

2025 Topics

Inquiries

Specific Checkup: National Health Insurance Division (TEL: 072-724-6734)
Specific Health Guidance: Community Health Division (TEL: 072-727-9507)

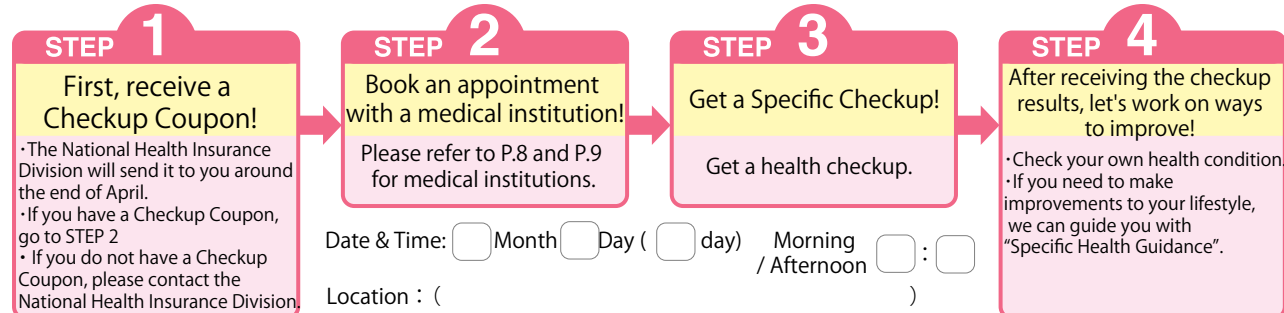
For everyone
age 40-under 75
years old

Do you take a "Specific Checkup" every year?

The "Specific Checkup" can detect the risk of lifestyle-related diseases at an early stage. If you are determined to improve your lifestyle, we can provide "Specific Health Guidance" to support you to be healthier, so please try it out.



Target People with National Health Insurance age 40 and over



※If you are enrolled in medical insurance other than National Health Insurance, please check with your medical insurer.

Guide to Comprehensive Health Checkups ('Ningen Dock') at the Minoh City Medical and Healthcare Center

Test Information Comprehensive Health Checkups ('Ningen Dock') are detailed and precise, including electrocardiograms and abdominal ultrasound examinations, which help in the early detection of illnesses.

Dates and times

- Monday, Wednesday, Thursday and once a month (in principle on the second Saturday) (except for public holidays and the New Year period)
- Morning times only (some optional examinations are run in the afternoon)

Tests included

- Diagnosis•Physical measurements•Detailed blood test•Electrocardiogram•Blood pressure•Fundus test•Urine test•Chest X-ray•Respiratory function test•Stomach X-ray•Stool test•Abdominal ultrasound•Eyesight test•Eye pressure test•Hearing test
- ※Infectious disease outbreaks and other factors may result in the cancellation of all or part of the tests.

*Optional tests (additional fees apply.)

- Breast cancer•Cervical cancer•Prostate cancer•Tumor marker•Lung CT scan•Hyperthyroidism•Helicobacter pylori infection•Arteriosclerosis, Endoscopy test, etc.

Tests fee

- Comprehensive health checkups (Ningen Dock): ¥44,440
- Endoscopy test (optional) instead of gastric X-ray: ¥48,970
- If gastric X-ray is not performed: ¥35,000

People in the Minoh City subsidy program can get a discount on the Comprehensive Health Checkups ('Ningen Dock') fee

Target

- (1) People eligible for Minoh Citizen Cancer Screenings (Stomach, Lungs, Colon)
- (2) People age 35 years old and over with Minoh City National Health Insurance
- (3) People with Minoh City National Health Insurance also getting a Specific Checkup at the same time
- If only (1) applies: 31,544 yen
- If (1) through (3) apply: 10,030 yen

People with Minoh City National Health Insurance age 40 and over

On the day of your checkup please bring your National Health Insurance card and Specific Checkup Coupon (sent by the National Health Insurance Division in late April).

