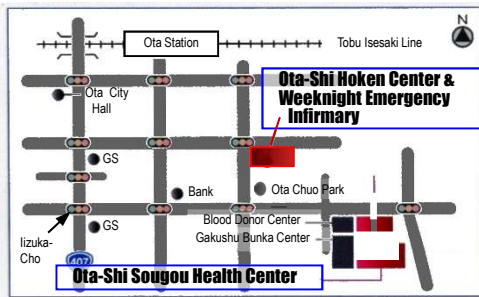


Health Calendar (for Adults) 平成 29 年度太田市健康カレンダー (おとなの健康)・英語版

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



Ota-Shi Hoken Health Center

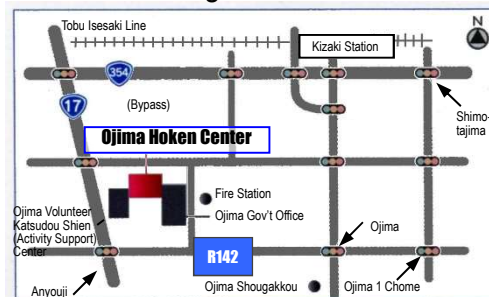
〒373-0851 Ota-Shi, **Iida-Cho 818**
TEL: 0276-46-5115
FAX: 0276-46-5293

Ota-Shi Weekday Night Emergency Infirmary

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

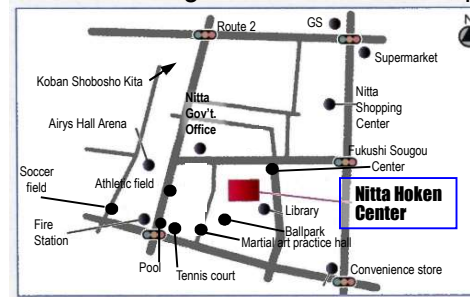
Ota-Shi Sougou Health Center

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



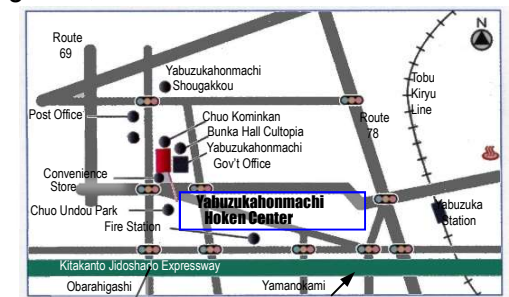
Ojima Hoken Health Center

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



Nitta Hoken Health Center

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



Yabuzukahonmachi Hoken Health 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 ~ November 30th (any checkups conducted outside of this period will be paid at your own expense).
- Refer to The Health Examination Guide (Kenshin no Goannai) for a list of the medical facilities.
- Household members receiving welfare or exemptions from prefectural/municipal inhabitant taxes 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, 2018)
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 2016 fiscal year (<i>Heisei 28 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. 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 ~

A Jacuzzi and warming room at the swimming pool; treadmill and 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 Consultation ~Conducted by Public Health Nurses~

Location	Hours	Apr. 2017	May	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.	Jan. 2018	Feb.	Mar.
Ojima Hoken Center	9:30~10:30	5 Wed.	16 Tue.	7 Wed.	5 Wed.	1 Tue.	5 Tue.	18 Wed.	8 Wed.	13 Wed.	10 Wed.	7 Wed.	14 Wed.
Nitta Hoken Center	9:30~10:30	26 Wed	29 Mon.	14 Wed.	20 Thurs.	24 Thurs.	27 Wed.	27 Fri.	29 Wed.	19 Tue.	24 Wed.	27 Tue.	27 Tue.
Yabuzukahonmachi Hoken Center	9:30~10:30	25 Tue.	26 Fri.	28 Wed.	27 Thurs.	28 Mon.	20 Wed.	30 Mon.	28 Tue.	20 Wed.	26 Fri.	26 Mon.	20 Tue.

※ Consultations at Ota-Shi Hoken Health Center are available at any time during business hours.

