

Health Checkup and Cancer Screening Information

Health Checkup

Eligible: 16 years and older

Cost Free

See page

3

for details

Cancer Screening

Eligible: Shinjuku residents

Cost

Charges apply
(with exemption system)

See page

5

for details

Hepatitis Virus Screening

Eligible: For Shinjuku residents who are 40
years or older and have never had a
medical examination in the past

Cost

Free

See page

9

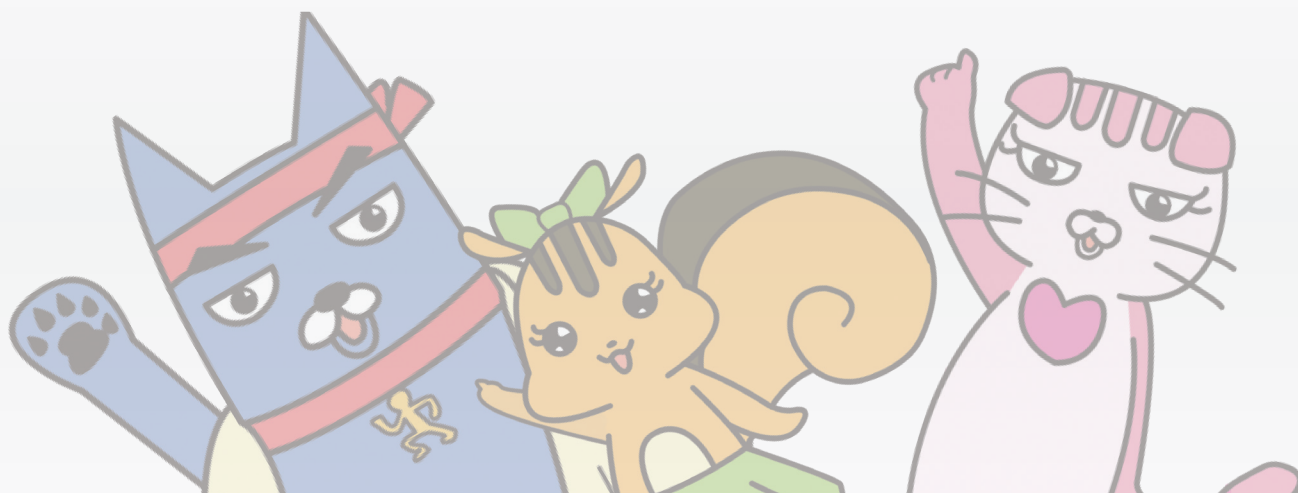
for details

List of Medical Institutions

See page

11

for details



Medical Examination Procedure

STEP

1

Check that you have the
medical examination
voucher with you*

Request a voucher if you do not
have one

➡ See back cover for information
on how to request it

STEP

2

Contact a designated
medical institution directly
and make an appointment

Designated medical institutions
are listed on page 11 to 22

STEP

3

Take a medical
examination

Be sure to take the
medical examination
voucher with you

*Individuals and family members who are exempt from paying the special ward inhabitants tax can apply in advance for exemption of cancer screening costs. (See page 8 for details about this exemption system).

健康診査・がん検診の外国語版案内(英語・中国語・韓国語)があります。健康づくり課健診係 ☎03(5273)4207(日本語対応)へご連絡ください。

Contact address about the booklet on information about Health Checkup and Cancer Screening (English, Chinese, and Korean).
/Health Checkup Section, Health Promotion Division ☎03(5273)4207 (In Japanese)

提供健康検査・癌症筛查の外国語版指南小冊子(英文・中文・韓文)。/请联系健康促进课健诊系。☎03(5273)4207(日语受理)

건강진단·암 검진의 외국어판 안내책자(영어·중국어·한국어)의 청구처/건강추진과 건강검진계 ☎03(5273)4207(일본어 대응)

2023

About the Shinjuku Health Checkup and Cancer Screening

Items sent out by the city office have changed this year

“Medical examination vouchers” (see the sample below) required to take the health checkup and cancer screening will be sent out from 2023.

All medical examination vouchers that can be used to take medical examinations during the year are now provided on a single sheet.

Please take the **sheet attached with** the medical examination vouchers with you when visiting a medical institution.

There is no change to such as the eligibility conditions, method for requesting additional medical examination vouchers, and the copayment exemption procedure for cancer screening.

Please contact the Health Checkup Section if you have any questions.



<Contact information>

Health Checkup Section, Health Promotion Division,
Health Department, Shinjuku
Telephone: 03 (5273) 4207
FAX: 03 (5273) 3930

We will provide information on the city office website and through public relations according to the status of infectious diseases and such matters.

Please read the content of these notifications before taking a medical examination.

In addition, when taking your medical examination, please cooperate with the infectious disease prevention measures implemented by each medical institution.

The medical examination period lasts until March 31, 2024 (January 31, 2024 for gastroscopy) so be sure to take your medical examination before the period ends.

Procedure to Take a Health (Medical) Checkup

STEP

1

Check your medical examination vouchers.

After checking each medical examination voucher and reading through the “Health Checkup and Cancer Screening Information”, please **request additional** medical examination vouchers if you are missing any.

* Use the following method to order additional vouchers.

• Telephone 03-5273-4207

• FAX 03-5273-3930

• E-application

• Contact counter

For more information, please see the Health Checkup and Cancer Screening Information (on the back cover).

An exemption system for cancer screening costs is available!

Individuals and family members who are exempt from paying the special ward inhabitants tax can apply in advance for exemption of cancer screening costs.

If you wish to apply for exemption to these costs, you must apply **before taking your medical examination**.

