



Check Your Health, Once a Year!

2021 Guide to Matsudo City Health Checkups

New Information

- All group checkups require applying in advance (capacity limited). Please read the details for each checkup in their respective sections/pages.

※Group checkups may be canceled suddenly due to the effects of the Novel Coronavirus infection disease, etc. In that case, the City will not notify each applicant. Please check the status of health checkup implementation plans through the City's official free paper (Koho Matsudo), website, or by phone, etc. In addition, it is possible your request for specific dates and times may be difficult to accommodate as the number of patients is limited to prevent infection. Please also consider receiving individual health checkups at medical institution.

The benefits of receiving a health checkup at medical institution

- ① You can visit a nearby medical institution at your convenience.
- ② You can find a "family doctor" with whom you can consult about your medical concerns.
- ③ Annual examinations allow your doctor to monitor your health changes over time.

- Applications for group examinations will be accepted starting Tuesday, April 6th.
(For some health checkups, web application via Chiba Electronic Application Service is available starting at 8:30am on Thursday, April 1st. Please read the details for each checkup in their respective sections/pages.)
- Recommendation guidelines for potential endoscopy gastric cancer screening (p.7) and osteoporosis screening (p.10) patients are different from previous years.

Important Notes

- Matsudo Combination Health Checkup Slip (pink) is valid between April 1st 2021 to March 31st 2022.
- You must bring your checkup slip (pink) when receiving a screening/checkup. (excl. dental checkups for adults)
- **Your next year's checkup slip will not be automatically sent by mail** if you have not received any city-conducted screenings/checkups for the past two years in a row. (excl. those who hold a "Chiba Pref. Latter-stage Elderly Healthcare Insurance Card")
- Those who already have some degree of symptoms need to see a doctor at a medical institution, instead of receiving a screening/checkup.
- Those who are currently undergoing treatment need to first consult with their attendant physician before receiving a screening/checkup. Some checkups are prohibited for certain patients.
- **Please be sure to come to the group health checkup site within the time range you either reserved or were told to attend.**

Contacts

For inquiries regarding cancer screening tests,
Hepatitis virus screenings, health checkups for women,
health checkups for those receiving public assistance,
and osteoporosis screenings,

Health Promotion Division TEL:047-366-7487
FAX:047-363-9766

For inquiries regarding health checkups for those age
75 and over, and subsidies for comprehensive medical
checkups (Ningen-dokku),

National Health Insurance Division TEL:047-712-0141
FAX:047-361-7016

List of Screenings/Checkups Offered by City of Matsudo

- ◆ Those who have a registered residence in Matsudo City, and who are in the age-range designated for each screening/checkup, are eligible.
- ◆ To be eligible for a screening/checkup, one's age on March 31st, 2022 must fall within the accepted range.

▶ To be eligible for a screening/checkup, one's age on March 31st, 2022 must fall within the accepted range.

Screening/Checkup	Eligibility		Examination Type	Fees	Details
Hepatitis virus screening	Those aged 40 years and over, and who have never received this screening		Individual	Free	P.3
Health checkup (Public Assistance recipients)	Those aged 40 years and over, and who are receiving Public Assistance		Individual	Free	P.3
Health checkup (Women)	Women between ages 35 and 39		Individual	900 yen	P.3
Health checkup (Age 75 and over)	Those who hold a Chiba Latter-stage Elderly Healthcare insurance card		Individual	Free	P.4 & 5
Lung cancer screening (Tuberculosis checkup) *Additional fees apply for getting sputum cytology at the same time	Those aged 40 years and over		Individual	400 yen	P.6
Group			100 yen		
Colorectal cancer screening	Those aged 40 years and over		Individual	600 yen	P.6
			Group	300 yen	
Stomach cancer screening	Those aged 50 years and over whose age is an even number	Endoscopy※ or Barium swallow test	Individual	2,500 yen	P.7 - 9
	Those ages 40 years and over	Barium swallow test	Group	500 yen	
Osteoporosis screening	Women at age 35, 40, 45, 50, 55, 60, 65, and 70		Group	500 yen	P.10
Breast cancer screening	Women at age 30, 32, 34 through 39, 41, 43, 45, 47, and 49	Sonography test※	Individual	900 yen	P.10 & 11
			Group	400 yen	
	Women at age 40, 42, 44, 46, and 48	Mammography (two directions)	Individual	1,500 yen	
			Group	700 yen	
	Women who are aged 50 years and over whose age is an even number	Mammography (one direction※)	Individual	900 yen	
			Group	400 yen	
Cervical cancer screening	Women aged 20 years and over		Individual	700 yen	P.12
			Group	400 yen	
Dental checkup for adults	Those aged 20 years and over		Individual	Free	P.16

※ Endoscopy gastric cancer screenings, breast cancer screenings, and osteoporosis screenings may be available for people outside the target age group. Please read the respective section/page for each screening test for more details.

Exemption of Screening/Checkup Fees

Screening/Checkup Fees are exempted for those who fall under the following conditions.

- ◆ Those age 75 years or over, as of **March 31st, 2022**.
- ◆ Chiba Latter-stage Elderly Healthcare insurance card holders.
- ◆ Those who are receiving Public Assistance. *Please present the green-colored "Public Assistance Recipient Voucher of Medical Assistance for emergency (nighttime & holiday)" when receiving a screening/checkup.
- ◆ Those who live in households exempted from the municipal residence tax. *Please inform us when checking-in.
**Exempted from the municipal residence tax" means that the household is exempted from both per-capita and income-based portions of the tax. All members of the family (spouses, children and parents, siblings, etc.) who are listed on the same resident certificate, must be exempted from the municipal residence tax in order to fulfill this condition.

① Hepatitis Virus Screening

Individual examination at
medical institution : Free

※Those who have already been diagnosed with a hepatitis virus infection, or who are currently undergoing its treatment cannot receive this screening.

Eligibility : Those ages 40 years and over (born on/before March 31st, 1982), and who have never been provided a Hepatitis virus screening by Matsudo City.

Examination Items : Medical interview, blood test (for Hepatitis B and C)

Result : Results will be explained at the medical institution appx. 2 weeks later

About Hepatitis Virus Infection

Hepatitis virus infection is a viral liver disease. Patients with this disease very often have no subjective symptoms due to the excellent reserve capacity of the liver - the reason the liver is known as a "silent organ." The symptoms often go unnoticed even as the liver functions are gradually lost, until the disorder will have already reached an advanced stage as hepatic cirrhosis and liver cancer.

To prevent hepatitis virus infection from progressing to hepatic cirrhosis or liver cancer, taking a hepatitis virus screening for your health management/treatment is very important.

② Health Checkup for Those Receiving Public Assistance

Individual examination at
medical institution : Free

Eligibility : Those aged 40 years and over who are also receiving Public Assistance.

Examination Items : Physical measurement, urine test, blood pressure test, medical interview, examination, electrocardiography, blood test (for kidney/liver function, blood-sugar level, blood-fat, etc.), fundus examination (if the doctor recommends)

Result : Results will be explained at the medical institution appx. 2 weeks later

- ◆ Please present the green colored "Public Assistance Recipient Voucher of Medical Assistance for Emergency (nighttime & holiday)" when receiving a checkup.
- ◆ Do not eat/drink anything (except for water and tea) for at least 10 hours before receiving the checkup, in order to get accurate results.)
- ◆ Please wear socks, not tights/stockings, for ease of changing before/after the electrocardiogram examination.
- ◆ Please inquire at each medical institution directly regarding whether or not they provide health checkups to those receiving Public Assistance.

③ Health Checkup for Women

Individual examination at
medical institution : 900 yen

※ Those who are pregnant cannot receive this checkup.

Eligibility : Women between age 35 and 39

Examination Items : Physical measurement, urine test, blood pressure test, medical interview, examination, blood test (for kidney/liver function, blood-sugar level, blood-fat, etc.)

Result : Results will be explained at the medical institution appx. 2 weeks later

- ◆ Do not eat/drink anything (except for water and tea) for at least 10 hours before receiving the checkup, in order to get accurate results.
- ◆ Please inquire at each medical institution directly whether or not they provide health checkups for Women

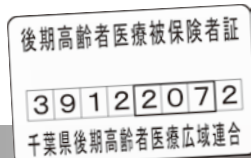
④ Health Checkup for Those Age 75 and Over

For those who hold a "Chiba Pref. Latter-stage Elderly Healthcare Insurance Card"



In addition to a **FREE blood test and electrocardiogram test**, you can learn your "frailty level" (age-related decline in multiple physiological functions). Getting an annual checkup is the first step to a good health and longevity.

