

For those who are smoking

Do you know COPD?

COPD (obstructive lung disease) is a life-threatening disease which lung function declines and affects organs throughout the body. Initially, it has a common symptom such as shortness of breath, cough, sputum, etc. If get serious oxygen therapy is required for activity.

Smoking accounts for 90% of the causes, and it is said that one in five smokers develops the disease. To prevent COPD and prevent its progression, it is effective to quit smoking early. Why don't you take the courage to try to quit smoking?

* In Chiba City, COPD screening interviews are conducted at the time of lung cancer screening.



For Over 40 Years Old

Take a Specific health checkups every year!

This is a health checkup for the prevention of customary illness. Blood test • Urine test • Physical measurement, etc.

Specific health checkup • The health checkup is carried out by the issuer of the insurance card.

Health insurance card issuer	contact address
Chiba City National Health Insurance Wide Area Union for Medical Care for the Elderly	Health Support Division Health Examination Guidance Group (Telephone) 043-238-9926 (FAX) 043-238-9946 * We are sending a consultation ticket to the eligible people Chiba City Specific Medical Examination <input type="button" value="Search"/>
Japan Health Insurance Association Chiba Branch (Association Kenpo)	(Telephone) 043-382-8313
Other insurance cards	Please contact the publisher or workplace

Please use it as a health consultation desk

The Health Division of each ward health and welfare center carries out activities related to health promotion such as prevention of lifestyle-related diseases, cancer prevention (breast cancer self-palpation, etc.), and we are engaged in activities related to health promotion such as long-term care prevention.

• Lifestyle-related disease prevention, cancer prevention (breast cancer self-palpation, etc.), diet, oral hygiene, Classrooms and lectures on exercise, etc.

• Health counseling, nutrition counseling, dental counseling @ home visit



We will support you! Your smoking cessation

We confirm the degree of tobacco dependence, propose a successful non-smoking method through interviews and telephone calls. We also subsidize part of non-smoking outpatient cessation treatment fee if it is covered the insurance.

Chiba City Smoking Cessation Support

Let's aim for 6000 steps a day

Walking is recommended for daily health promotion! It is said that physical activity of 6,000 steps or more per day leads to the maintenance and improvement of health. Get "Chiba City Points" by achieving an average of 6000 steps per day every month!



Chiba City walking point

• Health Division, Health and Welfare Centers in each region

Name	address	Telephone	FAX
Central Health and Welfare Center Health Division	4-5-1 Central, Chuo-ku Kiboichiru 13th floor	043-221-2582	043-221-2590
Hanamigawa Health and Welfare Center Health Division	1-1 Mizuho, Hanamigawa-ku	043-275-6296	043-275-6298
Inage Health and Welfare Center Health Division	Inage Ward Hole J114-12-4	043-284-6494	043-284-6496
Wakaba Health and Welfare Center Health Division	2-19-1 Kaizuka, Wakaba-ku	043-233-8714	043-233-8198
Green Health and Welfare Center Health Division	226-1 Kamatoricho, Midori-ku	043-292-2630	043-292-1804
Mihama Health and Welfare Center Health Division	5-15-2 Masago, Mihama-ku	043-270-2221	043-270-2065