Consultation details: prevention diseases connected to your lifestyle, eating habits etc.; blood pressure measurement. ● Free of charge

House-Call Oral Hygiene Consultation

Oral hygiene consultations can be conducted by dental hygienists by house visits. For details, please contact your nearest Hoken Health Center.

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

Rehabilitation Programs

Rehabilitation programs are available to those with an address in Ota who are suffering from cerebrovascular diseases, which is causing the decline in your bodily functions. For details, please contact Ota-Shi Hoken Health Center or Nitta Hoken Health Center.

Smoking Cessation Challenge

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

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

Health Book Kenkou Techou

The Health Book "Kenkou Techou" is useful for keeping record of your health, and can be used not only to keep track of your health exams but your blood pressure, weight, etc. as well. If you are interested, please contact your nearest Hoken Health Center.

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 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 based on March 31, 2018.

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 get 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 (fee for individuals 70 and over)

Districts	Month	Day	Weekday
Morita	June	5	Mon.
		6	Tues.
		7	Wed
		8	Thurs.
		9	Fri.
Godo	June	20	Tue.
		21	Wed.
		22	Thurs.
		23	Fri.
Hosen	July	3	Mon.
		4	Tue.
		5	Wed.
		6	Thurs.
		7	Fri.
		10	Mon.
		11	Tue.
13	Thurs		

Districts	Month	Day	Weekday
Ojima / Serada	July	14	Fri.
		19	Wed.
		21	Fri.
		25	Tue.
		26	Wed.
		27	Thurs.
		28	Fri.
Kyuhaiku	July	28	Fri.
	Aug.	1	Tue.
Niragawa	Aug.	2	Wed.
		17	Thurs.
		18	Fri.
		21	Mon.
		28	Mon.
		29	Tue.
		30	Wed.
Kuiai	Aug.	31	Thurs.
	Sept.	1	Fri.

Districts	Month	Day	Weekday
Kuiai	Sept.	4	Mon.
		5	Tues.
		6	Wed.
Torinogo	Sept.	7	Thurs.
		8	Fri.
		11	Mon.
		12	Tue.
		13	Wed.
Ikushina / Kizaki	Sept.	14	Thurs.
		15	Fri.
		19	Tue.
		20	Wed.
		21	Thurs.
		22	Fri.
		26	Tue.
Yabuzuka East/West area	Sept.	27	Wed.
		28	Thurs.

Districts	Month	Day	Weekday
Yabuzuka East/West area	Sept.	29	Fri.
		2	Mon.
	Oct.	3	Tue.
		4	Wed.
Watauchi	Oct.	5	Thurs.
		6	Fri.
		10	Tue.
		11	Wed.
		16	Mon.
Ota	Oct.	17	Tue.
		18	Wed.
		19	Thurs.
		20	Fri.
Sawano	Oct.	23	Mon.
		24	Tue.
		25	Wed.
		26	Thurs.
		27	Fri.

Districts	Month	Day	Weekday
Ota All districts	Oct.	30	※1 Mon.
		31	※2 Tue.
	Nov.	1	Wed.
		2	Thurs.
		7	Tue.

◎For location and working 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 afternoon on 10/30 (Mon.), only women are allowed

※2 During the afternoon on 10/31 (Tue.), only people in wheelchairs are allowed (must apply beforehand)

Group Examinations 平成 29 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 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 based on March 31, 2018.

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

An appointment must be scheduled beforehand

- **Eligible persons:** women aged 40 and over who have not had a Breast Cancer Examination in Ota City in the 2016 Fiscal Year (*Heisei 28 Nendo*)
- **Exam details:** mammography (x-ray of breasts)
- **Reception hours:** ① 9:30am ~ 10:00am (up to 30 people)
 ※ only conducted at Hoken Health Centers during ①
 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)

