc.
    - Do not eat or smoke from 9:00 p.m. on the day before the checkup till the end of the checkup.
    - There is no problem to drink water until bedtime, but please do not take tea/coffee.
    - Water on the day of the checkup
      - Individual medical examination: Please check with a medical institution.
      - Group screening : Water less than 200ml is allowed till 2 hours before the reception
    - Consult your doctor about taking medication.
    - At the time of examination, wear plain underwear without buttons, zippers, metal fittings Please wear or bring your own.
    - Please bring a handkerchief or towel for mouth-watering on the day.
- \* If you wish to participate a group screening, please check the precautions in enclosed "Cancer Mass Screening"

## Gastrobioscopy

※Inspection once in 2years. pPeople ver 50years o;d are cheked in even year)

### Inspection

An endoscope is inserted through the mouth or nose to observe the esophagus, stomach, and duodenum from the lumen. If abnormalities are observed, a part of the lesion is pinched (biopsy) may be performed for cell tests. \* Biopsy is an insurance treatment. (There is a separate bill.) Please contact your medical institution about the administration of the inspection.

### Precautions

- following people are not eligible for endoscopy:
  - (1) Those who have had their stomach removed completely
  - (2) Those who are undergoing treatment for diseases of the upper gastrointestinal tract (esophagus, stomach, duodenum)
  - (3) Those who are hospitalized
  - (4) Those who are pregnant or probable.
  - (5) Those who are using Some antithrombotic drugs (drugs that make the blood more refreshing), antiplatelet drugs. Or those who are taking medication with similar effects,
  - (6) Those who are considered dangerous by the judgment of a doctor, such as a decrease in cardiopulmonary function
  - (7) Those who does not sign the agreement column on the execution of the examination after receiving the explanation from a doctor about the contents of the examination and contingencies, etc.
  - (8) person who is judged by a doctor to be difficult to examine
- Preparation for medical examination, etc.
  - \* Do not eat from 9:00 p.m. on the day before the checkup until the end of the checkup. You are free to drink water and tea until bedtime.
  - \* From the morning of the day, drinking water to prevent dehydration is allowed. Do not drink liquid other than water.
  - Since it might affect the inspection, please avoid smoking. \*As for drug, please consult with your doctor.
  - \* Depending on the chemical used in the inspection, there are precautions such as driving a car. Please check with your medical institution in advance.
- Precautions after examination.
  - \* After the examination, you cannot eat or drink for about 1 hour due to the influence of anesthesia.
  - \* If a biopsy is performed, a wound may be made to the mucous membrane, so meals on the day shall be soft and easy to be digested.
  - \* If you hae any abnormality afer the examiinaton, Please consult

## Lung Cancer(COPD)・Tuberculosis

For over 65years old, this inspection is for tuberculosis also

### Object

People over 40years

### Inspection

X-ray examination (X-ray) and COPD screening interview. If judged necessary by a doctor, sputum

### Precautions

- On the day of the examination, Please wear or bring plain underwear without buttons, zippers and metal fittings
- If you are pregnant or probable, please avoid the medical inspection.
- If you have subjective symptoms (bloody sputum, etc.), do not take the medical examination by Chiba City.
- Please visit a medical institution as soon as possible.

## Corectal Cancer

### Object people

people over 40years

### Inspection

• Take two days' worth of stool and make sure that there is no blood mixed in the stool. It is a fecal occult blood test.  
• For individual examinations, contact the medical institution (Pages 17 ~ 29) and receive a bowel stool. Submission date is according to the instructions of the medical institution.  
• Group medical examinations are conducted by the Health Division or the Health Support Division of the Health and Welfare Center of each ward. Bring the medical examination coupon and receive a stool collection container, examination sticker and an envelope.  
Please follow the enclosed instruction "For those who receive cancer mass screening" and submit the medical sticker and stool collection container to the instructed place and in the reception period.

### Precaution

- In order to ensure the accuracy of the inspection, the date of stool collection shall be within 2 days in principle including the date of submission. If it is difficult, it can be up to 3 days including the submission date
- Stored samples (stools) shall be kept in in a cool and dark place until the day of submission.
- For those who took Barium for stomach cancer screening, etc., please wait a week for stool collection.
- If it is unavoidable to submit samples only from a stool, due to constipation, etc., please collect two samples from different places.
- Stool containers for group examinations cannot be used for individual examinations.
- If you are a woman, do not take a stool during menstruation.

## Uterine cancer

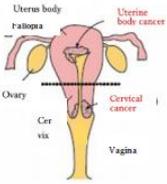
An inspection in 2year

### Object

Female over 20years old , who did not have

### Inspection

- Cervical cytology  
(It is a test to scrape the cells of the cervix with a spatula or brush.)  
It is possible to bleed a little, but it is rare to feel pain. )
- Visual examination
- Internal examination (only in case of individual examinations.)



