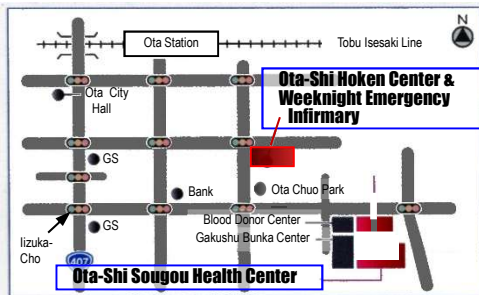


# Health Calendar (for Adults) 平成 30 年度太田市健康カレンダー (おとなの健康)・英語版

Please contact the following facilities below for inquiries concerning health consultations, programs, etc.



### Ota-Shi Health Hoken Center

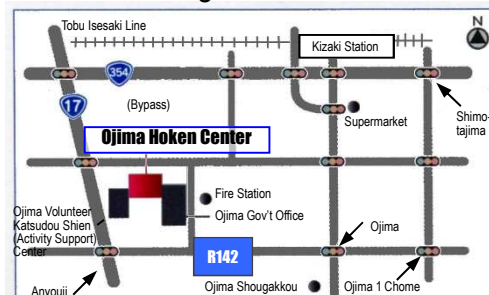
〒373-0851 Ota-Shi, **Iida-Cho 818**  
TEL: 0276-46-5115  
FAX: 0276-46-5293

### Ota-Shi Weekday Night Emergency Infirmary

〒373-0851 Ota-Shi, **Iida-Cho 818**  
TEL: 0276-60-3099

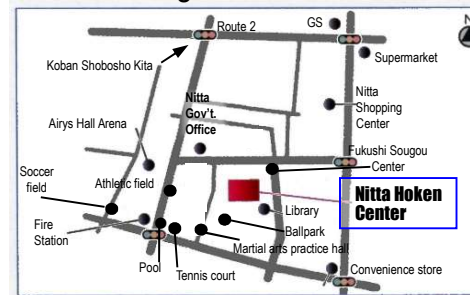
### Ota-Shi Sougou Health Center

〒373-0817 Ota-Shi, **Iizuka-Cho 1549-1**  
TEL: 0276-48-9090



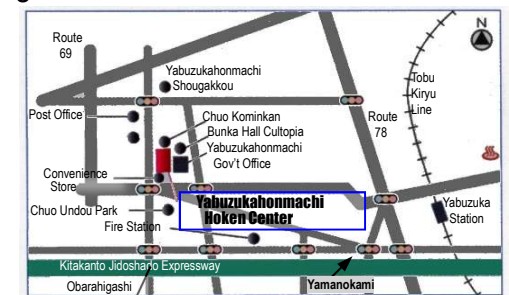
### Ojima Health Hoken Center

〒370-0421 Ota-Shi, **Kasukawa-Cho 520**  
TEL: 0276-52-5200  
FAX: 0276-52-5209



### Nitta Health Hoken Center

〒370-0313 Ota-Shi, **Nitta Sorimachi-Cho 879**  
TEL: 0276-57-2651  
FAX: 0276-57-3966



### Yabuzukahonmachi Health Hoken Center

〒379-2304 Ota-Shi, **Obara-Cho 482-1**  
TEL: 0277-20-4400  
FAX: 0277-78-4410

## Individual Examinations (Conducted at Medical Facilities)

Consultation tickets (jushinken) and The Health Examination Guide (Kenshin no Goannai) will be sent to you beforehand. Please make sure to bring the tickets and barcode sticker with you when going in for an exam.

The examination period is from May 1st ~ December 20th (any checkup conducted outside of this period will be at your own expense).

Refer to The Health Examination Guide (Kenshin no Goannai) for a list of medical facilities.

- Household members receiving welfare or exemptions from prefectural/municipal inhabitant taxes (FY2018: all member must be exempt) may be exempt from paying expenses by filling out an application at the time of the health checkup (personal *inkan*-seal is needed).