*People who are currently receiving welfare assistance do not need to apply. (See page 8 for details)

STEP

2

Select a medical institution and then make an appointment.

Please select a medical institution from the list on page 11 to 22 and then make an appointment.

STEP

3

Take a medical examination.

*You must take your **medical examination voucher** with you on the day of the examination.

Please **do not peel off** the medical examination voucher **from the sheet**.

Take the sheet with you to the medical institution.

Also take your health insurance card with you.

Health Checkup **Free**

Can be taken **ONCE** a year.

A medical certificate will not be issued.

Participating institutions	Eligible persons (Shinjuku residents)		Medical examination period	
A list of medical institutions is shown on page 11 to 22.	16 to 39 years old	<ul style="list-style-type: none"> People who are unable to take a medical examination at their school or place of employment, etc. 	From June 1, 2023	Until March 31, 2024
	40 to 74 years old	<ul style="list-style-type: none"> People who are covered by the Shinjuku National Health Insurance People who are currently receiving welfare assistance 		
	75 years or older	<ul style="list-style-type: none"> People who are covered by the Tokyo Medical Care System for the Advanced Elderly (includes members who are 65 years or older) People who are currently receiving welfare assistance 	From May 1, 2023	

(The age is taken as the person's age at their birthday on or before March 31, 2024)

Examination items

Required testing	Questionnaire
	Body measurements
	Physical examination
	Blood pressure measurement
	Urine test
	Blood test
Additional testing	Thoracic X-ray examination*
	<ul style="list-style-type: none"> Essential for the early detection of tuberculosis and other illnesses in people who are 65 years or older People who are 16 to 64 years old must request this
	Electrocardiography (Conducted based on the decision of a physician)
	Fundus examination (40 years or older, conducted based on the decision of a physician)

*For people who are 80 years or older

Approximately 40% of patients who newly contracted tuberculosis in 2021 were 80 years or older.

It is important to take this test once a year.

What kind of diseases can be detected?

More than **20** signs of disease can be detected by simply taking a few tests.

In addition to the diseases shown below, testing may lead to discovering a variety of diseases.

Blood lipids

Disease signs

- Dyslipidemia
- Arteriosclerosis
- Hypothyroidism
- Fatty liver

Test details

LDL cholesterol
HDL cholesterol
Triglycerides

Blood pressure

Disease signs

- High blood pressure
- Arteriosclerosis

Test details

Systolic and diastolic blood pressure

Blood sugar

Disease signs

- Diabetes
- Chronic pancreatitis
- Diabetic nephropathy

Test details

Fasting blood sugar
HbA1c

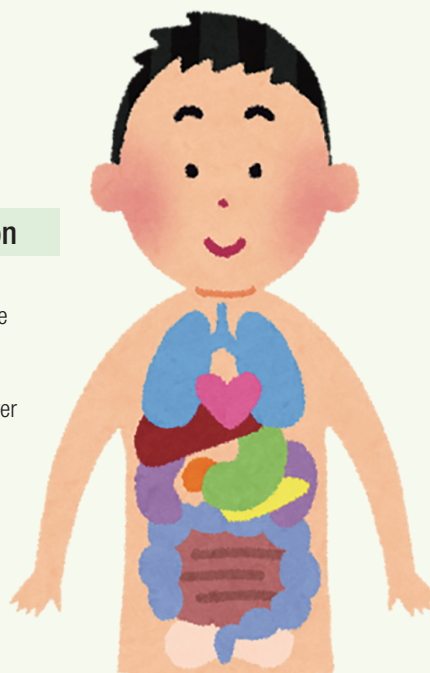
Liver function

Disease signs

- Alcoholic liver disease
- Obstructive jaundice
- Cholelithiasis
- Hepatitis
- Fatty liver
- Myocardial infarction
- Polymyositis
- Liver cirrhosis
- Liver cancer

Test details

γ -GT (γ -GTP)
AST (GOT), ALT (GPT)



Kidney function

Disease signs

- Glomerulonephritis
- Diabetic nephropathy
- Nephrotic syndrome

Test details

Urine protein
eGFR

Blood test details

Total protein, albumin, AST (GOT), ALT (GPT), ALP, γ -GT (γ -GTP), urea nitrogen, creatinine, eGFR, uric acid, total cholesterol, triglycerides, HDL cholesterol, LDL cholesterol, Non-HDL cholesterol, blood sugar, HbA1c (NGSP value), white blood cell count, red blood cell count, hematocrit value, hemoglobin content, platelet count

Notes Before Health Checkup

- ☑ **Do not eat anything during the 10 hours before the checkup**



Do not eat or drink anything other than water during the 10 hours before the checkup to ensure accurate blood test results. For more information, please follow the instruction given by the medical institution where you will take the medical examination.

- ☑ **Taking oral medication**



If you are taking any medication, please consult the attending physician about how you should take the medicine on the day of the checkup. Also, for questions 1 to 3 of the questionnaire, please fill in whether or not you are taking medicine to treat an illness, not whether or not you are taking medicine on the day of the health checkup.

- ☑ **Drinking alcohol and strenuous exercise the day before**



Please do not consume alcohol or take part in strenuous exercise the day before the checkup.

- ☑ **Clothing**



The checkup includes tests such as measuring around your abdomen and electrocardiography so wear loose fitting clothes for the checkup.

- ☑ **Insurance card**



You will need to verify your address and that you are insured so please bring your health insurance card on the day of the checkup (people who are currently receiving welfare assistance do not need to do this).

Health Checkup Q&A

- Q.** I'm busy and can't get time off work so what should I do?



