

2024

# Yokohama City Cancer Screening Guide



## Yokohama City Cancer Screening Guide

Cancer is the number one cause of death among citizens of Yokohama. However, if found early and treated properly, cancer is a curable disease. The City of Yokohama offers cancer screening for citizens who do not have the chance to be screened. We recommend regular screening.



# Summary of Available Yokohama City Cancer Screenings

Page	Screening	Screening frequency	Eligible Age* <sup>1</sup>	Fee	Screening Methods	Where to go
Page 4	<b>Colorectal cancer</b>	Once per fiscal year	40 years and older	<b>Free</b>	Medical interview and fecal occult blood test	● Designated medical institutions
Page 5	Gastric cancer (Endoscopy)	Once every two fiscal years* <sup>2</sup>	50 years and older	2,500 yen* <sup>3</sup>	Medical interview and gastric endoscopy	● Designated medical institutions
	Gastric cancer (X-ray)				Medical interview and gastric X-ray	
Page 6	<b>Lung cancer</b>	Once per fiscal year	40 years and older	680 yen	Medical interview and chest X-ray	● Designated medical institutions
Page 7	<b>Cervical cancer</b>	Once every two fiscal years	Women 20 years and older	1,360 yen	Medical interview and cytology (PAP smear)	● Designated medical institutions
Page 8	<b>Breast cancer (Choose 1 or 2)</b>	Once every two fiscal years	Women aged 40 and older	1. Mammogram 680 yen 2. Physical exam and mammogram 1,370 yen* <sup>4</sup>	Please choose 1. Medical interview and Mammogram 2. Medical interview and Physical exam and mammogram	● Designated medical institutions
Page 9	<b>Prostate cancer</b>	Once per fiscal year	Men 50 years and older	1,000 yen	Medical interview and blood test	● Designated medical institutions

\*1 As of April 1st 2025.

\*2 You cannot have a gastric endoscopy and X-ray in the same fiscal year. You can have an endoscopy or X-ray every two fiscal years, but you may not alternate between the endoscopy and X-ray in two consecutive fiscal years.

\*3 If you wish to be screened by endoscopy, please bring your medical insurance card. Biopsies may be necessary for diagnosis during gastric endoscopy. You will be charged an extra fee for this diagnostic procedure.

\*4 The mammogram is mandatory for breast cancer screening and the physical examination is optional. Please note that you cannot have a physical examination after having a mammogram.

★ If further examination is necessary as a result of a screening, additional fees may apply depending on your health insurance.

★ Yokohama City manages and analyzes screening results to promote anti-cancer measures.

## Those who are waived from screening fees

● Please note that you cannot get a refund after payment.

**1. Those who are 70 years and older as of April 1st 2025**

➡ Please bring your ID to verify your age.

**2. Those eligible for Advanced Elderly Medical System**

➡ Please bring your Advanced Elderly Medical System certificate.

**3. Members of a household on welfare**

➡ Please bring your "After hours medical practice request card".

**4. Those eligible for support systems such as Japanese orphans left in China after World War II**

➡ Please bring your ID.

**5. Members of a household exempted from municipal tax for fiscal year 2023 (based on the income of the entire household during 2022)**

➡ You need to apply at your residing ward office in advance.

Please contact your ward's Health Promotion Section (Kenko Zukuri-kakari).

\* No application is necessary for colorectal cancer screening in fiscal year 2023 since it is provided free of charge.

## Health Promotion Section, Health and Welfare Division of each ward office

Aoba Ward	045-978-2438	Seya Ward	045-367-5744
Asahi Ward	045-954-6146	Tsuzuki Ward	045-948-2350
Izumi Ward	045-800-2445	Tsurumi Ward	045-510-1832
Isogo Ward	045-750-2445	Totsuka Ward	045-866-8426
Kanagawa Ward	045-411-7138	Naka Ward	045-224-8332
Kanazawa Ward	045-788-7840	Nishi Ward	045-320-8439
Konan Ward	045-847-8438	Hodogaya Ward	045-334-6344
Kohoku Ward	045-540-2362	Midori Ward	045-930-2357
Sakae Ward	045-894-6964	Minami Ward	045-341-1185

Cancer is the number one cause of death among citizens of Yokohama.

To find cancer early, it is important to get screened regularly before the onset of symptoms.