- Only those who have had any irregular genital bleeding, menstrual abnormalities, or brown vaginal discharge. (chocolate-colored vaginal discharge) within the past 6 months and who are judged necessary by a physician.
- If you are receiving screening of uterine body cancer other than above, you will be at your own expense.]
- In uterine body cancer screening, uterine body cells are collected, so it may pain at the time of screening or bleeding for about 1 to 2 days after examination Please avoid intense exercise on the day of inspection.
- Please avoid sexual intercourse while bleeding, and please take a shower and refrain bathing.
- \* Please note that, even if a body cancer screening fee is incurred, there are cases that cannot be judged.

Those who have ben injected Human papillomavirus shall receive uterine cancer once in 2 years.

### Remarks

- Examinatios during menstruation is not excluded, but if you have a high menstrual blood volume, tests may be inaccurate, so we recommend other date as much as possible.
- Avoid having sex the day before.
- Please wear a skirt.
- Following people shall consult your family doctor. Group screening is not permitted.
- (1) Those who are pregnant or who may become pregnant.
- (2) Those who have no sexual experience.
- (3) Those who have undergone hysterectomy surgery.
- (4) Those who are receiving examinations periodically.

-10-

## Breast Cancer

An inspection in 2year

### Object

Female over 30years old , who did not

### Inspection

Age in 30's (Ultrasonic Inspection) : This is an examination in which jelly is applied to the breast and Ultrasonic inspection is made to express the cross section of the breast.

Over 40 years old (Mammography) : Squeeze the breast between two boards and take a picture of the breast. It might be a little painful, but it can find small lesions.

### Remarks

- If you are pregnant or may become pregnant, please consult your doctor.
- If you have a pacemaker, breast augmentation surgery, V-P shunt surgery, etc., please consult with a cooperating medical institution for individual examinations.
- If you are breastfeeding, please inform us at the time of the interview that you are breastfeeding and that you have already milked.
- On the day of the examination, you will be required to undress your upper body, so please avoid wearing a dress, etc., and come in clothes that are easy to put on and take off, such as clothes with front perforation.
- If you have a mammogram, please do not use antiperspirant spray or powder as they may interfere with diagnostic imaging.

### ~ Breast-Awareness Recommendations ~ (Lifestyle to be conscious of breasts)

Please raise the consciousness level on your breasts on a daily basis. It is important to be aware of your conditions by looking, touching, and feeling your breast. Please touch your breast, with 5 fingers as per the illustration and to feel if it is as usual. Please do not pinch. If you feel uneasiness, please consult with your doctor at your earliest convenience.



-11-

## Hepatitis Inspection \* Individual inspection

What are Hepatitis b • Hepatitis C

### Hepatitis Inspection ✕ Individual inspections only

- Main cause of Hepatitis is by acceptance of the blood of the infected person entering the blood of another person

- There are cases where subjective symptoms may not appear, it is difficult to notice and may develop to chronic hepatitis. Please consult doctor and receive treatment and inspections

Object

- Those who become over 40 years old in this fiscal year and have

Inspection

Blood test will be performed. (Individual examinations only) It is recommended to receive this inspection together, when

Remarks

- Those who received inspection by other medical institutes, etc.

Helicobacter pylori is a bacterium that lives in the stomach and often causes stomach cancer. Main cause of infection is household infection by mouth to mouth feeding of baby from parent.

Object

Those who will be between 20 to 39 years old within this fiscal year and have never received

Inspection

### Helicobacter pylori test

✕ Individual inspection only

Blood tests will be performed. (Individual examinations only) Measurement of antibody values is made to see the infection of H. Pylori, which greatly affect the occurrence of the stomach

### Stomach Cancer Risk

Remarks

- This is a inspection to see the probability of occurrence of Stomach Cancer, It is not an inspection to detect the stomach cancer
- Those who have been treated to eliminate H. Pylori and those who received total gastrectomy, are

## Milestone Inspection

Inspection once in 5 years

### Osteoporosis test

Object people

Females who become 40, 45, 50, 55, 60, 65, and 70 years old.

Inspection

Measure the volume of bones and check the density of the bone.

Remarks

- Group inspection is made at lung cancer group inspection site
- If you are pregnant, please consult with the doctor. If you participate group inspection, (Reference: Shown in the

### Periodontal disease screening ✕ Individual inspection only

Object people

Those who will be 45, 50, 55, 60, 65, 70 years old in this fiscal year

Inspection

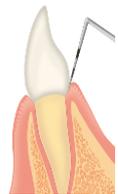
Check the current state of teeth, remaining teeth, lost teeth, periodontal tissue, oral cleaning, etc.

Remarks

- Please avoid smoking as it may affect the inspection
- If you are using dentures, please bring it definitely.