Exam Date	Location	Reception hours			Application start date
		①	②	③	
May 22 (Mon.)	Kyuhaku Gyousei Center		●	●	May 9 th (Tue.) onward
May 24 (Wed.)	Ojima Hoken Center	●	◎	◎	
May 26 (Fri.)	Nitta Hoken Center	●	●	●	
May 29 (Mon.)	Ota-Shi Hoken Center	●	◎	◎	
May 31 (Wed.)	Ota-Shi Hoken Center	●	●	●	
June 2 (Fri.)	Godo Gyousei Center		●	●	May 16 th (Tue.) onward
June 5 (Mon.)	Yabuzukahonmachi Hoken Center	●	●	●	
June 6 (Tue.)	Ota-Shi Hoken Center	●	●	●	
June 7 (Wed.)	Nitta Hoken Center	●	◎	◎	June 6 th (Tue.) onward
June 20 (Tue.)	Ojima Hoken Center	●	●	●	
June 21 (Wed.)	Torinogo Gyousei Center		●	●	
June 23 (Fri.)	Niragawa Gyousei Center		●	●	
June 26 (Mon.)	Ota-Shi Hoken Center	●	●	●	
June 29 (Thurs.)	Yabuzukahonmachi Hoken Center	●	●	●	
July 10 (Mon.)	Ota-Shi Hoken Center	●	●	●	
July 11 (Tue.)	Ota-Shi Hoken Center	●	●	●	June 27 th (Tue.) onward



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 2 years have not passed 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
May 23 (Tue.)	Yabuzukahonmachi Hoken Center
May 24 (Wed.)	Ojima Hoken Center ◇
May 25 (Thurs.)	Kyuhaku Gyousei Center
May 29 (Mon.)	Ota-Shi Hoken Center ◇
May 30 (Tue.)	Torinogo Gyousei Center
May 31 (Wed.)	Nitta Hoken Center
June 5 (Mon.)	Niragawa Gyousei Center
June 6 (Tue.)	Yabuzukahonmachi Hoken Center
June 7 (Wed.)	Nitta Hoken Center ◇
June 8 (Thurs.)	Housen Gyousei Center
June 9 (Fri.)	Yabuzukahonmachi Hoken Center ★
June 21 (Wed.)	Nitta Hoken Center ★
June 26 (Mon.)	Morita Gyousei Center
July 10 (Mon.)	Ojima Hoken Center ★
July 11 (Tue.)	Sawano Gyousei Center
July 12 (Wed.)	Kuai Gyousei Center
July 13 (Thurs.)	Yabuzukahonmachi Hoken Center ◇
July 14 (Fri.)	Ota-Shi Hoken Center ◇
July 26 (Wed.)	Godo Gyousei Center
July 27 (Thurs.)	Nitta Hoken Center ◇
Sept. 4 (Mon.)	Ota-Shi Hoken Center ★
Sept. 21 (Thurs.)	Ojima Hoken Center
Sept. 22 (Fri.)	Yabuzukahonmachi Hoken Center

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

Exam Date	Location	Reception hours			Application start date
		①	②	③	
July 12 (Wed.)	Morita Gyousei Center		●	●	June 27 th (Tue.) onward
July 13 (Thurs.)	Yabuzukahonmachi Hoken Center	●	◎	◎	
July 14 (Fri.)	Ota-Shi Hoken Center	●	◎	◎	
July 26 (Wed.)	Nitta Hoken Center	●	●	●	
July 27 (Thurs.)	Nitta Hoken Center	●	◎	◎	
Aug. 21 (Mon.)	Ota-Shi Hoken Center	●	●	●	Aug. 8 th (Tue.) onward
Aug. 28. (Mon.)	Ota-Shi Hoken Center	●	●	●	
Aug. 29 (Tue.)	Housen Gyousei Center		●	●	
Aug. 30 (Wed.)	Nitta Hoken Center	●	●	●	Sept. 5 th (Tue.) onward
Sept. 19 (Tue.)	Yabuzukahonmachi Hoken Center	●	●	●	
Sept. 20 (Wed.)	Kuai Gyousei Center		●	●	
Sept. 26 (Tue.)	Nitta Hoken Center	●	●	●	
Sept. 27 (Wed.)	Sawano Gyousei Center		●	●	
Nov. 1 (Wed.)	Nitta Hoken Center	●	●	●	
Nov. 2 (Thurs.)	Ojima Hoken Center	●	●	●	
Nov. 10 (Fri.)	Ota-Shi Hoken Center	●	●	●	Oct. 17 th (Tue.) onward

