

2015 Special Edition on Health

Please keep on
file for one year
and



~Health Development Plan/Dietry
Education Promotion Plan~
Yunomachi Beppu 21 Character

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Holidays/Night Hours

★On-Duty Clinics

Notification available on the City Journal, Beppu City Homepage /Mobile-Site, Newspapers, etc.

★Dental Treatment on Holidays

【Hours】 Saturdays 13 : 00~16 : 30
Sundays/Holidays 9 : 00~11 : 30
13 : 00~16 : 30

【Location】 Beppu Dental Health Center (Beppu City HealthCenter)

TEL 21-5657

★Children's Night Clinics For emergencies at night.

【Hours】 19 : 00~22 : 30 (open all year around)

【For】 Infants~Junior High School Students

【Location】 Beppu City Medical Association Regional Health Center

(Beppu City Health Center)

TEL 26-4000

★Oita Medical Information "Hot-Net"



Map for Beppu Health Center

Address : 15-33 Nishi-Noguchi-machi



Beppu City Health Center (nickname: Yunomachi Kenko Park) consists of 3 organizations: Beppu City Health Promotion Division, Beppu City Medical Association Regional Health Center, Beppu Dental Treatment Health Center. It has "Children's Night Clinics" and "Holiday Dental Treatment" facilities which is

~Health Information for Beppu City can be accessed on the Beppu City homepage/mobile-site!~

Homepage : <http://www.city.beppu.oita.jp/>

Posted under the "Category Pages" in the "Medical Health/Nursing/Welfare"

Mobile-Site : <http://www.city.beppu.oita.jp/99mobile/>

Posted under the "Health/Child Rearing Programs" section



QR CODE

Beppu City Health Promotion Division

Beppu City Health Center (located in the Yunomachi Kenko Park)

TEL 21-1117 (direct)



How to Apply for an Examination / Fees

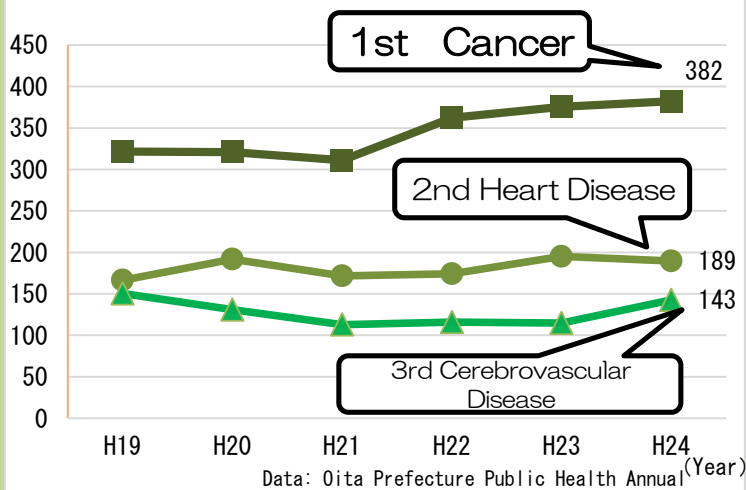
Do you take a cancer examination once a year ?

- The death rate due to cancer for Beppu City is higher than the national average.
On the other hand, the cancer examination rate is extremely lower compared to the national average.
- It is said that **1 out of 2 people contract cancer** during a lifetime and **1 out of 3 people die** from it.
- Cancer is a major cause of death amongst the child rearing/working generation (20~60 years old).

However, if it can be detected at an early stage, the period for diagnosis and the burden and medical fee can be reduced in many cases.

Major Causes of Death in Beppu City

(Death rate per 100 thousand due to major causes*)



※ Major Causes of Death Ratio is the death status by adjusting the difference between the regional population and age composition.

Beppu City's number one major cause of death is **CANCER**.

Especially, the ratio of people who die from lung cancer and liver cancer is high.

Beppu City, compared to the average national rate is:

percentage of people who die from lung cancer is approximately 1.10 times (men1.07times, women1.31times)

percentage of people who die from liver cancer is 1.38times (men1.31 times, women1.60times) higher !