- ▶ Please contact your municipality of issuance, if the bold-framed part of the insurance numbers on your insurance card shows numbers other than **207**
- ▶ Those who are residing in a group elderly home and/or are hospitalized for a long period, may not be eligible to receive the checkup. Please inquire at the facility or the National Health Insurance Division.
- ▶ You cannot choose to take only one/some of these exams. You must undergo them all.



① Choose an examination type, and make an appointment

1 Checkup at a medical institution **FREE**

- Call the medical institution (choose from the list of medical institutions on page 13 through 15) directly, and make an appointment for your checkup.
- Results will be issued and explained at the institution approx. 2 weeks later.
- A registered Matsudo resident may choose to receive a cancer screening etc. at the same time. Look for a "○"-marked medical institution in the list.

Memo of my checkup appointment

Date & time of appointment:

Name of medical institution:

2 Comprehensive medical checkup (Ningen-dokku) **max. 10,000 yen subsidy**

- The city will subsidize part of the expenses you paid for a comprehensive medical checkup (not covered by health insurance).⇒see page 5

※ The subsidy amount has been revised from April 1, 2021

② Receive the checkup = appx. 1 hour

The checkup has to be received between April 1st, 2021 and March 31st, 2022

Bring

- ☐ Chiba Latter-stage Elderly Healthcare Insurance Card issued by Matsudo City
- ☐ Checkup slip (pink) enclosed



Checkup slip
Pink voucher

Note

- ① Do not eat/drink anything (except for water and tea) for **at least 10 hours before** receiving the checkup, in order to get accurate results. **Finish dinner by 9:00 pm the day before, and skip breakfast** on the day.
- ② Please wear socks, not tights/stockings, for ease of changing before/after the electrocardiogram examination.
- ③ Please consult with your attendant physician before the checkup if you are visiting a hospital regularly or undergoing any treatments.

Please inquire at the medical institution or the National Health Insurance Division if you have any questions.

③ Re-visit for the results

- Receive the results sheet and doctor's explanation at the medical institution where you received the checkup, **approximately 2 weeks later**.
- Some medical institutions send health checkup result sheets by mail as part of their measures against infectious diseases.



What you can learn from your checkup results

- Height, weight, abdominal circumference
⇒ obesity, malnutrition, etc.
- Blood pressure
⇒ high blood pressure, arteriosclerosis, etc.
- Urine test (urinary protein/sugar)
⇒ kidney diseases
- Electrocardiogram
⇒ Abnormal cardiac function, etc.
- Medical interview, examination
[If the doctor recommends]
- Fundus examination ⇒ Arteriosclerosis, etc.



- Blood test
 - Blood-fat: HDL cholesterol, LDL cholesterol, Triglyceride (TG)
⇒ Dyslipidemia, arteriosclerosis, fatty liver, etc.
 - Liver function: AST, ALT, γ-GT
⇒ Hepatitis, arteriosclerosis, hepatic sclerosis, etc.
 - Blood sugar: Fasting blood sugar, HbA1c
⇒ Diabetes, chronic pancreatitis, etc.
 - Kidney function: Serum creatinine, eGFR, uric acid
⇒ Kidney disease, gout, etc.
 - Blood in general: Red blood cells, hemoglobin, hematocrit
⇒ Anemia, etc.

Have you heard of "Frailty"? Have you been finding it difficult to eat hard foods or lose weight lately? The term "frail" refers to a state between "health" and "in need of care" where physical and mental functions decline with age. If you check your condition at an early stage and improve your lifestyle through adequate nutrition and exercise, it is possible to regain your health without needing nursing care. We encourage you to have a checkup every year to watch for "frailty".

2 Receive a comprehensive medical checkup (*Ningen-dokku*) at your own expense

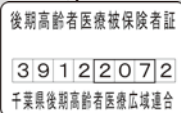
max. 10,000 yen subsidy

◆ Matsudo City subsidizes the cost of comprehensive medical checkup for those enrolled in the Chiba Latter-stage Elderly Healthcare system by receiving a partial subsidy from the Chiba Prefecture Wide Area Union, which is the main organizer of the checkups. Since this subsidy was discontinued in FY2021, the amount of the subsidy for those who underwent a comprehensive medical checkup on or after April 1, 2021 has been revised to 10,000 yen.

(1) Procedures when getting a comprehensive medical checkup at one of the 13 medical institutions (listed below) that are designated by the City

Choose a medical institution from the list below. Call and tell them that you want to make an appointment for a "*Ningen-dokku*" using Matsudo City's Subsidy System ("*Hiyou josei seido*" o *riyō*).

☐ Health Insurance Card and
☐ Checkup Slip (*Jushin ken*) are required to undergo the comprehensive medical checkup



Checkup Slip
Pink-colored voucher

Subsidy request to the City is not needed

10,000 yen is automatically deducted at checkout

Please contact the municipality of issuance, if the bold-flamed part of the insurance numbers on your insurance card are not **207**

★ Medical Institutions Designated by the City ★

	Name of Institution	Address	Phone		Name of Institution	Address	Phone
1	Shimamura Total Care Clinic	Matsudoshinden 21-2	047-308-5546	8	Goko Hospital (Overnight checkup available)	Goko 8-40-1	047-311-5550
2	Shin-Tokyo Clinic	Nemoto 473-1	047-367-6670	9	Chiba-Nishi General Hospital	Kanegasaku107-1	047-384-8074
3	Tokatsu-Clinic Matsudo	Hinokuchi 865-2	047-331-2025	10	Tokiwadaira Central Hospital	Tokiwadaira 6-1-8	047-387-4121
4	Shin-Tokyo Hospital (Overnight checkup only)	Wanagaya 1271	047-711-8700	11	Yabashira Sanwa Clinic	Higurashi 1-16-2, Higurashi Bldg.	047-312-8830
5	Higashi Matsudo Municipal Hospital	Takatsukashinden 123-13	047-391-5500	12	Sanwa Hospital	Higurashi 7-379	047-712-0202
6	Koganehara Kenshin Clinic	Kogane 3, Takahashi Bldg	047-348-7201	13	Shinmatsudo Central General Hospital	Shinmatsudo 1-380	047-345-1111
7	Yamamoto Hospital	Kogane Kiyoshigaoka 2-7-10	047-341-3191	* These institutions provide 1-day examinations only, except where noted otherwise. * Inquire at each institution directly for detailed checkup items and fees, etc.			

(2) Procedures when receiving a comprehensive medical checkup at medical institutions other than those designated by the city

* Regardless of whether it is within the city, outside the city, or even outside the prefecture

Call the medical institution of your choice to make an appointment

Receive the comprehensive medical checkup

Apply for a subsidy request within 6 months after receiving the checkup

The subsidy will be deposited to your designated bank account at the end of the month following the month your application is accepted

Required checkup items

▶ You will be ineligible for the subsidy unless your comprehensive medical checkup provided all of the following checkups

- ☐ Height, weight, waist circumference, BMI ☐ Medical interview ☐ Examination ☐ Blood pressure
- ☐ Urinary protein/sugar ☐ Electrocardiogram ☐ Red blood cells (RBC) ☐ Hematocrit (Ht) ☐ Hemoglobin (Hb)
- ☐ AST (GOT) ☐ ALT (GPT) ☐ γ-GT (γ-GTP) ☐ LDL cholesterol ☐ HDL cholesterol ☐ Triglyceride (TG)
- ☐ Uric acid (UA) ☐ Serum creatinine (Cr) ☐ Blood sugar ☐ HbA1c
- One of the following
 - ☐ Lung cancer screening (chest X-ray) ☐ Stomach cancer screening (Endoscopy or Barium swallow test)
 - ☐ Colorectal screening (Fecal occult blood or endoscopy)

▶ Tests that are not listed here, including MRI, etc. are not subject to the subsidy

Application Procedures

NOTE

- ☐ Insurance-covered medical consultations/examinations are not applicable for this subsidy.
- ☐ Those who received either a specific medical examination or health checkup within the same fiscal year are not eligible.
- ☐ You must agree to submit the results of your health checkup to the city to be used for health guidance, etc. in order to receive this subsidy.

Required Documents

- ☐ Insurance Card
- ☐ Checkup Slip
- ☐ Receipt with the name of the institution and the patient
- ☐ Results of the comprehensive medical checkup
- ☐ A copy of the bank book

Application Due Within 6 months after receiving the checkup

Application Counter National Health Insurance Div., Medical Checkup Unit (City Hall, Main Bldg. 2F) ※Mail-in accepted

▶ Since the checkup items need to be confirmed, applications are not accepted at branch offices.

▶ Mail applications are accepted if it is difficult to apply at the City Hall. Please call us or apply online at "Chiba Denshi Shinsei Service" ahead of time.

