

Notification of Medical Examinations/Screenings for Residents of the City of Sendai

The City of Sendai offers screenings for various cancers as well as basic medical examinations in order to protect the health of its residents. Foreign residents who have completed resident registration are also entitled to receive medical examinations/screenings at a cost lower than at general hospitals. If you would like to receive examinations/screenings, please apply using the postcard attached to the “Medical Examination/Screening Application Guide” (Japanese-language version) which will be inserted in the April issue of the Sendai City Newsletter. Please be aware of the application deadline.

Please note that the appointment letter and the result notification will be in Japanese.

1. Medical Examinations/Screenings by Age Group

Depending on your date of birth and gender, you are entitled to different medical examinations/screenings. Please note that appointment letters will not be issued if you apply for medical examinations/screenings you are not entitled to.

Age Group (as of next March 31)	Medical Examinations/Screenings
75 years of age or above	Gastric (stomach) cancer, cervical cancer, breast cancer, lung cancer/tuberculosis (TB), colon (bowel) cancer, and basic medical examinations
From 40 to 74 years of age	Gastric (stomach) cancer, cervical cancer, breast cancer, lung cancer/tuberculosis (TB), and colon (bowel) cancer
From 35 to 39 years of age	Gastric (stomach) cancer, cervical cancer, breast cancer, and basic medical examinations
From 30 to 34 years of age	Cervical cancer and breast cancer
From 20 to 29 years of age	Cervical cancer
50 years of age 55 years of age 60 years of age 65 years of age	Prostate cancer

2. Types and Details of Medical Examinations/Screenings

Gastric (stomach) cancer	Medical interview, X-ray	Breast cancer	Medical interview, visual inspection, palpation (mammography screening for those aged 40 or over)
Cervical cancer	Medical interview, visual inspection, internal examination, etc.	Lung cancer/ tuberculosis (TB)	Medical interview, X-ray
Colon (bowel) cancer	Testing of the stool for occult blood	Prostate cancer	Blood test
Basic medical examinations	Medical interview, physical measurement (height, weight, etc.), blood-pressure measurement, urine test, blood test, etc.		

3. Procedures for Medical Examinations/Screenings

Appointment letters for the medical examinations/screenings will be mailed to your home address individually. Screenings for gastric (stomach) cancer, lung cancer/tuberculosis (TB), and colon (bowel) cancer will be provided at local citizen centers or community centers as part of group screenings conducted by health checkup organizations. Other medical examinations/screenings will be individually provided at registered medical institutions.

The method and timing of result notification varies depending on the medical examination/screening being undertaken. Please refer to your appointment letter for details.

- You can take medical examinations/screenings other than group screenings at medical institutions which offer services in languages other than Japanese. For applicable medical institutions, please refer to the list distributed at the Sendai International Center, the Household Health Section of the Ward Office, and the Public Health and Welfare Section of the General Branch Office.

The list is also available online at: http://www.sira.or.jp/english/life/download/h&c_all.pdf

4. Fees

Gastric (stomach) cancer	From 35 to 39 years of age	2,430 yen ★	Breast cancer	From 30 to 39 years of age	700 yen
	40 years of age or above	900 yen ☆		40 years of age or above	1,400 yen ☆
Cervical cancer	From 20 to 39 years of age	1,700 yen	Lung cancer/ tuberculosis (TB)	Free	
	40 years of age or above	1,700 yen ☆		Prostate cancer	1,000 yen ☆
Colon (bowel) cancer	40 years of age or above	500 yen ☆			
Basic medical examinations	From 35 to 39 years of age	3,580 yen ★			
	75 years of age or above	Free			

- Members of the Sendai City National Health Insurance Plan can take medical examinations/screenings marked with (★) above at a reduced cost; those marked with (☆) are free of charge for members. Please ensure to bring your insurance certificate (insurance card) on the day of the medical examination/screening.
- For cervical cancer screenings, an additional cost of 800 yen (free of charge for the members of the Sendai City National Health Insurance Plan) will apply in cases where a doctor determines that there will be a need to perform more detailed examinations of corpus uteri.
- As part of the lung cancer/tuberculosis (TB) screenings, we offer simplified cytodiagnosis to those with blood-stained sputum and smokers with a smoking index (number of cigarettes per day multiplied by number of years of smoking) exceeding 600. The additional fees for the test will be 700 yen (free of charge for the members of the Sendai City National Health Insurance Plan).