Data: Oita Prefecture Welfare Health Planning Division "2012 Oita Prefecture Health Index Calculation System"



Types of Let's check which exams you can take based on your age.

	Age Group 2 0~29	Age Group 3 0~39	Age Group 4 0~49	Age Group over 50	Contents of Examination	Please take these examinations at your workplace if the event they are provided.
Stomach Cancer Examination		◎	◎	◎	X-Ray Photography with Usage of Barium	
Lung Cancer Examination			◎	◎	X-Ray Photography of Chest Area	
Colon Cancer Examination			◎	◎	Fecal Occult Blood Test	
Prostate Cancer Examination				●	Blood Test	
Uterine Cervix Cancer Examination	○	○	○	○	Cell Diagnosis of Uterine Cervix	
Breast Cancer Examination			○	○	Mammography	
Bone Density Examination		○	○	○	Ultrasonic Examination of Heel and Other	
Hepatitis Virus Examination			◎	◎	Blood Examination	

● Men
◎ Women
○ Both

Fees for Checkups

Fees (personal payment amount) differ depending upon medical institution and type of checkup.

You can take a checkup for approximately 1/3 to 1/7 of the standard rate with the municipal

The 3 institutions below are available for checkups.

You can take multiple checkups on the same day.

① Health Centers

Reservations
Required

- ◎Beppu Medical Association Local Health Center (Nishinoguchi-machi) TEL 23-2279
- ◎Oita Health Management Center (Tsurumi) TEL 23-7112
- ◎Oita Health Promotion Center (OHC) (Shoningahama-cho) TEL 66-4113

Period: May 1st, 2015~February 29th, 2016

Type of Checkup	Stomach Cancer	Lung Cancer	Colorectal Cancer	Prostatic Cancer	Cervical Cancer	Breast Cancer	Osteoporosis	Hepatitis Virus		
								B+C Type	B Type Only	C Type Only
Rate (YEN)	2,700	700	1,000	900	1,100	1,200	600	1,200	600	1,100

② Group Checkups

Checkups can be taken at Checkup Buses.

Please see page④for details.

Type of Checkup	Stomach Cancer	Lung Cancer	Colorectal Cancer	Prostatic Cancer	Cervical Cancer	Breast Cancer	Osteoporosis	Hepatitis Virus		
								B+C Type	B Type Only	C Type Only
Rate (YEN)	1,000	Free-of-Charge	700	×	900	700	600	×	×	×

③ Individual Checkups

Checkups are available at your family doctor or a nearby designated medical

Type of Checkup	Stomach Cancer	Lung Cancer	Colorectal Cancer	Prostatic Cancer	Cervical Cancer	Breast Cancer	Osteoporosis	Hepatitis Virus		
								B+C Type	B Type Only	C Type Only
Rate (YEN)	×	×	1,000	900	1,100	1,200	×	1,200	600	1,100

Checkup fees (personal payment amount) are free-of-charge for the following individuals.

- ① Individuals over the age of 70 (includes those who will turn 70 this fiscal year)---bring ID to certify your age.
- ② Individuals receiving social security benefits---bring your Examination Request Certificate.
- ③ Individuals of households exempt from Citizens Tax
---A tax certificate (free-of-charge) issued at the Beppu City Hall Tax Division Counter① or branch office is necessary. One certificate for each checkup is required. However, if you are taking multiple checkups on the same day/facility, one certificate will be sufficient. ※ Your tax certificate for the previous fiscal year will apply until this fiscal year's tax amount is finalized (scheduled for mid-June).
- ④ Individuals aged 65~69 and insured under the Latter-stage Elderly Healthcare Insurance system.---bring your Latter-stage Elderly Healthcare Insurance card.

