



せいじん ほけん
成人保健
Adult Health

えいごばん へいせい ねんど ほけん
【英語版】平成31年度保健カレンダー As of April 1, 2019
Koshigaya 2019 Health Care Calendar English Version

Information
Koshigaya Municipal Health Center
(HOKEN CENTER)
TEL: 048-978-3511

せいじん けん けん しん こうれいしゃ よ ぼうせつしゅ
成人の健(検)診・高齢者の予防接種 Adult Medical Examination & Elderly Adult Vaccination

| Medical Examination | Colon Cancer | Stomach Cancer | Cervical Cancer | Breast Cancer | | Lung Cancer Tuberculosis | |
|--------------------------------|--|---|---|---|--|---|--|
| When? | May 10 - November 10 | May 10 - November 10 | May 10 - November 10 | May | June 1 - July 31 | May 10 - August 10 | September - October |
| Where? | Medical Institution | Medical Institution | Medical Institution | Examined in a group in such as Municipal Health Center | Medical Institution | Medical Institution | Examined in a group in such as Municipal Health Center |
| How to apply | Contact Medical Institution | Contact Medical Institution (Need a reservation) | Contact Medical Institution (Need a reservation for <i>Minami-koshigaya Kenshinkai Clinic</i>) | Contact Citizen's Health Promotion Section (Need a reservation) | Contact Medical Institution (Need a reservation) | Contact Medical Institution | (For where to go, contact Municipal Health Center) |
| Who? | Person who is 40 year-old or elder in fiscal year 2019 | Person who is 40 year-old or elder in fiscal year 2019 | Female who is 20 year-old or elder in fiscal year 2019 | Female who is 35 year-old or elder in fiscal year 2019; whose birthday is in February, April, June, August, October and December or who did not have an Breast Cancer screening in fiscal year 2018 | | Person who is 40 year-old or elder in fiscal year 2019 (Person who is 65 year-old or elder: Tuberculosis Examination is included.) | |
| How to be examined | Fecal Occult Blood Examination | Gastrofiberscopy / Gastrointestinal X-ray Examination (Contact Municipal Health Center for Pepsinogen Method test & Helicobacter Pylori Bacteria antibody test) | Cytotechnology of Cervix and Uterine Body (Uterine Body alone is not examined) | Clinical Breast Examination / Mammography / How to perform breast cancer self-examination | | Chest X-Ray Examination Lung Cancer Sputum Examination (for those whose smoking index is 600 or over) *Smoking Index = number of cigarettes smoked per day × number of years smoked | |
| Self-pay burden | 500 yen | 2,000 yen Blood Examination: Additional 500 yen | Cervix: 1,000 yen Cervix & Uterine Body: 1,700 yen | 1,500 yen | | Lung Cancer Examination: 1,000 yen Sputum Examination: Additional 500 yen | Lung Cancer Examination: 300 yen Sputum Examination: Additional 500 yen |
| How to receive a result | Contact Medical Institution | By mailing (Person who had a Blood Examination: Contact Medical Institution) | Contact Medical Institution | By mailing | | By mailing | |

| Medical Examination Vaccination | Prostate Cancer | Oral Cancer | Hepatitis Virus | Elderly Adult Influenza Vaccination | Elderly Adult Pneumococcal Vaccination *The checkup coupon is required. | Periodontal Disease Examination |
|---------------------------------|--|---|---|--|---|---|
| When? | June 1 - November 10 | May 1, 2019 - February 15, 2020 | June 1, 2019 - February 28, 2020 | October 1, 2019 - January 31, 2020 | April 1, 2019 - March 31, 2020 | May 1, 2019 - February 15, 2020 |
| Where? | Medical Institution | Dental Care Institution | Medical Institution | Medical Institution | Medical Institution | Dental Care Institution |
| How to apply | Contact Medical Institution | Contact Dental Care Institution (Need a reservation) | Contact Medical Institution | Contact Medical Institution | Contact Medical Institution (Need a reservation) | Contact Dental Care Institution (Need a reservation) |
| Who? | 1) Male who is 50, 55, 60, 65, 70 and 75 year-old in fiscal year 2019 2) Excluding 1), male who is 50 year-old through 75 year-old in fiscal year 2019; who has never had Prostate Cancer screening | Person who is 40 year-old or over in fiscal year 2019 | 1) Person who has never had Hepatitis Virus Examination. 2) Person who has the risk or possibilities of infection of Hepatitis Virus and who hope for this examination | 1) Person who is 65 year-old or over when receive vaccination 2) Person who is between 60 year-old and 64 year-old; who has a problem in the heart, the kidney, the respiratory function or human immunodeficiency; who has the physical disability certificate of class 1 or who has a doctor's certificate of a similar physical problem. | 1) Person who is limited to the age 65, 70, 75, 80, 85, 90, 95, 100, 100 year-old and over in fiscal year 2019 2) Person who is between 60 year-old and 64 year-old; who has a problem in the heart, the kidney, the respiratory function or human immunodeficiency; who has the physical disability certificate of class 1 or who has a doctor's certificate of a similar physical problem. | Person who is 35, 40, 45, 50, 55, 60, 65, and 70 year-old in fiscal year 2019 |
| How to be examined | Blood Examination (PSA) | Inspection and Palpation | Blood Examination | Hypodermic Injection: 1 time | Hypodermic or Muscle Injection: 1 time | Examination and Guidance of Periodontal Disease, etc. |
| Self-pay burden | 800 yen | 900 yen | Free of charge | 1,500 yen | 3,000 yen | 500 yen |
| How to receive a result | Contact Medical Institution | Contact Medical Institution | Contact Medical Institution | The medical questionnaires are available at the medical institutions in the city. If receiving a vaccination outside the city, contact Citizen's Health Promotion Section in advance. | | |