### One in two people over 40 years old in Chiba city

• A disease in which the gums and bones that support the teeth are destroyed with symptoms like swelling and bleeding from the gums, • It is related with various diseases such as diabetes, arteriosclerosis, angina pectoris, myocardial infarction etc. Even if you are diagnosed with periodontal disease, it can be improved with special treatment by a dental clinic and also with individual effort like correct and correct toothbrushing.



### Prostate cancer Inspection ✕ Individual inspection only

Inspection

Male people who become 50 years and every 5 years thereafter.

Blood tests will be performed. (Individual medical examinations only) – Prostate-specific antigen (PSA) secreted by the prostate gland is measured. We recommend this measurement is to be made at the same time when blood collection is made by a

Remarks

- Those who are drinking hair growth pills, and those who are taking prostatic medication, may indicate lower PSA. Please advise the medical institution in advance.
- If you are visiting a urologist, please consult your doctor before check-up.

## 5 Results of inspections

Results of cancer screening are shown either "Not require for detailed inspection" or "Detailed inspection required" (Those who are inspected by individual medical institutions) A personal copy of the medical examination sheet will be handed. Please check the method of receiving the results from the medical institution.  
Those who participated a group examination. We will mail the result of the examination about 1 ~ 2 months later. It will be \*Issued by the Health Division of the Health and Welfare Center of each ward You can record the results in the "Health Handbook"

Those who were judged necessary to receive accurate inspection shall receive detailed inspection at medical institutes. Detailed inspection is to be borne health insurance system.

\* Results of detailed inspection will be reported by the medical institute to Chiba City and the medical institute who made initial judgement.

## 6 Precise inspection

Major inspection method used as precise inspections are as follows. Please consult with your doctor about required

Major precision

Precise inspection of

- **Gastroscopy**  
Insert an endoscope through the mouth or nose and observe the

Precise inspection of lung cancer

**If precise inspection is required as a result of sputum cyto-diagnosis, sputum cyto-diagnosis is not appropriate. Please**

- **CT scan** is an examination that uses X-rays to image the inside (cross-section) of the body.
- **Bronchoscopy** Bronchoscope (bronchial fibers) is inserted from mouth or nose and through throat to Bronchi and Bronchi-trachea to observe suspected lesions directly.

### Precise inspection of Uterine

- **Colposcope inspection**  
With a magnifying medical device called "Colposcope, observe the mucous membrane of the surface of Cervix. • **Tissue examination.** Take a small amount of tissue from the part where the lesion is suspected. Telescopic are made for detailed examination. • **HPV Inspection** Using cells at the

### Precise inspection of Large

※It is not appropriate to

- **Total colonoscopy** Insert an endoscope from the anus and check the entire large intestine from the rectum to the cecum for lesions such as cancer or polyps.
- **Enema X-ray examination.** Inject Barium and air from the anus, and take X-ray photo of the entire large intestine to check for lesions such as cancer and polyps. When entire colonoscopy is difficult, X-ray

### Precise inspection of Uterine

- **Colposcope inspection** With a magnifying medical device called "Colposcope", mucosal surface of Cervix is checked in details.
- **Tissue examination.** Take a small amount of tissue from the part where the lesion is suspected and make a specimen for diagnosis by a

### Precise inspection of breast cancer

- **Mammography** Squeeze the breast between two boards and take a picture of the inside of the breast
- **Ultrasonic (echo)** Apply jelly to the breast and to take a photo of cross sections of the breast.
- **Fine needle aspiration cytopathology** Cells that are pricked with

### Precise inspection of Prostate Cancer

- The doctor inserts a finger from the patient's anus into the rectum, touches the prostate gland on the tummy side through the wall of the intestine, and examines the size of the prostate, the unevenness of the surface, the hardness, elasticity, and whether there is pain when pressed.
- Ultrasonic (echo) Check the condition of the prostate gland by ultrasonic sound. There are two types of echoes: "transabdominal

### Precision inspection of stomach cancer risk

- Gastroscopy  
Insert an endoscope through the mouth or nose and observe the esophagus, stomach and duodenum from the lumen.

## 7 Special Health Inspection • Health inspection

This is an inspection of lifestyle-related diseases for people over 40 years old. Blood test, Urinalysis, Anthropometry will be made. Lifestyle related disease will develop without consciousness, it is recommended to receive every year.

**This health check is conducted by each Health Insurance group.**

※Chiba City is enclosing Inspection Coupon for National Health Care System and Health Insurance for the Elderly

**Inspection Method in case of National Insurance and Health Insurance for Elderly**

#### ① Select Medical Institute

Please select from P19 ~ P31  
P

#### ② Call the selected Medical Institute for reservation.

For inspection, please bring  
① Inspection coupon ② Health Insurance  
③ ¥500 for National Health only)

※For detail, please refer to the enclosed inspection coupon.