## The Benefits and Limitation of Cancer Screening

### Benefits of regular cancer screening

- Cancer screening helps find cancer early before you have symptoms when it is easier to treat. The earlier a cancer is detected, the better your chance of survival.
- Physical and economical burden would be mitigated by early treatment.

### Limitations of regular cancer screening

- Sometimes test results suggest you have cancer even though you don't (called a false positive).
- The test may not detect cancer even though it is present (called a false negative).
- Some cancers may not necessarily lead to death or decreased quality of life (called overdiagnosis).
- In some cases, testing has risks such as bleeding, exposure to radiation, etc.

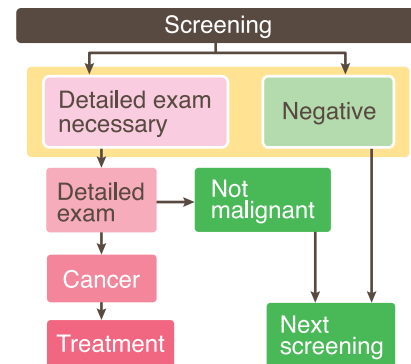
We recommend regular screening, after understanding these benefits and limitations.

## Cancer Screening Flowchart

Cancer screening is offered to seemingly healthy individuals to determine whether a person may have cancer (detailed exam necessary) or not (negative).

If cancer is found as a result of a detailed exam, treatment will be offered. If you fail to visit medical institutions for a detailed exam or treatment, you will miss the invaluable chance of early detection and treatment. Please visit a hospital or clinic accordingly.

- If a detailed exam is deemed necessary or a medical condition is found as a result of a screening, additional fees apply for examination and treatment.



# Colorectal Cancer

Both men and women aged 40 years and older are advised to be screened for colorectal cancer every year.

Colorectal cancer screening is provided free of charge in fiscal year 2024.

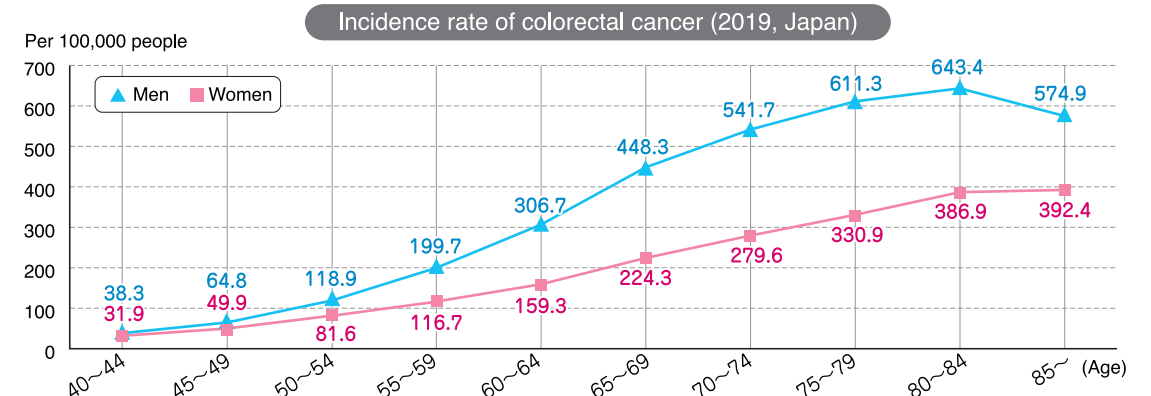


The incidence rate of colorectal cancer begins to increase at the age of 50, and continues to rise with advanced age. Colorectal cancer is the number one and number three cause of cancer deaths for women and men respectively. Early-stage colorectal cancer has an almost 100% cure rate. It is important to be screened regularly when you do not have any symptoms since colorectal cancer is usually asymptomatic.

### Yokohama's Colorectal Cancer Screening Methods

### Medical Interview, Fecal Occult Blood Test (Two Days)

If there is cancer or a polyp in the colon, bleeding may occur. These hemorrhages are detected through a fecal test. Stool is collected for 2 days for better accuracy. Be sure to visit the doctor for further examination if your results are positive (further exam necessary).



Includes intraepithelial neoplasia (From Cancer Statistics. Cancer Information Service, National Cancer Center, Japan [National Cancer Registry, Ministry of Health, Labour and Welfare])  
\*The numbers in this graph are calculated by dividing the number of patients by population size.

If you have any of the symptoms below, do not get screened and visit your local clinic.

