

Pre-health Checkup for Young Adults Fee : ¥1,000

Target : Ages 20 to 39 years old (as of end of March 2027)
 Contents : Interview • Body and Waist measurements • Blood pressure measurement • Urine tests • Blood tests (Lipids • Blood sugar • Liver function • Uric acid level • anemia • Renal function)
 Location : Mitake town Health Center (June)

Prostate cancer screening Fee : ¥700

Target : Ages 50 years old or older (born on or before March 31,1977)
 ※Please contact us for more information
 Contents : Blood test (PSA)
 Location : Mitake town Health Center (July to October)

Specific Health Checkups Fee : ¥500

Target : Ages 40 to 74 years old (as of end of March 2027) and **National health insurance member only**
 ※You can receive this checkups until your 75th birthday.
 ※Other insurance company (e.g. Company Health Insurance, etc.) is not eligible for this checkup.
 Contents : Interview • consultation • Body and Waist measurements • Blood pressure measurement • Urine tests • Blood tests (Lipids • Blood sugar • Liver function • Renal function • Uric acid level)
 Location : Mitake town Health Center (July to October) or designated medical institution (July to October)

Hepatitis virus screening Fee : ¥1,000

Target : Ages 40 years old or older (born on or before March 31,1987) and who have never undergone a hepatitis virus screening before.
 Contents : Blood tests (Hepatitis B and C Virus Test)
 Location : Mitake town Health Center (July to October)
 ※The screening is FREE for ages 40 years old (as of end of March 2027)

Detailed checkups (① Anemia test ② Electrocardiography (ECG) ③ Eye Fundus examination) Fee : Free

Target : Below are the criteria for eligible persons ↓

①	• People suspected of having anemia	Done on the same day
②	• Max blood pressure over 140mmHg or min blood pressure over 90mmHg • People suspected of having arrhythmia	
③	• Max blood pressure over 140mmHg or min blood pressure over 90mmHg • Blood sugar over 126mg/dl or HbA1c over 6.5%	Done on the same day (Health Center), or on a different date at Health Center (Designated medical institution)

*On the same-day screenings available at the Health Center

Cervical cancer screening Fee : ¥1,000

Target : Ages 20 years old or older (born before March 31, 2007) women who have never undergone this screening last year.
 Contents : Visual examination • Pelvic examination • Cervical cytology (Pap smear)
 Location : Health Center (July) or designated medical institution (July to December)
 ※FREE for women born on April 2,2005 ~ April 1,2006 or April 2, 2001 ~ April 1,2002

Gifu-Sukoyaka Health checkups Fee : Health Center ¥420, Designated medical institution ¥500

Target : Individuals enrolled in Medical Insurance for Elderly
 Contents : Interview • Consultation • Body and Waist measurements • Blood pressure measurement • Urine tests • Blood tests (Lipids • Blood sugar • Liver function • Renal function • anemia)
 Location : Health Center (July to October) or designated medical institution (July to October)

Detailed checkup (① Electrocardiography [ECG]) Fee : Free

Target : Only applicable persons ↓

①	• Max blood pressure over 140mmHg or min blood pressure over 90mmHg or People suspected of having arrhythmia	On the same day
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Breast cancer screening Fee : Age 40's ¥1,800 (2 view mammography) 50's or older ¥1,500 (1 view mammography)

Target : Ages 40 years old or older (born on or before March 31,1987) women who have never undergone this screening.
 Contents : Visual examination (Designated medical institution only) Mammography
 Location : Health Center (July) or Designated medical institution (July to December)
 ※FREE for women born on April 2,1985 ~ April 1,1986

※Not applicable for those who:

- Have had breast augmentation surgery
- Have a pacemaker
- Have a ventriculoperitoneal (VP) shunt
- Breastfeeding

Option Examination Fee: Eye Fundus examination ¥1,000, Electrocardiography (ECG) ¥1,500

Target : Ages 40 years old or older (People born on or before March 31,1987)
 Contents : Eye Fundus examination, Electrocardiography (ECG)
 Location : Mitake town Health Center (July to October)

Osteoporosis screening Fee : ¥1,000

Target : Ages 40 • 45 • 50 • 55 • 60 • 65 • 70 years old women (as of end of March 2027)
 Contents : X-ray of the arm
 Location : Health Center (July)

Colon cancer screening Fee : ¥500

Target : Ages 40 years old or older (People born on or before March 31,1987)
 Contents : Stool occult blood test (Collect stool example for 2 days in a provided container and submit)
 Location : Health Center (July to October)
 ※The screening is FREE for ages 40 years old (as of end of March 2027)

