



Adults' healthcare Guide

- Cancer Check-ups (各種がん検診) P.2
- How to apply for the breast cancer and
uterus cancer check-ups P.3-P.5
(乳がん・子宮がん検診の予約申込み方法)
- The Health Handbook (健康手帳) P.6
- Health Consultation (健康相談) P.6
- Health Education (健康教育) P.7
- Visiting Guidance (訪問指導) P.7
- X-ray Tuberculosis Check-ups P.8
(結核レントゲン検査)
- Vaccination of influenza P.8
(インフルエンザの予防接種)

●●●Cancer Check-ups (各種がん検診)

Public Health Division (Kenkou-zukuri Ka) (Tel. 059 382-382-2252)

Various cancer check-ups are in operation for early discoveries of cancer: stomach cancer, large intestine cancer, lung cancer, uterine cancer, breast cancer, and gland cancer. Interpreter services are not available at *Hoken Center* (the Public Healthcare Center, or Suzuka Comprehensive Center of Public Health Care). Please come with someone who understands Japanese.

Coverage	Check-ups of stomach cancer, large intestine cancer, lung cancer	Age 40 and above
	Gland cancer	Male of age 50 and above
	Uterus cancer	Female of age 20 and above
	Breast cancer (supersonic wave)	Female of age 20 and above
	Breast cancer (mammography)	Female of age 40 and above
Schedule	Announced in <i>Monthly Bulletin Suzuka</i> (available only in simple Japanese, Portuguese, and in Spanish as of April 2009)	

2●●●How to apply for the breast cancer and uterus cancer check-ups (乳がん・子宮がん検診の予約申込み方法)

Public Health Division (Kenkou-zukuri Ka) (Tel. 059 382-382-2252)

You can apply for the breast cancer and uterus cancer check-ups using a reply postcard. The return part of the return postcard will serve as an application card for the checkups. Please apply separately for the breast cancer check-up and for the uterus cancer check-up using a return postcard for each.

Please note that interpreter services are not available at the Public Healthcare Center (*Hoken Center*). Please come with someone who understands Japanese.

●How to fill the reply postcards (*oufuku hagaki*)

- The address in the go-card:
 - 513-0809
 - Nishijou, Suzuka 5-118-3
 - Cancer Check-ups
 - Public Health Division, Suzuka City

- The flip-side of the go-card:
 - 1. The type of check-ups you wish to receive
 - 2. The date you wish to receive the check-ups (dates of the first and the second priorities; also specify morning or afternoon for breast cancer check-ups)
 - 3. Your name
 - 4. Date of birth
 - 5. Address (zip code)
 - 6. Phone number

- Do not write anything in the return card.

Healthcare for adults

<div style="border: 1px solid black; width: 40px; height: 20px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;">50</div> <p>Go-card 513-0809 Nishijou 5-118-3 Public Health Division Cancer Check-ups Personnel</p> <p>(↑ Go-card address)</p>	<p style="text-align: center;">Do not fill anything</p> <p style="text-align: center;">(↑ The flip side of the return card)</p>
--	---

<div style="border: 1px solid black; width: 40px; height: 20px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;">50</div> <p style="text-align: center;">Do not fill anything</p> <p>(↑ return card address)</p>	<ol style="list-style-type: none"> 1. The type of check-ups 2. The preferred dates 3. Name 4. Date of birth 5. Address (zip code) 6. Phone number <p style="text-align: center;">(↑ The flip side of the go-card)</p>
--	---

Please carefully fill out the required items. Applications might not be accepted if they were incomplete. One application card is good for only one person for one check-up.

[Example]

Breast cancer check-ups

Date of your first priority: Morning of March 14th,

Second your priority: Afternoon, March 14th.

- When the number of applicants exceeds the capacity, recipients will be selected by a draw. The outcome of the draw will be informed by the return card.

Healthcare for adults

- For the stomach cancer and lung cancer check-ups, please make reservations on the phone.

For the details of the schedules and the fees, please refer to *Monthly Bulletin Suzuka* (available only in simple Japanese, Portuguese, and Spanish as of April 2009).

●●●The Health Handbook (健康手帳)

Public Health Division (Kenkou-zukuri Ka) (Tel. 059 382-382-2252)

The Health Handbook (*Kenkou Techou*, written in Japanese) is delivered for use of keeping records of specific check-ups and of specific health guidance, or other records regarding your health. You might want to use it also to help maintain your own health.

