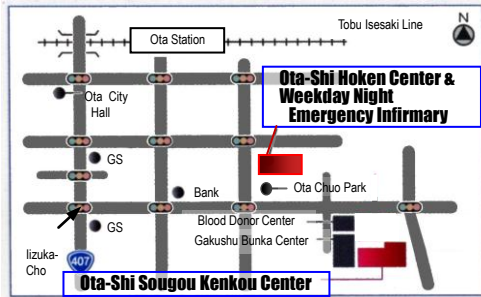


Fiscal Year of 2016 (Heisei 28)
(April 1, 2016 ~ March 31, 2017)

HEALTH CALENDAR (for Adults) 平成 28 年度太田市健康カレンダー (おとなの健康)・英語版

For health consultation or inquiries concerning health programs, etc., please contact one of the facilities below.



Ota-Shi Hoken (Public 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 Kenkou (Comprehensive Health) Center

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

Ota-Shi Weekday Night Emergency Infirmary Iida-Cho 818

- **Consulting days:** Mon. ~ Sat.
(Except holidays and year-end and New Year holidays)
- **Hours:** 6:45PM~9:45PM
- **Type of service:** Internal Medicine or Pediatrics

TEL: 0276-60-3099

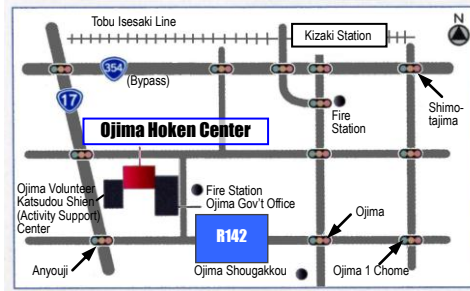
Ota-Shi Sougou Kenkou Public Health Center Iizuka-Cho 1549-1

Heated Swimming Pool & Training Room (1F/2F)

~ Having fun while building your health with family & friends ~

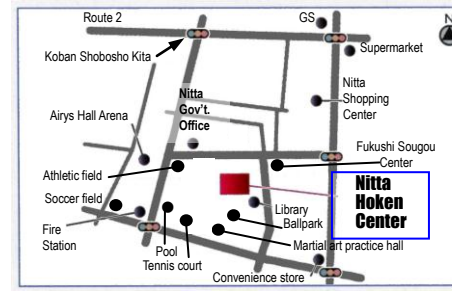
Swimming pool, Jacuzzi, warming room, training room with running machine, exercise bike, etc. and exercise programs anyone can easily participate in.

- **Fee:** Ota residents ages 40 or above, ¥300 per time
Others (ages 18 or above), ¥500 per time
- **Open hours:** Tues. ~ Sun.: 10AM~9PM (Sun. & holidays: until 5PM)
- ※ For more information, call: 0276-48-9090



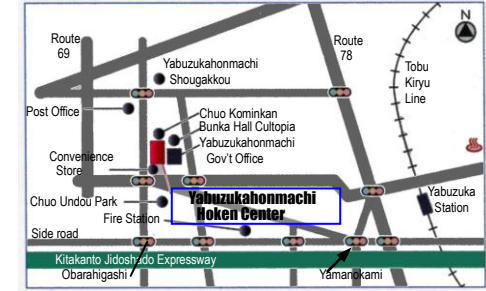
Ojima Hoken (Public Health) Center

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



Nitta Hoken (Public Health) Center

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



Yabuzukahonmachi Hoken (Public Health) Center

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

Notice on Individual Examinations ~ Performed at hospitals and clinics ~

Prior to examinations, you will be sent Notification of Medical Examinations (Kenshin no Goannai) and Medical Exam Coupons (Jushinken). Be sure to bring coupon and barcode sticker with you when taking an exam. ● Examination period: May 1st ~ November 30th. – Note that exams received outside of this period will be at your own expense. ● Refer to the Notification of Medical Examinations (Kenshin no Goannai) for the list of the medical facilities. ● Members of household receiving public assistance or municipal tax exemption will be exempt from "self-pay" expense (jikofutankin) by making application at time of medical consultation (personal *inkan*-seal needed).