▶ It will require approx. 15 min. to fill out the application form and medical questionnaire, and review the checkup items.

▶ If you have a credit card statement in stead of a receipt, our staff will call the medical institution to confirm the payment.

▶ Power of attorney is required if the name of the bank account differs from the name of the applicant (the patient).

▶ The necessary application forms can be downloaded from the City website or printed at convenience stores.



Chiba
Denshi
Shinsei
Service



City's
Website
(Checkup
subsidy)



City's
Website
(Convenience
store
print)

⑤ Lung Cancer Screening (Tuberculosis Checkup)

Individual examination at medical institution : 400 yen

Group Examination :100 yen

※Those who have subjective symptoms, or who are currently undergoing treatment/ observation for lung cancer or other respiratory diseases, cannot receive this screening.

Eligibility : Those aged 40 years and over (Born on/before March 31st, 1982)

Examination items : Medical interview, chest X-ray *1

Result : [Individual] Results will be mailed from the city appx. 6 weeks later *2

[Group] Results will be mailed from the city appx. 6 weeks later

※1 Sputum cytology may also be performed if deemed necessary, with additional fees. (Individual: 700 yen, Group: 400 yen)

※2 It will be mailed after the second reading of the Matsudo City lung cancer screening.

⑥ Colorectal Cancer Screening

Individual examination at medical institution : 600 yen

Group Examination :300 yen

※Those who have subjective symptoms, or who are currently undergoing treatment/ observation for colorectal cancer cannot receive this screening.

Eligibility : Those aged 40 years and over (Born on/before March 31st, 1982)

Examination items : Medical interview, fecal occult blood test

Result : [Individual] Results will be explained at the medical institution appx. 2 weeks later

[Group] Results will be mailed from the city appx. 6 weeks later

Procedures for receiving lung/colorectal cancer screening by group examination (capacity limited)

! **Group medical examinations now require an application** ※You need to apply even if you only want to receive one of them.

- ◆Applications will be accepted on a first-come, first-served basis, and will be closed once capacity is reached. Please also consider receiving the checkups at an individual medical institution.
- ◆On the day of screening, you will receive a medical interview, chest x-ray, and a container for the stool specimen.
- ◆For colorectal cancer screening, specimens should be submitted on the designated submission date at the same venue where you received the examination.
- ◆Lung and colorectal cancer screenings are carried out at the same time, but you may choose to receive either one or both.
- ◆Parking spaces at each location are very limited, so please use public transportation.



Chiba Denshi Shinsei Service

[Application Procedures]

1. Call Matsudo City, Health Promotion Division at 047-366-7487 on a weekday.
2. Search the web for "Chiba Denshi Shinsei Service" (e-application site) and apply online.
※Application start dates are same for both phone & online application.

[Application Period]

Tuesday April 6, 2021 - Tuesday January 25, 2022

※The first day you can start applying will differ depending on your desired screening day. Please check the itinerary below.

Application start date	Screening day	Location	Check-in time	Sample submission day for colorectal cancer screening
Tuesday, April 6	Wed. May 12	Shinmatsudo Civic Center	[A.M.] ① 9:30~10:00 ② 10:00~10:30 ③ 10:30~11:00	Wed. May 19
	Tue. Jun. 1	Tokiwadaira Health & Welfare Center		Tue. Jun. 8
	Tue. Jun. 15	Central Health & Welfare Center		Tue. Jun. 22
	Tue. Jun. 22	Tokiwadaira Health & Welfare Center		Tue. Jun. 29
Tuesday, June 1	Thu. Jul. 1	Kogane Health & Welfare Center	[P.M.] ④ 1:30~2:00 ⑤ 2:00~2:30 ⑥ 2:30~3:00	Thu. Jul. 8
	Wed. Jul. 7	Central Health & Welfare Center		Wed. Jul. 14
	Mon. Jul. 19	Shinmatsudo Civic Center		Mon. Jul. 26
Tuesday, September 7	Mon. Oct. 18	Tokiwadaira Health & Welfare Center	※Specimens are accepted between 9:30 and 11a.m. at each site	Mon. Oct. 25
	Thu. Nov. 4	Tobu Sport Park		Thu. Nov. 11
	Thu. Dec. 9	Mutsumi Civic Center		Thu. Dec. 16
	2022			2022
	Tue. Jan. 18	Central Health & Welfare Center		Tue. Jan. 25
	Tue. Feb. 1	Shinmatsudo Civic Center		Tue. Feb. 8

⑦ Stomach Cancer Screening

※Those who have subjective symptoms, or who are currently undergoing treatment/ observation for gastrointestinal diseases, etc. cannot receive this screening.

There are endoscopy tests (at a medical institution) and barium swallow tests (at a group examination) that are provided by the city for stomach cancer screenings. Those aged 50 years and over (as of March 31st, 2021), and whose age is an even number, can choose from either type of screening test.

Please carefully consider all precautions before receiving your screening.

Endoscopy Test

Individual examination at
medical institution : 2,500 yen

◆ Eligibility for endoscopy test has changed ◆

Target group A	Those aged 50 years and over whose age is an even number (i.e. 50, 52, 54 ...)
Target group B (Special exceptions)	Those aged 50 years and over whose age is an odd number (i.e. 51, 53, 55 ...), and who did not undergo Matsudo City stomach cancer screening (barium swallow test or endoscopy test) in 2020. (※This is a special exception in consideration of the impact of the Novel Coronavirus infection.)

- Those in the target group A can use their checkup slip (pink) to receive the examination.
➡Please make an appointment directly at one of the designated medical institutions.
- For those in the target group B, Matsudo City Health Promotion Div. will issue a "FY 2021 Special Examination Ticket for Endoscopy Stomach Cancer Screening" by request. Please bring both your checkup slip (pink) and "FY 2021 Special Examination Ticket for Endoscopy Stomach Cancer Screening" with you when you visit the medical institution.

Application for the special examination tickets starts: Tuesday April 13, 2021

How to apply : Call 047-366-7487, or apply online via Chiba Denshi Shinsei Service

※It takes 2 to 3 weeks post-application for the special examination ticket to be sent.

Examination Items : Medical Interview, gastroscopy

Results : Will be explained at or mailed from the medical institution approx. 6 weeks later

Those who fall under any of the following conditions cannot take an endoscopy test

- ☐ Those taking antithrombotic drugs
- ☐ Those who have or are suspected of having bleeding diathesis
- ☐ Those who have a disease in their nose/throat, and cannot insert an endoscope
- ☐ People with respiratory impairment (oxygen inhalation, etc.)
- ☐ Those who have a myocardial condition or serious arrhythmia

※In addition to the conditions above, the doctor in-charge of the examination may deem one unsuitable to undergo screening depending on their physical conditions and blood pressure, etc. that day.



Notes

- ※Please bring your health insurance card. There may be additional examinations (insurance-covered) required if any abnormality is discovered during the examination.
- ※Painkillers and sedatives will not be used at the City's medical examinations as they require adequate monitoring afterwards.
- ※A local anesthesia will be given only for the throat.

Barium Swallow Test

Group
Examination :500 yen

Eligibility : Those aged 40 years and over (born on/before March 31st, 1982)

Examination items : Medical interview, abdominal X-ray

Result : Mailed by the City appx. 6 weeks later

Those who fall under any of the following conditions cannot take a barium swallow test

- ☐ Those who are pregnant, or possibly pregnant
- ☐ Those who choke on food/drink easily, or who have experienced aspiration
- ☐ Those who have become sick after having a barium swallow test
- ☐ People with hypersensitivity (allergy) to metals
- ☐ Those who have had myocardial infarction, angina pectoris, cerebral infarction, or colorectal diverticulitis within the past year.
- ☐ Those who have undergone abdominal (incl. laparoscopic and endoscopic procedures), chest (incl. cardiac catheterization, stenting, breast cancer, etc.), head, or orthopedic surgery within the past year.
- ☐ Those who have had a colorectal polypectomy within the past 2 months.
- ☐ Those who have experienced an intestinal blockage/torsion.
- ☐ Those who have constipation and have not defecated in the past 3 days.
- ☐ Those with kidney disease (dialysis), etc. who are on a fluid intake restriction.
- ☐ Those who have difficulty maintaining a standing position, or difficulty grabbing the handrails of the photographing table by themselves.
- ☐ Those who weigh 120 kg or over.



Those with any of the following conditions must get permission from their attending physician

- ☐ Those who have undergone surgery for stomach cancer.
- ☐ Those who visit the doctor periodically for heart disease (myocardial infarction, angina pectoris, or arrhythmia), high blood pressure, and/or cerebral apoplexy, etc.
- ☐ Those using a pacemaker or implantable defibrillator (possible malfunction by X-ray).