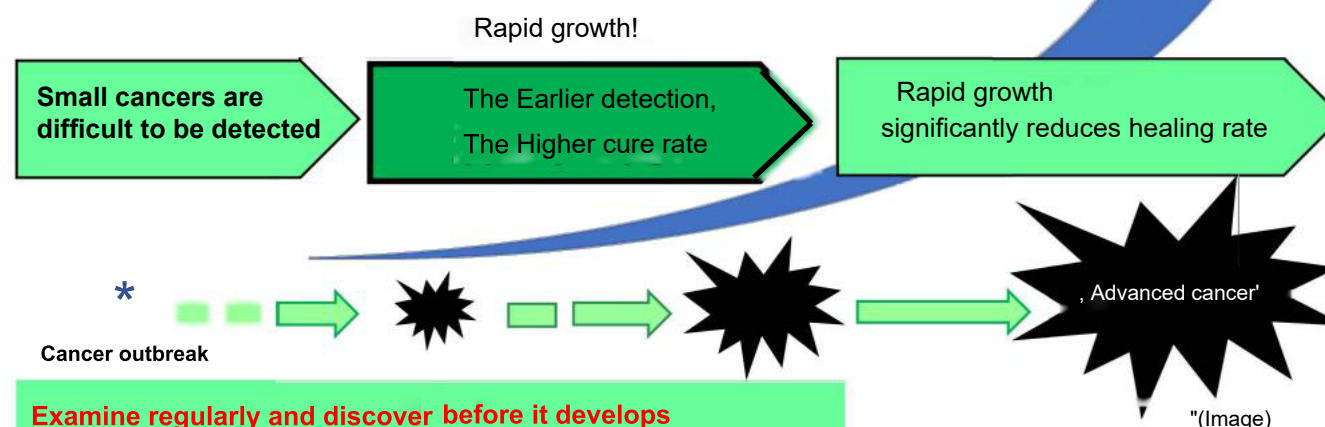
Fiscal Year 2022 Chiba City

Information on cancer screening, etc.

Examination is not "unnecessary nor nonurgent"

The period during which cancer can be detected early is short.

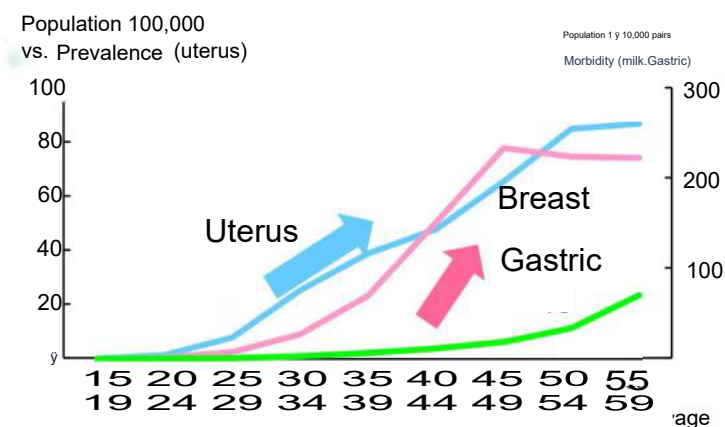
~ Growth of cancer cells ~



* The degree of progression varies depending on the type of cancer.

Women need a medical examination from their 20s

Uterine cancer • Breast cancer • Gastric cancer Prevalence by age



Uterine cancer from 25 years old Breast cancer will increase sharply from the age of 35

Foundation for Promotion of Cancer Research "From Cancer Statistics '2021"

Depending on your age, you can also have a screening / examination other than cancer screening.

Periodontal disease screening



Osteoporosis



Gastric cancer risk test



Hepatitis test

Please see the inside for detail

[Application • Inquiries] Chiba City Health and Welfare Bureau Health and Welfare Department Health Support Division Examination Group

Zip 261-8755 1-3-9 Saiwaicho, Mihama-ku, Chiba City Chiba City General Health and Medical Center

