

Health Check-up Program for 2015

(Special edition for foreign residents)



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Miyoshi-machi Hoken Center

185-1, Fujikubo1, Miyoshi-machi

*As parking lot is not big enough to park all of your cars,
please come on foot or by bicycle.

TEL : 258-1236 FAX : 258-5994

E-mail hoken@town.saitama-miyoshi.lg.jp



1 Cancer check-up program

Advise you have cancer check-up for yourself and your family. If you have no opportunity to have cancer check-up at your workplace, you will be able to apply to have town's cancer check-up. Please check target age of each cancer check-up and have corresponding one.

Program	Target age: blue for men, red for women, green for both sexes												Target Ages	Frequency	Checkup Date or Term	Examination method	Checkup place	Own expenses	Application	Notice	
	20	30	35	40	45	50	55	60	65	71	75	and up									
Colon cancer check-up					→									40 years and up	once in a year	June 1st ~ Nov. 30th	Fecal Occult Blood test (two days' sample)	Designated institution of two cities and one town	¥500	Designated medical institution.	Advised to take check-up by November 30th.
Lung cancer check-up					→												Chest X-ray examination		¥500 for sputum exam)		
Cervical cancer check-up	→												20 years and up	Anthroposcopy, internal exam. and pick up cell of cervix			¥1,000				
Stomach cancer check-up				→									35 years and up	5	Refer to table of page 2	X-ray examination by barium	Hoken center	¥500	Hoken center	Please refer to the following table or [Koho Miyoshi] for how to apply.	
Stomach risk cancer check-up(ABCD test)					→											40 years up, in units of 5 years			June 1st. ~ Nov.30th	Blood test (Plasma pepsinogens, antibodies against Helicobacter pylori)	Designated institution of two cities and one town
Breast cancer check-up													30 years and up ①born in even month ②born in odd month and didn't take last year ③eligible for free coupon	once in two years	Refer to table of page 2	Ocular inspection. Palpation & mammography	Hoken center	¥2,000	Hoken center	Please refer to table of page 2 or [Koho Miyoshi] for how to apply.	
Prostate gland cancer examination													50 years and up			Interview and blood test (PSAValue)		¥500			
Health check-up for child rearing mother	←												child rearing mother up to 39 years	once in a year		Please choose one of the following ①Health checkup (such as blood test, etc.) ② ①and cervical cancer checkup		Fujikubokouminkan for ① Hoken center for ②			① ¥500 ② ¥1,500
Hepatitis virus check-up					→									①those who become 40 years old ②41 years and up didn't take in the past		June 1st. ~ Nov.30th	Blood tst	Designated institution of two cities and one town	free	Disig.med. inst.	Advised to take check-up by November 30th.
Free coupon program for cancer check-up	(breast cancer・cervical cancer・colon cancer) ★Cancer check-up handbook and "free coupon ticket" will be sent to one who is eligible to each program respectively around end of May																				

Inquiry : Miyoshi-machi Hoken Center Tel.258-1236 Fax258-5994 Email hoken@town.saitama-miyoshi.lg.jp

Check-up at medical institution

Lung cancer • Colon cancer • Cervical cancer • Stomach risk cancer (ABCD) check-up • Hepatitis check-up

- How to get check-up : go to designated medical institutions and tell to get public health or medical check-up.
- Advise you to bring your identification card of Miyoshi-machi.

*The designated medical institutions of two cities and a town will be nominated late in May and made public in town's homepage or poster display at medical institutions.

*You are no longer eligible to get public health /medical checkup after you move-out from Miyoshi-machi.

*Public health checkup is available once in a year.

Check-up at Hoken Center

Stomach cancer • Breast cancer • Prostate gland cancer Examination • Health-check for child rearing mother

1.Making an appointment in advance at Hoken Center is required. Appointment term is written in page 2.

2.How to make an appointmante is as follows.