※If you do not have an active health insurance card, please submit your My Number card (with health insurance) or a Health Insurance Eligibility Certificate (if you have one).

Inquiries National Health Insurance Division TEL: 072-724-6734 FAX: 072-724-6040

People in the Late-Stage Medical Care System for the Elderly

People in this system can receive up to ¥26,000 in assistance. Once you have paid the full cost for a comprehensive health checkup ('Ningen Dock'), please bring the following items to the Long-term Care Insurance, Medical Subsidies and Pension Division: Comprehensive health checkup billing statement, test results report, Identification documents, and proof of your bank account information. You can also apply by post. For details, please contact the below.

Inquiries Long-term Care Insurance, Medical Subsidies and Pension Division TEL: 072-724-6739 FAX: 072-724-6040

You need a reservation for comprehensive health checkups.



Reservations via

Minoh City Medical and Healthcare Center
TEL: 072-727-9555

Open: Monday - Friday 10:00 a.m. - 4:30 p.m.
※ If you make a reservation before September, it is easier to reserve a specific date.

Please keep this guidebook

FY 2025 Guide to Health Checkups and Vaccinations

Health Checkup Guidebook

※Your age is considered to be the age you turn between 1 April 2025 - 31 March 2026

Must-see for healthy people!

Get a checkup this year!

Even if you feel healthy, get a health checkup once per year! ---- 2

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Must-see for moms and dads!

Find available times at a glance!

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2025 Topics

For people age 40 - under 75 years old!

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Get a Comprehensive Health Checkup ('Ningen Dock') ----- 20

at the Minoh City Medical and Healthcare Center ----- 20



There are many illnesses that do not show obvious symptoms. Please get regular health checkups, vaccinations and take care of your health.



Get a checkup this year!
Healthy people should get a health checkup once per year!
Lifestyle-related disease checkups and cancer screenings are strongly recommended

Even if you feel perfectly healthy, an illness can grow before you know it. Healthy people should get a free Minoh citizen cancer screening and health checkup through their workplace or Minoh City once per year to stay healthy!



	Age 20	Age 40	Age 50	Age 55	Age 75
Minoh Citizen Cancer Screenings	A Cervical Cancer Screening Target Women age 20 and over Tests Visual inspection, cytodiagnosis, internal examination Details on P.4	B Breast Cancer Screening Target Women age 40 and over at an even-numbered age Tests Mammography (breast X-ray) Details on P.4	C Lung Cancer Screening Target People age 40 and over Tests Chest X-ray examination Details on P.4	D Bowel Cancer Screening Target People age 40 and over Tests Stool test Details on P.4	E Stomach Cancer Screening Target People age 50 and over at an even-numbered Tests Either a gastric X-ray (barium) or endoscopy (stomach camera) test Details on P.4
Health Checkups	F Prostate Cancer Screening Target Men age 55, 58, 61, 64, 67, 70, 73, 76 Tests Blood test Details on P.4	G Basic Health Checkup Target People age 15 - 39 Those who do not have the opportunity to receive a checkup through school or work Students Please get a checkup at school. Workers Please get a checkup at work. Tests Checkup Physical measurements, blood pressure, urine analysis, blood tests (anemia, liver function, lipids, blood sugar, etc.), dental health checkup (cavity check not included for people age 20 and 30 years old) Details on P.6	H Lifestyle-related Disease Checkup (specific checkup) Target People age 40 - 74 Workers, the dependent family members of workers People age 40 and over with National Health Insurance Tests Checkup Physical measurements, blood pressure, urine analysis, blood tests (anemia, liver function, lipids, blood sugar, etc.), abdominal circumference measurement Details on P.6	I Hepatitis Virus Screening Target People age 40 and over who have never had a hepatitis screening before Tests Blood test Details on P.6	J Late-Stage Medical Care System for the Elderly Health Checkup Target People age 75 and over Tests Physical measurements, urine analysis, blood tests (liver function, lipids, blood sugar, etc.) Details on P.6
Dental Checkups	K Minoh Citizen Dental Checkup Target People age 20, 30, 40-74 years old, at an even-numbered age Tests Dental checkup (cavity, periodontal disease, etc.) Details on P.7	L Late-Stage Medical Care System for the Elderly Dental Checkup Target People age 75 and over Tests Dental checkup (cavity, periodontal disease, mouth function checks) Details on P.7			

Anyone who is a resident of Minoh City can get a cancer screening.