Phone 043-238-1794

FAX 043-238-9946

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Cancer screening						Other examinations															
Examination name	Eligible person	Inspection item (* All tests include interviews)	Inspection costs		Examination name	Eligible person	Inspection item (* All tests include interviews)	Inspection costs		Examination name	Eligible person	Inspection item (* All tests include interviews)	Cost of testing								
			group	Individual				group	Individual				Individual	group							
Gastric cancer	Persons over 40 yrs old (People who have not undergone gastroscopy in the previous year)	X-ray examination OR	1,100 yen [XRAY]	2,200 yen [XRAY]	Uterine cancer	Women over 20 years old * Once every two years (women who have not been examined in the previous year)	<ul style="list-style-type: none"> Cervical cytopathology Inspection Internal examination (only individual examination is conducted) 	600 yen [neck]	1,200 yen [neck]	Gastric cancer Risk inspection (Pili bacteria test)	Those aged 20 to 39 (Those who have not been examined in the past)	Blood test		500yen							
		Gastric endoscopy (Gastroscopy can be selected by people over 50 years old and even-numbered)		3,000 yen [Endoscope]					1,900 yen [Neck + body]												
Colorectal cancer	Over 40 yrs old	Fecal occult blood	300 yen	600 yen	Breast cancer	* Once every two years (Woman not examined in the previous year)	<ul style="list-style-type: none"> Ultrasound Physical examination (Only individual examinations are conducted when necessary) 	600 yen	1,200 yen	hepatitis	Those over 40 years old (People who have not been examined in the past)	Blood test		Free							
Lung cancer	Those over the age of 40	Chest x-ray examination	300 yen	600 yen				40s	<ul style="list-style-type: none"> Mammography 2 directions Physical examination 						750 yen	1,500 yen	osteoporosis	40-45-50-55-60-65-70 year old woman	Bone density test	Free (At the mass screening site for lung cancer)	1,000 yen
		Sputum cytopathology test (who are over 50 years old and deemed necessary by interview)	100 yen	400 yen											Over 50 years old	<ul style="list-style-type: none"> Mammography 1 direction Physical examination (Only individual examinations are conducted when necessary) 					
Prostate cancer	Over 50 years old Men every 5 years	Blood test		1,200 yen																	