Procedures for receiving stomach cancer screening (Barium swallow test) (capacity limited)

- ◆ Those who have applied to receive the city's group health examinations will see an indication of "Processed" in the stomach cancer screening section of their Health Checkup Slip (pink), and receive a notification by mail for the date & time of their examination around end of September.
※ You may be asked to use a venue different from the one you requested as a result of participant number adjustments.
- ◆ If you have not taken any group health examinations in the past 2 years, you need to re-apply.
- ◆ Parking spaces are limited at the sites, so please use public transportation.

- 〈How to apply〉
1. Apply at the City Hall, Health Promotion Div., or Citizen Health Consulting Rooms at city branch offices. (Excl. Sat., Sun., and national holidays)
 2. Apply by phone through the Health Promotion Div. 047-366-7487 (Excl. Sat., Sun., and national holidays)
 3. Apply online using the search word, "Matsudo, Chiba Denshi Shinsei".



〈Cancer Screening Flow〉

Application Period	Date & Time Notification	Screening Implementation
Tue. Apr. 6 ~ Tue. Aug. 31 (From online Thu. Apr. 1~)	End of Sep.	2021 Oct. ~ 2022 Feb.
Wed. Sep. 1 ~ Tue. Nov. 30	End of Dec.	2022 Jan. ~ Feb.

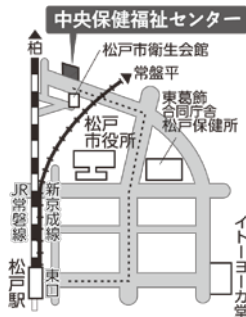
〈Examination Sites〉 *Please choose from one of the locations listed below when applying.

- Central Health & Welfare Center
- Tobu Sports Park
- Kogasaki Civic Center
- Matsudo Sports Park
- Kogane Health & Welfare Center
- Mutsumi Civic Center
- Shinmatsudo Civic Center
- Mabashi Civic Center
- Tokiwadaira Health & Welfare Center (Fureai 22)
- General Welfare Hall
- Tokiwadaira Civic Center
- Koganehara Civic Center

※ Applications will be closed once capacity is filled.

Maps for Group Health Checkups & Cancer Screening Sites

Central Health & Welfare Center



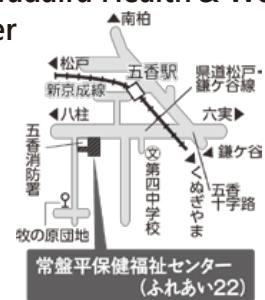
- Takegahana 74-3
10 min. walk from Matsudo Sta. East ext.

Kogane Health & Welfare Center



- Kogane 2, Picotee West 3F
2 min. walk from Kitakogane Sta. South ext.

Tokiwadaira Health & Welfare Center



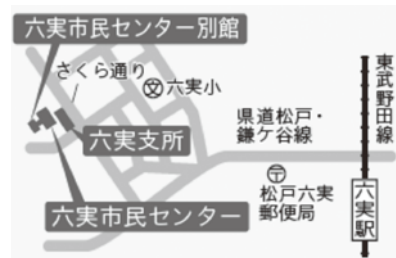
- Goko Nishi 3-7-1, Fureai 22 2F
①13 min. walk from Goko Sta. West ext.
②Take a bus from Yahashira/Shin-Yahashira/Tokiwadaira Sta. for Makinohara Danchi, 3 min. walk from the "Makinohara Danchi" bus stop

Tobu Sports Park



- Takatsuka-shinden 427
①15 min. walk from Higashi-matsudo/Akiyama Sta.
②Take a bus from Matsudo Sta. East ext. for Higashi-matsudo Hospital, 3 min. walk from the "Sports Park" bus stop.

Mutsumi Civic Center



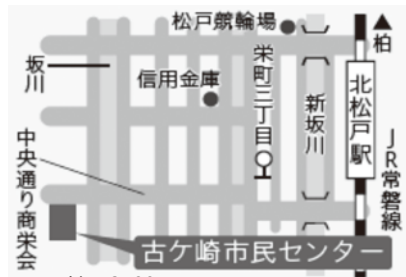
- Rokkodai 3-71
①16 min. walk from Mutsumi Sta.
②Take the Rainbow Bus, and 2 min. walk from the "Mutsumi city-branch office" bus stop.

General Welfare Hall (Yakiri Community Center)



- Kami-yakiri 299-1
Leave the Matsudo Sta. West ext. Take the bus for Ichikawa Sta., and get off at the "Asamadai" bus stop

Kogasaki Civic Center



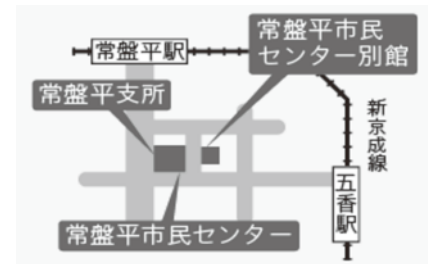
- Kogasaki 4-3490
①20 min. walk from Kita-matsudo Sta. West ext.
②Take a bus from Matsudo Sta. for Nichidai Shika Byouin, 10 min. walk from the "Sakae-cho 3 chome" bus stop

Shinmatsudo Civic Center



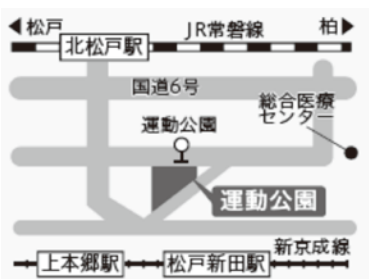
- Shin-Matsudo 3-27
10 min. walk from Shin-matsudo Sta.

Tokiwadaira Civic Center



- Tokiwadaira 3-30
10 min. walk from Tokiwadaira Sta.

Matsudo Sports Park



- Kamihiongo 4434
①12 min. walk from Matsudo-shinden Sta.
②Take a bus from Kita-matsudo Sta., for Kenritsu Matsuko-mae and get off at the "Undou kouen" bus stop

Mabashi Civic Center



- Nishi-mabashi Kiramoto-cho 177
8 min. walk from Mabashi Sta. West ext.

Koganehara Civic Center



- Koganehara 6-6-2
① Take a bus from Kitakogane Sta. for Bus Annaijo, and get off at the "Gyousei Center" bus stop
② Take a bus from Yahashira/Shin-yahashira Sta. for Bus Annaijo, 3 min. from the "Bus Annaijo" bus stop

⑧ Osteoporosis screening

Group Examination
: 500 yen

- ※Those who are currently undergoing treatment/ observation for osteoporosis, or those who are pregnant, or possibly pregnant, cannot receive this screening.
- ※This screening uses a simplified testing method, which is not intended to diagnose osteoporosis. If you would like to have a detailed examination, please consult with a medical institution.

◆ Eligibility for Osteoporosis Screening

Eligible people for FY2021 are those with the following dates of birth <Application Methods>

Age	Born between	Age	Born between
35	1986.4.1~1987.3.31	55	1966.4.1~1967.3.31
40	1981.4.1~1982.3.31	60	1961.4.1~1962.3.31
45	1976.4.1~1977.3.31	65	1956.4.1~1957.3.31
50	1971.4.1~1972.3.31	70	1951.4.1~1952.3.31

※Only for this fiscal year, those with the following dates of birth and who were not able to undergo the osteoporosis checkup in 2020 are also eligible to receive this screening, as a special exception in consideration of the impact of the Novel Coronavirus infection.

Age	Born between	Age	Born between
36	1985.4.1~1986.3.31	56	1965.4.1~1966.3.31
41	1980.4.1~1981.3.31	61	1960.4.1~1961.3.31
46	1975.4.1~1976.3.31	66	1955.4.1~1956.3.31
51	1970.4.1~1971.3.31	71	1950.4.1~1951.3.31

- 1 Apply at the City Hall, Health Promotion Div., or branch office Citizen Health Consulting Rooms (Excl. Sat., Sun., and national holidays)
- 2 Apply by phone by calling the Health Promotion Div. 047-366-7487 (Excl. Sat., Sun., and national holidays)
- 3 Apply online using the search word, "Matsudo, Chiba denshi shinsei".