- Postal card, Fax, E-mail, QR code or in persn at the window of Hoken Center is available.
- Fill in the required items 1. Name of checkup, 2.Adress, 3.Full name, 4. Date of birth, 5.Sex, 6. Tel No. 7. Preferred date (or no preferred date)
- Application card should be postmarked on or before deadline date. Application by Fax, E-mail and QR code is on deadline date. Please keep strict deadline.
- Application is required individually
- In case of too many application, we will hold a draw for the date. An appointment is not on a first come, first served basis
- You are no longer eligible to get public checkup after you move-out from Miyoshi-machi.
- Public health checkup is available once in a year.



How to make an appointment

2 ■ List of Eligible person to free coupon ticket

Free coupon tickets will be sent to those who are eligible to each program end of May. Ticket will be reissued for those who move-in, move-out or lost it. Please contact to Hoken Center

Ages	Date of birth	Both Sex	Female	
		Free coupon for colon cancer	Free coupon for breast cancer	Free coupon for cervical cancer
20	Heisei 6 (1994) 4/2 ~ Heisei 7 (1995) 4/1			●
40	Showa 49 (1974) 4/2 ~ Showa 50 (1975) 4/1	●	●	
45	Showa 44 (1969) 4/2 ~ Showa 45 (1970) 4/1	●		
50	Showa 39 (1964) 4/2 ~ Showa 40 (1965) 4/1	●		
55	Showa 34 (1959) 4/2 ~ Showa 35 (1960) 4/1	●		
60	Showa 29 (1954) 4/2 ~ Showa 30 (1955) 4/1	●		

■ Health Check-up for Child Rearing Mother

Place : Fujikubo kouminkan for medical examination

Hoken center for cervical cancer checkup

Application Period : July 1st ~ July 31st

Time : 9 : 00 9 : 30 10 : 00 10 : 30 11 : 00 for each day

Others : ① Nursery service is available. Please make a reservation with no. of babies and ages at application time.

② Based on the result of medical examination, those who need specific health guidance are informed on medical consultation schedule individually from Hoken center

* we have no program for bone density measurement this year

Course	Date	Examination method	Quota	Fee
Single Course (Medical examination)		Medical examination (Apply such a blood test as one in specific medical check-up)	40 (each day)	¥500
Double Course (Medical check-up + Cervical cancer checkup (group))	Sept. 1st. (Tues.)	Medical examination (Apply such a blood test as one in specific medical check-up)	35 (each day)	¥1,500
	Sept. 2nd. (Wed.)	Cervical cancer check-up (Anthroposcopy, internal exam. and pick up cell of cervix)		

Application Postal card, Fax, E-mail, QR code or in person at the window of Hoken Center (refer to Page 1) Please note your preferred time, if you hope.

■ Breast • Stomach • Prostate Gland Cancer Check-up

Classification	Check-up dates	Time	Charge	Application term
Stomach cancer check-up X-ray examination by barium 90 persons /day for 6 days (Target ages) Men and women of 35 years and up	(the first term) May 27th. (Wed.) May 28th. (Thurs.) May 29th. (Fri.) (the second term) Oct. 26th. (Mon.) Oct.27th. (Tues.) Oct. 28th. (Wed.)	8:30:00 9:00/9:30 10:00/10:30 11:00:00 same time table for each day	¥500	(the first term) April 1st.~April 30th (the second term) Sept.1st~Sept.30th
Breast cancer check-up Ocular inspection & palpation Mammograph 90 persons/day for 8 days (Target ages) ① 30 years and up born in even year, women ② Born in odd month and didn't take check-up in previous year ③ Eligible person for free coupon	(the first term) July 27th. (Mon.) July 28th. (Tues.) (the second term) Aug. 30th. (Sun.) Aug. 31st. (Mon.) (the third term) Sept. 29th. (Tues.) Sept. 30th. (Wed.) (the fourth term) Nov.27th. (Fri.) Nov.28th. (Sat.)	9:00/9:30 10:00/10:30 11:00/11:30 13:00/13:30 14:00/14:30 15:00/15:30 same time table for each day	¥2,000	(the first term) June 1st.~June 30th (the second term) July 1st~July 31st (the third term) Oct.1st~Oct.31st.
Prostate Gland Cancer Examination Interview and blood test (PSA Value) 100 persons /day for two days (Target ages) 50 years and up, men	Aug. 6th. (Thurs.) Aug.7th. (Fri.)	9:00/9:30 10:00/10:30 11:00 same time table for each day	¥500	June 1st.~June 30th