Quick reference table for age-specific examinations

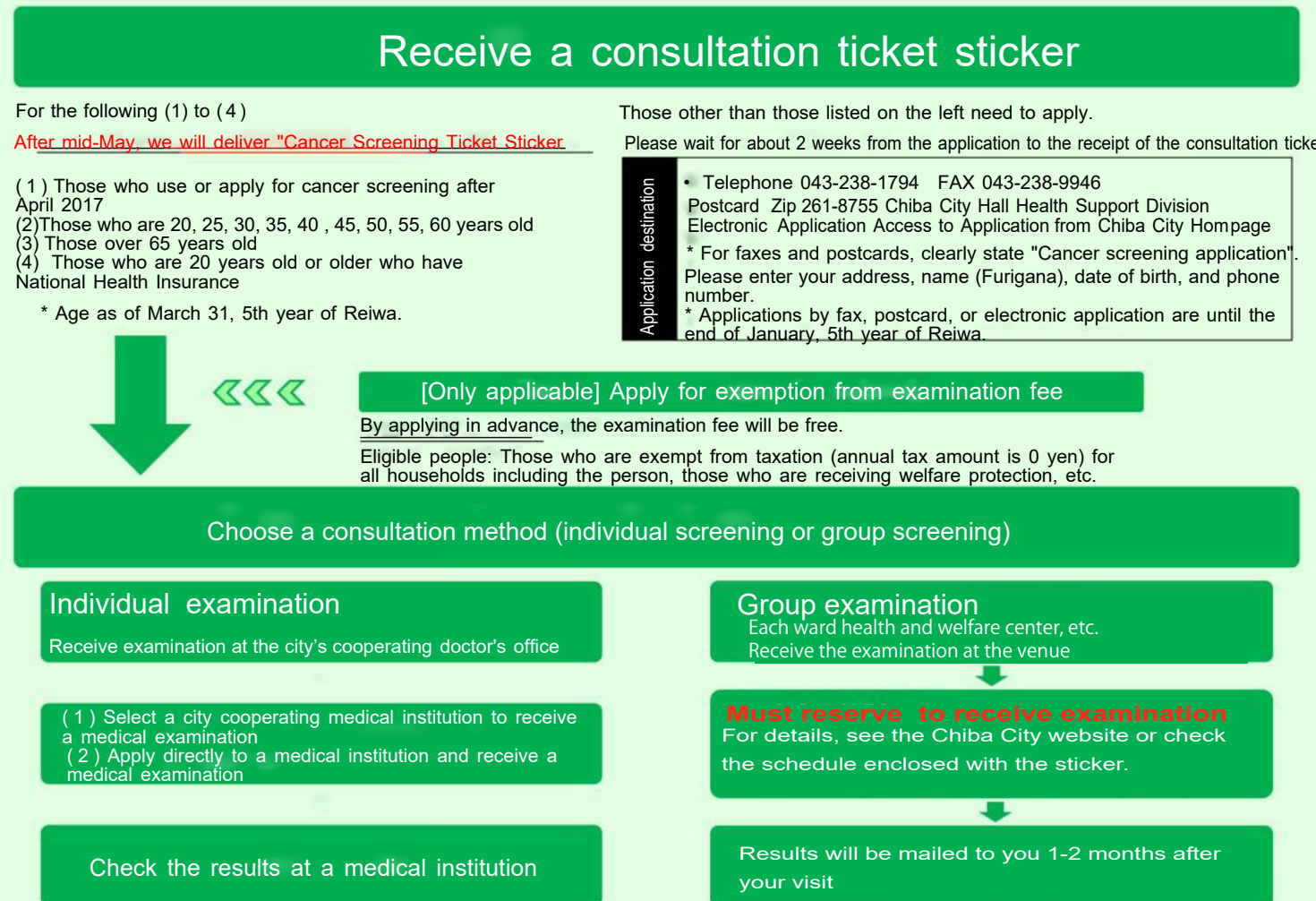
	20-29 years old	30-39 years old	40-49 years old	50 years old and over
Cancer Examination	[Uterine cancer] Women over 20 years old * Once every two years (for those who have not been examined in the previous year) * Those who have been vaccinated with the human papillomavirus (HPV) vaccine should also undergo uterine cancer screening.			
	[Breast cancer] Women over 30 years old * Once every two years (for those who have not been examined in the previous year)			
	<p>Those who have not undergone prostate cancer screening, osteoporosis screening, periodontal disease screening in the 2nd and 3rd year of Reiwa, and those who have not undergone gastroscopy in the 3rd year of Reiwa You can have the same type of examination using the examination ticket sticker at that time. (From May 11th to the end of February, 5th year of Reiwa) However, the same examination cannot be performed twice a year. If you do not have the consultation ticket sticker, please contact the Health Support Division.</p>			
	<p>[Stomach cancer] Those who are 40 years old or older (those who have not undergone gastric endoscopy in the previous year) Endoscopy can be selected by those who are over 50 years old and even-numbered . (* If you choose endoscopy, the next year's gastric cancer screening will be closed).</p> <p>[Colorectal cancer] Those over 40 years old</p> <p>[Lung cancer] Those over 40 years old</p> <p>[Prostate cancer] Men over 50 years old, every 5 years old</p>			
Other examinations	[Stomach cancer risk test] Those aged 20 to 39 (those who have not been examined in the past)			
	[Hepatitis] Those over 40 years old (those who have not been examined in the past)			
	[osteoporosis] 40 , 45, 50, 55, 60, 65, 70-year-old female			
Examinations require separate application	[Periodontal disease] 40, 45, 50, 55, 60, 65, 70 years old			
	<p>[Oral cancer screening] For those over the age of 40 2000 people (first-come-first-served basis)</p> <p>For inspection costs 500 yen</p> <p>Application period June 1st to December 23rd</p> <p>Application destination Chiba City Dental Association Tel 242-2982</p>			

Flow of examination

Examination period

Until February 28, 2023

You may not be able to receive a medical examination in the latter half of the examination period. Make a plan to see your doctor early.



* If you do not have a consultation ticket sticker, you will not be able to receive a consultation.