- A.** Busier people tend to be more prone to lifestyle diseases. A health checkup is necessary to ensure that you can lead a healthy lifestyle. Some medical institutions are also open on Sundays. See page 11 for medical institutions that are open on Sundays.

- Q.** How much does it cost?



- A.** Shinjuku will pay the full amount of the health checkup cost.

The normal health checkup cost is around 13,000 yen



Free

- Q.** I had a health checkup last year so can I skip it this year?



- A.** Lifestyle diseases can progress without the patient feeling any symptoms. It is important to check for any changes in your health by taking a medical examination once a year, even if there were no problems in your results last year.

- Q.** I'm receiving treatment at a hospital right now. Can I skip the checkup this year?



- A.** People who are visiting a hospital to receive regular treatment are also eligible for the health checkup. The health checkup has a different purpose to the tests conducted for "medical treatment" at a hospital. Therefore, people who are visiting a hospital to receive regular treatment should consult the attending physician and then take the health checkup.

Health checkups for people and their dependents who are between the age of 40 to 74 and are covered by a health insurance other than the Shinjuku National Health Insurance (such as the Health Insurance Association, Mutual Aid Association, Japan Health Insurance Association and National Health Insurance Society) are conducted by each medical care insurer. For more information, please contact your medical care insurer.

In addition, people between the age of 40 to 74 who have switched over from Shinjuku National Health Insurance to social insurance on the date of the checkup are unable to take the health checkup.

The health checkup sheet will be inspected and viewed by an agency and it will be submitted to the government anonymously for performance reporting purposes. Furthermore, any results from the health checkup will be registered as digital data and appropriately managed based on the Personal Information Protection Act for use in maintaining and promoting everyone's health as well as for statistical purposes.

Cancer Screening

You can take this examination regardless of the type of health insurance that you are covered by.
It is important to continue to undergo cancer screening for the early detection and early treatment of cancer.

Participating institutions	Medical examination period		
A list of medical institutions is shown on page 11 to 22.	74 years or younger	From June 1, 2023	Until March 31, 2024 *Note that this is until <u>January 31, 2024</u> for gastroscopy
	75 years or older	From May 1, 2023	

Types of cancer screening		Copayment amount	Eligible persons (Shinjuku residents)	Frequency	
Stomach cancer	Gastroscopy (stomach endoscope) Until January 31, 2024	2,000 yen	50 years or older *(1) The city's stomach cancer screening (gastroscopy and gastrointestinal X-ray examination) is not available the year after the city's gastroscopy is taken by residents (2) Gastrointestinal X-ray examinations can also be taken by people aged between 40 to 49	Once every 2 years *Can be take every year when continuing to undergo gastrointestinal X-ray examination	
	Gastrointestinal X-ray examination (barium)	1,900 yen			
Colorectal cancer (fecal occult blood test)		600 yen	40 years or older	Once a year	
Lung cancer	Thoracic X-ray examination	900 yen	40 years or older	Once a year	
	Thoracic X-ray examination and sputum cytology	1,200 yen	People who are 50 years or older with a high smoking index		
Cervical cancer (cervical cytology)		900 yen	Women of 20 years or older of an even-numbered age *Women who are of an odd-numbered age and did not undergo the examination last year can take this examination	Once every 2 years	
Breast cancer (mammography)		800 yen	Women of 40 years or older of an even-numbered age *Women who are of an odd-numbered age and did not undergo the examination last year can take this examination	Once every 2 years	
Prostate cancer (PSA test) * This differs to the five cancer screening categories shown above. It is an examination that lies outside the national guidelines as cancer screening conducted by the local government.		200 yen	Men of 50 years or older	Once a year	

*The age is taken as the person's age at their birthday on or before March 31, 2024



- You can take this examination at **approximately 10% of the amount** it would cost to take the examination at your own expense.
- An **exemption system for copayment of cancer screening** is available for individuals and family members who are **exempt from paying the special ward inhabitants tax**. For more information, please see “Cancer screening Q&A” on page 8.
- Be sure to take your **medical examination voucher and health insurance card** with you.
- You will be notified of the results of the cancer screening by the medical institutions within about 4 weeks. After the cancer screening, please visit the medical institution to receive an explanation about the results at the instructed date and time (you may receive your results in the mail depending on the medical institution).