○Checkup date and time: please note you can only make an appointment of checkup date instead of date and time this year because of high hours of congestion

Application : at the window of Hoken Center, Fax • E-mail or QR Code (Please refer to Page 1)



3 Health promotion program for adults

Health consultation for adult (Appointment system)

Date April 22nd (Wed.) May 20th (Wed.) June 17th (Wed.) July 15th (Wed.)
Aug. 19th (Wed.) Sept.16th (Wed.) Oct. 21st (Wed.) Nov.18th (Wed.)
Dec. 16th (Wed.) Jan. 20th (Wed.) Feb. 17th (Wed.) Mar.16th (Wed.)

Detail : Personal Consultation is available by public health nurse and registered dietitian.

Others : Please bring check-up report issued by medical institution

Vaccination

Pneumococcal vaccination for the aged

Target : Those who have no vaccination with 23-valent pneumococcal polysaccharide vaccine in the past, if any optional and, meet ① or ② below.

① Target ages of 2015

Those who will be the following years of age	Date of birth
65 years old	Born in April 2 nd ~ 1950 to April 1 st , 1951
70 years old	Born in April 2 nd ~ 1945 to April 1 st , 1946
75 years old	Born in April 2 nd ~ 1940 to April 1 st , 1941
80 years old	Born in April 2 nd ~ 1935 to April 1 st , 1936
85 years old	Born in April 2 nd ~ 1930 to April 1 st , 1931
90 years old	Born in April 2 nd ~ 1925 to April 1 st , 1926
95 years old	Born in April 2 nd ~ 1920 to April 1 st , 1921
100 years old	Born in April 2 nd ~ 1915 to April 1 st , 1916

② Those who are between 60 and 65 years old, with some physical handicap and want to vaccinate.

Place : Designated medical institutions of two cities and one town (Fujimi-shi, Fujimino-shi and Miyoshi-machi)

Check-up Term : April 1st, 2015 to March 31st 2016

No. of Times : once **Applicant's own expense** : ¥3,000

Seasonal influenza vaccination for the aged

Target : ① Those who are over 65 years old at the vaccination date and want to do so.
② Those who are between 60 and 65 years old, with some physical handicap and want to vaccinate.

Check-up Term : Oct.20th to Dec. 25th, 2015 **Applicant's own expense** : ¥1,000

Remarks : If you want to get a vaccination at outside medical institution, please come to Hoken Center. Medical questionnaire will be issued from October 15th.

Medical Education Program

* For more details of program, please refer to 'Koho Miyoshi'

Lecture for women "How to keep fit"

Consider osteoporosis and the hormone balance. One and a half-hours lesson including bone density measurement.

Date : around November, 2015 **Venue** : Miyoshi-machi General Gymnasium

Target : Those who are 18 years or older and less than 55 years, and meet ① and ② below.

① Those who are not subject exercise restriction by doctor. ② Those who will be able to attend lectures of the following contents

Quota : 100 people **Charge** : ¥500

Contents : ① Bone density measurement (echo of heel) ② Yoga ③ Lecture by public health nurse and registered dietitian ④ First lesson at fitness room of gym.

Application period : Sept.1st ~Sept.30th, 2015

Remarks : Application in advance by Postal card, Fax, E-mail, QR code or in person at the window of Hoken Center is required. More details such as application time, please refer to 'Koho Miyoshi'.

Periodontal disease prevention checkup

Checkup term : July 1st ~Dec.25th, 2015

Venue : Members of Miyoshi Dentists' Association

Target : Those who are 20 years or older (excluding ① and ② below.)

① Those who are under dental treatment ② person of full dentures

Quota : 130 people **Charge** : Free

Details : Dental checkup, dental disease checkup and tooth brushing instructions (if you want)

Application Period : First term June 1st ~June 30th.
Second term July 1st ~Dec.25th.

Remarks : Application by postal card, Fax, E-mail, QR code or in person at the window of Hoken center

* Checkup card will be sent to each applicant for first term.

