**English Newsletter** 

## AI-KOKA



# Cancer screenings provided by Koka City

National statistics shows that cancer is the most common cause of death and one in two people may suffer from a cancer. Periodic screening leads to early detection of cancer.

Koka City provides several types of cancer screenings whose expenses are partly paid by the city so that citizens can receive it with fewer out-of-pocket expenses.

	Eligible age,		Fee	
	How often you can receive the screening	Content of the screening	(payment on your own) <i>※</i> Free of charge for people over 70 years old	
Stomach Cancer	Over 40 years old,	X-ray of the stomach with	¥900	
Screening	Once a year	barium		
Lung Cancer Screening	Over 40 years old,	X-ray of the chest, Sputum test (for smokers who	¥200 For sputum test, additional ¥500	
	Once a year	correspond to certain conditions)		
Cervical cancer Screening	Women	Gynecological	-Group screening (available for over 30 years old): ¥1,000 -Medical institutions:¥1,700	
	over 20 years old,	examination,		
	Once in two years	Papanicolaou test		
Colorectal Cancer	Over 40 years old,	Fecal occult blood test (sample of stools	¥500	
Screening	Once a year	for 2 days)	±300	
Breast Cancer Screening	Women over 40 years old,	Palpation,	¥1,500	
	Once in two years	Mammography		

➤Where to receive screenings

Group screenings will be held mainly at Hoken Centers in the city. You can also receive the examination at any of the medical facilities designated by the city.

Inquiries Health Promotion Division (Kenko-Suishin-Ka) 20748-65-0737 Fax:0748-63-4591

#### MEDICAL AND HEALTH CHECKUPS CALENDAR FOR FY 2015 (HEISEI 27) AVAILABLE NOW!

Babies and infants health checkup program, cancer screening programs scheduled for FY 2015, and more information about child and adult health are listed on this calendar.

It is distributed to each household through neighborhood association.

If your family is not a member of neighborhood association, you can get it at City Hall, Hoken Center, or Chiiki-Shimin-Center.

Inquiries Health Promotion Division (Kenko-Suishin-Ka) 20748-65-0703 Fax:0748-63-4591



### Huge balloon castle appears on the KOJOSAN hill

### For only 4 days from April $17^{tn}$ to $20^{tn}$ ,



you can see a castle made of balloon on the top of KOJŌSAN hill. It will be illuminated at night, and fireworks display will be held on April 19<sup>th</sup>.

## Minakuchi Hikiyama Festival

### April 19<sup>th</sup> & 20<sup>th</sup> at Minakuchi Shrine



This festival is appointed as intangible cultural property by Shiga prefecture, and the highlight of the festival is gorgeous floats and *Minakuchi-Bayashi*, traditional festival music performed by local people.

## Services and supports for people in need CONSULTATION SERVICE ON LIVING IS OPEN

This is available for those who: lost job and have difficulty in paying rent for housing, became impossible to work due to illness and have worries about livelihood, have debts and worry about future life, and so on. Consultation fee is free, and secrets will be kept strictly confidential.

- Location: Minakuchi Shakai-Fukushi Center, 1<sup>st</sup> floor
- Consultation hours: 9:00-17:00

(except Saturday, Sunday, holiday, and year-end and New Year holidays) Inquiries Seikatsu-Shien-Ka 20748-65-0735 Fax:0748-63-4085



#### April Taxes (4 月の税金 ) Due date for taxes is April 30th( Thu.), 2015

- ◆National Health Insurance tax (国民健康保険税 Kokumin-Kenkou-Hoken-Zei ) 1<sup>st</sup> installment for FY2015
- ◆Water fee (水道料金 Suidou-Ryoukin) for usage during February March
- ◆Nursery school monthly fee(保育料 Hoiku-ryou)
- ◆Nursing Insurance premium (介護保険料 Kaigo-Hoken-Ryou ) 1<sup>st</sup> installment for FY2015

#### Health Checkup for Babies and Infants: April 2015

(乳幼児健診)

HC-Hoken Center

			nc=noken center			
Type of the checkups	Eligible child <b>Born in</b> :	Exam date	Location	Reception hours	What to bring	
<b>4</b> months old	December 2014	4/23 <sup>rd</sup> (Thu) 4/16 <sup>th</sup> (Thu)	Minakuchi HC KAEDE-KAIKAN	1:00pm- 1:30pm	Maternity record book, questionnaire, towel, diapers, change of clothes, milk	
<b>10</b> months	May 2014	4/09 <sup>th</sup> (Thu) 4/16 <sup>th</sup> (Thu)	Minakuchi HC KAEDE-KAIKAN	1:00pm- 1:30pm	Maternity record book, questionnaire, towel, diapers, change of clothes, milk	
<b>1</b> year and <b>8</b> months	August 2013	4/22 <sup>nd</sup> (Wed) 4/28 <sup>th</sup> (Tue)	Minakuchi HC Koka HC	1:00pm- 1:30pm	Maternity record book, questionnaire, diapers	
<b>2</b> years and <b>6</b> months	September 2012	4/8 <sup>th</sup> (Wed) 4/15 <sup>th</sup> (Wed)	Minakuchi HC Koka HC	1:00pm- 1:30pm	Maternity record book, questionnaire, questionnaire for exam about hearing ability(do the exam at home)	
<b>3</b> years and <b>6</b> months	September 2011	4/13 <sup>th</sup> (Mon) 4/28 <sup>th</sup> (Tue)	Minakuchi HC Koka HC	1:00pm- 1:30pm	Maternity record book, questionnaire	

 $\star$ Appointment is not needed. Please visit the Hoken Center directly.

*Minakuchi HC*: for residents of Minakuchi and Shigaraki towns, *Koka HC*: for residents of Tsuchiyama, Koka, and Konan towns, *KAEDE-KAIKAN*: for residents of Tsuchiyama, Koka, Konan, and Shigaraki towns.

Inquiries Health Promotion Div. (Kenkou-Suishin-Ka) 20748-65-0736 Fax:0748-63-4591

English interpreter is available from 8:30 am to 5:15 pm, At Regional Community Promotion Div. in City Hall Phone: 0748-65-0604 At Regional Community Promotion Div. in City Hall Phone: 0748-65-0604 Automated translation is available on our homepage: http://www.city.koka.lg.jp/