Type	Exam Details	Fees	Eligible Persons (*age as of March 31, 2019)
Special Health Checkup	Physical measurements, blood pressure check, blood analysis (blood lipids, liver/kidney function, blood sugar, uric acid), and urine analysis, etc.	Free	Individuals aged 40 and over enrolled in Ota's National Health Insurance Program or in the Gunma Medical System for Older Senior Citizens ( <i>Kouki Koureisha Iryou Seido</i> ). ※ Individuals who have lost the qualifications over are not able to receive this checkup
Prostate Cancer Exam	Blood test (PSA)	¥500	Men 50~74 years old
Stomach Cancer Exam	X-ray taken by ingesting barium Test taken with an endoscope	¥500 (Free for individuals aged 70 and over)	Individuals aged 40 and over
Colorectal Cancer Exam	Fecal occult blood test (2 days)	¥500 (Free for individuals aged 70 and over)	Individuals aged 40 and over
Breast Cancer Exam	Mammography (x-rays of breasts)	¥500 (Free for individuals aged 70 and over)	Women 40 years and over who have not taken a Breast Cancer Examination in Ota City in the 2017 fiscal year ( <i>Heisei 29 Nendo</i> )
Uterine Cervical Cancer Exam	Visual exam, cytodiagnosis, and gynecological exam	¥500 (Free for individuals aged 70 and over)	Women 20 years and over
Health Checkup	Physical measurements, blood pressure check, blood analysis (blood lipids, liver/kidney function, blood sugar, uric acid, etc.), urine analysis, and electro-cardiogram	¥500 Free	Individuals aged 25, 30, and 35 years old. 35-year-olds will take a helicobacter pylori bacteria test Household members aged 40 and over receiving welfare
Hepatitis Virus Exam	Blood test for the Hepatitis B and C viruses	Free	Individuals aged 40 and over in 5-year increments (40, 45, 50...) who have not taken this exam
Periodontal Disease Exam	Oral cavity test; tips on preventing gum disease	¥500 (Free for 70 year olds)	Individuals 40, 45, 50, 55, 60, 65, and 70 years old

### Ota-Shi Weeknight Emergency Infirmary Iida-Cho 818

- Consultation Days:** Monday ~ Saturday (excludes holidays and Year-End and New Year holidays)
- Hours:** 6:45pm ~ 9:45pm
- Type of Service:** Internal Medicine or Pediatrics

TEL: 0276-60-3099

### Ota-Shi Sougou (Comprehensive) Health Center Iizuka-Cho 1549-1

**Heated Swimming Pool & Training Room (1F/2F)**  
~ Having fun while building your health with family & friends ~

There is a Jacuzzi and warming room at the swimming pool, treadmill/exercise bike in the training room, and other amenities are available. There are also exercise classes that people can easily join.

- Fee:** Ota residents 40 and over ¥300 per visit  
Others (ages 18 and over) ¥500 per visit
- Open hours:** Tues. ~ Sun.: 10am ~ 9pm (Sundays & holidays until 5pm)
- ※ For more information call **0276-48-9090**

# Health Consultations (Conducted by Public Health Nurses)

- **Eligible persons:** individuals with an address in Ota ● **Location:** Ota-Shi Health Hoken Center, Ojima Health Hoken Center, Nitta Health Hoken Center, and Yabuzukahonmachi Health Hoken Center ● **Consultation Time:** anytime within operation hours
- **Details:** Consultations on overall health, and a blood pressure measurement ● **Free of charge**
- ※ For those visiting Ojima, Nitta, or Yabuzukahonmachi Health Hoken Center, please get in touch beforehand
- ※ For those wishing to receive a nutrition consultation at Ota-Shi Health Hoken Center, please get in touch beforehand

## House-Call Oral Hygiene Consultation

There are oral hygiene consultations conducted by dental hygienists through house visits. For details, please contact your nearest Health Hoken Center.

- **Eligible persons:** Ota residents convalescing at home; individuals 65 and over living alone ● **Free of charge**

## Health Handbook Kenkou Techou

The Health Handbook "Kenkou Techou" is useful for keeping records of your health, and can be used to not only keep track of your health exams but your blood pressure, weight, etc. as well. If you are interested, please contact your nearest Health Hoken Center. You can download a health handbook from the Ministry of Health, Labor and Welfare homepage.

## Smoking Cessation Challenge

Three months of support will be given in order to help you stop smoking. For details, please contact Ota-Shi Health Hoken Center.