* Checkup card will be issued to applicant in person at the window of the Hoken center and will be sent to applicant by others for second term

• Fill in the required items for postal card, Fax, E-mail, QR code as follows

1. Name of checkup, 2. Address, 3. Full name, 4. Date of birth, 5. Sex, 6. Tel

• You are no longer eligible to get public checkup after you move-out from Miyoshi-machi.

• Public health checkup is available once in a year.

4 Babies and toddlers Medical check-ups

■ Medical check-ups schedule

Target Ages	Checkups for 4 month-old (3 to 4 month-old child)		Checkups for 10 month-old (9 to 10 month-old child)		Checkups for 18 month-old (one year 6 to 7 month-old child)		Dental Checkups for 2 year-old (2 year 6 to 7 month-old child)		Checkups for 3 year-old (3 year 6 to 7 month-old child)	
	Checkup date	Date of birth	Checkup date	Date of birth	Checkup date	Date of birth	Checkup date	Date of birth	Checkup date	Date of birth
April	17th (Fri.)	Dec., 2014	24th (Fri.)	June, 2014	10th (Fri.)	Sept., 2013	7th (Tues.)	Sept., 2012	14th (Tues.)	Sept., 2011
May	8th (Fri.)	Jan., 2015	15th (Fri.)	July, 2014	1st (Fri.)	Oct., 2013	12th (Tues.)	Oct., 2012	19th (Tues.)	Oct., 2011
June	12th (Fri.)	Feb., 2015	19th (Fri.)	Aug., 2014	5th (Fri.)	Nov., 2013	9th (Tues.)	Nov., 2012	16th (Tues.)	Nov., 2011
July	10th (Fri.)	March, 2015	17th (Fri.)	Sept., 2014	3rd (Fri.)	Dec., 2013	7th (Tues.)	Dec., 2012	14th (Tues.)	Dec., 2011
August	21st (Fri.)	April, 2015	28th (Fri.)	Oct., 2014	7th (Fri.)	Jan., 2014	11th (Tues.)	Jan., 2013	18th (Tues.)	Jan., 2012
September	11th (Fri.)	May, 2015	18th (Fri.)	Nov., 2014	4th (Fri.)	Feb., 2014	8th (Tues.)	Feb., 2013	15th (Tues.)	Feb., 2012
October	23rd (Fri.)	June, 2015	16th (Fri.)	Dec., 2014	2nd (Fri.)	March, 2014	6th (Tues.)	March, 2013	13th (Tues.)	March, 2012
November	13th (Fri.)	July, 2015	20th (Fri.)	Jan., 2015	6th (Fri.)	April, 2014	10th (Tues.)	April, 2013	17th (Tues.)	April, 2012
December	11th (Fri.)	Aug., 2015	18th (Fri.)	Feb., 2015	4th (Fri.)	May, 2014	8th (Tues.)	May, 2013	15th (Tues.)	May, 2012
January	15th (Fri.)	Sept., 2015	22nd (Fri.)	March, 2015	8th (Fri.)	June, 2014	12th (Tues.)	June, 2013	19th (Tues.)	June, 2012
February	12th (Fri.)	Oct., 2015	19th (Fri.)	April, 2015	5th (Fri.)	July, 2014	9th (Tues.)	July, 2013	16th (Tues.)	July, 2012
March	11th (Fri.)	Nov., 2015	18th (Fri.)	May, 2015	4th (Fri.)	Aug., 2014	8th (Tues.)	Aug., 2013	15th (Tues.)	Aug., 2012

Notice for medical checkup

1. Please bring bath towel with you when you have checkups for 4 or 10 month-old
2. No meals and drink to be brought in Hoken Center
3. As parking lot is not big enough to park all of your cars, please do not use car

■ Schedule of somatometry and childcare consultation

Month	April	May	June	July	August	September	October	November	December	January	February	March
Somatometry	10th (Friday)	1st (Friday)	5th (Friday)	3rd (Friday)	7th (Friday)	4th (Friday)	2nd (Friday)	6th (Friday)	4th (Friday)	8th (Friday)	5th (Friday)	4th (Friday)
Childcare counsultaion	17th (Friday)	8th (Friday)	12th (Friday)	10th (Friday)	21st (Friday)	11th (Friday)	23rd (Friday)	13th (Friday)	11th (Friday)	15th (Friday)	12th (Friday)	11th (Friday)

Somatometry

Venue : Hoken center

Target : 0~preschool children

Detail : physical measurement

Remarks : Please come to Hoken center by 9:30~10:00

Childcare consultation (appointment system)

Venue : Hoken center

Target : 0~preschool children

Details : Physical measurement and personal interview by public health nurse and registered dietitian.