*Self-pay burden: Free of charge in some cases. Contact Municipal Health Center for detail.



ほしほけん
母子保健
Mother & Child Health

えいごばん へいせい ねんど ほけん
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| よぼうせつしゅ 予防接種 Vaccination Schedule | | | | |
|--|---------------------------------|--|---|--|
| Vaccines | How many times? | When? | Age of children who need vaccinations | Note |
| Hepatitis B | 3 times | After more than 27 days of the 1st vaccination, the 2nd vaccination is required. After more than 139 days of the 1st vaccination, the 3rd vaccination is required. | It should be done before 1 year old. | |
| Hib (Haemophilus Influenzae) Vaccine | Initial Vaccination | 3 times | Vaccinations are required 3 times every 27 to 56 days. | *If the 1st vaccination is delayed, it will be changed how many times of vaccinations are necessary. |
| | Additional Vaccination | Once | After 7 months to 13 months of the 3rd vaccination, an additional vaccination is required. | |
| Pediatric Pneumococcal Vaccine | Initial Vaccination | 3 times | Vaccinations are required 3 times every more than 27 days. | The 1st vaccination should be received at the age of 2 month-old or older but less than 7 month-old after birth. |
| | Additional Vaccination | Once | After more than 60 days of the 3rd vaccination, an additional vaccination is required at the age of 12 month-old or older but less than 15 month-old after birth. | |
| BCG (Bacille de Calmette et Guérin) Vaccine | Once | | It should be done before 1 year old. | |
| DPT-IPV (Diphtheria, Pertussis, Tetanus and Inactivated Polio) Vaccine | Period 1 Initial Vaccination | 3 times | Vaccinations are required 3 times every 20 to 56 days. | If a total of 4 times of DPT vaccination have not completed, receive necessary DPT-IPV vaccines to cover the deficiency. |
| | Period 1 Additional Vaccination | Once | In the period between 1 and 1.5 year after the 3rd time of initial vaccination is completed. | |
| Chickenpox | Twice | After 6 months to 12 months of the 1st vaccination, the 2nd vaccination is required. | At the age of 12 month-old or older but less than 36 month-old after birth | |
| MR (Measles and Rubella) Vaccine | Period 1 | Once | At the age of 12 month-old or older but less than 24 month-old after birth | Informed to the individual at the time of vaccination |
| | Period 2 | Once | No later than March 31, 2020 Children born between April 2, 2013 and April 1, 2014 | |
| Japanese Encephalitis Vaccine | Period 1 Initial Vaccination | Twice | After 6 to 28 days of the 1st vaccination, the 2nd vaccination is required. | Those who were born on April 1, 2007 or earlier can receive the vaccine in Period 1 and 2. But it should be done no later than the day before the birthday of 20 year-old. |
| | Period 1 Additional Vaccination | Once | After approximately 1 year of the 2nd vaccination above, the additional vaccination is required. | |
| | Period 2 | Once | After additional vaccination of Period 1 is completed | |
| HPV (Human Papillomavirus) Vaccine | 3 times | Following the rule regarding each vaccine's interval, the same type of vaccine must be received through 3 times. | Females who are the 6th grader of elementary school through the 1st grader of high school | Currently, it is not actively encouraged. Check the latest information through such as City Official Website. |
| DT (Diphtheria and Tetanus): Period 2 | Once | | 11 year-old or older but it should be done no later than the day before the birthday of 13 year-old | Informed to the individual when the vaccination period is close. A medical check sheet for the vaccination is distributed if necessary. |