- Bloody stool
- Narrowing of stool
- Feeling of incomplete defecation
- Abdominal pain
- Repeated diarrhea and constipation
- Anemia
- Weight loss



# Gastric Cancer

Both men and women aged 50 years and older are advised to be screened for gastric cancer every two years.

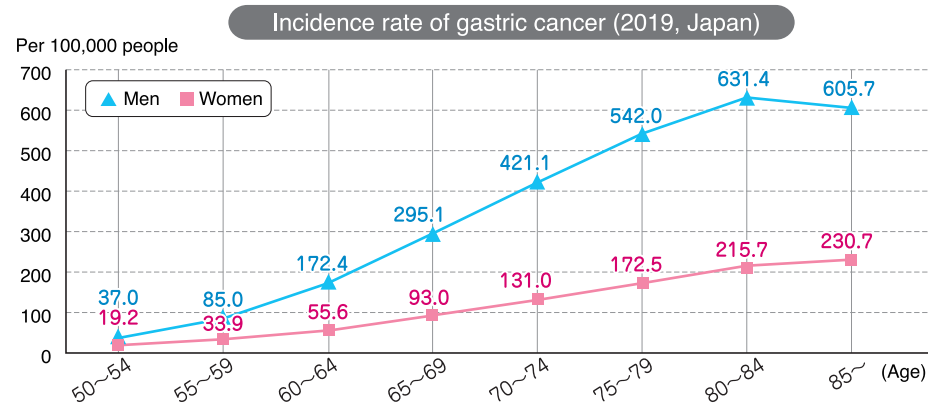


Incidence of gastric cancer begins to increase at the age of late 50s, and both the incidence and death rate is higher for men than for women. Gastric cancer is usually asymptomatic at an early stage, and some types of gastric cancer are not symptomatic even when it is relatively advanced. Most incidences of early stage gastric cancer are found through screening. Regular screening is crucial for early detection.

## Yokohama's Gastric Cancer Screening Methods

### Medical Interview and Gastric Endoscopy or Gastric X-ray

For a gastric endoscopy, an endoscope is inserted either from the mouth or nose to inspect the inside of the stomach. For a gastric X-ray, you will orally take barium (contrast material) and baking soda crystals in order to inflate the stomach and take X-ray photographs.



(From Cancer Statistics. Cancer Information Service, National Cancer Center, Japan [National Cancer Registry, Ministry of Health, Labour and Welfare])

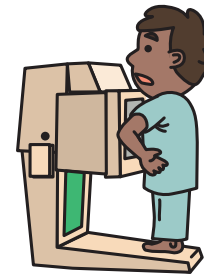
If you have any of the symptoms below, do not get screened and visit your local clinic.

- Pain
- Gastrointestinal discomfort
- Heartburn
- Nausea
- Loss of appetite



# Lung Cancer

Both men and women aged 40 years and older are advised to be screened for lung cancer every year.

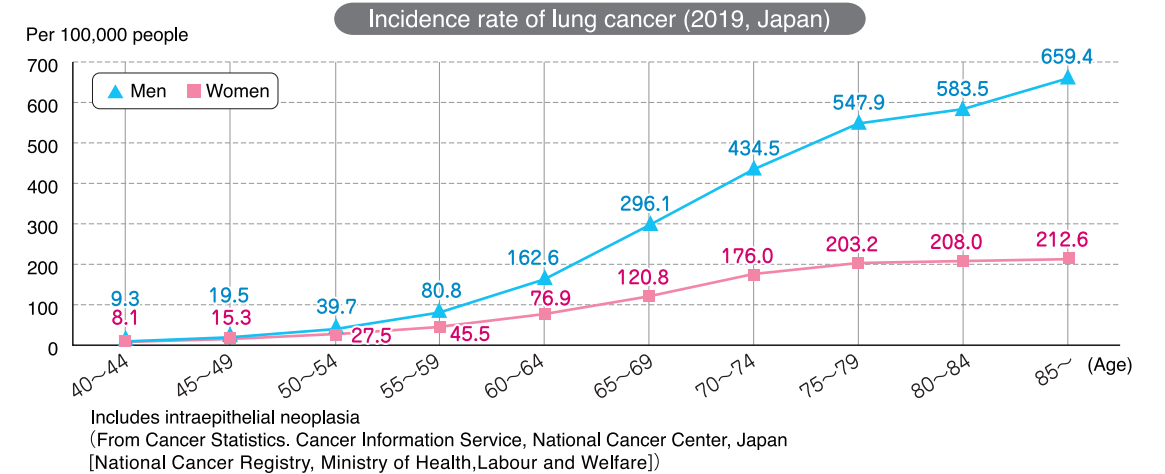


The incidence rate and death rate of lung cancer begins to increase in the late 40s and continues to increase with age. Smoking is a major cause of lung cancer. Smokers are strongly advised to get screened, and quitting smoking is highly recommended.