Type	Content of Exam	Cost for examinee	Subjects (*ages on base date of March 31, 2017)
Specified Health Checkup	Physical measurements, blood pressure check, blood analysis (lipid in blood, liver/kidney function, blood sugar, uric acid), and urine analysis, etc.	Free	Persons ages 40 and above subscribing to Ota City National Health Insurance Program / Persons subscribing to Medical System for Older Senior Citizens (<i>Kouki Koureisha Iryou Seido</i>). ※Persons who lost the qualifications above are not eligible for this free checkup.
Prostate Cancer Exam	Blood test (PSA)	¥500	Men ages 50~74
Stomach Cancer Exam	Exam with ingestion of barium Exam with endoscope	¥500 (Free for persons ages 70 and above)	Persons ages 40 and above
Colorectal Cancer Exam	Fecal occult blood test (2 days)	¥500 (Free for persons ages 70 and above)	Persons ages 40 and above
Breast Cancer Exam	Mammography (x-rays of breasts)	¥500 (Free for persons ages 70 and above)	Women ages 40 and above who have not had a Breast Cancer Examination (mammography / visual exam and palpitation) in Ota City in the fiscal year of 2015 (<i>Heisei 27 Nendo</i>)
Uterine Cervical Cancer Exam	Visual exam, pap smear, and gynecological exam	¥500 (Free for persons ages 70 and above)	Women ages 20 and above
Health Checkup	Physical measurements, blood pressure check, blood analysis (lipid in blood, liver/kidney function, blood sugar, uric acid), and urine analysis, etc.	¥500 (Free for persons ages 70 and above)	Persons ages 25, 30, and 35. Persons 40 and above of public assistance-recipient households
Hepatitis Virus Exam	Blood test for Hepatitis B and C viruses	Free	Persons ages 40 and above in 5-year increments (40, 45, 50...) who have not received this exam yet

Health Consultation ~ by Public Health Nurses ~

Location	Hours	Apr. 2016	May	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.	Jan. 2017	Feb.	Mar.
Ota Gyousei Center	9:30~10:00	27 Wed.	25 Wed.	22 Wed.	27 Wed.	24 Wed.	28 Wed.	12 Wed.	9 Wed.	14 Wed.	25 Wed.	15 Wed.	22 Wed.
Kuai Gyousei Center	9:30~10:00	20 Wed.	18 Wed.	15 Wed.	13 Wed.	17 Wed.	14 Wed.	5 Wed.	16 Wed.	21 Wed.	18 Wed.	22 Wed.	8 Wed.
Sawano Gyousei Center	9:30~10:00	19 Tues.	24 Tues.	14 Tues.	19 Tues.	9 Tues.	13 Tues.	25 Tues.	22 Tues.	20 Tues.	17 Tues.	21 Tues.	14 Tues.
Niragawa Gyousei Center	9:30~10:00	12 Tues.	10 Tues.	8 Wed.	5 Tues.	2 Tues.	6 Tues.	4 Tues.	1 Tues.	6 Tues.	10 Tues.	7 Tues.	7 Tues.
Torinogo Gyousei Center	9:30~10:00	21 Thurs.	19 Thurs.	16 Thurs.	21 Thurs.	25 Thurs.	29 Thurs.	20 Thurs.	17 Thurs.	15 Thurs.	19 Thurs.	16 Thurs.	23 Thurs.
Godo Fureai Center	9:30~10:00	26 Tues.	24 Tues.	7 Tues.	5 Tues.	2 Tues.	20 Tues.	18 Tues.	22 Tues.	20 Tues.	24 Tues.	28 Tues.	21 Tues.
Kyuhaku Gyousei Center	9:30~10:00	13 Wed.	11 Wed.	1 Wed.	6 Wed.	3 Wed.	7 Wed.	5 Wed.	2 Wed.	7 Wed.	18 Wed.	1 Wed.	1 Wed.
Hosen Gyousei Center	9:30~10:00	19 Tues.	10 Tues.	14 Tues.	19 Tues.	23 Tues.	13 Tues.	11 Tues.	8 Tues.	13 Tues.	10 Tues.	7 Tues.	7 Tues.
Morita Gyousei Center	9:30~10:00	21 Thurs.	19 Thurs.	16 Thurs.	14 Thurs.	4 Thurs.	15 Thurs.	20 Thurs.	17 Thurs.	15 Thurs.	19 Thurs.	16 Thurs.	16 Thurs.
Ojima Hoken Center	9:30~10:30	6 Wed.	10 Tues.	17 Fri.	6 Wed.	10 Wed.	21 Wed.	12 Wed.	2 Wed.	7 Wed.	6 Fri.	1 Wed.	1 Wed.
Nitta Hoken Center	9:30~10:30	26 Tues.	17 Tues.	15 Wed.	21 Thurs.	19 Fri.	20 Tues.	26 Wed.	28 Mon.	16 Fri.	23 Mon.	20 Mon.	21 Tues.
Yabuzukahonmachi Hoken Center	9:30~10:30	8 Fri.	25 Wed.	29 Wed.	25 Mon.	24 Wed.	23 Fri.	7 Fri.	30 Wed.	14 Wed.	25 Wed.	8 Wed.	22 Wed.