| にゅうよう しけんこうしん さ 乳 幼児健康診査 Medical Examination for Infants | | | | | |
|---|-------------------|------------------|---|------------------|-------------------|
| げつじ げつじけんこうしん さ 4か月児・10か月児健康診査 4 month / 10 month-old infants | | | | | |
| <ul style="list-style-type: none"> Who needs the medical examination? : Infants of 4 month-old through 5 month-old and infants of 10 month-old through 11 month-old Where to go for medical examination: Contact Municipal Health Center How to be informed: Around 2 month-old after birth, the medical examination sheet for infants will be sent together with the one for vaccinations *Contact Municipal Health Center in case of not being informed. | | | | | |
| さい げつじけんこうしん さ 1歳6か月児健康診査 1 year 6 month (18 month)-old infants | | | さい しけんこうしん さ 3歳児健康診査 3 year-old infants | | |
| <ul style="list-style-type: none"> Where to go for medical examination: Municipal Health Center What time? : 1:15 pm – 2:15 pm * It will be informed to the individual in the previous month of medical examination. Contact Municipal Health Center in case of not being informed. | | | | | |
| Examination Date | Infant's Birthday | Examination Date | Infant's Birthday | Examination Date | Infant's Birthday |
| April, 2019 | 12, 19, 23 | September, 2017 | April, 2019 | 16, 22, 26 | December, 2015 |
| May | 10, 21, 27 | October | May | 13, 24, 28 | January, 2016 |
| June | 3, 11, 28 | November | June | 4, 14, 24 | February |
| July | 2, 8, 26 | December | July | 5, 23, 29 | March |
| August | 2, 6, 19 | January, 2018 | August | 9, 20, 26 | April |
| September | 9, 17, 27 | February | September | 2, 13, 24 | May |
| October | 4, 8, 21 | March | October | 7, 15, 25 | June |
| November | 15, 19, 25 | April | November | 8, 12, 18 | July |
| December | 2, 13, 17 | May | December | 3, 9, 20 | August |
| January, 2020 | 10, 20, 28 | June | January, 2020 | 7, 17, 27 | September |
| February | 4, 10, 21 | July | February | 3, 14, 18 | October |
| March | 2, 6, 10 | August | March | 3, 9, 13 | November |

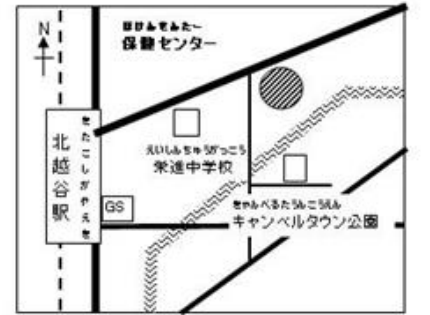


* To the children having problem with speaking or development, the specialists such as a health nurse, occupational therapist, childcare person, speech therapist, clinical psychologist and medical doctor will give advice. For detail, contact Municipal Health Center.

| よぼうせつしゅ う ちゅういじこう 予防接種を受けるときの注意事項 Precautions for Receiving Vaccinations | |
|--|--|
| Items to Bring: Mother and Child Health Handbook (BOSHI KENKO TECHO), a medical check sheet for vaccinations | |
| 1. In case that the residency is not registered in Koshigaya City on the day of vaccination, (or in case of moving to another municipality on the day of vaccination,) the vaccination cost is not publicly subsidized. | |
| 2. Read the booklet "Vaccination & Child Health"; check the efficacy and the side reaction of the vaccination. | |
| 3. For receiving vaccinations, choose the day when the child is in good physical condition. Vaccinations are not permitted when the child has a fever of 37.5 degree or more. | |
| 4. As for a child who has been affected by a certain disease (congenital abnormality, cardiac, kidney, liver, cerebral nerve, immunodeficiency, or other diseases), and sees a doctor regularly, for receiving a vaccination at other medical institutions than his/her primary care doctor, the medical certificate or the doctor's opinion brief are required. | |
| 5. For the vaccine which needs plural times of vaccination, keep the interval between one vaccination and another; otherwise, the efficacy might not be derived enough. Note that some cases might be ineligible for public subsidy. | |

こしがやしりつほけん
越谷市立保健センター
How to get to Municipal Health Center

- Location: 1-12-1 Higashi-Osawa, Koshigaya City 343-0022
- Hours Open: Monday to Friday (excluding holidays and year-end & New Year) 8:30 am to 5:15 pm
- Access:
 - 【Train】 A 15-minute walk from Kita-Koshigaya Station east exit
 - 【Bus】 Get on the bus "Bound for Rojin Fukushi Center", which departs from Kita-Koshigaya Station east exit. Get off at the bus stop "Hoken Center".



Visit to Parturient Woman and Newborn Baby

A midwife or a health nurse visits a pregnant woman or a newborn baby & mother to measure a baby's height and weight and give advice on breast milk, child-rearing, etc. Information on municipal services is also provided. (Free for only once.)

Who? Babies younger than 4 months old and all of their mothers

How to apply Fill out in advance a **birth notification card (green color and postcard size)** in a supplementary booklet handed out with a "mother and child health handbook". Submit the card to **Child-Rearing Support Section of City Office, Northern Branch Office, or Southern Branch Office when applying for registration of the eligibility to receive Child Medical Expense Subsidy.**

*As for those who are staying in their hometown, this visitation is available after coming home if it is within the period. Fill out in advance a birth notification card and send it as simple registered mail to Citizen's Health Promotion Section. Inform Citizen's Health Promotion Section when asking for this visitation service in the hometown.

*As for a pregnant woman, a health nurse will visit. Contact Citizen's Health Promotion Section (Municipal Health Center) for more information.