## Yokohama's Lung Cancer Screening Methods

### Medical Interview and Chest X-ray

For a chest X-ray, an X-ray photo of the both lungs is taken from two angles to determine whether there is suspicion of lung cancer.



If you have any of the symptoms below, do not get screened and visit your local clinic.

- Persistent cough or chest pain
- Wheezing
- Shortness of breath
- Swelling of face or neck
- Bloody phlegm
- Hoarseness



# Cervical Cancer

Women 20 years and older are advised to be screened for cervical cancer every two years.



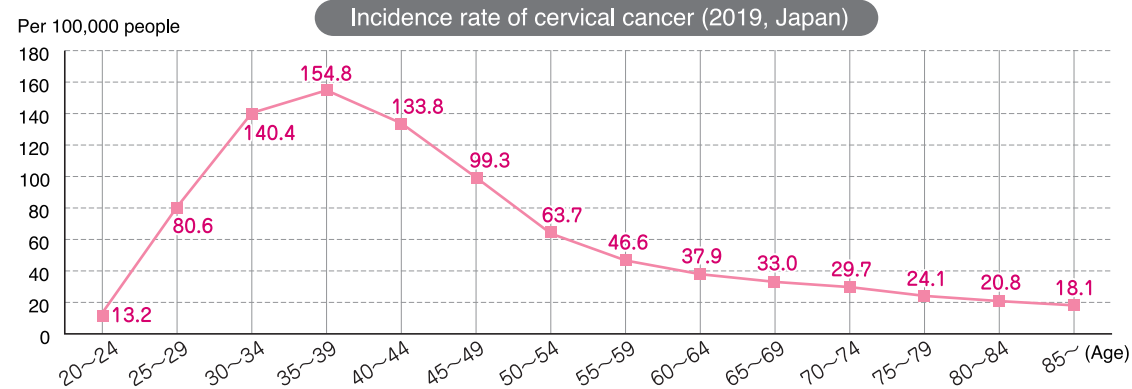
Cervical cancer is a type of cancer that occurs in the cervix, or the entrance to the uterus. You are most susceptible to cervical cancer from your late 20s to the age of 40 years old. Recently, both the incidence rate and death rate of cervical cancer is increasing in younger generations. Cervical cancer is known to arise from precancerous lesions called dysplasia. Screening aims to find precancerous cells through cytology.

Early detection is especially important for cervical cancer. Cases caught in the early stages are relatively easy to treat but at an advanced stage, treatment becomes difficult. Regular screening is advised.

## Yokohama's Cervical Cancer Screening Methods

### Medical Interview and Cytology

Cells are collected from the cervical mucus and analyzed to detect cancer cells.



Includes intraepithelial neoplasia (From Cancer Statistics. Cancer Information Service, National Cancer Center, Japan [National Cancer Registry, Ministry of Health, Labour and Welfare])

\*From April 1st, 2023 endometrial examination (when necessary) is covered by health insurance.

\*Incidence of cervical cancer is very rare for women who have never experienced sexual intercourse. Screening may cause pain or bleeding. If you are uncertain about whether you should be screened or not, please consult your doctor.

If you have any of the symptoms below, do not get screened and visit your local clinic.

- Bleeding other than menstruation
- Bleeding during or after intercourse
- Unusual vaginal discharge
- Unusual amount and length of menstruation



# Breast Cancer

Women 40 years and older are advised to be screened for breast cancer every two years.