Periodontal disease checkup Fee : ¥500

Target : Ages 20 • 25 • 30 • 35 • 40 • 45 • 50 • 55 • 60 • 65 • 70 years old (as of end of March 2027)
 Contents : Oral Examination
 Location : Designated medical institution (April 2026 ~ February 2027)

Lung cancer screening Fee : ¥700

Target : Ages 40 years old or older (born on or before March 31,1987)
 Contents : Chest x-ray
 Location : Health Center (July to October)

Tuberculosis screening ※No registration required Fee : Free

Target : Ages 65 years old or older (born on or before March 31,1962)
 Contents : Chest x-ray (direct imaging)
 Location : Community Centers (June) ※Please come directly to the venue

*For more details, please see the May issue of the newsletter(Hotto Mitake)
 ※Result notification will not be sent if the screening result is “No abnormal findings”
 ※People undergone this screening cannot receive Lung cancer screening

Stomach cancer screening (Barium X-ray) Fee : ¥1,000

Target : 40 years old or older (born on or before March 31, 1987)
 Contents : Barium x-ray of the stomach
 Location : Health Center (July to October)

Stomach cancer screening (Gastroscopy) Fee : ¥3,000

Target : Ages 50 to 74 (as of end of March 2027) and have never undergone this screening last year.
 Contents : Endoscopic examination performed through nose.
 Location : Mitake town Health Center (October)
 ※The number of people is limited.

Attention ① About Stomach cancer screening ※Please read this carefully

Who is not suitable for the Barium X-ray?

- People with Digestive disease
 Gastric or Duodenal ulcers, Gastric/intestinal resection, Diverticulitis, Ulcerative colitis, Inflammatory bowel diseases, Intestinal intussusception, Appendicitis, Parasitic Infection, Chronic Constipation.
- Heart disease or Irregular pulse ●Stroke ●Asthma
- Polyps removed within the past 2months
- Choke easily or Difficulty in swallowing, Fluid restriction
- Barium allergy ●People who had problems with this screening

Depending on the results of the doctor examination, you may not be able to have this screening.

Side effects of Barium X-ray

- Rarely occurs ↓
1. Constipation • Hole in the intestine
 2. Aspiration
 3. Allergy (Hives • Vomiting/Nausea, Pale complexion, Cold extremities, Difficulty breathing)

Who is not suitable for the Gastroscopy?

- Currently receiving treatment for stomach disease, or those who had their Whole stomach removed.
- People with nose or throat problems.
- People with Heart disease or High blood pressure or irregular pulse.
- People who bleed easily or taking anticoagulant medications.



Please consult with your doctor before applying.

Attention ② About Health Screening in General

※If you have symptoms, please see a doctor at the hospital.
 ※If the results of the checkups(screening)indicate a need for further testing , please provide the results of the detailed examination to the town.

2026.4~2027.2

MitakeTown HealthCheckups Guidance (Disease Screening)

List of health checkups and cancer screening.

【Flow】



Attention① When selecting the location for health screening

If you wish to have both ①Specific Health Checkups (Gifu-Sukoyaka Health checkups) and ②cancer screening (Hepatitis virus screening)

You can take both ① and ② at Mitake town heath center on the same day.

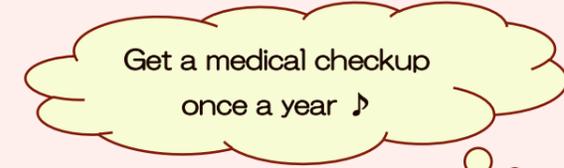
Attention② List of Ddesignated Medical Institution (Planned)

Designated medical institution

	Name of medical institution
Specific Healthcheckups Gifu-sukoyaka Health checkups	Akasi-Clinic • Kaniiin • Tahara shinnozoukekkan-Clinic • Mitake-Clinic • Momoi-Hospital
Breast cancer screening	Higasikani-Hospital • Fujikake-Hospital • Kani tounou-Hospital • Ikeyama-Clinic
Cervical cancer screening	Tomatu-Ladies clinic • Rosebell-Clinic • Kani tounou-Hospital
Periodontal disease screening	Medical Institution designated by the Kani Dental Association

Attention③ Other important notes

Household receiving livelihood assistance (*seikatsu hogo*) ⇒Fee:Free (Excluding Specific Healthcheckups or Gifu-sukoyaka Health checkups)



【For Inquiries】 No interpreter services available.
 Mitake Town Health Center TEL 0574-66-2006
 (Mitake Town Hall) FAX 0574-67-2118