- Your age is considered to be the age you turn by 31 March 2026.
Example: someone age 40 was born between 1 April 1985 - 31 March 1986
- Please get checked at a designated medical institution (P.8 - 9) at a time that works for you.
- Checkups help to maintain and improve your health by finding and treating diseases early, but there can also be downsides (such as radiation from scan equipment). If there is anything you do not understand about it, please ask a doctor before getting checked.

Getting a Comprehensive Health Checkup ('Ningen Dock') means you can get a health checkup and cancer screening at the same time.

- We recommend that people age 40 and over get regular checkups once per year.
- Comprehensive health checkups ('Ningen Dock') cost money, but are a more detailed check of your body's health compared to a free health checkup. You can also get a cancer screening done at the same time, so it is a good deal for yourself and your time! Details on P.20
- Also, there is a subsidy available if you have National Health Insurance and are age 35 and over on the day of the checkup. (National Health Insurance Division TEL: 072-724-6734)

Minoh Citizen Cancer Screenings

Letter key **T**...Target **DT**...Date/time **L**...Location **A**...Apply
B...Bring **¥**...Cost **D**...Details **△**...Precautions

Screening

Method

Just make a **reservation by phone** to your preferred designated medical institution (P.8 - P.9)

Bring

ID that can verify your address, name and age (My Number card, etc.)
 ※A My Number card (with health insurance) or health insurance card is required for an endoscopy (stomach camera) test or gastric cancer screening.

Cost

Free

No voucher needed

Your age is considered to be the age you turn between 1 April 2025 - 31 March 2026.

Please say "I'd like to get a Minoh Citizen Cancer Screening" ('minoh shimin gan kenshin wo jushin shitai desu')

A Cervical Cancer

- T** Women age 20 and over
- DT** 1 April 2025 - 31 March 2026 (see medical institution consultation hours for available times)
- L** Designated medical institutions (see P.8 - P.9)
- D** Visual inspection, cytodiagnosis, internal examination
- △** Please do not get this screening the week after starting menstruation.

B Breast Cancer

- T** Women age 40 and over at an even-numbered age
- DT** 1 April 2025 - 31 March 2026 (see medical institution consultation hours for available times)
- L** Designated medical institutions (see P.8 - P.9)
- D** Mammography (breast X-ray)
- △** * People who have had breast enlargement surgery, have a pacemaker, are pregnant, or are breast-feeding cannot get this screening.

C Lung Cancer (and Tuberculosis screening)

- T** People age 40 and over
- DT** 1 April 2025 - 31 March 2026 (see medical institution consultation hours for available times)
- L** Designated medical institutions (see P.8 - P.9)
- D** Chest X-ray examination

D Bowel Cancer

- T** People age 40 and over
- DT** 1 April 2025 - 31 March 2026 (see medical institution consultation hours for available times)
- L** Designated medical institutions (see P.8 - P.9)
- D** Stool test
- Please obtain a stool sample container from the medical institution you will be screened at and collect 2 days of stool samples.
- △** * People who have had a colonoscopy within 1 year cannot get this screening.

E Stomach (gastric X-ray (barium) or endoscopy (stomach camera) test)

- T** People age 50 and over at an even-numbered
- DT** 1 April 2025 - 31 March 2026 (see medical institution consultation hours for available times)
- L** Designated medical institutions (see P.8 - P.9)
- D** Either a gastric X-ray (barium) or endoscopy (stomach camera) test
- △** People who are taking blood thinners (antithrombotic drugs, etc.) cannot get an endoscopy (stomach camera) test.