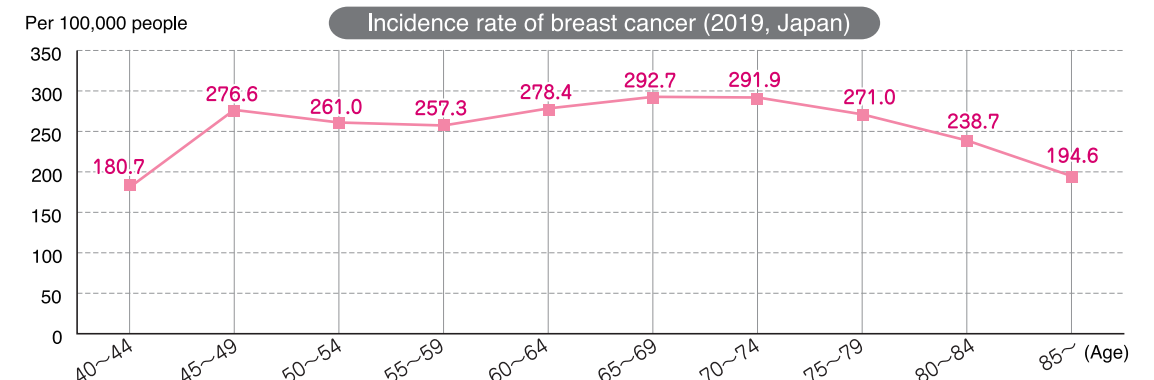
The incidence rate and death rate of breast cancer is increasing every year. It is said that 1 out of 9 Japanese women are diagnosed with breast cancer. The incidence rate begins to increase around the age of 30 and peaks around 50. Breast cancer is mostly curable if found early, and breast conservation is possible. However, if you have any symptoms, please visit a medical institution with a specialist.

## Yokohama's Breast Cancer Screening Methods

### Choose between the two methods

Medical Interview, Mammogram Only or Physical Exam and Mammogram

A mammogram is an X-ray of your breasts. In this exam, early detection of breast cancer that cannot be found in a physical exam is possible. More than 70% of breast cancer found by mammography is detected at an early stage. If detected early, various treatment options, including breast-conserving surgery, may be available.



Includes intraepithelial neoplasia (From Cancer Statistics. Cancer Information Service, National Cancer Center, Japan [National Cancer Registry, Ministry of Health, Labour and Welfare])

### Do you know "Breast Awareness"?

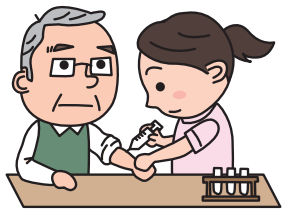
There are 4 steps to becoming breast aware:

- Become familiar with the normal look and feel of your breasts.
- Understand unusual breast changes, such as ...
  - Lump(s) in your breasts
  - Changes in the skin on your breasts, such as dimples
  - Lymph node swelling near the breasts, such as your underarms or clavicle
- See a doctor if you notice any unusual breast changes.
- If you're aged 40 or above, receive breast screening every 2 years.



# Prostate Cancer

Men 50 years and older are advised to be screened for prostate cancer every year.



The prostate is an organ found only in men that contributes to the production of semen. It is located below the bladder and in front of the rectum. The incidence rate of prostate cancer increases after 65 years of age. As with other types of cancer, early prostate cancer is asymptomatic.

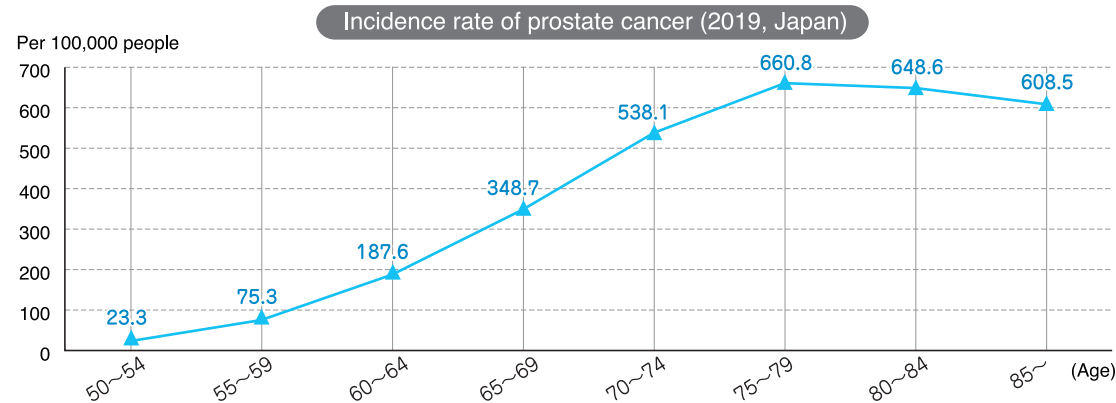
## Yokohama's Prostate Cancer Screening Methods

### Medical Interview and Blood Test

Prostate specific antigen (PSA) is measured by means of a blood test.