Remarks : Appointment by phone or in person at the window of Hoken Center from the following time table.
9:30, 10:00, 0:30, 11:00.

■ Counseling for children

(Appointment system)

Speech therapist and clinical psychologist provide consulting services for guardians and their children who have problems on growth, development disorder or delay in speech individually.

More details, please contact Hoken center.

5 Maternal and child healthcare

■ Program of Childbirth Education Class

Venue : Hoken Center **Time** : 9 : 30~15 : 00 **Charge** : ¥500 (material cost)

Schedule				Program
May 24th (Sun.)	Aug. 2nd (Sun.)	Nov. 8th (Sun.)	Feb.21st (Sun.)	<ul style="list-style-type: none"> ●Lecture on pregnancy & childbirth ●Cooking practice for father ●Experiencing pregnant-bathing practice ●Nutrition during pregnancy

Application : At the window of Hoken Center, Fax, E-mail

■ Child rearing program

Venue : Fujikubo kouminkan **Time** : 10 : 00~11 : 30

	Ohisama course	Himawari course	Hiyoko course	Egao course	program
First day	June 4th (Thurs.)	Sept.10th (Thurs.)	Dec.3rd (Thurs.)	March 3rd (Thurs.)	<ul style="list-style-type: none"> ●Making friends ●Play coming in contact each other ●making toy
Second day	June 8th (Mon.)	Sept.14th (Mon.)	Dec.7th (Mon.)	March 3rd (Mon.)	<ul style="list-style-type: none"> ●Baby massage

Application : At the window of Hoken Center, Fax, E-mail.

■ Starting weaning food(baby food class)

Venue : Hoken Center **Time** : 9 : 30~15 : 00

May	July	October
21st(Thursday)	29th(Wednesday)	9th(Friday)
November	January	March
25th(Wednesday)	27th(Wednesday)	23rd(Wednesday)

Let's get advice on weaning, including when to start children on solid and what foods to give them. Here is the answer. Cooking practice is included.

Target : Firstborn child from four weeks to three months and its family

Quota : 12 couples

Venue : Cooking room at 2F of Hoken Center

Details : Lecture on how to start weaning and cooking practice by registered dietitian

What to bring : apron • kerchief or bandana • hand towel

Application : phone call • Fax • E-mail (QR code is not available)

Please fill in the following (subject of E-mail is 'baby food class')

①Full name ②Address ③Contact address ④Date of birth of child

Nursery service is not available, but you can join us with your child.

■ Hello!—Akachan visit

Midwife or Public health nurse is visiting all of new born babies home for advising on childcare

Target : Expectant mother, nursing mother and new born baby (less than four weeks)~3-month-old baby

Detail : Midwife or Public health nurse is visiting you home, providing information on childcare • consultation measuring weight of baby and/or advising on vaccination

*When your child was born, please contact us. We will call you to make an appointment for sending public health nurse to your home.

■ On-site childcare consultation

On-site childcare consultation such as somatometry and childcare consultation is scheduled in your district.

Facilities in Kamitome, Kitanagai and Chikumazaw will be used.

More details such as dates, venue and so on will be appeared in 'Koho Miyoshi'

■ Mother and her child brushing class

Date : July 1st (Wed.)10 : 00~11 : 00
(20minutes lesson for person, reservation only)

Venue : Hoken center

Target : Expectant mother, nursing mother and preschool child

Detail : Saliva test, filling in check list, individual health guidance including her child by dental hygienist.

Remarks : Appointment time in advance is not always available.

Application : At the window of Hoken Center, Fax • E-mail is required.

6 Routine immunization program for infant and school age children

● Let getting vaccines for children as programmed.