Precautions

- Limited to persons who have a residence card with Beppu City.
- One examination for each category per year is authorized.
- Please consult a specialist if you have any symptoms you are concerned about.
- Pregnant women cannot take an X-ray examination so please consult your doctor.
- **Stomach Cancer Checkup**: Refrain from eating, drinking and smoking. Please wear clothes which do not have any metal objects or buttons.
If you are under medication, please consult your doctor when applying for this checkup.
- **Breast Cancer Checkup**: Individuals with a pacemaker device or undergoing a breast implant surgery, or breast feeding cannot take this checkup. Also, please refrain from using any antiperspirants to avoid difficulties when taking photos.
- **Cervical Cancer Checkup/Colorectal Cancer Checkup**: Women undergoing their period cannot take this checkup.
- **Bone Density Checkup**: An ultra-sound exam will be made on your heels so please refrain from wearing stockings or any other wear that may be difficult to take off.

Schedule for Group Checkups

●Reservations required for breast cancer exams and cervical cancer exams during night hours. 【TEL】21-1117 (Weekdays/8:30~17:00)

Month	Date		Venue	Address	Stomach Cancer	Lung Cancer	Colorectal Cancer	Cervical Cancer	Breast Cancer (reservations needed)	Osteoporosis	Start of Reservation
4	3 Fri		Shonin Elementary School	Kami Shonin Nishi	8:30~10:00					March 24 (Tues)	
	19 Sun		Beppu City Health Center	Nishi Noguchi Cho	8:30~10:00					April 9 (Thurs)	
5	22 Fri		Takenouchi Community Hall	Takenouchi	8:30~10:00					May 12 (Tues)	
	24 Sun		Beppu City Health Center	Nishi Noguchi Cho	8:30~10:00					May 14 (Thurs)	
6	14 Sun		Beppu City Health Center	Nishi Noguchi Cho	8:30~10:00					June 4 (Thurs)	
	30 Tues		Beppu YouMe Town Front Entrance	Kusunokimachi		13:30~14:30				June 18 (Thurs)	
7	4 Sat		Beppu City Health Center	Nishi Noguchi Cho	8:30~10:00					June 24 (Wed)	
	17 Fri		Asahi/Ohirayama Area Community Center	Honome		13:30~14:30				7月7日 (火)	
	29 Wed		Beppu City Health Center	Nishi Noguchi Cho		18:00~19:30				June 16 (Thurs) ※Reservations for Cervical Cancer Checkup starts	
8	20 Thur		Oita Prefecture Beppu General Office Building (East Area Health Center/Beppu Civil Engineering Office)	Kitajyu	9:00~10:00					Aug 10 (Mon)	
	28 Fri		Beppu City Health Center	Nishi Noguchi Cho		18:00~19:30				Aug 18 (Tues) ※Reservations for Cervical Cancer Checkup starts	
9	10 Thur		Human Rights Promotion Center	10 Chome Ishigaki Higashi	8:30~9:30						
	16 Wed		Beppu City Health Center	Nishi Noguchi Cho		13:30~14:30		13:30~14:30		Sept 3 (Thurs)	
	17 Thur		Midori Consulting Desk (Minami Ishidate Park)	2 Ku Minami Ishidate	8:30~9:30						
	26 Sat		Beppu City Health Center	Nishi Noguchi Cho	8:30~10:00					Sept 16 (Wed)	
10	8 Thur		Ohgiyama Community Center	Ohgiyama	8:30~9:30						
	14 Wed		Ohgiyama Community Center	Ohgiyama		13:30~14:30		13:30~14:30		Oct 1 (Thurs)	
	22 Thur		South Area Community Center	1 Chome Hamawaki	8:30~9:30						
	25 Sun		Beppu City Health Center	Nishi Noguchi Cho	8:30~10:00					Oct 15 (Thurs)	
	26 Mon		South Area Community Center	1 Chome Hamawaki		13:30~14:30		13:30~14:30		Oct 16 (Fri)	
11	7 Sat		Shonin Elementary School	Shonin-Nishi	8:30~10:00					Oct 28 (Wed)	
	8 Sun		Japan Sun Industries	Uchikamado	8:30~9:30						
	19 Thur		6/7 Chome Ishigaki Higashi Community	6 Chome Ishigaki Higashi	8:30~10:00		8:30~10:00			Nov 9 (Mon)	
	28 Sat		Beppu City Health Center	Nishi Noguchi Cho	8:30~10:00					Nov 18 (Wed)	
	29 Sun		Japan Sun Industries	Uchikamado		13:30~14:30		13:30~14:30		Nov 19 (Thurs)	
12	13 Sun		Beppu City Health Center	Nishi Noguchi Cho	8:30~10:00					Dec 3 (Thurs)	
3	13 Sun		Beppu City Health Center	Nishi Noguchi Cho	8:30~10:00					Mar 3 (Thurs)	

※ Tuberculosis/lung cancer checkups are held at community centers not listed as well. Please reference the City Bulletin.