Cancer screening details and notes	About subjective symptoms
<ul style="list-style-type: none"> An endoscopic camera is inserted through your mouth or nose to inspect the inside of your stomach. If a tissue sample is taken during the test, this procedure will incur an additional cost since this is regarded as insured medical care. An additional cost will also be incurred if a test for infectious diseases is conducted or any additional medicine is used during the screening process. Listen to the physician's explanation before the examination and then sign your name in the agreement section. Dietary restrictions apply from the day before the examination. For more information, please follow the instruction given by the medical institution where you will take the medical examination. 	<ul style="list-style-type: none"> If you have any subjective symptoms, instead of undergoing cancer screening, visit a medical institution to take a medical examination immediately. If you are currently undergoing treatment for an illness or have a pre-existing condition, please consult the medical institution.
<ul style="list-style-type: none"> You will drink a barium solution and then pictures of your stomach will be taken using x-rays. Dietary restrictions apply from the day before the examination. For more information, please follow the instruction given by the medical institution where you will take the medical examination. 	
<ul style="list-style-type: none"> This is a test to detect blood in a stool sample. You will collect 2-days worth of stool samples at home before the examination. The medical institution will send you a testing kit. 	
<ul style="list-style-type: none"> Pictures of your chest will be taken using x-rays from both the front and back. 	
<ul style="list-style-type: none"> Pictures of your chest will be taken using x-rays from both the front and back. Additionally, a sputum cytology is conducted for people with a smoking index [average number of cigarettes smoked per day x number of years smoking] of 600 or higher (including past smoking). 	
<ul style="list-style-type: none"> A visual and internal examination is conducted, and cells are collected using a dedicated tool. *Take this test after your menstrual period has ended. 	
<ul style="list-style-type: none"> A machine referred to as a mammography is used to compress the breast between two firm surfaces and then an x-ray captures images. Women of 40 to 49 years old: Images taken from 2 directions / Women of 50 years or older: Images taken from 1 direction *Women who have breast fed within the last 6 months should contact the medical institution and inquire in advance whether they can be screened or not. *If any of the following (1) to (5) applies, you cannot undergo breast cancer screening. (1) If you have been fitted with a medical device such as a cardiac pacemaker, CV port or V-P shunt (2) If you have had breast augmentation surgery (3) If you are currently breastfeeding (4) If you are currently pregnant or there is a possibility that you are pregnant (5) If the physician decides that a mammography test is not appropriate 	
<ul style="list-style-type: none"> Blood is collected to measure PSA, which is a tumor marker for prostate cancer. Examination method People eligible for the health checkup→Taken at the same time as the health checkup. There is need to request a medical examination voucher. When taking the health checkup, please inform the medical institution that you also “wish undergo prostate cancer screen”. Note that people who have applied for copayment exemption or people who are currently receiving welfare assistance must apply for this test separately in advance. In addition, people who are eligible for the health checkup cannot undergo prostate cancer screening on its own. People not eligible for the health checkup→Must request a medical examination voucher. Please telephone the Health Checkup Section, Health Promotion Division on ☎ 03(5273)4207 to request a medical examination voucher. 	

*Any results from the cancer screening and detailed examination will be registered as digital data and appropriately managed based on the Personal Information Protection Act for use in statistics to promote everyone's health as well as improve the quality of medical examinations.

*Screening is conducted through cooperation between the local government and each medical institution. Results from detailed examinations will be shared with the relevant institutions.

*If an illness is discovered that requires treatment, it is regarded as insured medical care.

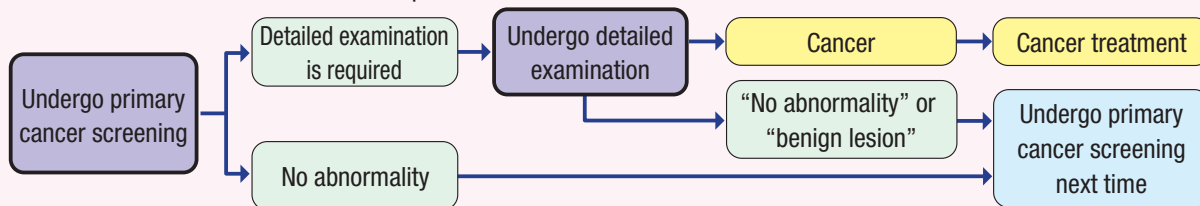
Cancer Screening

What you need to know

Currently, cancer is the leading cause of death among Shinjuku residents. Cancer that can be detected and treated early on has increased due to the progress made in the diagnosis and treatment of cancer. Cancer screening has both advantages and disadvantages. However, conducting proper screening using correct procedures can reduce death due to cancer.

1 Cancer Screening Procedure

Cancer screening involves examining whether “detailed examination is required” or whether there are any “abnormalities”. If a “detailed examination is required”, the patient will undergo a “detailed examination”. Cancer screening refers to all processes performed until it can be established that the patient “has cancer” or “does not have cancer”.



2 Detailed Examination Method

Types of cancer screening	Main detailed examination methods
Stomach cancer	●Gastroscopy
Colorectal cancer	●Total colonoscopy ●Sigmoidoscopy combined with a barium enema examination
Lung cancer	●CT scan ●Bronchoscopy
Cervical cancer	●Biopsy during colposcopy and cytology combined with HPV testing
Breast cancer	●Additional mammography images ●Ultrasound examination ●Fine needle aspiration biopsy and needle biopsy

3 Cancer Screening Advantages and Disadvantages

Correctly understand the advantages and disadvantages to acquire proper knowledge before undergoing cancer screening.

Advantages

(1) Provides early detection and early treatment of cancer to save your life

The most significant advantage of cancer screening is that it can detect cancer during the early stages and save your life.

(2) Simplifies cancer treatment

Cancer screening is for “healthy people who have no symptoms when they undergo the screening”. Therefore, screening enables cancer to be easily discovered at the “early stages” and almost all early-stage cancers are curable. Moreover, the treatment is less stressful on the body.

(3) Peace of mind knowing that there are “no abnormalities”

Receiving cancer screening results that show “no abnormalities” can provide peace of mind to a patient.

Disadvantages

(1) Cancer screening does not necessarily discover 100% of the time (false negative)

No matter how good the test is, accuracy is not 100%. If the cancer is too small, located in a hard to find place, or has a shape that is difficult to see, the cancer may be missed even during an examination. When a cancer is missed it is referred to as a “false negative”, and is different depending on the type of cancer and accuracy of the test or examination.

(2) Results in unnecessary treatment and testing (overdiagnosis and false positive)

Some cancers discovered during screening are microscopic and may not become advanced cancer later on. Treatment in such cases may not be actually necessary, and this is referred to as “overdiagnosis”. Furthermore, if a “suspected cancer” has been determined during cancer screening, it is necessary to always undergo a detailed examination. However, there are many cases in which the results of the detailed examination show that “it was not cancerous”. This is referred to as a “false positive”. Such false positive results are too some extent unavoidable.