Chiba Denshi Shinsei Service →



Examination Items : Medical interview, DIP (finger X-ray)
Result : Mailed from the city appx. 6 weeks later

	Date	Examination Site	Application Period	Date & Time Notification
2021	Thu. Oct. 7	Kogane Health & Welfare Center	Tue. Apr. 6, 2021 ~Tue. Aug. 31, 2021	Beginning of Sep., 2021
	Sat. Oct. 9	Central Health & Welfare Center		
	Mon. Oct. 11	Tokiwadaira Health & Welfare Center		
	Wed. Oct.27 ※AM only	Central Health & Welfare Center		
2022	Tue. Feb. 1	Central Health & Welfare Center	~Tue. Nov. 30, 2021	Middle of Dec., 2021

⑨ Breast Cancer Screening

- ※Those who have subjective symptoms, or who are currently undergoing treatment/ observation for breast cancer or breast mammary gland disease, etc., cannot receive this screening.

Sonography Test

Individual examination at a
medical institution : 900 yen

Group Examination
: 400 yen

Sonography test is effective in relatively young women with well-developed mammary glands, and is almost painless.

Eligibility : Women in 30, 32, 34 – 39 of age, and women in 41, 43, 44, 47, 49 of age

Examination items : Medical interview, breast ultrasonography

Result : [Individual] Explained at the time of receiving the test, or mailed from the medical institution
appx. 2 weeks later

[Group] Mailed from the city appx. 6 weeks later

Mammography Test

One direction

Individual : 900 yen

Group : 400 yen

Two directions

Individual : 1,500 yen

Group : 700 yen

A pressure is applied to compress the breast, and X-rays are taken. It detects early stage cancers that can not be touched as lumps.

Eligibility : Women in 40, 42, 44, 46, 48 of age → Two directions

Women aged 50 years and over and who are in their even-numbered age → One direction

Examination items : Medical interview, breast X-ray

Result : [Individual] Explained on site after the test, or

mailed from the medical institution appx. 2 weeks later

[Group]

Mailed from the city appx. 6 weeks later

◆ Those who have undergone surgery in the chest/armpit/shoulder-area, etc. cannot receive this screening at the group examination. Please consult at a medical institution.

Those who fall under any of the following conditions cannot take a mammography test

A Those who are pregnant, or possibly pregnant B Those who just had a baby, and/or who are breast feeding

C Those who have had a breast enlargement operation with a Silicone implant

D Those who have had a pacemaker, shunt, port, or other medical precision device inserted in their chest.

* If you fall into the above A ~ D, you can receive a Sonography Test instead even if you are not of the eligible age.

Please inform when applying or making appointment.

Procedures for receiving breast cancer screening at a group examination

(Capacity limited)

- ◆ Those who have received a breast cancer screening at the city's group examination in FY 2020 (for those aged 52 and over, in FY 2019) will be automatically notified for this year's group examination date, so no application will be needed.
- ◆ Applications are accepted on a first-come first-served basis and will be closed when capacity is filled at each venue. Please also consider receiving the test individually at a medical institution.
- ◆ Parking spaces are limited, so please use public transportation if possible.

〈Cancer Screening Flow〉

Application Period	Date & Time Notification	Screening Implementation
Tue. Apr. 6 ~ Fri. Apr. 30 (From online Thu. Apr. 1~)	End of May	2021 May ~ Jul.
Sun. Aug. 1 ~ Tue. Aug. 31	End of Sep.	2021 Oct. ~ 2022 Feb.



Chiba
Denshi Shinsei
Service

- 〈How to apply〉
1. Apply at the City Hall, Health Promotion Div., or Citizen Health Consulting Rooms at city branch offices. (Excl. Sat., Sun., and national holidays)
 2. Apply by phone through the Health Promotion Div. 047-366-7487 (Excl. Sat., Sun., and national holidays)
 3. Apply online using the search word, "Matsudo, Chiba denshi shinsei".
(Online applications are accepted from Thu. April 1)

【Examination Sites for Two-direction Mammography & Sonography Test】

- ① Central Health & Welfare Center
- ② Tokiwadaira Health & Welfare Center (Fureai 22)
- ③ Kogane Health & Welfare Center
- ④ Shinmatsudo Civic Center

【Examination Sites for One-direction Mammography Test】

- ① Central Health & Welfare Center
- ② Tokiwadaira Health & Welfare Center (Fureai 22)
- ③ Kogane Health & Welfare Center
- ④ Shinmatsudo Civic Center
- ⑤ Tobu Sports Park
- ⑥ Mutsumi Civic Center
- ⑦ Koganehara Civic Center
- ⑧ General Welfare Hall

◆ For those aged 31, 33, and 50 years and over

Those aged 31, 33, and 50+ years and whose age is an odd number (i.e. 51, 53, 55 ...), and who did not undergo Matsudo City breast cancer screening in 2020 are also eligible to receive this screening, as a special exception.

The city will issue a "FY 2021 Special Examination Ticket for Breast Cancer Screening" by request. Please apply to the Matsudo City, Health Promotion Div. after Tuesday April 13, 2021, or notify us at the time of application for a group breast cancer examination.

How to apply : Call 047-366-7487, or apply online via Chiba Denshi Shinsei Service

※ For applications made before Wed. May 12, the special examination ticket will be sent out on Thu. May 20.

※ For applications made on/after Thu. May 13, the special examination ticket will be sent 2-3 weeks post-app.

⑩ Cervical cancer screening

Individual examination at
medical institution : 700 yen

Group Examination
: 400 yen

※Those who have subjective symptoms, or who are currently under treatment/ observation for cervical cancer, etc. cannot receive this screening.

Eligibility : Women aged 20 years and over (Born on/before March 31st, 2002)

Examination items : Medical interview, cervical cytology

Result : [Individual] Results will be explained at the medical institution appx. 2 weeks later

[Group] Results will be mailed from the city appx. 6 weeks later

◆Please note that accurate testing may not be acquired during times of menstruation.

◆Those who have no sexual experience need to take this screening individually at a medical institution, not at a group examination.

Procedures for receiving a cervical cancer screening at a group examination (Capacity limited)

◆ Those who have received a cervical cancer screening at the city's group examination in the previous year will be automatically notified for this year's group examination date, so no application will be needed. (People who received a group examination Jul. – Oct., 2020 → will receive the current year's notification around beginning of Apr., 2021, and people who received a group examination Nov. 2020 – Mar., 2021 → will receive the current year's notification around end of Aug., 2021.)

◆ Applications are accepted on a first-come first-served basis and will be closed when capacity is filled at each venue. Please also consider receiving the test individually at a medical institution.

◆ Parking spaces are limited, so please use public transportation if possible.

〈Application Period〉 1st term : Tue. Apr. 6 ~ Wed. Jun. 30, 2021
(From online Thu. Apr. 1~)

2nd term : Tue. Sep. 7 ~ Tue. Dec. 28, 2021

〈How to Apply〉 1. Call the Health Promotion Div. 047-366-7487 (Excl. Sat., Sun., and national holidays)
2. Apply online using the search word, "Matsudo, Chiba denshi shinsei"



[1st term]

Date	Examination Site	Check-in Time
Tue. May 18	Tokiwadaira Health & Welfare Center	【A.M.】 ① 9:30~10:00 ② 10:00~10:30 ③ 10:30~11:00
Thu. May 20	Central Health & Welfare Center	
Mon. May 24	Tokiwadaira Health & Welfare Center	
Wed. May 26	Kogane Health & Welfare Center	
Thu. May 27	Mutsumi Civic Center	
Fri. May 28	Shinmatsudo Civic Center	【P.M.】 ① 13:30~14:00 ② 14:00~14:30 ③ 14:30~15:00
Mon. May 31	Central Health & Welfare Center	
Wed. Jun 9	Central Health & Welfare Center	
Thu. Jun. 10	Shinmatsudo Civic Center	
Thu. Jul. 8	Tokiwadaira Health & Welfare Center	

[2nd term]

Date	Examination Site	Check-in Time
Wed. Oct. 27	Kogane Health & Welfare Center	【A.M.】 ① 9:30~10:00 ② 10:00~10:30 ③ 10:30~11:00
Wed. Nov. 10	Central Health & Welfare Center	
Thu. Nov. 18	Shinmatsudo Civic Center	
Tue. Dec. 7	Tokiwadaira Health & Welfare Center	
Thu. Dec. 16	Mutsumi Civic Center	
Mon. Dec. 20	Tokiwadaira Health & Welfare Center	【P.M.】 ① 13:30~14:00 ② 14:00~14:30 ③ 14:30~15:00
2022		
Wed. Jan. 19	Tobu Sports Park	
Mon. Jan. 24	Central Health & Welfare Center	
Wed. Feb. 2	Shinmatsudo Civic Center	
Sat. Feb. 5	Central Health & Welfare Center	

※Please wear a skirt, or bring one.