#### •What is PSA?

PSA level is higher in the blood of patients with prostate cancer. Prostate cancer is suspected if your PSA level is high. However, a high PSA level does not necessarily mean that you have prostate cancer. Conversely, a normal PSA level does not guarantee that you do not have prostate cancer. PSA is one of many indicators for the detection of prostate cancer.



(From Cancer Statistics, Cancer Information Service, National Cancer Center, Japan [National Cancer Registry, Ministry of Health, Labour and Welfare])

If you have any of the symptoms below, do not get screened and visit your local clinic.

- Difficulty urinating
- Frequent urination
- Nocturnal polyuria
- Urinary urgency
- Discomfort in the lower abdomen



# Cancer Consultation and Support Center

Please contact a cancer consultation and support center.

Cancer consultation and support centers are located in designated national and prefectural cancer hospitals. Anyone can consult these centers about anything cancer related, such as concerns about treatment or work-life balance, free of charge. Nurses and social workers who specialize in cancer will answer your questions based on reliable sources. Depending on the hospital, a specialist (physician, nurse, pharmacologist, nutritionist, etc) may also be available to answer your questions.



### Things you can ask at a cancer consultation and support center

- I want to know the details about cancer and treatment options.
- I couldn't fully understand what the physician explained to me.
- I want to know about financial support, care, and welfare services.
- I want help coping with the adverse effects of treatment and complications.
- Will I be able to continue work during treatment?
- Are there hospitals in the neighborhood offering palliative care?
- I want to talk about how I feel.
- I want to share my family's concerns.

You can either drop in at the center or make a phone call.

- ◆ Your information is confidential.
- ◆ Contacting a center will not cause you any disadvantage.
- ◆ Consultation is free of charge.

### Cancer Information Service

<https://ganjoho.jp>

This website is managed by the National Cancer Research Center. You can search for hospitals and access information on how to live with cancer, diagnosis and treatment, palliative care and more.

Ganjoho (cancer information)

Search



## Cancer Consultation and Support Centers in Yokohama

\*Cancer consultation and support centers cannot respond to inquiries about Yokohama City cancer screenings. There are some institutions that do not provide Yokohama City cancer screenings. Inquiries should be made to the Yokohama City kenshin (medical check-up and screening) hotline at 045-664-2606.

\*Each cancer consultation and support centers has a unique name. The exact naming of centers may vary.

\*Cancer consultation and support centers cannot help you make decisions regarding your treatment in the place of your attending physician.

Hospital	Address and Phone number	Type of consultation		Notes
		In person	Phone	
<b>Kanagawa Cancer Center</b> Patient support center Cancer consultation and support center	2-3-2 Nakao, Asahi Ward 045-520-2211 (Direct) (Mon-Fri 9:00-16:00)	☺☎	☎	No reservations necessary
<b>Yokohama Rosai Hospital</b> Cancer consultation and support center	3211 Kozukue-cho, Kohoku Ward 045-474-8111 (Main) (Mon-Fri 8:15-17:00)	☺☎	☎	Reservation necessary for consultation in person
<b>Showa University Hokubu Hospital</b> Cancer consultation and support center	35-1 Chigasaki-chuo, Tsuzuki Ward 045-949-7000 (Main) (Mon-Fri 9:00-16:00)	☺☎	☎	No reservations necessary
<b>Saiseikai Yokohamashi Tobu Hospital</b> Cancer consultation and support center	3-6-1 Shimosueyoshi, Tsurumi Ward 045-576-3000 (Main) (Mon-Fri 8:30-17:00)	☺☎	☎	Reservation necessary for consultation in person
<b>Yokohama Municipal Citizen's Hospital</b> Cancer consultation and support center	1-1 Mitsuzawanishi-cho, Kanagawa Ward 045-316-4580 (Main) (Mon-Fri 9:00-16:30)	☺☎	☎	No reservations necessary
<b>Yokohama City University Hospital</b> Patient support center Cancer consultation and support center	3-9 Fukuura, Kanazawa Ward 045-787-2800 (Main) (Mon-Fri 9:00-17:00)	☺☎	☎	No reservations necessary
<b>Yokohama City Minato Red Cross Hospital</b> Cancer consultation and support center	3-12-1 Shinyamashita, Naka Ward 045-628-6317 (Direct) (Mon-Fri 9:30-16:30)	☺☎	☎	No reservations necessary
<b>Yokohama City University Medical Center</b> Cancer consultation and support center	4-57 Urafune-cho, Minami Ward 045-261-5656 (Main) (Mon-Fri 9:30-16:30)	☺☎	☎	Reservation necessary for consultation in person
<b>Keiyu Hospital</b> Cancer consultation and support center	3-7-3 Minatomirai, Nishi Ward 045-221-8117 (Direct) (Mon-Fri 9:00-17:00, 2nd and 4th Sat 9:00-12:30)	☺☎	☎	No reservations necessary
<b>National Hospital Organization Yokohama Medical Center</b> Cancer consultation and support center	3-60-2 Harajuku, Totsuka Ward 045-853-8317 (Direct) (Mon-Fri 8:30-17:15)	☺☎	☎	Reservation necessary for consultation in person
<b>Yokohama Minami Kyousai Hospital</b> Cancer consultation and support room	1-21-1 Mitsuurahigashi, Kanazawa Ward 045-782-2140 (Direct) (Mon-Fri 9:00-16:00)	☺☎	☎	Reservation necessary for consultation in person
<b>Saiseikai Yokohamashi Nanbu Hospital</b> Cancer consultation and support center	3-2-10 Konandai, Konan Ward 045-832-1111 (Main) (Mon-Fri 9:00-17:00)	☺☎	☎	Reservation necessary for consultation in person
<b>Showa University Fujigaoka Hospital</b> Cancer consultation and support center	1-30 Fujigaoka, Aoba Ward 045-974-6307 (Direct) (Mon-Fri 8:30-17:00)	☺☎	☎	Reservation necessary for consultation in person