(3) Medical examinations and test can cause procedural accidents

In rare instances, accidents and such may occur when a patient undergoes testing as part of an examination. This is referred to as “procedural accidents”. Such accidents have a low probability of occurring but it is impossible to have zero chance of procedural accidents no matter how carefully the test or examination is conducted.

(4) The psychological effect of screening

When undergoing cancer screening, it will cause psychological stress to some people. When a patient receives a result of a “suspected cancer” during screening, they must undergo a detailed examination. However, they will experience a significant amount of psychological stress while waiting for the results of the test.

The 5 Types of Cancer Screening Recommended by the Government

Scientific methods have verified that there is reduced mortality from cancer, and the government has established cancer screening since the advantages of screening outweigh the disadvantages. The following 5 types of cancer screening are recommended by the government.

Stomach cancer

Many people are affected by this cancer in their 50s and older. This is one of the leading cause of death from cancer.

Colorectal cancer

There is an increase in the number of people affected by this cancer. This is one of the leading cause of death from cancer.

Lung cancer

This is one of the leading cause of death from cancer. Smoking is the biggest cause of lung cancer. However, there is also a high risk among people who do not smoke cigarettes due to passive smoking.

Cervical cancer

A relatively high number of women are affected by this type of cancer. There has been an increase in recent years among women particularly in their 20s to 40s.

Breast cancer

Many women are affected by this type of cancer. This is one of the leading cause of death from cancer.

Cancer Screening Q&A

Q. Is there an exemption system for copayment of cancer screening?



A. The following people are exempt from copayment.

(1) Individuals and family members who are exempt from paying the special ward inhabitants tax (all members of the household must be tax-exempt)

→ You must apply for this in advance at the city office contact counter. Exemptions cannot be given (in the form of refunds) after you have taken the examination.

Before taking the examination, fill in the required information in the “About exemption of copayment for Shinjuku cancer screening, etc. (Exemption Confirmation Agreement)” section of your medical examination voucher, and then submit it to the Health Checkup Section, Health Promotion Division or your local public health center contact counter.

(2) People who are receiving support benefits for remaining Japanese in China and welfare assistance

→ There is need to apply for exemption. “Exempt” is already printed in the “Copayment amount” section of the medical examination voucher.

If a monetary amount is listed in the “Copayment amount” section of the medical examination voucher, please contact the Health Checkup Section, Health Promotion Division (☎03-5273-4207).

Q. Up to what date can I take the gastroscopy examination?



A. Until January 31, 2024.

You can take the gastroscopy examination if you are 50 years or older and did not take a gastroscopy examination last year. It may not be possible to make an appointment near the end of the examination period. Please make an appointment as early as possible.

Q. Can I have a breast ultrasound or colonoscopy during my Shinjuku checkup?



A. This is not possible.

As a general rule, Shinjuku conducts cancer screening recommended by the government. If you wish to have an examination not conducted by the city such as a breast ultrasound or colonoscopy, please take these tests at your own expense.

Hepatitis Virus Screening

Free

*You can undergo this screening only once while living in Shinjuku. A blood test (blood is drawn) is performed for this test.

Participating institutions	Eligible persons (Shinjuku residents)		Medical examination period	
A list of medical institutions is shown on page 11 to 22.	40 to 74 years old	City residents who are 40 years or older and have never had a hepatitis virus screening examination in the past	From June 1, 2023	Until March 31, 2024
	75 years or older		From May 1, 2023	

(The age is taken as the person's age at their birthday on or before March 31, 2024)

Purpose

Hepatitis virus screening provides you with an awareness of whether you have contracted the hepatitis B or hepatitis C virus. Screening is done for the purpose of receiving medical treatment as required to prevent health problems due to hepatitis and either reduce or delay the progress of its symptoms.

Procedure Until Taking the Test

People eligible for the health checkup
(Please see eligible persons on page 3)

*Hepatitis virus screening cannot be taken on its own.

Check that you have medical examination vouchers for the health checkup and the hepatitis virus screening. Select a medical institution from the list on page 11 to 22, and then make an appointment to take the health checkup and hepatitis virus screening.

Take the medical examination vouchers for the health checkup and the hepatitis virus screening with you, and take the virus screening test at the same time as the health checkup.

People who are not eligible for the health checkup

Check that you have a medical examination voucher for the hepatitis virus screening. Select a medical institution from the list on page 11 to 22, and then make an appointment to take the hepatitis virus screening.
*If you do not have a medical examination voucher, order it from the city office.

Take the medical examination voucher for the hepatitis virus screening with you, and take the virus screening test.

*Any results from the hepatitis virus screening test will be registered as digital data and appropriately managed based on the Personal Information Protection Act for use in maintaining and promoting everyone's health as well as for statistical purposes.

People who are between the age of 40 to 74 and are covered by the Shinjuku National Health Insurance

For people taking a complete medical checkup or the employee health checkup^{*1}
~ Please submit the results of your health checkup ~



When you have submitted your results from a complete medical checkup, the employee health checkup or similar medical examination that covers all of the required items, you are regarded as having taken a Shinjuku specific health checkup, and if eligible, you will be able to receive free health assistance such as health guidance. Please contact us for more information about the submission method and what items are required.

Eligibility

》 People who are between the age of 40 to 74 and are covered by the Shinjuku National Health Insurance, and have not taken the Shinjuku specific health checkup but have instead taken a complete medical checkup or employee health checkup.

Contact information

》 Supervisor for receiving complete medical checkup results, etc., Health Checkup Section, Health Promotion Division, Health Department, Shinjuku
TEL : 03 (5273) 4207 FAX : 03 (5273) 3930

*1 The employee health checkup is implemented by employers to check the health of their employees based on the Industrial Safety and Health Act.