List of Medical Institutions Designated for Cancer Screenings/Checkups

※Medical institutions marked with "○" can provide the applicable screenings/checkups.

※Be sure to inquire the each medical institution for their operating hours and closing day, etc.

※Please see the list on page 15 for medical institutions that are open on Sundays and national holidays.

※Please inquire before visiting, as the availability of any particular examination may vary at each institution. Also, please note the information in the list is subject to change, even in the middle of a fiscal year.

Chk. : Health checkups for those with national health insurance between ages 35 and 39,

health checkups for those receiving public assistance, health checkups for those aged 75 and over, and health checkups for women.

*1 Only hepatitis virus screening available

*2 Only health checkups available



Hep. : Hepatitis virus screening

Lung : Lung cancer screening (Tuberculosis Checkup)

Colon : Colorectal cancer screening

Stomach : Stomach cancer screening (Endoscopy)

Breast : Breast cancer screening

Cervix : Cervical cancer screening

Area	Name of Institution	Address	Phone No. Area code +047	Chk. Hep.	Lu ng	Col on	Sto mach	Breast Sono- graphy	Mammo	Cer vix
Matsudo	Matsudo Tower Clinic	Matsudo 1139-2, Lions Station Tower Matsudo 3F	394-4270	○		○				
	Tachihara Clinic	Matsudo 1330	331-1811	○	○	○				
	Morita Clinic	Matsudo 1343-3, GrandManoir 1F	362-3136	○	○	○	○			
	Matsudo Naika	Matsudo 1834-15, Cubic Matsudo Bldg. 2F	308-6121	○	○	○				
	Matsudo Mammary Gland Clinic ※Opens Aug.	Matsudo 2000	N/A					○	○	
	Hocchi Clinic	Matsudo 2044	362-2531	○	○	○	○			
	Ueno Clinic	Matsudo 2268-1	308-3338	○	○	○				
	Hirano Clinic	Honchou 5-10	362-2322	○	○	○				
	Hontyou Clinic	Honchou 6-6	312-4113	○	○	○				
	Soga Clinic	Honchou 19-16, Matsudo West Bldg. 4F	308-6677	○	○	○				
	Tokatsu-Clinic Mirai	Honchou 21-2, Toshi Sougou Dai-san Bldg.	366-6150	○	○	○				
	Koyama Clinic	Koyama 189	710-5173	○	○	○				
	Hashimoto Internal Clinic	Nemoto 14-2, Park Sky Tower Matsudo 1F	368-1131	○	○	○				
	Kurihara Clinic	Nemoto 453	362-3105	○		○				
	Lady's Clinic K	Nemoto 453-3 1F	703-7811	○*1		○				○
	Shin-Tokyo Clinic	Nemoto 473-1	367-6670	○	○	○	○	○	○	
	Maruyama Naika Clinic	Nogikuno 6-6-105	361-7900	○	○	○				
	Okuzumi Clinic	Midorigaoka 2-285	362-1825	○	○	○	○	○		
	Aozora Clinic	Midorigaoka 2-357	369-1248	○		○				
	Searashi OBGYN Clinic	Nakaichou 2-67	362-7553							○
	Nishimura Internal Cardiology Clinic	Nakaichou 3-79-2	369-1011	○	○	○				
	Minoridai Yoshida Clinic	Minoridai 1-11-33, Seresu Minoridai 1F	366-8811	○	○	○				
	Oka OBGYN Minoridai Clinic	Minoridai 1-8-21	364-2071	○	○	○		○		○
	Minoridai Seikeigeka	Minoridai 1-12-11, Hayashi Bldg. 1F #105	366-1585	○	○	○				
	Clinique Soigner	Minoridai 7-2-18	308-3008	○	○	○		○		○
	Shimamura Total Care Clinic	Matsudoshinden 21-2	308-5546	○	○	○		○		
	Doctor Land Matsudo	Matsudoshinden 245-26, Green Mark City Matsudoshinden 2F	369-3333	○	○	○				
	Minoridai Saito Clinic	Matsudoshinden 597	330-2300	○	○	○				
	Takeshita-iin	Kogasaki 2-3188-8	363-6286	○	○	○				
	Aoki Naika Clinic	Kogasaki 2-3245	364-1681	○	○	○				
	Takada Geka Clinic	Kogasaki 101-2	362-8237	○	○	○		○		
	Yanagisawa-iin	Kogasaki 803	364-1300	○	○	○		○		
	Naito Clinic	Sakaechou 2-106-2	368-0345	○	○	○				
	Takagi Clinic	Sakaechou 5-313	364-0979	○	○	○	○	○		
	Nihon Univ. Sch. of Dentistry, Matsudo	Sakaechou-nishi 2-870-1	360-9526	○	○	○				
	Tokatsu Clinic Hospital	Hinokuchi 865-2	331-2025	○	○	○	○	○		
	Oak Clinic for Ms. Hospital	Takegahana 50-3	703-1112	○*1		○				○
	Ishijima Clinic	Minami-Hanashima 2-27-3	367-2131	○	○	○	○	○		
	Nishikawa-iin	Kamihongou 405	368-0081	○	○	○	○			
	Tochiki Naika	Kamihongou 436, YMC Bldg. 2F	308-6666	○	○	○				
	Nishimura Naika Clinic	Kamihongou 902-5, Park Cube Kitamatsudo 1F	711-9823	○	○	○				
	Komatsu Naika Clinic	Kamihongou 2226-1, Benaflat 2F	308-7100	○	○	○				
	Matsudo Kokyuki	Kamihongou 2674-8 1F	363-1572	○	○	○				

※Medical institutions marked with “○” can provide the applicable screenings/checkups.

Area	Name of Institution	Address	Phone No. Area code +047	Chk. Hep.	Lu ng	Col on	Sto mach	Breast		Cer vix
								Sono- graphy	Mammo	
Tobu・Yakiri	Miyakodai Internal Medicine Clinic	Miyakodai 1-2-2	362-4383	○	○	○				
	Yagiri Clinic	Kuriyama 125-1	394-8850	○	○	○	○	○		
	Minagawa-iin	Shimoyakiri 72	368-2341	○	○	○				
	Nishi Clinic	Shimoyakiri 83-4	311-4063	○	○	○				
	Kakinokidai Clinic	Nijusseikigaoka-hagicho 74	308-6671	○	○	○				
	Koseki Naika-iin	Nijusseikigaoka-toyamacho 113	391-1473	○	○	○				
	Tochinoki Medical Clinic	Nijusseikigaoka-nashimotocho 26	330-8227	○		○				
	Wakabayashi Gastroenterology Clinic	Nijusseikigaoka-maruyamacho 50-1	391-8877	○		○				
	Matsudo Nissay-Seirei Clinic	Takatsukashinden 123-1	330-8298	○		○				
	Takatsuka Danchi Clinic	Takatsukashinden 247-15	392-6751	○	○	○				
	Higashi Matsudo Municipal Hospital	Takatsukashinden 123-13	391-5500	○	○	○	○			○
	Rikoudai Clinic	Takatsukashinden 488-25	312-7301	○	○	○				
	Medics Matsudo Clinic	Kawarazuka 146-1, 1F	700-5422	○※2						
	Abe Clinic	Kawarazuka 158-1	391-1800	○	○	○				
	Koitabashi Hospital	Wanagaya 1313-1	392-4555	○	○	○				
	Sakura Clinic	Wanagaya 1424-22	312-7600	○	○	○				
	Akiyama Heart Clinic	Akiyama 68-1	330-9911	○	○	○				
	Ichijyokai Clinic	Ohashi 415-1	372-5111	○	○	○	○	○		
	Musashino Hokuso Clinic	Higashimatsudo 3-5-7, Luxury Garden 203	712-0300	○		○				
	Watanabe-iin Higashimatsudo	Higashimatsudo 2-26-1	711-8366							○
Mabashi・Shinmatsudo	Higashi-matsudo Clinic	Higashimatsudo 3-2-1, Al Frente 306	392-9911	○	○	○				
	Kagaya Tadashi Clinic	Higashimatsudo 3-7-19	312-7707	○	○	○	○	○		
	Wakizaka Naika Clinic	Mabashi 1770-1, 1F	700-5572	○	○	○				
	Onda Medical Clinic	Mabashi 1828	341-1265	○	○	○				
	Okawa Ladies' Clinic	Mabashi 1902	341-3011							○
	Waza Clinic	Nishimabashi Saiwaicho 13 Waseda Bldg. 2F	309-1177	○	○	○	○	○		
	Mabashi Clinic	Nishimabashi Saiwaicho 25-1	703-7215	○	○	○				
	Kodama-iin	Mikoze 1543	345-6971	○	○	○	○	○		
	Ichiba-iin	Nakawagura 161-5	342-1069	○	○	○				
	Hachigasaki Yamashita Clinic	Hachigasaki 6-56-12	702-7858	○	○	○		○		
	Tsuda-naika Clinic	Hachigasaki 7-32-11 Puchimondo Hachigasaki 1-A	312-1971		○	○				
	Shinmatsudo Central General Hospital	Shinmatsudo 1-380	345-1111	○	○	○	○	○	○	
	Shinmatsudo Heart Clinic	Shinmatsudo 2-115-1 Matsumoto Bldg. 3F	374-4810	○	○	○				
	Keyaki Total Clinic	Shinmatsudo 3-114	309-2299	○	○	○				
	Touyu Clinic Shinmatsudo	Shinmatsudo 3-135 Forest Bldg. 1F	703-7222	○	○	○				
	Hiraoka Clinic	Shinmatsudo 3-282 Relief Partners 2F	701-5555	○	○	○		○		
	Tokuizumi Clinic	Shinmatsudo 3-6	345-6000	○	○	○	○			
	Shinmatsudo Shinryoujo	Shinmatsudo 4-2-2 SF Shinmatsudo Bldg. 1F	343-9271	○	○	○		○		
	Kobayashi Clinic	Shinmatsudo 4-141-2	340-5558	○	○	○				
Kogane・Koganehara	Someya Clinic	Shinmatsudo 5-157	330-5151	○	○	○				
	Mori Naika Clinic	Shinmatsudo 6-125	346-1818	○	○	○				
	Matsudo Neurology Clinic	Asahicho 1-160	344-3311	○	○	○				
	Koganehara Kenshin Clinic	Kogane 3 Takahashi Bldg. 6F	348-7201	○	○	○		○	○	
	Kitakogane Clinic	Kogane 16-5	343-2960	○	○	○				
	Koizumi Clinic	Kogane-kiyoshigaoka 1-12-16	342-1071					○		○
	Ookubo Clinic	Kogane-kiyoshigaoka 1-13-6	342-1076	○	○	○				
	Yamamoto Hospital	Kogane-kiyoshigaoka 2-7-10	341-3191	○	○	○	○	○		
	Itou-iin	Ooganedaira 4-335	341-1368	○	○	○				
	Takahashi Clinic	Koude 2-72	394-2211	○	○	○				
	Irahara Clinic	Koganehara 4-3-2	347-2231	○	○	○				
	Nagato Naika/Hifuka Clinic	Koganehara 4-9-19	309-7011	○	○	○				
	Kinowaki Clinic	Koganehara 5-1-1	309-5515	○	○	○				
	Yuhara Clinic	Koganehara 5-20-7	341-6185			○		○		○
	Koganehara Clinic	Koganehara 6-1-2	341-1131	○	○	○	○	○		
	Tomioka Ladies Clinic	Koganehara 6-8-11	342-1078					○		○
	Kitahara Seikeigeka	Koganehara 7-20-15	343-1016	○	○	○				