Content: Consultation on preventing life style-related diseases and eating habits, blood pressure measurement. Cost: Free ※Service available at Ota-Shi Hoken Center any time during office hours.

Notice on Group Examinations

Prior to examinations, you will be sent the Notification of Medical Examinations (Kenshin no Goannai) and the Medical Exam Coupon (Jushinken). Be sure to bring the coupon and barcode sticker with you to the exam. ※Current age based on March 31, 2017.

Members of the household receiving the public assistance or those who are exempt from municipal tax will be exempt from "self-pay" expense (jikofutankin) by applying for this exemption at time of medical consultation (personal *inkan*-seal needed).

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

● **Subjects:** Person of age 40 and above (Current age based on March 31, 2017) *Persons of age 65 and above are required to take a tuberculosis exam once a year so make sure to take the chest x-ray exam. ● **Content of Exam:** Questionnaire and chest x-ray exam, sputum test (for those who were eligible due to their questionnaire result)
* Examinees cannot take only the sputum test. ● **Cost to examinee:** Chest x-ray ¥500 (Free for persons of age 65 and above), Sputum test ¥500 (Free for persons of age 70 and above)

Districts	Month	Day	Weekday
Housen	Jun.	2	Thurs.
		3	Fri.
		6	Mon.
		7	Tues.
		13	Mon.
		20	Mon.
		21	Tues.
		22	Wed.
Ojima / Serada	Jun.	23	Thurs.
		28	Tues.
	Jul.	1	Fri.
		4	Mon.
Jul.	7	Thurs.	
	8	Fri.	

Districts	Month	Day	Weekday
Godo	Jul.	12	Tues.
		15	Fri.
		19	Tues.
		20	Wed.
Morita	Jul.	21	Thurs.
		22	Fri.
		25	Mon.
		26	Tues.
		27	Wed.
		28	Thurs.
		29	Fri.
Torinogo	Aug.	1	Mon.
		2	Tues.
		18	Thurs.
		19	Fri.

Districts	Month	Day	Weekday
Niragawa	Aug.	22	Mon.
		23	Tues.
		24	Wed.
		26	Fri.
		29	Mon.
		30	Tues.
Yabuzuka Eastern and Western area	Sept.	2	Fri.
		5	Mon.
		6	Tues.
		7	Wed.
		8	Thurs.
		9	Fri.
Kyuhaku	Sept.	13	Tues.

Districts	Month	Day	Weekday
Kyuhaku	Sept.	14	Wed.
		15	Thurs.
		16	Fri.
Kuai	Sept.	20	Tues.
		21	Wed.
		26	Mon.
		27	Tues.
		28	Wed.
		29	Thurs.
		30	Fri.
Ikushina / Kizaki	Sept.	3	Mon.
		4	Tues.
		5	Wed.
	Oct.	6	Thurs.