- **Eligibility:** individuals aged 20 and over who live in Ota and wish to stop smoking.

# Group Examination Details

Consultation tickets (jushinken) and The Health Examination Guide (Kenshin no Goannai) will be sent to you beforehand. Please make sure to bring the tickets and barcode sticker with you when going in for an exam.

Household members receiving welfare or exemptions from prefectural/municipal inhabitant taxes for FY2018 (all members must be exempt) may be exempt from paying expenses by filling out an application at the time of the health checkup (personal *inkan*-seal is needed).

※ **Current age of March 31, 2019.**

## Chest x-ray (Tuberculosis / Lung Cancer) Medical Examinations

- **Eligible persons:** individuals aged 40 and over (individuals 65 and over are required to take a tuberculosis exam once a year; please be sure to receive a chest x-ray)
- **Exam details:** questionnaire and chest x-ray exam, sputum test (for those who are eligible according to their questionnaire results) ※ Examinees cannot only take the sputum test.
- ※ In the case blood sputum is found, a medical checkup at a medical facility is recommended.
- **Fees:** chest x-ray ¥500 (free for individuals 65 and over); sputum test ¥500 (free for individuals 70 and over)

Districts	Month	Day	Weekday
Kyuhaiku	June	4	Mon.
		5	Tues.
		6	Wed.
Niragawa	June	7	Thurs.
		8	Fri.
		19	Tue.
		20	Wed.
		21	Thurs.
		22	Fri.
Godo	July	2	Mon.
		3	Tue.
		4	Wed.
		5	Thurs.
Hosen	July	6	Fri.
		9	Mon.
		10	Tue.
		12	Thurs.

Districts	Month	Day	Weekday
Hosen	July	13	Fri.
		20	Fri.
		23	Mon.
		24	Tue.
Morita	July	25	Wed.
		26	Thurs.
		27	Fri.
		31	Tue.
		Aug.	1
Ojima/Serada	Aug.	10	Fri.
		17	Fri.
		20	Mon.
		27	Mon.
		28	Tue.
		29	Wed.
Ota	Aug.	30	Thurs.
		31	Fri.

Districts	Month	Day	Weekday
Ota	Sept.	3	Mon.
All Districts	Sept.	4	Tues.
		5	Wed.
		6	Thurs.
		7	Fri.
Torinogo	Sept.	10	Mon.
		11	Tue.
		12	Wed.
		13	Thurs.
		14	Fri.
		18	Tue.
Sawano	Sept.	19	Wed.
		20	Thurs.
		21	Fri.
		25	Tue.
		26	Wed.
		27	Thurs.
		Ikushina/Kizaki	Sept.

Districts	Month	Day	Weekday
Ikushina/Kizaki	Oct.	1	Mon.
		2	Tue.
		3	Wed.
		4	Thurs.
Yabuzuka East/West area	Oct.	5	Fri.
		9	Tue.
		10	Wed.
		15	Mon.
		16	Tue.
		17	Wed.
		18	Thurs.
Kuai	Oct.	19	Fri.
		22	Mon.
		23	Tue.
		24	Wed.
		25	Thurs.
		26	Fri.

Districts	Month	Day	Weekday
Watauchi	Oct.	29	Mon.
		30	Tue.
All Districts	Nov.	31	Wed.
		1※1	Thurs.
		2※2	Fri.
		6	Tue.
		7	Wed.

◎ For location and operation hours, please refer to The Chest X-ray (tuberculosis/lung cancer) Medical Exam Guide.

◎ Individuals aged 65 and up that have received a chest x-ray exam at the hospital, etc. are asked to contact one of the Hoken Centers.

※1 During the morning on 11/1 (Thurs.), only women are allowed

※2 During the afternoon on 11/2 (Fri.), only people in wheelchairs are allowed (must apply beforehand)

# Group Examinations 平成 30 年度太田市健康カレンダー（乳がん検診・子宮頸がん検診等）・英語版

Consultation tickets (jushinken) and The Health Examination Guide (Kenshin no Goannai) will be sent to you beforehand. Please make sure to bring the tickets and barcode sticker with you when going in for an exam. Household members receiving welfare or exemptions from prefectural/municipal inhabitant taxes for FY2018 (all members must be exempt) may be exempt from paying expenses by filling out an application at the time of the health checkup (personal *inkan*-seal is needed).