Specific Medical Checkups - Late-Elderly Checkups

Specific Medical Checkups are for citizens over the age of 40 (includes those who will turn 40 within the fiscal year). The purpose is to detect Metabolic Syndrome at an early stage and to prevent/improve Lifestyle Related Diseases (diabetes, high blood pressure, high cholesterol, etc.) Let's take a Specific Medical Checkup once a year to correctly acknowledge your health situation.

Also, the post-checkup period is important. Review your checkup results and apply this to improvements to your lifestyle.

Here at Beppu Municipal Health Promotion Division, we decide on a topic once a month and hold Health Classes/Health Consultations "Kenko Waku-waku Health Classes". The topics are listed on the Beppu City Bulletin. Please bring your checkup results and come join us.



『Waku-waku Health Class』
June 2014 Topic: Teeth

【Contents of Specific Checkup】

- Questionnaire (medical, smoking history)
- Body Measurements (height, weight, chest, etc.)
- Physical Checkup (examination)
- Blood Pressure Test
- Urine Test (urinary sugar, protein in urine)
- Blood Test
 - Fat Test (neutral fat, HDL-cholesterol, LDL-cholesterol)
 - Blood Sugar Test (Blood sugar on an empty stomach or hemoglobin A1c)
 - Liver Function Test (AST, ALT, γ -GT)
 - Kidney Function Test (Serum creatinine)



(Note) Contents differ based on medical insurance policy. Above is the Specific Medical Checkup for those insured under the Beppu City National Health Insurance Policy.

Please consult your medical insurance provider in regards to how to apply for Specific Medical Checkups and Late-Elderly Checkups.

Persons insured under the Beppu Municipal National Insurance Policy (40~70 years of age) and Oita Prefecture Late-Elderly Medical Insurance Policy (40~74 years of age) will be sent their consultation ticket in late April. Please take your checkup at the Health Centers on page③ and Designated Medical Institutions on pages⑥⑦.

Applicants insured under	Contact Details
Beppu City National Insurance	Beppu City Insurance Pension Division TEL 21-1158
Oita Pref. Late-Elderly Medical Insurance	Oita Pref. Late-Elderly Medical Area Association TEL 097-534-1771
Other Medical Insurances	Please consult your medical insurance company.
Social Welfare	Beppu City Health Promotion Division TEL 21-1117

FAQ Questions & Answers

Q. Can anybody take a cancer checkup ?

- A. If you are a citizen of Beppu City, you are entitled to a checkup. (please reference page ② for age groups)
Please use this opportunity if you cannot take a cancer checkup at your workplace.

Q. Can I take a Specific Checkup even though I am currently undergoing treatment at a hospital ?

- A. You can take a checkup even if you are currently going to a hospital. Please consult your doctor.

Q. I cannot attend Specific Checkups and cancer checkups during working hours on weekdays.

- A. There are some Health Centers and Designated Medical Institutions that are open on Saturdays/Sundays.
Please contact the Beppu City Health Promotion Division (TEL : 21-1117).
Also, if only limited to a cancer checkup, you can join a group checkup (page ④) on Saturdays/Sundays/Night Hours.

Q. Can I take multiple cancer checkups with a Specific Checkup on the same day/venue ?

- A. Yes, you can. Please apply at the Health Centers (page③) or Designated Medical Institutions (pages⑥⑦).