Districts	Month	Day	Weekday
Sawano	Oct.	7	Fri.
		11	Tues.
		12	Wed.
		13	Thurs.
		14	Fri.
		17	Mon.
		18	Tues.
Watauchi	Oct.	19	Wed.
		20	Thurs.
		21	Fri.
		24	Mon.
		26	Wed.
Ota	Oct.	27	Thurs.
		28	Fri.

Districts	Month	Day	Weekday
Ota	Oct.	31	Mon.
All districts	Nov.	2	Wed.
		15	Tues.
		17	Thurs.
		18	Fri.

* For location and working hours, please refer to *Chest x-ray Medical Exam Notification*.

* Persons of age 65 and above who have received a chest x-ray exam at the hospital, etc., are asked to contact one of the Hoken Centers.

* November 2nd (Wed.) afternoon session is for women only.

House-Call Oral Hygiene Consultation

House call made by dental hygienists for consulting on oral hygiene. For info, contact your nearest local Hoken Center.

- Subjects: Ota residents convalescing at home, persons ages 65 and above living alone. *Both conditions must be met
- Cost to examinee: No charge

Rehabilitation Programs

These are rehabilitation programs available to Ota City residents with declined physical capacities due to cerebrovascular diseases

For information, contact:

- Ota-Shi Hoken Center: 0276-46-5115
- Nitta Hoken Center: 0276-57-2651

Quit Smoking Challenge

3 months of support will be provided in order to quit smoking. For more information, contact Ota-Shi Hoken Public Health Center.

- Eligibility: Must be over 20 year old, a smoker, and have an address in Ota City.

Kenkou Techou "Health Book"

The Health Book "Kenkou Techou" is very useful to keep the records of your health exam results as well as to keep a record of your blood pressure, weight and others. Please contact the nearest Hoken Public Health Center if you wish to have one.

Notice on Group Examinations 平成 28 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

Prior to examinations, you will be sent the *Notification of Medical Examinations (Kenshin no Goannai)* and the *Medical Exam Coupon (Jushinken)*. Be sure to bring the coupon and barcode sticker with you to the exam. ※Current age based on March 31, 2017.
Members of the household receiving the public assistance or those who are exempt from municipal tax will be exempt from "self-pay" expense (*jikofutankin*) by applying for this exemption at time of medical consultation (personal *inkan*-seal needed).

Breast Cancer Examinations

Make an appointment beforehand

- **Subjects:** Women ages 40 and above who have not had a Breast Cancer Examination (mammography / visual exam and palpitation) in Ota City in the fiscal year of 2015 (*Heisei 27 Nendo*). (However, the current age is based on March 31, 2017)
- **Exam content:** Mammography (x-ray of breasts)
- **Reception hours:** ① 9:30AM ~ 10:30AM (up to 30 persons) *①Only conducted at the Health "Hoken" Center
② 12:45PM ~ 1:15PM (up to 30 persons)
③ 1:30PM ~ 2:00PM (up to 30 persons)
- **Cost to examinee:** ¥500 (Free for persons of age 70 and above)
- **Application method:** The person to be examined must apply directly by telephone to any Public Health *Hoken* Center. Reception begins from 8:30AM of the day on which applications start. It is not possible to apply at the Community *Gyousei* Centers.
- **Application start date:** As shown on the schedule (Application closes when the maximum number for attendance is reached).

Exam Date	Location	Reception hours			Application start date
		①	②	③	
May 19 Thurs.	Nitta Hoken Center	●	●	●	Starting on May 10 th (Tuesday)
May 23 Mon.	Niragawa Gyousei Center		●	●	
May 26 Thurs.	Torinogo Gyousei Center		●	●	
May 30 Mon.	Nitta Hoken Center	●	●	●	
May 31 Tues.	Nitta Hoken Center	●	●	●	
Jun. 1 Wed.	Ota-Shi Hoken Center	●	●	●	Starting on May 24 th (Tuesday)
Jun. 2 Thurs.	Ota-Shi Hoken Center	●	●	●	
Jun. 3 Fri.	Godo Gyousei Center		●	●	
Jun. 6 Mon.	Ota-Shi Hoken Center	●	●	●	
Jun. 8 Wed.	Yabuzukahonmachi Hoken Center	●	●	●	
Jun. 9 Thurs.	Morita Gyousei Center		●	●	
Jun. 13 Mon.	Yabuzukahonmachi Hoken Center	●	●	●	
Jun. 21 Tues.	Ota-Shi Hoken Center	●	●	●	
Jun. 24 Fri.	Ota-Shi Hoken Center	●	●	●	