※ Current age of March 31, 2019.

## Breast Cancer Examinations ※Only Mammography (X-ray of Breasts)

### An appointment must be scheduled beforehand

- **Eligible persons:** women aged 40 and over (as of March 31<sup>st</sup> 2019) who have not had a Breast Cancer Examination in Ota City in FY2017
- **Exam details:** mammography (x-ray of breasts)
- **Reception hours:** ① 9:30am ~ 10:00am (up to 40 people)  
※only conducted at Health Hoken Centers during①  
② 1:00pm ~ 1:30pm (up to 30 people)  
③ 1:30pm ~ 2:00pm (up to 30 people)
- **Fee:** ¥500 (free for people aged 70 and over)
- **How to apply:** the individual taking the exam must apply directly by calling a Hoken Health Center. Calls will be accepted beginning on the first day of applications from 8:30am. You cannot apply at the Community Gyousei Center.
- **Applications start date:** as shown on the charts below (accepted until maximum capacity of people is reached)



### Warning!

#### A mammography is not suitable if you:

- have/had a breast-enhancing operation, a pacemaker, brain shunt surgery, or a placement of a precordial venous access port.
- are pregnant, currently breastfeeding, or under 2 years since giving birth.
- have noticed symptoms such as secretion or bumps within the past 6 months.
- had breast cancer within the last 10 years or currently have a mammary disease and are receiving treatment or being monitored by a medical facility.
- have a breast injury with symptoms of pain, etc.
- have acute backbone curvature or need assistance to walk.

## Uterine Cervical Cancer Examinations

### Visit the facility directly!

- **Eligible persons:** women aged 20 and over (approximately 140 people)
- **Content:** visual, cytodiagnosis, gynecological exam
- **Reception Hours:** 1:00pm ~ 2:00pm  
※ Examinations start from 1:30pm
- **Fee:** ¥500 (free for people aged 70 and over)
- ※ **Please schedule outside of your menstrual period.**

Exam Date	Location	Reception hours			Application start date
		①	②	③	
May 21 (Mon.)	Ota-Shi Hoken Center	●	●	●	May 8 <sup>th</sup> (Tue.) onward
May 23 (Wed.)	Housen Gyousei Center		●	●	
May 28 (Mon.)	Ota-Shi Hoken Center	●	◎	◎	
May 30 (Wed.)	Nitta Hoken Center	●	◎	◎	May 22 <sup>nd</sup> (Tue.) onward
June 4 (Mon.)	Yabuzukahonmachi Hoken Center	●	◎	◎	
June 5 (Tue.)	Ota-Shi Hoken Center	●	●	●	
June 7 (Thurs.)	Godo Gyousei Center		●	●	
June 8 (Fri.)	Ota-Shi Hoken Center	●	◎	◎	
June 13 (Wed.)	Ojima Hoken Center	●	◎	◎	
June 14 (Thurs.)	Torinogo Gyousei Center		●	●	June 5 <sup>th</sup> (Tue.) onward
June 15 (Fri.)	Ota-Shi Hoken Center	●	●	●	
June 19 (Tue.)	Nitta Hoken Center	●	●	●	
June 20 (Wed.)	Sawano Gyousei Center		●	●	
June 21 (Thurs.)	Yabuzukahonmachi Hoken Center	●	●	●	
June 22 (Fri.)	Ota-Shi Hoken Center	●	●	●	
June 25 (Mon.)	Ota-Shi Hoken Center	●	●	●	
June 26 (Tue.)	Kyuhaku Gyousei Center		●	●	