Any submitted results from a complete medical checkup or employee health checkup will be registered as digital data and appropriately managed based on the Personal Information Protection Act for use in maintaining and promoting everyone's health as well as for statistical purposes.

Health Guidance, etc. ~ For people who have taken the health checkup ~

If your health checkup results **correspond to 1 to 3 below**, about 2 months after you took the health checkup **you will receive information in one of the following envelopes (see samples)**.

For more information, please read through the pamphlet.

1 Specific Health Guidance & Non-Obese Health Guidance

Appointment required / Free

People who are between 40 to 74 years old and are covered by the Shinjuku National Health Insurance and have a high risk of lifestyle diseases based on the results of their health checkup are provided with assistance to improve their lifestyle from specialists (such as registered dietitians, public health nurses and doctors).

Details

Assistance by phone or interviews (for 3 months)



Participating institutions & interview location

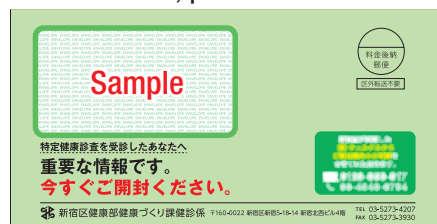
■ Specific health guidance

Private contractor (venue: each public health center)
or
Medical institutions conducting specific health guidance

*See page 24 for a list of medical institutions.

■ Non-obese health guidance

Private contractor (venue: each public health center)



Specific health guidance



Non-obese health guidance

2 Recommendation to Be Examined at a Medical Institution

Information is sent to people whose test results recommend that they be examined at a medical institution. Be sure to take an examination at a medical institution as soon as possible.



3 Health Consultation

Appointment required / Free

Specialists (such as public health nurses, registered dietitians and dental hygienists) provide private consultations concerning health such as lifestyle diseases, periodontal disease, osteoporosis, women's health, and quitting smoking.

Participating location

- Ushigome Public Health Center
- Yotsuya Public Health Center
- Higashi-Shinjuku Public Health Center
- Ochiai Public Health Center



Health checkup results are a record of your health at the point you took the health checkup. Read through the "Guide to Using the Health Checkup Results" to understand your health condition, and use the information provided to make decisions concerning your future lifestyle.

Be sure to take the health checkup every year to remain healthy for as long as possible.



Other Information

(Dental Health Checkup)

Dental Health Checkup & Advanced Elderly Dental Health Checkup

All residents who are 16 years or older and live in the city can take the health checkup once a year. Please contact us using the phone number shown below if you do not have a dental health checkup card or an advanced elderly dental health checkup card.

If you are a person who requires nursing care and find it difficult to come to the hospital, a visitation service is available to perform the dental health checkup.

[Dental Health Checkup] *16 to 19 year olds are now also eligible from 2023.

Dental examination period	From June 1, 2023 to December 28, 2023
Eligible persons	Residents between the age of 16 to 75 (can be taken every year)
Participating institutions	Designated dental clinics located in the city
Cost	400 yen (Cost exemption is available. Contact us using the phone number shown below for more information)
Details	Questionnaire and oral examination (checking such as the teeth, gums and oral hygiene), as well as advice



[Advanced Elderly Dental Health Checkup]

Dental examination period	From June 1, 2023 to December 28, 2023
Eligible persons	Residents who are 76 years or older (can be taken every year)
Participating institutions	Designated dental clinics located in the city
Cost	Exempt
Details	Questionnaire and oral examination (checking such as the teeth, gums, ability to chew and swallow), as well as advice

*The age is taken as the person's age at their birthday on or before March 31, 2024

Contact information

Health Services Section, Health Promotion Division
TEL: 03 (5273) 3047 / FAX: 03 (5273) 3930

2023

Fax Sheet to Request Medical Examination Vouchers for the Health Checkup and Cancer Screening

Please use this fax sheet when requesting additional medical examination vouchers.

*Please contact the medical institution directly to apply for the health checkup and cancer screening.

Fax to:	Health Promotion Division 03 (5273) 3930
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Fill out the form below (only the thick-bordered box) and then send it by fax.

Furigana			Birthday	Meiji / Taisho / Showa / Heisei / Western calendar / / () years old	
Full name					
Address	Shinjuku				
Telephone				Gender	Male / Female
Your health insurance	<input type="checkbox"/> Medical Care System for the Advanced Elderly <input type="checkbox"/> Currently receiving welfare assistance or similar <input type="checkbox"/> Other health insurance (social insurance such as the Health Insurance Association, Mutual Aid Association or National Health Insurance Association)				
Type of Health (Medical) Checkups	Eligible persons (Shinjuku residents) <small>*The age is taken as the person's age at their birthday on or before March 31, 2024</small>				Selection
Health checkup	Please see page 3 for people who are eligible for the health checkup.				
Hepatitis virus	Please see page 9 for people who are eligible for hepatitis virus screening.				
Stomach cancer	People who are 50 years or older and did not take a gastroscopy examination last year <small>*People in their 40s can take a gastrointestinal X-ray examination.</small>				
Colorectal cancer	People who are 40 years or older				
Lung cancer	People who are 40 years or older				
Cervical cancer	Women of 20 years or older (of an even-numbered age) <small>*Women who are of an odd-numbered age and did not undergo the examination last year can also take this examination.</small>				
Breast cancer	Women of 40 years or older (of an even-numbered age) <small>*Women who are of an odd-numbered age and did not undergo the examination last year can also take this examination.</small>				
Prostate cancer	Men of 50 years or older <small>*People with another health insurance or who are currently receiving welfare assistance</small>				
Dental health checkup & Advanced elderly dental health checkup	Residents of 16 years or older (June 1 to December 28) <small>*People of 76 years or older will receive the advanced elderly dental health checkup.</small>				

Place a circle in the box of your desired health (medical) checkups.