Warning

Mammography is NOT suitable for you (please have exam at a medical facility) if any of following applies:

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

Uterine Cervical Cancer Examinations

Visit the medical facility directly

- **Subjects:** Women of age 20 and above (general of 140 persons)
- **Content:** Visual exam, pap smear, gynecological exam
- **Reception Hours:** 1:00PM-2:00PM
※ Examinations start from 1:30PM
- **Cost to examinee:** ¥500 (Free for persons of age 70 and above)
※ The examination may be schedule on a day which you are not in your menstrual period.

Exam Date	Location
May 20 Fri.	Kyuhaku Gyousei Center
May 24 Tues.	Yabuzukahonmachi Hoken Center
May 26 Thurs.	Morita Gyousei Center
May 27 Fri.	Nitta Hoken Center
May 30 Mon.	Ota-Shi Hoken Center
May 31 Tues.	Yabuzukahonmachi Hoken Center
Jun. 3 Fri.	Niragawa Gyousei Center
Jun. 6 Mon.	Sawano Gyousei Center
Jun. 7 Tues.	Ota-Shi Hoken Center ★
Jun. 8 Wed.	Ojima Hoken Center
Jun. 9 Thurs.	Yabuzukahonmachi Hoken Center ★
Jun. 10 Fri.	Housen Gyousei Center
Jun. 13 Mon.	Torinogo Gyousei Center
Jun. 23 Thurs.	Kuai Gyousei Center
Jul. 12 Tues.	Ojima Hoken Center ★
Jul. 19 Tues.	Nitta Hoken Center ★
Sept. 7 Wed.	Nitta Hoken Center
Sept. 13 Tues.	Godo Gyousei Center
Sept. 27 Tues.	Yabuzukahonmachi Hoken Center

★ Recommended days for mothers coming with small children. Childcare will be provided during the exam.

Exam Date	Location	Reception hours			Application start date
		①	②	③	
Jul. 12 Tues.	Housen Gyousei Center		●	●	Starting on Jun. 28 th (Tuesday)
Jul. 19 Tues.	Ota-Shi Hoken Center	●	●	●	
Jul. 21 Thurs.	Kuai Gyousei Center		●	●	
Jul. 22 Fri.	Ota-Shi Hoken Center	●	●	●	
Aug. 22 Mon.	Nitta Hoken Center	●	●	●	Starting on Aug. 9 th (Tuesday)
Aug. 23 Tues.	Sawano Gyousei Center		●	●	
Sept. 1 Thurs.	Kyuhaku Gyousei Center		●	●	
Sept. 7 Wed.	Ojima Hoken Center	●	●	●	
Sept. 13 Tues.	Nitta Hoken Center	●	●	●	Starting on Aug. 30 th (Tuesday)
Sept. 16 Fri.	Yabuzukahonmachi Hoken Center	●	●	●	
Sept. 27 Tues.	Nitta Hoken Center	●	●	●	
Nov. 4 Fri.	Ota-Shi Hoken Center	●	●	●	Starting on Oct. 25 th (Tuesday)
Nov. 9 Wed.	Nitta Hoken Center	●	●	●	
Nov. 24 Thurs.	Ojima Hoken Center	●	●	●	

Ladies Examinations (Uterine Cervical Cancer & Breast Cancer Exam) ※Examinees cannot take only one exam.