- Eligible persons Persons of age 40 and above on application
- Place of delivery Citizen's Affairs Division (*Shimin Ka*), Health Insurance and Pension Division (*Hoken Nenkin Ka*), Civil Centers (*Shimin Center*), Public Pension Division (*Kenkou-zukuri Ka*)
- Interpreter services are not available at Civil Centers (*Shimin Center*) and Public Health Division (*Kenkou-zukuri Ka*). Please come with someone who understands Japanese.
- The Health Handbook used to be mailed for those who have become 75 years old before. After the abolishment of the Elderly Healthcare Law (*Roujin Hoken Hou*) in April 2008, the Handbooks are delivered at the places listed above for the over-75 elderly.

●●●Health Consultation (健康相談)

Public Health Division (Kenkou-zukuri Ka) (Tel. 059 382-382-2252)

Health Consultation is an opportunity for the citizens to consult the health outreach workers regarding physical and mental health, the dietitians regarding nutrition. Interpreter services are not available at the Public Healthcare Center (*Hoken Center*). Please come with someone who understands Japanese.

Place	The Public Healthcare Center (<i>Hoken Center</i>)
Schedule	Please ask the Public Health Division (<i>Kenkou-zukuri Ka</i>)
Application	To the Public Health Division (<i>Kenkou-zukuri Ka</i>)

●●●Health Education (健康教育)

Public Health Division (*Kenkou-zukuri Ka*) (Tel. 059 382-382-2252)

The health education is held for the purpose of disseminating correct knowledge for a prevention of life style related diseases and for promoting health.

Interpreter services are not available at the Public Healthcare Center (*Hoken Center*). Please come with someone who understands Japanese.

Schedule	Please ask the Public Health Division (<i>Kenkou-zukuri Ka</i>).
Contents	Guidance for a prevention of life style related diseases Offers knowledge on life style related diseases and hints on daily life, eating habit for prevention. Guidance for staying healthy and independent Offers hints on daily life for people around age 65 for staying healthy and remaining independent without being cared.
Application	To the Public Health Division (<i>Kenkou-zukuri Ka</i>)

●●●Visiting Guidance (訪問指導)

Public Health Division (*Kenkou-zukuri Ka*) (Tel. 059 382-382-2252)

Health Guidance is offered on necessities by visiting your home for promoting health and for a prevention of life style related diseases.

Interpreter services are not available at the Public Healthcare Center (*Hoken Center*). Please come with someone who understands Japanese.

Contents	Guidance on nutrition, exercises, and daily life.
	Supporting for the family members
Application	To the Public Health Division (<i>Kenkou-zukuri Ka</i>)

●●●X-ray Tuberculosis Check-ups (結核レントゲン検査)

Public Health Division (*Kenkou-zukuri Ka*) (Tel. 059 382-382-2252)

X-ray tuberculosis check-ups are offered on request for those who lack any other chances for health check-ups, by rotating around the city once a year.

Eligible persons	People of age 65 and above who do not have other chances of check-ups
Contact address	Please ask the Public Health Division (<i>Kenkou-zukuri Ka</i>). Interpreter services are not available. Please ask someone who understands Japanese to call the Division.
Fees	Free of charge
Application	Schedules are announced in the Public Bulletin Suzuka (issued in Japanese, Simple Japanese, Portuguese, and Spanish as of October 2009). Please come to any one of the venues of your convenience within the schedule. Interpreter services are not available. Please come with someone who understands Japanese.

●●●Vaccination of influenza (インフルエンザの予防接種)

Public Health Division (*Kenkou-zukuri Ka*) (Tel. 059 382-382-2252)

Vaccination of influenza is offered individually for people of age 65 and above at appointed healthcare facilities, with a part of the cost at public expense.

Eligible persons	Persons of age 65 and older, or ages between 60 and less than 65 who have disorders in the functioning of the heart, kidney, or respiratory organs, or immunodeficiency due to the human immunodeficiency virus, as stipulated by the ordinance of the Ministry of Health, Labor, and Welfare .
Schedule	Please ask the Public Health Division (<i>Kenkou-zukuri Ka</i>) for more information.