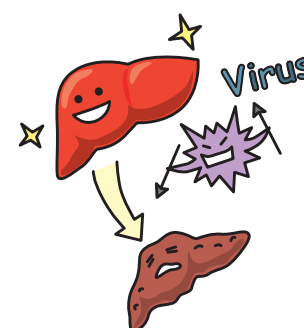
## Disorders Other Than Cancer

- Viral Hepatitis ..... Page 12
- Gum Disease ..... Page 13
- HIV Infection ..... Page 14
- Chronic Kidney Disease (CKD) .... Page 14



## Viral Hepatitis

For early detection and early treatment, it is recommended to get checked for hepatitis at least once.



Three to 3.7 million, in other words 1 in 40 Japanese people are estimated to have hepatitis B or C. Hepatitis B and C infection may be asymptomatic, causing a delay in treatment. Hepatitis virus infection can be checked with a blood test. If you have never been screened, we advise you to get screened.

If you happen to have a hepatitis virus, with appropriate treatment, progression to more serious conditions such as cirrhosis or liver cancer can be prevented. Viral hepatitis is now a treatable condition. Make sure you visit the appropriate medical institution. Kanagawa prefecture can offer subsidies for medical treatment. Please apply at the Health Promotion Section (Kenko Zukuri-kakari) at the ward office of your residence (see page 2).

### Yokohama City Hepatitis Screening

#### Eligibility

Yokohama citizens who have never been screened for hepatitis

#### Fee

Free

#### Place

Designated medical institutions  
〈Health and Social Welfare Bureau,  
Health Promotion Division〉

#### Inquiries

**Yokohama City Kenshin**  
(Medical check-up and screening)  
**Hotline**

TEL:045-664-2606  
Weekdays 8:30-17:15  
Guidance is offered in Japanese.

# Gum Disease



Gum disease is an inflammation of the gums caused by bacteria from dental plaque, and may lead to destruction of jaw bone that supports the teeth. Early stage gum disease is asymptomatic, but when left untreated, advanced gum disease is the main reason why people lose their teeth. In addition, gum disease is known to affect your whole body.

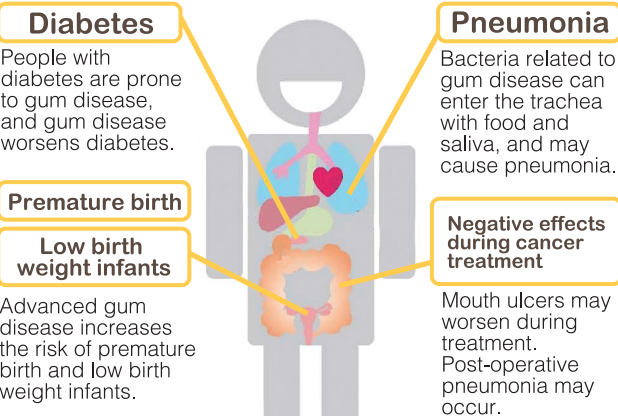
Gum disease check-up is recommended.