Make an appointment beforehand

- **Subjects:** Women ages 40 and above who have not had a Breast Cancer Examination (Mammography / visual exam and palpitation) in Ota City in the fiscal year of 2015 (*Heisei 27 Nendo*). (However, the current age is based on March 31, 2017)
- **Exam content and observation:** Follow the Uterine Cervical Cancer & Breast Cancer Exam as shown on the schedule.
- **Reception hours:** ① 12:45PM ~ 1:15PM (up to 30 persons)
② 1:30PM ~ 2:00PM (up to 30 persons)

- **Cost to examinee:** ¥1,000 (Free for persons of age 70 and above)
- **Application method:** The person to be examined must apply directly by telephone to any Public Health *Hoken* Center. Reception begins from 8:30AM of the day on which applications start.
- **Application start date:** As shown on the schedule (Application closes when the maximum number for attendance is reached).

Exam Date	Location	Application start date
Jul. 26 Tues.	Nitta Hoken Center	Starting on Jul. 12 th (Tuesday)
Jul. 27 Wed.	Yabuzukahonmachi Hoken Center	
Jul. 28 Thurs.	Ojima Hoken Center	
Jul. 29 Fri.	Ota-Shi Hoken Center	

Osteoporosis (Bone Density) Examinations (The subjects for the Osteoporosis Examination will change from the fiscal year of 2016)

Visit the medical facility directly

- **Subjects:** Women ages 30, 35, 40, 45, 50, 55, 60, 65, 70
- ※ Women age 71 and above are not subject for the Bone Density Exam.
- **Content:** Measurement using ultrasonic waves applied to the heel bone.
- **Reception hours:** 10:00AM~11:00AM, 1:30PM~2:30PM
- **Cost to examinee:** ¥500 (Free for persons of age 70)
- ※ Please come prepared for taking the exam barefoot (examinees are advised not to wear stockings, tights, etc.).

Exam Date	Morning Location	Afternoon Location
Oct. 3 Mon.	Ojima Hoken Center	
Oct. 12 Wed.	Nitta Hoken Center	Nitta Hoken Center
Oct. 14 Fri.		Ota-Shi Hoken Center
Oct. 17 Mon.	Ota-Shi Hoken Center	Ota-Shi Hoken Center

Exam Date	Morning Location	Afternoon Location
Oct. 19 Wed.	Yabuzukahonmachi Hoken Center	
Oct. 21 Fri.		Ota-Shi Hoken Center
Oct. 25 Tues.	Ota-Shi Hoken Center	Ota-Shi Hoken Center

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

Visit the medical facility directly

- **Subjects:**
- Specified Health Checkup**—Persons of age 40 and above subscribing to Ota City National Health Insurance Program “*Kokumin Kenkou Hoken*,” persons subscribing to Medical Insurance for Older Senior Citizens “*Kouki Koureisha Iryou Hoken*.”
- Hepatitis Virus Exam**—Persons of age 40 and above in 5-year increments (40, 45, 50, 55...) who have not received this exam yet
- Prostate Cancer Exam**—Males ages 50 ~ 74.
- **Content: Specified Health Checkup** – Physical measurements, blood pressure, blood and urine analyses, etc.
- Hepatitis Virus Exam** – Blood test for Hepatitis B and C viruses
- Prostate Cancer Exam** – Blood test (PSA)
- **Reception Hours:** 1:00PM~2:30PM
- **Cost to examinee:** Specified Health Checkup and Hepatitis Virus Exam (Free of charge), Prostate Cancer Exam (¥500)

Exam Date	Location
May 13 Fri.	Torinogo Gyousei Center
May 17 Tues.	Sawano Gyousei Center
May 18 Wed.	Ojima Gyousei Center
May 20 Fri.	Morita Gyousei Center
May 24 Tues.	Watauchi Gyousei Center
May 25 Wed.	Ikushina Gyousei Center
May 26 Thurs.	Kizaki Gyousei Center
May 31 Tues.	Ota-Shi Hoken Center
Jun. 1 Wed.	Hosen Gyousei Center
Jun. 2 Thurs.	Yabuzukahonmachi Hoken Center
Jun. 3 Fri.	Serada Gyousei Center