List of Designated Medical Care Providers

As of Jan 2015

Elementary School Districts	Designated Medical Care Provider	TEL	Address	Special Checkup	Late-Elderly Checkup	Colorectal Cancer	Prostate Cancer	Hepatitis Virus	Breast Cancer	Cervical Cancer
Aoyama	Kitazaki Clinic	22-8171	Aoyama-cho	○	○	○	○	○		
	Kinoshita Clinic	24-1849	Kamitanoyu-machi	○	○	○	○	○		
	Suemune Clinic	22-1824	Kamitanoyu-machi	○	○	○	○	○		
	Tanaka Breast Surgery Internal Medicine Clinic	25-5200	Chuo-machi	●	●	●	●	●	●	
	Hirai Clinic	24-1511	Tanoyu-machi	○	○					
	Miyazaki Clinic	24-2455	Aoyama-cho	○	○	○	○	○		
	Murakami Neurology and Internal Medicine Clinic	26-1717	Yamate-cho	○	○	○	○	○		
Asahi	Akashi M Clinic	76-5270	Miyuki	●	●	●	●	●		
	Abe Clinic	27-5055	Shin-Beppu	○	○	○	○	○		
	Abe Clinic	66-6780	Honome	○	○	○	○	○		
	Uchikura Clinic	21-5750	Baba	○	○	○	○	○		
	Matsuoka OB & GY Clinic	22-1577	Baba							●
	Myoban Clinic	67-5888	Myoban	●	●	●	●	●		
	Yoshiga Clinic	66-0115	Kannawa-Higashi	○	○	○	○	○		
Ishigaki	Ito Clinic	24-1002	7 Chome Ishigaki Nishi	●	●	●	●	●		
	Kouno Children's Clinic	22-4429	7 Chome Ishigaki Nishi	●	●					
	Kojo Circulatory Clinic	25-3811	6 Chome Ishigaki Higashi	○	○	○	○	○		
	Shinmori Clinic	25-5261	5 Chome Ishigaki Higashi	○	○	○	○	○		
Ohiyama	Sakai Clinic	25-0552	Obatake	○	○	○	○	○		
Kamegawa	Beppu Medical Center	67-1111	Uchikamado						○	○
	Beppu Onsen Hospital	67-1131	Noda	○	○	○	○	○		
	Hori Internal Medicine, Cardiology Clinic	27-6786	Kamegawa Hamada-machi	○	○	○	○	○		
	Miyazaki Clinic	66-0022	Kamegawa-higashi-machi	○	○	○	○	○		
Sakae	Abe daiichi clinic	23-3345	Kaminoguchi-cho	○	○	○	○			
	Kaneko Clinic	25-5755	1 Chome Ishigaki Higashi	○	○			○		
	Taniguchi Clinic	21-7373	Higashi-Soen	●	●	●	●	●		
	Fukuda Clinic	25-2250	3 Chome Ishigaki Higashi	○	○	○	○	○		
	Miyoshi Clinic	25-2727	2 Chome Ishigaki Nishi	○	○	○	○	○		
Shonin	Oita Diagnostic Imaging Center	66-4116	Shoningahama-cho						●	
	Kuroki Memorial Hospital	67-1211	Showaen-machi	●	●	●	●	●		
	Kodama Clinic	67-1611	Kamegawa-shiniyu-machi	●	●	●	●			
	Shonin Clinic	66-4111	Shoningahama-cho	●	●	●	●	●		
Tsurumi	Aloha Clinic	26-2366	Tsurumi	○	○	○	○	○		
	Kyushu University Hospital at Beppu	27-1600	Shoen			●		●	●	
	Nishibeppu National Hospital	24-1221	Shoen			●		●		
	Tsurumi Hospital	22-0336	Tsurumi	○	○					
	Harashima Clinic	23-5261	Shoen	○	○	○	○	○		
	Hida Clinic	27-2000	Ogiyama	○	○	○	○	○		
	Yoshitake Clinic	21-5755	Ogiyama	○	○	○	○	○		

[Notes] ○: no reservation required, ●: reservation required / Please note contents are liable to change.