F Prostate Cancer

- T** Men turning 55, 58, 61, 64, 67, 70, 73, 76 by 31 March 2026
- DT** 1 April 2025 - 31 March 2026 (see medical institution consultation hours for available times)
- L** Designated medical institutions (see P.8 - P.9)
- D** Blood test
- △** * People who are already having or have had treatment for prostate cancer cannot get this screening (because the reference values for the test may differ).

Caution

• If you get the same screening more than once in the same financial year, you may need to pay back the fee.
 • Reservations fill up quickly in February - March every year. Please make a reservation as soon as possible.
 • There may be other cases not listed above where you cannot get this screening, so please first check with the medical institution you will be screened at.

From April 2025

The "Stomach Cancer Screening" system for Minoh citizens will change.

In addition to the standard gastric X-ray (barium), an endoscopy (stomach camera) test will also be an option.



From 1 April 2025	
Target	People age 50 and over at an even-numbered age within the fiscal year (1 April each year - 31 March the following year)
Details	Select either "Gastric X-ray (Barium)" or "Endoscopy (Stomach Camera) test*" *The endoscopy test uses local anesthesia for the throat and nasal cavity, but does not use painkillers/sedative medication (you cannot be put to sleep for the test) If anything unusual is found in the same test, a portion of it may be taken for further examination. In this case the treatment is under insurance, so you will need to pay your portion of the fee.
Cost	Free

For more information about "Stomach Cancer Screenings" for Minoh citizens, please see the city website for details (QR code).



Find breast cancer early with screenings and self-exams!

Breast cancer is the most common cancer for women. Death and diagnosis rates are higher in the 40s to 60s. Breast cancer is the only type of cancer you can find by yourself. In addition to getting a breast cancer screening 1 time every 2 years, find it early with regular self-exams!

Check while looking in the mirror!

1

Are your left and right breasts different sizes? Are there any reddened, inflamed or dimpled areas? Be sure to look closely.

Check by feeling your breasts!

2

Are there any lumps? Check carefully by using 4 fingers to press and stroke from below your collarbone, all around your breast to your armpit.

Check by pinching your nipples!

3

Is there any unusual discharge from your nipples? Gently pinch your nipple with your thumb and index finger to check.

When ...Within 1 week after the end of your period when your breasts are soft.
 Where...In front of your bathroom mirror, in the bath, or when lying face-up in bed, so your breasts are spread out and are easier to feel.

Minoh City Health Checkups

G Basic Health Checkup

★ Minoh Medical Health Center Basic Health Checkup

Minoh City Medical and Healthcare Center TEL: 072-727-9555 FAX: 072-727-3532

T People age 15 - 39 who do not have the opportunity to receive a checkup through school or work

DT Days designated by the city (listed below)

L Minoh City Medical and Healthcare Center

A Please contact the Medical and Healthcare Center to make a reservation Monday - Friday between 10:00 a.m. - 4:30 p.m. (By 3:00 p.m. the day before your preferred date)

B ID that can verify your address, name and age (My Number card, etc.)

¥ Free once per year

D Checkup,Physical measurements, blood pressure, urine analysis, blood tests (anemia, liver function, lipids, blood sugar, etc.), dental health checkup (cavity check not included for people age 20 and 30 years old)

△ * Chest X-rays are not included.
* Women age 20 years old and over can get a cervical cancer screening at the same time (by appointment only).
*Please wear clothing with a separate top and bottom for the visit.

Date	Time
11 April (Fri)	9:00 - 10:30 a.m.
16 May (Fri)	9:00 - 10:30 a.m.
20 June (Fri)	9:00 - 10:30 a.m.
4 July (Fri)	1:00 - 2:30 p.m.
8 August (Fri)	1:00 - 2:30 p.m.
12 September (Fri)	9:00 - 10:30 a.m.
3 October (Fri)	1:00 - 2:30 p.m.
7 November (Fri)	9:00 - 10:30 a.m.
5 December (Fri)	9:00 - 10:30 a.m.
9 January (Fri)	1:00 - 2:30 p.m.
13 February (Fri)	9:00 - 10:30 a.m.
6 March (Fri)	9:00 - 10:30 a.m.