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

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 come without 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 Tue.	Ota-Shi Hoken Center	Ota-Shi Hoken Center	Oct. 16 Mon.	Nitta Hoken Center	Nitta Hoken Center
Oct. 11 Wed.	Ojima Hoken Center		Oct. 20 Fri.	Ota-Shi Hoken Center	Ota-Shi Hoken Center
Oct. 13 Fri.	Yabuzukahonmachi Hoken Center		Oct. 23 Mon.	Ota-Shi Hoken Center	

Special Health Checkup (SHC), Hepatitis Virus Exam (HVE), and Prostate Cancer Exam (PCE)

Please visit the facility directly

- **Eligible persons**
Special Health Checkup — Individuals aged 40 and over that are enrolled in Ota's National Health Insurance Program "Kokumin Kenkou Hoken,"; individuals enrolled in the Gunma Medical Insurance for Older Senior Citizens "Kouki Koureisha Iryou Hoken"
- Hepatitis Virus Exam** — Individuals aged 40 and over in 5-year increments (40, 45, 50, 55...) who have not taken this exam yet
- Prostate Cancer Exam** — Males 50 ~ 74 years of age.
- **Exam details:**
Special Health Checkup — Physical measurements, blood pressure, blood and urine analyses, etc.
Hepatitis Virus Exam — Blood tests for Hepatitis B and C viruses
Prostate Cancer Exam — Blood test (PSA)
- **Reception Hours:** 1:00pm~2:30pm
- **Fees:** Special Health Checkup and Hepatitis Virus Exam (free of charge); Prostate Cancer Exam (¥500)

Exam Date	Location
May 18 Thurs.	Watauchi Gyousei Center
May 19 Fri.	Ikushina Gyousei Center
May 23 Tue.	Housen Gyousei Center
May 24 Wed.	Kizaki Gyousei Center
May 25 Thurs.	Torinogo Gyousei Center
May 30 Tue.	Niragawa Gyousei Center
June 1 Thurs.	Kuai Gyousei Center
June 2 Fri.	Ota Gyousei Center
June 13 Tue.	Yabuzukahonmachi Hoken Center
June 14 Wed.	Godo Gyousei Center
June 15 Thurs.	Nitta Hoken Center

Exam Date	Location
June 16 Fri.	Kyuhaku Gyousei Center
June 20 Tue.	Morita Gyousei Center
June 22 Thurs.	Sawano Gyousei Center
June 23 Fri.	Ojima Gyousei Center
June 27 Tue.	Serada Gyousei Center
July 4 Tue.	Ota-Shi Hoken Center
July 7 Fri.	Yabuzukahonmachi Hoken Center
Sept. 29 Fri.	Ota-Shi Hoken Center
Oct. 3 Tue.	Nitta Hoken Center
Oct. 5 Thurs.	Ojima Hoken Center
Oct. 6 Fri.	Yabuzukahonmachi 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 of 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 a 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 31 Wed.	Yabuzukahonmachi Hoken Center
June 5 Mon.	Nitta Hoken Center
June 9 Fri.	Sawano Gyousei Center
June 19 Mon.	Torinogo Gyousei Center
June 30 Fri.	Ojima Hoken Center
July 3 Mon.	Kyuhaku Gyousei Center
July 6 Thurs.	Morita Gyousei Center
July 18 Tue.	Godo Gyousei Center

Exam Date	Reception Hours
Aug. 1 Tue.	Niragawa Gyousei Center
Aug. 28 Mon.	Kuai Gyousei Center
Aug. 31 Thurs.	Yabuzukahonmachi Hoken Center
Sept. 29 Fri.	Ojima Hoken Center
Oct. 3 Tue.	Ota-Shi Hoken Center
Nov. 15 Wed.	Housen Gyousei Center
Nov. 17 Fri.	Nitta Hoken Center