Exam Date	Location	Reception hours			Application start date
		①	②	③	
July 11 (Wed.)	Ota-Shi Hoken Center	●	●	●	June 26 <sup>th</sup> (Tue.) onward
July 12 (Thurs.)	Kuai Gyousei Center		●	●	
July 13 (Fri.)	Ota-Shi Hoken Center	●	●	●	
July 25 (Wed.)	Ojima Hoken Center	●	◎	◎	
July 26 (Thurs.)	Yabuzukahonmachi Hoken Center	●	●	●	
Aug. 9 (Thurs.)	Nitta Hoken Center	●	◎	◎	
Aug. 27 (Mon.)	Ota-Shi Hoken Center	●	◎	◎	July. 25 <sup>th</sup> (Wed.) onward
Aug. 28 (Tue.)	Morita Gyousei Center		●	●	
Aug. 29 (Wed.)	Nitta Hoken Center	●	◎	◎	
Sept. 18 (Tue.)	Niragawa Gyousei Center		●	●	
Sept. 19 (Wed.)	Nitta Hoken Center	●	●	●	Sept. 4 <sup>th</sup> (Tue.) onward
Sept. 26 (Wed.)	Yabuzukahonmachi Hoken Center	●	●	●	
Oct. 22 (Mon.)	Ota-Shi Hoken Center	●	●	●	
Nov. 1 (Thurs.)	Ojima Hoken Center	●	●	●	Oct. 9 <sup>th</sup> (Tue.) onward
Nov. 2 (Fri.)	Nitta Hoken Center	●	●	●	
Nov. 9 (Fri.)	Ota-Shi Hoken Center	●	●	●	

◎ Uterine Cervical Cancer Examinations may be taken at the same facility

Exam Date	Location
May 22 (Tue.)	Yabuzukahonmachi Hoken Center
May 23 (Wed.)	Ojima Hoken Center
May 24 (Thurs.)	Niragawa Gyousei Center
May 28 (Mon.)	Ota-Shi Hoken Center ◇
May 29 (Tue.)	Torinogo Gyousei Center
May 30 (Wed.)	Nitta Hoken Center ◇
June 4 (Mon.)	Yabuzukahonmachi Hoken Center ◇
June 7 (Thurs.)	Housen Gyousei Center
June 8 (Fri.)	Ota-Shi Hoken Center ◇
June 13 (Wed.)	Ojima Hoken Center ◇
June 20 (Wed.)	Godo Gyousei Center
June 21 (Thurs.)	Morita Gyousei Center
June 26 (Tue.)	Nitta Hoken Center ★
July 11 (Wed.)	Yabuzukahonmachi Hoken Center
July 12 (Thurs.)	Kyuhaku Gyousei Center
July 20 (Fri.)	Sawano Gyousei Center
July 25 (Wed.)	Ojima Hoken Center ◇
Aug. 9 (Thurs.)	Nitta Hoken Center ◇
Aug. 27 (Mon.)	Ota-Shi Hoken Center ◇
Aug. 28 (Tue.)	Yabuzukahonmachi Hoken Center
Aug. 29 (Wed.)	Nitta Hoken Center ◇
Sept. 3 (Mon.)	Yabuzukahonmachi Hoken Center ★
Sept. 20 (Thurs.)	Kuai Gyousei Center
Sept. 21 (Fri.)	Ota-Shi Hoken Center ★

- ★ Recommended days for mothers coming with small children. Childcare will be provided during the exam.
- ◇ Women who are eligible for breast exam may also take it at the same location (must apply beforehand)

## Osteoporosis (Bone Density) Examinations

### Please visit the facility directly

- **Eligible persons:** women 30, 35, 40, 45, 50, 55, 60, 65, and 70 years of age
- ※ Women 71 and over are not eligible for a bone density examination.
- **Exam details:** body measurements and measurement using ultrasonic waves applied to the heel bone.
- **Reception hours:** 10:00am~11:00am, 1:30pm~2:30pm
- **Fee:** ¥500 (free for 70-year-olds)
- ※ Individuals will need to take the examinations barefoot. (Please do not come wearing stockings, tights, etc.)

※ For those under treatment for osteoporosis, please continue to observe your progress at a medical facility

Exam Date	Morning Location	Afternoon Location	Exam Date	Morning Location	Afternoon Location
Oct. 10 Wed.	Ojima Hoken Center		Oct. 15 Mon.	Ota-Shi Hoken Center	Ota-Shi Hoken Center
Oct. 11 Thurs.	Yabuzukahonmachi Hoken Center		Oct. 19 Fri.	Ota-Shi Hoken Center	Ota-Shi Hoken Center
Oct. 12 Fri.	Nitta Hoken Center	Nitta Hoken Center	Oct. 25 Thurs.	Ota-Shi Hoken Center	