Area	Name of Institution	Address	Phone No. Area code +047	Chk. Hep.	Lu ng	Col on	Sto mach	Breast Sono- graphy	Mammo	Cer vix
Kogane- Kogane -hara	Yamaguchi Naika Clinic	Koganehara 7-26-11	340-5888	○	○	○				
	Asahi Neurology Rehabilitation Hospital	Kurigasawa 789-1	385-5566	○		○				
Tokiwadaira • Goko	Kadono Clinic	Tokiwadaira 1-14-1 Hasegawa Residence 1F	384-9639	○	○	○				
	Doutare Clinic	Tokiwadaira 1-20-3	394-0600	○	○	○				
	Akiyama Clinic	Tokiwadaira 2-14-9	387-5556	○	○	○				
	Tokiwadaira Ohisama Clinic	Tokiwadaira 2-24-2	711-7531	○	○	○		○		
	Wakaba Family Tokiwadaira Medical Clinic	Tokiwadaira 3-10-1 Seventown-Tokiwadaira 3F	316-2200	○	○	○				
	Mori-iin	Tokiwadaira 5-9-17	387-7132	○	○	○				
	Sakuradoori Naika	Tokiwadaira 5-14-25 Nakayama Bldg. 1F	394-7955	○	○	○				
	Kubota Clinic	Tokiwadaira 5-17-10	710-7411	○	○	○				
	Tokiwadaira Central Hospital	Tokiwadaira 6-1-8	387-4121	○	○	○	○			
	Hanawa Clinic	Tokiwadaira Nishikubocho 9-12	388-0707	○	○	○				
	Shinyahashira Seikeigeka/Naika	Tokiwadaira Jinyamae 17-12	389-8511	○	○	○				
	Chiba-Nishi General Hospital	Kanegasaku 107-1	384-8074	○	○	○	○			○
	Yone Family Clinic	Kanegasaku 301-61	383-3337	○	○	○		○		
	Uno-iin	Kanegasaku 408-290	386-4822	○	○	○				
	Mitsui Clinic	Higurashi 1-16-1 RG Yabashira Bldg. 1F	392-1013	○	○	○				
	Yabashira Sanwa Clinic	Higurashi 1-16-2 Higurashi Bldg. 2F	312-8830	○	○	○		○	○	
	Yabashira Midori	Higurashi 1-17-1	312-8877	○	○	○				
	Adachi Chuo Clinic	Higurashi 2-2-1	386-0088	○	○	○	○	○		
	Cosmos Clinic	Higurashi 5-194 M-PART IV Higurashi Bldg. 1F	385-8621	○	○	○				
	Gotou-iin	Higurashi 6-123-1	384-7471	○		○				
	Sanwa Hospital	Higurashi 7-379	712-0202	○	○	○	○	○	○	
	Okamura Clinic	Makinohara 1-23-6	384-3667	○	○	○	○	○		
	Heart Clinic Makinohara	Makinohara 1-193	382-6047	○	○	○				
	Makinohara Clinic	Makinohara 2-48-5	389-8311	○	○	○				
	Juno Vesta Clinic Hatta	Makinohara 2-92	385-3281	○※1		○		○		○
	Ueno Clinic	Goko 5-27-4	388-2870	○	○	○				
	Seki Seikei Clinic	Goko 7-55-1 Dai-ichi Kokubun Bldg. 1F	311-7770	○	○	○				
	Goko Hospital	Goko 8-40-1	311-5550	○	○	○				
	Suzuki Orthopedics Clinic	Gokominami 2-19-4	387-1611	○	○	○				
	Yonezawa Clinic	Gokominami 2-22-12	387-5550	○	○	○				
	Matsudo Makinohara Hospital	Gokonishi 4-32-1	712-2756	○※2		○				
	Rokkoudai Clinic	Rokkodai 2-18-4	385-2251	○	○	○	○			
	Yokozeiki Clinic	Rokkodai 2-58	387-2027	○	○	○				
	Shin-Tokyo Clinic Matsuhidai	ushizaki-Minamicho 27	384-3111	○	○	○				

《Medical Institutions That are Available on Sundays & National Holidays》

○=Available on Sundays, ●=Available on Holidays, ☆=Available on Sundays & Holidays, ◆=Available on only the holidays specified by the medical institution

Name of Institution	Address	Phone No. Area code +047	Chk. Hep.	Lu ng	Col on	Sto mach	Breast Sono- graphy	Mammo	Cer vix
Matsudo Tower Clinic	Matsudo 1139-2, Lions Station Tower Matsudo 302	394-4270	☆		☆				
Lady's Clinic K	Nemoto 453-3 1F	703-7811	◆※1		◆				◆
Oka OBGYN Minoriadai Clinic	MInoridai 1-8-21	364-2071	◎	◎	◎		◎		◎
Clinique Soigner	Minoridai 7-2-18	308-3008		◎	◎				
Doctor Land Matsudo	Matsudoshinden 245-26, Green Mark City Matsudoshinden 2F	369-3333	◎※2	◎	◎				
Kagaya Tadashi Clinic	Higashimatsudo 3-7-19	312-7707	◎※1	◎	◎				
Tokuizumi Clinic	Shinmatsudo 3-6	345-6000	◎	◎	◎				
Kitakogane Clinic	Kogane 16-5	343-2960	◎	◎	◎				
Sanwa Hospital	Higurashi 7-379	712-0202					◆	◆	
Goko Hospital	Goko 8-40-1	311-5550	●	●	●				
Yonezawa Clinic	Gokominami 2-22-12	387-5550	◎	◎	◎				

As of April 1, 2021

Have at least one Adult Dental Health Checkup each year!