## Check whether you have gum disease

- There is an itchy feeling in your gums.
- Your teeth feel loose.
- You are sensitive to cold food and drinks.
- You bleed while you brush your teeth.
- You have a sticky feeling in your mouth in the morning.
- You have bad breath.
- Food gets stuck between your teeth.
- It feels like your teeth are shifting.
- You smoke.
- You have diabetes.

If more than two of the above apply to you, visit your dentist.

## Gum disease affects your whole body!



Gum disease is also said to be related to arteriosclerosis, myocardial infarction and obesity.

# HIV Infection

Acquired immunodeficiency syndrome (AIDS) is caused by human immunodeficiency virus (HIV) infection.

The number of people with HIV is increasing annually in Japan. In 2023, 17 cases of HIV infection (15 male, 2 female) and 6 AIDS patients (6 male, 0 female) were reported in Yokohama City. If HIV is detected early and treated appropriately, AIDS can be prevented and you can lead a life that does not differ much from before infection. However, treatment after onset of AIDS is still difficult. For this reason, early detection is important. You can check whether you are infected or not with a blood test. Yokohama offers free anonymous HIV testing on Wednesday evenings and weekends in addition to weekday. For details, contact one of the locations below.

**Weekday consultation and test:**  
Health promotion section of each ward (see page 2)

**Wednesday night, Saturday, Sunday consultation and test:**  
Medical Care Bureau Health Safety Division  
(TEL:045-671-2729/FAX:045-664-7296)



# CKD (Chronic kidney disease)

CKD is a condition that is characterized by a gradual decline in kidney function.

The kidneys filter waste from blood and excrete them as urine. When kidney function declines as a result of conditions such as hypertension and diabetes, your risk of stroke and myocardial infarction rise and hemodialysis becomes necessary. Recently, 1 in 8 adults are said to have CKD. Early detection is important since the disease is asymptomatic until an advanced stage. We advise regular checkups for lifestyle related diseases.

## Main Indicators for CKD

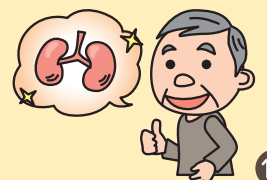
### 1. Abnormalities related to kidney disease

Abnormalities detected in urine, blood, and imaging tests.

### 2. Kidney function (eGFR less than 60)

eGFR is calculated based on serum creatinine, age, and sex. The value decreases as kidney function declines.

If either 1, 2, or both conditions continue for more than 3 months, a diagnosis of CKD is made.



## Visual inspection of teeth<sup>\*1</sup>, measurement of specific periodontal pockets<sup>\*2</sup>

\*1 X-ray will not be taken. \*2 Pocket between teeth and gums

The dentist will inspect all the teeth (to check for abnormalities such as cavities) and measure the periodontal pockets of specific teeth to check the condition of the gums.

## Yokohama's Gum Disease Check-up

## Yokohama City Gum Disease Check-up Information

**Eligibility** Yokohama citizens aged 40, 50, 60, and 70

**Fee** 500 yen (Free for those aged 70 and those who are members of household exempted from municipal tax)

**Place** Designated medical institutions

Search online for details.

➔

(Health and Social Welfare Bureau, Health Promotion Division)

## Inquiries

**Yokohama City Kenshin (Medical check-up and screening) Hotline**

TEL:045-664-2606  
Weekdays 8:30-17:15  
Guidance is offered in Japanese.



## How to Apply for a Screening

- 1** Choose a medical institution according to the type of screening you wish to have.
- 2** Call the institution and tell them you want to receive a **“Yokohama City cancer screening”**.
- 3** Visit the institution with your ID such as your medical insurance card.

### Note

It is difficult to make reservations between January and March since medical institutions are busy during this period. We ask you to make reservations during other times of the year.

If you are exempt from the screening fee, be sure to bring the necessary documents for proof (see page 1).

## Inquiries

**Inquiries about cancer screening and designated medical institutions can be made below.**

**Yokohama City Kenshin**  
(Medical check-up and screening)  
**Hotline**

**TEL:045-664-2606**

Weekdays 8:30-17:15  
Guidance will be offered  
in Japanese.



**Yokohama City  
cancer screening  
homepage**



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here**



Yokohama City cancer screening

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