● Please contact Hoken center for vaccination schedule.

● Location: medical institutions in Miyoshimachi • Fujimishi • Fujiminoshi *Refer to Miyoshimachi homepage • vaccination notebook

Name of vaccine	Target Disease	Target ages	No.of Inoculation	Innoculation procedure	Remarks
Hib vaccine	Purulent meningitis, sepsis, epiglottitis, etc. by influenza germ	Two month-old ~ less than 5 years-old	4 times	Standard inoculation schedule for baby 2-month to 7-month-old, Receive 3 inoculations at four to eight weeks interval. Additional once after 7 to 13 months from third inoculation	Inoculation schedule for baby 7-month to less than one-year-old: receive second inoculation at four to eight weeks interval after first one, third inoculation at 7 to 13-month interval after second. Inoculation schedule for child one-year to less than 5-year-old: once
Pneumococcal vaccine for children	Purulent meningitis, sepsis, Pneumonia, etc. by pneumococcal			Standard inoculation schedule for baby 2-month to 7-month-old, Receive 3 inoculations at more than four weeks interval. Additional once after 60 days from third inoculation	Inoculation schedule for baby 7-month to less than one-year-old: receive second inoculation at more than four weeks interval after first one, third inoculation at more than 60 days interval after second. Inoculation schedule for child two-year to less than 5-year-old: once
Inactivated polio vaccine	Acute anterior poliomyelitis	Three-month-old to less than seven-year and six-month-old		First stage, receive 3 initial inoculations at 3 to 8 weeks interval. Additional once after one year to one year and 6 months	Those who receive live oral poliomyelitis vaccine once, need to receive inactive polio vaccines for remaining three times
DPT-IPV mixed	Diphtheria, Pertussis, Tetanus and Poliomyelitis				If you receive second inoculation at more than 8 weeks interval after initial inoculation of first stage, you may pay your own expenses
DPT mixed	Diphtheria, Pertussis and Tetanus		If you receive second inoculation at more than 8 weeks interval after initial inoculation of first stage, you may pay your own expenses sometimes.		
BCG	Tuberculosis	Less than one year old	Once	Standard inoculation schedule is applied to baby 5-month to 8-month-old. Please contact Hoken center, if you need to receive inoculation for baby less than 3-month-old.	
Measles • Rubella mixed First term	Measles Rubella	12 month ~ less than 24 month old			
Measles • Rubella mixed (MR) Second term		5 year old ~ less than 7 year old (one year before entering elementary school.)			Those who have had one of measles and rubella, they can receive inoculation for another one. Please consult your family doctor.
Chickenpox (Varicella) vaccine	Chickenpox	one year ~ 3 year old	Twice	Receive initial inoculation for one year to one year and 3-month child. Additional one after 6 months to one year later	
Japanes Encephalitis First term	Japanes Encephalitis	Three-month-old to less than seven-year and six-month-old	3 times	First stage initial: receive 2 inoculations at one to four weeks interval. Additional: once after almost one year.	If you receive second inoculation at more than 4 weeks interval after initial inoculation of first stage, you may pay your own expenses sometimes
Japanes Encephalitis second term		9 year to less than 13 year-old	Once		
DT mixed (Diphtheria & Tetanus)	Diphtheria & Tetanus	11 year to less than 13 year-old			
Vaccine for cervical cancer	Prevention of Human papillomavirus infection	first grader of junior high school to first grader of senior high school (female)	3 times	Inoculation interval changes dependent on type of vaccine. You can't change type of vaccine on the way of definit inoculation program of inoculation	Any kind of vaccines is recognized to have similar preventive effect for cervical cancer

□ Routine immunization program Exceptional measures

Exceptional measures for advice to suspend inoculation during 2005 to 2009			
Name of Vaccine	Target ages	Term of exceptional measures	Inoculation Procedure, Etc.
Japanese Encephalitis	April 2nd, 1995 to April 1st, 2007	until the target has come of age	Immunization Questionnaire for exceptional measures will be available at medical institution. Please inoculate additional times predetermined by doctor's advice

Attention

How to count target age for vaccination: Child 'less than two-year-old' means child born on two days before two-year-old birthday. Children get on one year older before two days before vaccination. Advise you to vaccinate by one day before target age.