## Special Health Checkup (SHC)

### Please visit the facility directly

- **Eligible persons**  
Individuals aged 40 and over that are enrolled in Ota's National Health Insurance Program *Kokumin Kenkou Hoken*
- ※ Individuals cannot receive examinations if they lose (validity) the aforementioned insurance
- ※ For those enrolled in the Gunma Medical Insurance for Older Senior Citizens *Kouki Koureisha Iryou Hoken*, please receive individual checkups
- **Exam details:**  
**Special Health Checkup** – Physical measurements, blood pressure, blood (blood lipids, liver and kidney function, blood sugar, uric acid) and urine analyses, etc.
- **Reception Hours:** 1:00pm~2:30pm
- **Fees:** free of charge
- ※ For those receiving an examination for prostate cancer or the hepatitis virus, please receive individual checkups

Exam Date	Location
May 24 Thurs.	Serada Gyousei Center
May 25 Fri.	Morita Gyousei Center
May 29 Tue.	Housen Gyousei Center
May 30 Wed.	Godo Gyousei Center
June 1 Fri.	Niragawa Gyousei Center
June 5 Tue.	Kizaki Gyousei Center
June 6 Wed.	Watauchi Gyousei Center
June 8 Fri.	Ikushina Gyousei Center
June 12 Tue.	Nitta Hoken Center
June 13 Wed.	Kyuhaku Gyousei Center
June 14 Thurs.	Sawano Gyousei Center

Exam Date	Location
June 19 Tue.	Yabuzukahonmachi Hoken Center
June 26 Tue.	Ojima Gyousei Center
June 27 Wed.	Torinogo Gyousei Center
June 28 Thurs.	Kuai Gyousei Center
July 3 Tue.	Ota-Shi Hoken Center
July 6 Fri.	Yabuzukahonmachi Hoken Center
Sept. 25 Tue.	Ota-Shi Hoken Center
Oct. 3 Wed.	Yabuzukahonmachi Hoken Center
Oct. 4 Thurs.	Ojima Hoken Center
Oct. 9 Tue.	Nitta Hoken Center

## Stomach Cancer Examinations

### Please visit the facility directly

- **Eligible persons:** individuals 40 and over (people 70 and over are recommended to be examined at a medical facility)
- **Exam details:** stomach x-ray taken by ingesting barium
- **Reception Hours:** 8:30am ~ 10:00am
- **Fee:** ¥500 (free for people 70 and over)

- ※ On the day prior to your exam, please finish dinner by 9 pm.
- ※ On the day of your exam, do not have breakfast, tea or water and do not smoke. However, if it is 2 hours before the examination, you may have a glass (200cc) of warm water or water that is room temperature.
- ※ Please come in plain-colored clothes without any buttons, fasteners, metal materials, etc., and wear pants (sweatpants, etc.) that can be easily removed for examination.
- ※ Individuals being treated for high blood pressure, heart disease, diabetes, stomach/duodenal ulcers, etc., or people who have had stomach or intestinal operations (including endoscopic surgery) should be examined at a medical facility.
- ※ Individuals taking hypoglycemic drugs or using/instructed to use an oxygen inhaler cannot take group examinations. Please take your exam at a medical facility.
- ※ Pregnant women may not take this exam.

Exam Date	Location
May 25 Fri.	Torinogo Gyousei Center
June 4 Mon.	Ojima Hoken Center
June 12 Tue.	Morita Gyousei Center
June 14 Thurs.	Yabuzukahonmachi Hoken Center
June 21 Thurs.	Housen Gyousei Center
July 2 Mon.	Kyuhaku Gyousei Center
July 30 Mon.	Kuai Gyousei Center
Aug. 20 Mon.	Niragawa Gyousei Center

Exam Date	Reception Hours
Aug. 24 Fri.	Sawano Gyousei Center
Sept. 18 Tue.	Nitta Hoken Center
Sept. 19 Wed.	Yabuzukahonmachi Hoken Center
Oct. 1 Mon.	Godo Gyousei Center
Nov. 6 Tue.	Ojima Hoken Center
Nov. 8 Thurs.	Nitta Hoken Center
Nov. 12 Mon.	Ota-Shi Hoken Center