Exam Date	Location
Jun. 7 Tues.	Ota Gyousei Center
Jun. 15 Wed.	Godo Gyousei Center
Jun. 17 Fri.	Kyuhaku Gyousei Center
Jun. 22 Wed.	Niragawa Gyousei Center
Jun. 23 Thurs.	Nitta Hoken Center
Jul. 1 Fri.	Yabuzukahonmachi Hoken Center
Jul. 5 Tues.	Kuai Gyousei Center
Sept. 30 Fri.	Ota-Shi Hoken Center
Oct. 4 Tues.	Yabuzukahonmachi Hoken Center
Oct. 6 Thurs.	Ojima Hoken Center
Oct. 7 Fri.	Nitta Hoken Center

Stomach Cancer Examinations

Visit the medical facility directly

- **Subjects:** Persons of age 40 and above (Persons of age 70 and above are recommended to be examined at a medical facility.)
- **Content:** X-ray of stomach involving ingestion of barium
- **Reception Hours:** 8:30AM ~ 10:00AM
- **Cost to examinee:** ¥500 (Free for persons of age 70 and above)

- ※ On the day prior to your exam, please finish dinner by 9PM
- ※ On the day of exam, do not have breakfast, tea or water and do not smoke either. However, 2 hours before the examination, you can have a glass (200cc) of plain warm water or just room temperature water.
- ※ Please come in clothes of plain-colors, clothes without any buttons, fasteners, metal materials, etc., please wear sweat pants (with elastic waistband) that can be easily removed for examination.
- ※ Persons being treated for high blood pressure, heart disease, diabetes, stomach/duodenal ulcers, etc., or persons who have had stomach or intestinal operations (including endoscopic surgery) are advised to be examined at a medical facility.
- ※ Pregnant women cannot take this exam.

Exam Date	Location
May 17 Tues.	Yabuzukahonmachi Hoken Center
Jun. 8 Wed.	Kyuhaku Gyousei Center
Jun. 16 Thurs.	Sawano Gyousei Center
Jun. 21 Tues.	Yabuzukahonmachi Hoken Center
Jun. 30 Thurs.	Ojima Hoken Center
Jul. 6 Wed.	Morita Gyousei Center
Jul. 8 Fri.	Godo Gyousei Center
Jul. 20 Wed.	Ojima Hoken Center
Jul. 29 Fri.	Nitta Hoken Center
Aug. 9 Tues.	Niragawa Gyousei Center
Oct. 21 Fri.	Torinogo Gyousei Center
Nov. 21 Mon.	Kuai Gyousei Center
Nov. 22 Tues.	Ota-Shi Hoken Center
Nov. 24 Thurs.	Housen Gyousei Center
Nov. 25 Fri.	Nitta Hoken Center

Periodontal Disease Examinations

Make an appointment beforehand

- **Subjects:** Persons of age 40 and above
- **Location:** Ota Nitta Shikaishi Kaikan (west of Ota-Shi Minami Chousha)
- **Content:** Check of oral cavity, advice on periodontal disease prevention
- **Cost to examinee:** Free
- **Application method:**
Apply by telephone to **Ota-Shi Hoken Center**
- **Application period:** At any time (approx. 15 persons per day)

Exam Date	Reception Hours
May 19 Thurs.	9:30AM ~ 11:00AM
May 26 Thurs.	1:30PM ~ 3:00PM
Jun. 2 Thurs.	9:30AM ~ 11:00AM
Jun. 16 Thurs.	9:30AM ~ 11:00AM
Jun. 29 Wed.	1:30PM ~ 3:00PM
Jul. 7 Thurs.	9:30AM ~ 11:00AM
Jul. 28 Thurs.	9:30AM ~ 11:00AM
Aug. 3 Wed.	9:30AM ~ 11:00AM
Aug. 24 Wed.	1:30PM ~ 3:00PM
Sept. 1 Thurs.	1:30PM ~ 3:00PM
Sept. 8 Thurs.	9:30AM ~ 11:00AM
Sept. 29 Thurs.	1:30PM ~ 3:00PM
Oct. 6 Thurs.	9:30AM ~ 11:00AM
Oct. 27 Thurs.	1:30PM ~ 3:00PM
Nov. 16 Wed.	9:30AM ~ 11:00AM
Nov. 30 Wed.	1:30PM ~ 3:00PM