Notes

- It will take about 1 week from the time of your request until the medical examination vouchers are sent to you.
- After receiving your fax, we will send the medical examination vouchers, etc., to your address.
- Medical examination vouchers that you are not eligible for cannot be sent.
- If you are not eligible to receive the health checkup or screening on the day of the examination, you will not be able to take the examination.
- Hepatitis virus and prostate cancer screening for people eligible for the health checkup can only be taken at the same time as the health checkup.

新宿区処理欄	
受診番号	
受診券 整理番号	231000
被保険者証等 記号番号	
ご案内	要 ・ 不要
同意書	要 ・ 不要

受付者	確認者		
	1	2	3

Preventing Depression

The society we live in can be stressful. Do you feel mentally exhausted?

It is said that about 1 in 15 people in Japan suffer from depression during their lifetime. It is an illness that can affect anyone.

When you feel mentally exhausted, various physical symptoms can occur. If you fail to notice the symptoms, it may prolong the illness. However, people can quickly recover if the illness is detected and quickly treated.

Mental Health Self-Check Sheet ●.....

Think about how you have felt over the last 2 weeks when answering these questions.

Circle "Yes" or "No".

- | | | |
|---|-----|----|
| 1. Do you lack a sense of fulfillment during your daily life? | Yes | No |
| 2. Do you no longer enjoy an activity that you once enjoyed? | Yes | No |
| 3. Do you feel that something you previously found was easy to do has now become a chore? | Yes | No |
| 4. Do you feel that you are not useful as a person? | Yes | No |
| 5. Do you feel tired for no reason? | Yes | No |

Source: "Manual for Promoting Measures Against Depression" Committee on Regional Depression Measures, Ministry of Health, Labour and Welfare of Japan

If you answered "Yes" to 2 or more questions, and this has continued for 2 weeks or more and you feel distressed and it is posing a problem in your life, we recommend that you contact a neurologist, psychiatrist or the health center as soon as possible to receive a consultation.

To Prevent Depression ●.....

1. When there are changes in your life, make sure that you get enough time to rest and relax.
2. Try to make some time for yourself each day.
3. Don't prioritize what you need to do and try too hard.
4. It is important to rely on other people at times.
5. Adopt a method of relieving stress yourself (through such things as sports, hobbies and leisure activities).

If you see any signs of possibly having depression, immediately consult a specialist and take an examination as soon as possible.

It is also important for family and friends to notice signs of depression and respond accordingly!



Providing consultation about mental health issues

If you wish to receive consultation, please contact the public health center responsible for the area where you live.

Public health centers provide consultation from **specialists in the areas of depression, mental health and addiction.**



Ushigome Public Health Center

☎ (3260) 6231

FAX (3260) 6223

Yotsuya Public Health Center

☎ (3351) 5161

FAX (3351) 5166

Higashi-Shinjuku Public Health Center

☎ (3200) 1026

FAX (3200) 1027

Ochiai Public Health Center

☎ (3952) 7161

FAX (3952) 9943



Not just the elderly !

Dementia can also affect people in the 30s to 50s as well.

Dementia is not something you can ignore just because you are young



Dementia can onset even among younger people.

Dementia that affects people under 65 years old is known as “**young-onset dementia**”.

Statistics show that the average age at which young-onset dementia occurs is “around the age of 51”.



Regardless of your age... “if you feel a little strange”, this is an important sign.

Memory impairment	<input type="checkbox"/> Repeatedly asks the same question <input type="checkbox"/> Forgets appointments and personal items	<input type="checkbox"/> Goes out to buy the same thing every day <input type="checkbox"/> Unable to take a telephone messages
Depression	<input type="checkbox"/> Dispirited <input type="checkbox"/> Reluctant to go to work	<input type="checkbox"/> Has no interest in going outside or meeting people <input type="checkbox"/> Complains about sleeplessness
Irritated and angry	<input type="checkbox"/> Often feels irritated and restless <input type="checkbox"/> Responds angrily when a mistake is pointed out to them <input type="checkbox"/> Speaks harmful words that are not true and becomes angry	
Vertigo, headache and tinnitus	<input type="checkbox"/> Often complains about feeling dizzy, has a headache or ringing in the ears <input type="checkbox"/> Often takes headache pills	
Changes in taste	<input type="checkbox"/> Has a change in their preferred food (favor sweet or strong tasting food) <input type="checkbox"/> Feels as though they have become selfish	
Speech impediment	<input type="checkbox"/> Does not understand the conversation and says that they don't understand the meaning of a word <input type="checkbox"/> Does not speak smoothly	

Source: “Support Book for Individuals and Families with Young-onset Dementia” Chuohoki

You may tend to think such as “I’m young so I’ll be fine”, “It’s just part of getting old” and “I’m healthy so I’ll never get dementia”. However, when you are concerned about any of the above symptoms, **please contact us for a consultation as soon as possible because it will allow you to detect and receive treatment before more serious symptoms develop.**

Contact the public health center for a consultation on young-onset dementia

Public health centers provide consultation from specialists in the areas of depression, mental health and addiction.

Ushigome Public Health Center

☎ (3260) 6231

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☎ (3952) 7161

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*Depending on the consultation, we may introduce you to a relevant institution.