Implementation Period : May 1st, 2015 ~ February 29th, 2016

* Cervical Cancer Checkups: April 1st, 2015 ~ March 31st, 2016

* Late-Elderly Checkups: May 1st, 2015 ~ March 31st, 2016

As of Jan 2015

School District	Designated Medical Care Provider	TEL	Address	Special Checkup	Late-Elderly Checkup	Colorectal Cancer	Prostate Cancer	Hepatitis Virus	Breast Cancer	Cervical Cancer
Nishihara	Kimura Clinic	21-1278	3 Chome Asami	○	○					
	Takahashi Clinic	21-3151	1 Chome Asami	○	○	○	○	○		
	Hata Hospital	21-1371	Nakashima-cho	●	●	●	●	●		
	Watanabe Clinic	23-0564	Hikari-machi	○	○	○	○	○		
Harukigawa	Aoi Maternity Clinic	25-0888	8 Chome Ishigaki							●
	Kubota Annex Clinic	25-6363	10 Chome Ishigaki	●	●	●	●	●		
	Kodama Clinic	22-0272	8 Chome Ishigaki	○	○	○	○	○		
	Tsunetomi Clinic	67-3600	Nakasuka Higashi-machi	○	○	○	○	○		
	Morisawa Clinic	66-3100	Nakasuka Higashi-machi	●	●	●	●	●		
	Yamaguchi Hospital	26-3535	Shiomi-cho	●	●	●	●	●		
Beppu Chuo	Iwanaga Lady's Clinic	23-4371	Noguchi Nakamachi							●
	Ohsawa Clinic	27-0030	Fujimi-cho	○	○	○	○	○		
	Okajima Clinic	22-0774	Moto-machi	○	○	○	○	○		
	Kiyose Hospital	25-1555	Noguchi Nakamachi	●	●	○	○	○		
	Kodama Clinic	23-0777	3 Chome Kitahama	●	●	●	●	●		
	Goto Clinic	23-1391	Moto-machi	●	●					
	Takei Clinic	24-3411	Saiwai-cho	○	○	○	○	○		
	Nakamura Taka Clinic	26-2220	Shinminato-machi	○	○	○	○	○	●	
	Hashimoto Gynecological Clinic	24-3232	Noguchi Nakamachi							●
	Hirose Clinic	21-3030	Ekimaehon-cho	○	○	○	○	○		
	★Beppu Ekimae Clinic	25-3030	1 Chome Kitahama	●	●	●	●	●	●	
	Beppu Chuo Hospital	24-0001	Kitamatogahama-cho	○	○	●	●	●		
Mochigahama Uchida Clinic	23-5365	Mochigahama-cho	○	○	○	○	○			
Midorigaoka	Ishigaki Hospital	66-7557	Jissoji	○	○	○	○	○		
	Ishikawa Clinic	21-5959	Higashi-Shoen	○	○	○	○	○		
	Shoen Clinic	27-3800	Higashi-Shoen	○	○	○	○	○		
	Fujiyoshi Clinic	75-6029	Higashi-Shoen	●	●			●	●	
Minami	Uchida Clinic	21-1341	Suehiro-cho	●	●	●	●	●		
	Kakisako Clinic	23-8131	Matsubara-cho	○	○	○	○	○		
	Chiba Clinic	21-0715	Kusunoki-machi	○	○	○	○	○		
	Nakamura Hospital	23-3121	Akiba-cho	●	●	●	●	●		
	Hamawaki Memorial Hospital	22-2228	1 Chome Hamawaki	○	○	○	○	○		
	Matsubara Clinic	25-1033	Matsubara-cho	○	○	○	○	○		
	Murahashi Clinic	23-3231	Chiyo-machi	○	○	○	○	○		
Watabe Clinic	23-5800	Suehiro-cho	●	●	●	●	●			
Minami Tateishi	Kikuchi Clinic	23-0550	Minamitateishi Hachiman-cho	○	○	○	○	○		
	Tsubone Clinic	21-1947	Minami Shoen-cho	○	○	○	○	○		
	Baba Clinic	23-2833	2 Ku Minamitateishi	○	○	○	○	○		
	Yokoe Clinic	26-6111	Tsurumien-cho	○	○	○	○	○		

★marked clinics perform Specific Checkups on Sundays as well