If you do not keep either one of number of times, target age and vaccination interval, you will be charged.

● To those who want to get a vaccination in the medical institution outside of Miyoshimachi • Fujimishi • Fujiminoshi, If you want to inoculate any vaccine at your favorable medical institution, please call it there. If you want to inoculate at any institution outside Saitama prefecture, you need to apply in advance. Please contact Hoken center

7 ■ List of Medical Institutions (Cancer check-up)

Medical institution	Address	Tel.No.	Vaccination for baby & toddler · school age children													For the aged
			Hib	Pediatric pneumococcus	DPT-IV	DPT	Inactivated poliovirus	BCG	Chicken-pox	Measles Rubella 1	Measles Rubella 2	.Japanese Encephalitis 1	.Japanese Encephalitis 2	DT	Cervical vaccine	Pneumococcal
Yasuda hospital	402-5 Kamitome	258-3251	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Saitama Central Hospital	2177 Kamitome	259-0161														●
Otorhinolaryngology Hashimoto Hospital	345-46 Fujikubo	258-5258														
Ims Miyoshi general hospital	974-3 Fujikubo	258-2323	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Fuji medical clinic	16-15 Fujikubo	257-0601	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Yamada medical clinic	3-11 Kitanagai	259-4462	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Miyoshino Hospital	890-6 Kitanagai	259-3333													●	●
Toyama cranial nerve surgery	997-5 Kitanagai	274-7666														
Kono hospital	694-5 Kitanagai	257-8187	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Asano internal medicine clinic	6-14 Miyoshidai	274-6221							●	●	●	●	●	●		●
Sujino ophthalmology	11-9 Miyoshidai	274-1655														

■ List of Dentists (Miyoshi Dentists' association)

Dental Clinic	Address	TEL No.
Shimizu dentist	849-21, Fujikubo	258-7475
Miyoshi dentist	309-3, Fujikubo	258-5200
Yamada dentist	381-1, Fujikubo	259-3911
Daishin dentist	431-22, Fujikubo	259-1138
Habara dentist	82, Fujikubo	258-7615
Unikus Miyoshi dentist	855-403, Fujikubo	274-5418
Inoue dentist	3-6, Kitanagai	274-1977

Useful website on emergency

Pediatric emergency

<http://kodomo-qq.jp>

Advise you whether overtime visiting hospital is required or not.

Know ★VPD!

<http://www.know-vpd.jp/>

Information on vaccination and its schedule

■ Holiday & Emergency Consultation Guide

Address of Emergency medical institutions	TEL No.	Open day	Consultation Hours
Emergency clinic on holiday	3-1-20, Kohayashimotomachi, Fujimino-shi	264-9592	9:00~16:00 20:00~22:00
No.2 Emergency clinic on holiday	3351-2, Turuma, Fujimi-shi	252-4050	9:00~16:00
Pediatric overtime emergency clinic	3-1-20, Kohayashimotomachi, Fujimino-shi	264-9592	Monday~Saturday 20:00~22:00
Ims Fujimi general hospital (Pediatric secondary emergency clinic in Asaka public health center)	1967-1, Tsuruma, Fujimi-shi	251-3060	Monday · Thursday (weekday) 18:00~8:00 next morning (hokiday) 8:00~8:00 next morning

■ Emergency guide on holiday

Emergency medical care information guide	Emergency medical care information is available for 24 hours TEL.048-824-4199 * Except dental and psychiatrist
Saitama-ken Pediatric Emergency Tel. consultation	Consultation available for sudden illness or injured. Call: #8000 19:00~7:00 (next morning) on Mon.~ Sat., 9:00~7:00 (next morning) on Sunday, holidays, year-end and new year days
Saitama-ken Emergency Tel. consultation for Adult	Consultation is available on medical institutions for sudden illness or injured. Call : #1000 (Dial-in line, IP, PHS : 048-824-4199) Consultation hour : 18:30~22:30
Mobile terminal site	Information on holiday clinic and life bus schedule is available. Please look the back cover of Bulletin Miyoshi.