★ Basic Health Checkup at a Designated Medical Institution

Community Health Division TEL: 072-727-9507 FAX: 072-727-3539

T (1) People age 15 - 39 who meet any of the below conditions

- ① have a Grade 1 or 2 Physical Disability Certificate (shintai shougai-sha techou)
- ② have an "A" (severe) Medical Rehabilitation Handbook (ryouiku techou)
- ③ have a "B1" (moderate) Medical Rehabilitation Handbook, and a Physical Disability Certificate
- ④ have a Grade 1 Mental Disability Certificate (seishin shougai-sha hoken fukushi techou)
- ⑤ are fathers, mothers, or caregivers receiving Medical Subsidies for Single Parents (hitori oya katei iryou)

- (2) People age 40 and over receiving welfare benefits
- (3) People age 40 - 74 who changed health insurance so could not receive a specific checkup

DT 1 April 2025 - 31 March 2026 (see medical institution consultation hours for available times)

L Designated medical institutions (see P.8 - P.9)

A Please apply at the Minoh Life Plaza main counter (TEL: 072-727-9550) or via the above QR code. A Health Checkup Coupon will be issued. (2): There is a separate guide available from the Daily Life Welfare Division.



(application QR code)

H Lifestyle-related Disease Checkup (specific checkup)

National Health Insurance Division
TEL: 072-724-6734 FAX: 072-724-6040



T People age 40 and over with National Health Insurance (those who are eligible will be notified)

DT When you receive a Specific Checkup coupon (from late April 2025) - 31 March 2026 (see medical institution consultation hours for available times)

L Designated medical institutions (see P.8 - P.9) You can also see this via the above QR code.

A Please call to make a reservation at a medical institution

B The Specific Checkup Coupon issued by the city, your national health insurance card, questionnaire, etc. (please check the guide issued with the coupon)

* If you have Minoh City National Health Insurance (for this financial year) but have not received a coupon, please contact the National Health Insurance Division

¥ Free once per year

D Checkup,Physical measurements, blood pressure, urine analysis, blood tests (anemia, liver function, lipids, blood sugar, etc.), abdominal circumference measurement
※If you do not have an active health insurance card, please submit your My Number card (with health insurance) or a Health Insurance Eligibility Certificate (if you have one).

I Hepatitis Virus Screening

Community Health Division
TEL: 072-727-9507 FAX: 072-727-3539

T People age 40 and over who have never had a hepatitis screening before

DT 1 April 2025 - 31 March 2026 (see medical institution consultation hours for available times)

L Designated medical institutions (see P.8 - P.9)

A Please call to make a reservation at the medical institution

¥ Free of charge

D Blood tests (testing for Hepatitis B and C)

△ We recommend getting this screening at the same time as a lifestyle-related disease/basic health/Late-Stage Medical Care System for the Elderly health checkup.

J Late-Stage Medical Care System for the Elderly Health Checkup

Long-term Care Insurance, Medical Subsidies and Pension Division
TEL: 072-724-6739 FAX: 072-724-6040



(Osaka Prefecture Wide Area Union website)

T People in the Late-Stage Medical Care System for the Elderly

DT When you receive a coupon for the Late-Stage Medical Care System for the Elderly Health Checkup (Late April each year) - End of March the following year(see medical institution consultation hours for available times)

L Please check the guide issued with the coupon (sent by the Wide Area Union for the Late-Stage Medical Care System for the Elderly in Osaka Prefecture). You can also see this via the above QR code.