★ **For dementia in people of 65 years or older, please contact the General Consultation Center for the Elderly.**

The General Consultation Center for the Elderly provides “consultation on dementia and forgetfulness”.

If you do not know the General Consultation Center for the Elderly responsible for the area where you live, please contact the Shinjuku City Office General Consultation Center for the Elderly ☎ (5273) 4593.

Walk to receive a gift!
Promoting health with benefits ♪
Enjoy walking to stay healthy!

Currently
seeking
participants

SHINJUKU ♥ Shinpo



Check your steps and
enjoy managing your health



Gift received by lottery!



Smartphone App or Activity Tracker

SHINJUKU ♥ Shinpo enables you to acquire points based on the number of steps taken during your daily life. If you accumulate a certain number of points within the eligibility period, you can receive a gift by lottery.

You can participate using your smartphone or a dedicated activity tracker distributed by the Health Promotion Division or your local public health center contact counter (on a first-come-first-served basis). For more information, please see the official website.

Point eligibility period

- Period 1: June 1 (Thu) to August 31 (Thu)
- Period 2: September 1 (Fri) to November 30 (Thu)
- Period 3: December 1 (Fri) to February 29 (Thu)

◆ You can also start participating in this event midway through the period.

Gift

Catalog gift of your choice
QUO 1,000 yen gift card
etc.



How to install the app

Install from either the App Store or Google Play

For iPhone



For Android



SHINJUKU ♥ Shinpo contact information

Karada Live Call Center



0570-077-122

Reception hours / Weekdays 9AM to 6PM (excluding New Year's holiday)
*Please mention "Shinjuku" for the service name.



SHINJUKU ♥ Shinpo
official website

Prevent diabetes by making improvements in your daily life!

Do any of these apply to you?

- ☒ Eating too many carbohydrates in one sitting such as noodles and rice
- ☒ Not often eating vegetables
- ☒ Irregular meal times
- ☒ Often drinking sweetened beverages
- ☒ No time to exercise
- ☒ Put on weight since your 20s

People in the prime of their working life in particular need to check this!



☒ Binge eating

➔ If any of these apply, you are at risk of developing diabetes and future vascular problems...

Occurs when thin blood vessel are damaged

● The 3 major complications of diabetes

Nephropathy ⇒ Artificial dialysis

Retinopathy ⇒ Blindness

Neuropathy ⇒ Leg amputation

Occurs when thick blood vessel are damaged

Ischemic heart disease

Stroke

⇒ Life-threatening situation



Thick

About **1 in 12 people** who are covered by the Shinjuku National Health Insurance (between 40 to 74 years old) have **diabetes** and it is a very common illness.

However! Prevention is possible with a few improvements to your lifestyle.

Advice for Preventing Diabetes

! Choose from the set meal menu when eating out!

- Single items on the menu such as rice bowls and noodles tend to be carbohydrate heavy and lack sufficient nutrition. We recommend the set meal menu, which has portions of a staple food, main dish and side dish.
- Not just sweets, but **carbohydrates are also mostly sugar** so eating too many carbohydrates in one sitting (noodles and fried rice) means you will be consuming too much sugar, which is not good for your body.

! It is best to eat your evening meal before 9PM!

- When you will return home late due to overtime, eat your evening meal at the workplace as early and whenever possible.
- When this is difficult, supplement your diet with food such as a rice ball or banana while working and then reduce the amount you eat after returning home.



! Eat an extra plate of vegetables!

- The amount of vegetables you need to eat each day is 350 grams (equal to 5 small plates).



! Move for an extra 10 minutes!

- It is important to move your body a little bit at a time in your life. Ideally you should be moving for at least 60 minutes in total per day. It is also effective to include exercise that makes you breathless and sweat for a total of 60 minutes per week.

! Drink non-sugary beverages!

- Do not underestimate sugar in beverages!
Make it a habit to replace high calorie beverages with tea or water.

3 gram stick sugar
Equivalent to about
18 sticks
500 ml of coke



3 gram stick sugar
Equivalent to about
8 sticks



- Get your blood sugar checked during a health checkup because diabetes can continue to **progress without any subjective symptoms** after its onset.
- It is important to weigh yourself and maintain an appropriate body weight!
- Periodontal disease is also adversely affected by diabetes so be sure to clean your teeth thoroughly!

Health Checkup and Cancer Screening

Medical Examination Vouchers Request and Contact Information

Telephone

Health Checkup Section, Health Promotion Division

☎03(5273)4207

Ushigome Public Health Center

☎03(3260)6231

Yotsuya Public Health Center

☎03(3351)5161

Higashi-Shinjuku Public Health Center

☎03(3200)1026

Ochiai Public Health Center

☎03(3952)7161

Monday to Friday

(excluding public holidays)

8:30~17:00

FAX

Please fill out the Fax Sheet to Request Medical Examination Vouchers for the Health Checkup and Cancer Screening on page 26 and then fax it to us.

FAX : 03(5273)3930

E-application

Tokyo e-Municipal Joint Operation Service

Search

<https://www.e-tokyo.lg.jp/top/index.html>

* Perform the search shown above or scan the 2D code on the right to apply.

* The E-application process is available from May 25, 2023.

Please contact us by telephone if you require assistance immediately.



Tokyo e-Municipal
Joint Operation Service

Contact counter

If you prefer to receive the medical examination vouchers immediately,
please come to the location shown below.

160-0022

Shinjuku Hokusei Bldg., 4F, 5-18-14, Shinjuku, Shinjuku-ku

Health Checkup Section, Health Promotion Division

Monday to Friday (excluding public holidays) 8:30~17:00

☎03 (5273) 4207