Examination items : Check for tooth decay and periodontal disease

Reservation : Please directly call the medical institution below to make your appointment

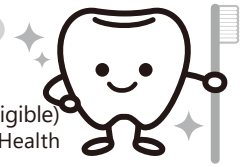
Required items : Proof of identification (i.e. Health Insurance Card and Driver's License, etc.)

*You do not need to bring the checkup slip

Eligibility : Matsudo residents aged 20 and over (Those who are currently undergoing dental treatment are not eligible)

*For those who were born between April 2, 1945 and April 1, 1946, the City will send a "Notification of Dental Oral Health Checkup for the Latter-stage Elderly People" which includes a checkup for oral function. (Contact the Regional Insurance Office at 047-366-7342). You cannot take both the "Adult Dental Health Checkup" and the "Dental Oral Health Checkup for the Latter-stage Elderly People" in the same year.

Free of charge



↓ Please call with the area code +047

FY 2021 -List of Dental Clinics Designated for Adult Dental Health Checkup (by area)

Area	Name of Institution	Phone No.	Name of Institution	Phone No.	Name of Institution	Phone No.	Name of Institution	Phone No.
Matsudo	Owl Dental Clinic	711-9020	Orange Shika	331-8877	Taiyou Shika Clinic	368-6829	Shiinoki Shika-iin	703-7500
	Aoyama Dental Clinic	367-8151	Kato Shika Clinic	363-4182	Takahashi Dental Clinic	392-7014	Matsudo Shika Clinic	367-6520
	Akashi Shika-iin	365-3712	Kamihongo Shika-iin	364-1637	Takeda Shika-iin	365-2232	Matsudo Dental Clinic	364-5308
	Akiyama Kyouseishika	361-2660	Kitahara Shika-iin	367-5001	Takeda Shika Clinic	366-8887	Nagomi Kyouseishika	382-5753
	Arc Kyouseishika	361-4687	Kitamatsudo Dental Office	308-6480	Nakamura Shika-iin	361-7736	Maruyama Shika-iin	363-4618
	Ashida Shika-iin	362-3446	Kitamura Shika	368-2371	Nihon Univ. School of Dentistry Matsudo	360-7111	Minoridai Shika	367-6607
	Isozaki Shika	308-0123	Koizumi Shika-iin	365-2233	Hiraoka Shika-iin (Matsudo Nishiguchi)	364-6666	Miyamoto Shika-iin	362-2876
	Irodori Shika	711-9733	Konemoto Shika Clinic	363-1771	Hiraoka Shika-iin (Matsudoshinden)	368-8200	Yuasa Shika-iin	363-6480
	Usami Shika-iin	362-5207	Kobayashi Shika Clinic	364-1616	Hirayama Shika	367-9631	Yoko Shika Clinic	367-1230
	Otsuka Shika-iin	366-2679	Sato Shika-iin	367-1548	Fuji Shika-iin	368-3260	Wada Shika-iin	361-4181
	Ooyamaguchi Shika-iin	362-5992	Shimazaki Shika Clinic	364-6675	Fujimidai Shika-iin	360-6280	Watanabe Dental Clinic & Maintenance	363-4111
	Oka Dental Clinic	700-5222	Sugita Shika-iin	365-3945	Machiyama Shika	362-3000		
	Oz Dental Clinic	363-0100	Sunanaga Shika-iin	362-0873	Matsuzaki Shika-iin	362-2212		
Tobu・Yakiri	Inatomi Shika Clinic	391-8148	Komatsu Shika-iin	392-4180	Higashimatsudo-ekimae Shika	314-5231	Morimoto Shika-iin	360-1955
	Ueda Shika Clinic	392-5665	Sehata Shika	367-0120	Akiyama Ikeda Clinic	701-5844	Lion Shika	710-8881
	Kashinoki Shika	312-7777	Nakazawa Shika-iin	369-1355	Motoyama Shika-iin	362-4973	Watanabe Shika	391-0808
	Kamino Shika Clinic	701-8806	Nakamura Dental Clinic	391-6683	Mori Shika	368-8336		
Mabashi・Shinmatsudo	Araki Shika Clinic	309-2610	Kuramochi Shika-iin	343-1224	Shinmatsudo Sougou Shika	344-6320	Petit Monde Hachigasaki Dental Clinic	343-1118
	Ambiru Shika-iin	340-0144	Kurokawa Shika	340-4618	Takano Shika	341-2596		
	Ide Shika-iin	340-3718	Kotani Shika-iin	345-2815	Tounai Dental	346-3213	Poplar Dental Office	345-8941
	Ookawa Shika-iin	343-7788	Kobayashi Dental Clinic	344-4515	Nagaoka Dental Clinic	344-1391	Honma Dental Clinic	341-3045
	Ogata Shika-iin	710-9418	Saitou Dental Clinic	368-2551	Nakawakura Dental	341-6290	Matsubara Shika	348-1846
	Onda Shika-iin	343-2325	Sakura-dori Shika	342-8046	Nishimabashi Shika Clinic	349-4182	Yokosuka Dental Clinic	318-9955
	Kaede Shika	347-8811	Shiraishi Shika	343-5711	Hachigasaki Saitou Shika	342-5143	Yokoyama Shika-iin	346-4789
	Kaneko Iin	342-9812	Shirayuri Dental	710-8140	Hiruma Shika	309-0648		
	Kanemaru Shika-iin	343-5577	Shinmatsudo Ishizaki Shika-iin	344-4128	Fujita Shika-iin	347-9723		
	Kamiya Shika-iin	343-8958	Shinmatsudo Shika	345-1536	Futatsugi Shika-iin	343-5777		
Kogane・Koganehara	Abe Shika-iin	342-2281	Kainohana Shika	349-4333	Koganehara Shika	346-6408	Handa Shika-iin	344-5280
	Itou Shika-iin	343-6900	Kiyoshigaoka Dental Clinic	343-6862	Sakura Shika-iin	347-8211	Fujii Shika	345-0418
	Ookuma Shika-iin	346-8800	Kuniya Shika-iin	345-0056	Shinpo Shika-iin	340-1818	Yatsu Shika-iin	343-2020
	Oyaguchi Shika Clinic	348-8841	Kurigasawa Shika-iin	343-6956	Tonohiraga Shika-iin	341-7576	Watanabe Shika Clinic	344-7734
	Okada Shika-iin	341-1460	Crystal Shika	345-8901	Haneda Shika-iin	309-4618		
	Gaien Shika Matsudo	343-0224	Koude Shika	347-8824	Hayakawa Shika	346-3535		
Tokiwadaira・Goko	'at' Murayama Shika Clinic	394-5050	Tsukamoto Dental Office	387-2916	Azuma Shika-iin	388-1498	Mutsumi Dental Clinic	385-2502
	Arai Shika-iin	384-7708	Tomiyama Shika	383-1184	Higurashi Shika-iin	386-3394	Murakami Shika-iin	394-6660
	Iwai Shika-iin	385-2696	Naio Shika	387-6455	Hiraga Dental Office	388-3188	Yabashira Shika	385-3591
	Ookubo Shika	384-1982	Nagasaka Shika-iin	385-3788	Fukushima Shika	387-1096	Yabashira Shika Ekibiru	384-4182
	Okoshi Dental Office	385-5164	Nakamura Shika Rokkodai	389-8341	Fujiwara Dental Clinic	704-5150	Yamamoto Shika-iin	389-8841
	Onda Shika Clinic	386-6482	Nakayama Shika-iin	385-0200	Fuma Shika-iin	383-0600	Yuukari Shika	388-0620
	Kyoudou Shika Shinyahashira	711-5201	'Nano' Dental Clinic	386-5000	Makinohara Shika-iin	385-2788	'U' Shika-iin	385-5373
	Goko Shika-iin	384-7556	Narushima Shika	387-0894	Matsushita Shika-iin	311-1187	Rise Dental Clinic	393-8181
	Gotou Shika	384-7566	Nitori Shika Clinic	387-1182	Mari Dental Clinic	385-4183	Wakiya Shika Clinic	384-1580
	Santoku Shika	386-4182	Noguchi Shika	712-0981	Sangoku Shika-iin	383-1170		
	Shika Makinohara	388-4182	Hashimoto Shika	384-7266	Miyajima Shika-iin	387-0068		
	Takayanagi Shika-iin Kashiwa	04-7191-4950	Hara Shika-iin	387-8197	Mutsumi Goto Shika-iin	384-1223		

【Contacts for inquiries regarding Adult Dental Health Checkups】

As of April 1, 2021

●Central Health & Welfare Center : 366 - 7489 ●Kogane Health & Welfare Center : 346 - 5601 ●Tokiwadaira Health & Welfare Center : 384 - 1333