A Please call to make a reservation at a medical institution Late-Stage Medical Care System for the Elderly Health Checkup Coupon and one of the following: My Number card (with health insurance), Health Insurance Eligibility Certificate, or Health Insurance Certificate

¥ Free once per year

D Physical measurements, urine analysis, blood tests (liver function, lipids, blood sugar, etc.)

Minoh City Dental Checkups

K Minoh Citizen Dental Checkup

Community Health Division
TEL: 072-727-9507 FAX: 072-727-3539

T People age 20, 30 or 40-74 years old, at an even-numbered age

◎ A coupon will be issued to those eligible.

DT When you receive a coupon for a Dental Checkup (from late May 2025) - 31 March 2026 (see medical institution consultation hours for available times)

L Designated dental clinics within the city (see P.10 - P.11)

¥ Free once per year

D Cavity/periodontal disease checks

B Minoh Citizen Dental Examination Coupon, My Number Card (or other ID that can verify your address and name) .

L Late-Stage Medical Care System for the Elderly Dental Checkup

Long-term Care Insurance, Medical Subsidies and Pension Division
TEL: 072-724-6739 FAX: 072-724-6040

T People in the Late-Stage Medical Care System for the Elderly

DT When you receive a notice for the Late-Stage Medical Care System for the Elderly Dental Checkup (Late April each year) - End of March the following year(see medical institution consultation hours for available times)

L Please check the guide (sent by the Wide Area Union for the Late-Stage Medical Care System for the Elderly in Osaka Prefecture)

¥ Free once per year

D Cavity/periodontal disease checks, mouth function checks

Vaccinations for Elderly Residents of Minoh City

Seasonal Influenza Vaccination
Covid-19 Virus Vaccination

Community Health Division
TEL: 072-727-9507 FAX: 072-727-3539

T ① People age 65 and over at the time of vaccination

- ② People between age 60 - 64 at the time of vaccination, and have:
- a heart, kidney or respiratory problem that severely limits daily life
or:
- the human immunodeficiency virus (HIV) which restricts the majority of daily life (Grade 1 Physical Disability Certificate (shintai shougai-sha techou) or an equivalent Doctor's certificate)

△ There is a detailed guide in a pamphlet sent with the city magazine October issue.

Shingles Vaccination

Community Health Division
TEL: 072-727-9507 FAX: 072-727-3539

T ① People turning 65 years old within the current fiscal year

- ② People age 60 - under 65 years old on the day of vaccination, and have the human immunodeficiency virus (HIV) which restricts the majority of daily life (Grade 1 Physical Disability Certificate (shintai shougai-sha techou) or an equivalent Doctor's certificate)

Letter key T...Target DT...Date/time L...Location A...Apply
B...Bring ¥...Cost D...Details △...Precautions

B One of the following: My Number card (with health insurance), Health Insurance Eligibility Certificate, or a Health Insurance Certificate (No voucher)

△ For people age 75 and over receiving welfare benefits, please apply at the Minoh Life Plaza main counter (TEL: 072-727-9550). A Checkup Coupon will be issued.

M Home Visit Dental Checkup

Community Health Division
TEL: 072-727-9507 FAX: 072-727-3539

T People bedridden at home (or a similar condition) age 65 and over

¥ Free once per year

D A dentist from the Minoh Dental Association can visit your house to do a dental checkup and give dental advice.

A Please call the Community Health Division to apply.

N Dental Checkup during Pregnancy

Community Health Division
TEL: 072-727-9507 FAX: 072-727-3539

T Pregnant people

L Designated dental institutions within the city (see P.10 - 11)

¥ Free of charge

D Cavity, periodontal disease, etc.

B Maternal and Child Health Handbook, Dental Checkup during Pregnancy Coupon

- ③People turning 70, 75, 80, 85, 90, 95 or 100 years old during the fiscal year of the transition measure period between 2025 until 2029
④People age 101 years old and over within the fiscal year 2025 (all persons are eligible only for the fiscal year 2025)

△ Please note Information and vaccination coupons are sent individually around 1 April to those who are eligible for ①,③, and ④. If you wish to be vaccinated at ②, please contact the Community Health Division.

Pneumococcal Vaccination

Community Health Division
TEL: 072-727-9507 FAX: 072-727-3539

T ① People age 65 at the time of vaccination

- ② People between age 60 - 64 at the time of vaccination, and have:
- a heart, kidney or respiratory problem that severely limits daily life
or:

- the human immunodeficiency virus (HIV) which restricts the majority of daily life (Grade 1 Physical Disability Certificate (shintai shougai-sha techou) or an equivalent Doctor's certificate)

DT Between the day before your 65th birthday - the day before your 66th birthday

L Designated medical institutions within the city

△ • People who can get the vaccine will be sent a separate guide around the last of the month before they turn 65 years old.
• If you have not received the vaccine due to moving city, please contact the Community Health Division.

Health Checkups for Adults (general health checkup / lifestyle-related disease checkup / cancer screening)
Designated Medical Institutions

Please apply for screenings/checkups directly to the designated medical institutions below via phone, etc.
The ● symbol shows what is available at each medical institution.
Please check dates and times with each institution.

Please contact each medical institution for available times.
Please note:
Naika = Internal Medicine • Geka = External Medicine • Shinryojo, lin = Clinic
Seikeigeka = Orthopedics • Junkanki = Cardiology • Shokaki = Gastroenterology
Hinyoukika=urology Fujinka=Gynecology

Designated Medical Institutions (As of 1 April 2025)	Address	Telephone Add prefix (072) if calling from outside the city.	※1 General Health Checkup	※2 Lifestyle-related Disease Checkup	Stomach Cancer		Lung Cancer	Bowel Cancer	Cervical Cancer	Breast Cancer	Prostate Cancer	Hepatitis Virus	
					Barium	Endoscopy							
						Oral							Nasal
West Minoh													
CHE Seikeigeka Rehabilitation Clinic	5-11-4 Minoh, Minoh Puratia Blg. 3F	725-1000										●	●
YASUFUKU Naika Clinic	5-12-71 Minoh, Park Plaza Blg. Minoh 1F	725-8555	●	●		●	●	●	●			●	●
MINOH CHUO Hospital	6-4-39 Minoh	721-3294	●	●	●			●	●			●	●
NAKA Clinic	6-4-46 Minoh, Minoh Mate Blg. 1F	724-8822	●	●					●			●	●
SHIMA Kodomo Clinic	6-4-46 Minoh, Minoh Mate Blg. 2F	720-0550	●	●					●			●	●
※3 MIYAUCHI Junkanki Naika Hinyoukika Clinic	6-5-7 Minoh, Minoh Terrace Blg. 1F	722-1212	●	●				●	●			●	●
ANEGAWA Naika	6-5-7 Minoh, Minoh Terrace Blg. 2F	724-3767	●	●				●	●			●	●
ISHII Seikeigeka	6-5-7 Minoh, Minoh Terrace Blg. 3F	722-0543	●	●								●	●
NOMURA Pain Clinic	6-5-7 Minoh, Minoh Terrace Blg. 3F	723-1900							●			●	●
MIH Clinic Minoh	6-7-45 Minoh 2F	737-9275	●	●					●			●	●
KUHARA Iin	6-10-43 Minoh	737-5031	●	●				●	●			●	●
YOKOI Clinic	3-17-37 Nishishoji	724-1477	●	●				●	●			●	●
MOMIJI Zaitaku Shinryojo	5-4-18 Nishishoji	720-0050	●	●				●	●			●	●
MONTA Naika Clinic	5-5-18 Nishishoji	722-5855	●	●				●	●			●	●
HOMMA TARO Clinic	3-1-12 Makiochi, Welcia Minoh Makiochi 2F	723-2111	●	●			●	●	●			●	●
MINOH Ladies Clinic	3-3-33 Makiochi	723-0351								●			
AIHARA Hospital	3-4-30 Makiochi	723-9000	●	●	●			●	●		●	●	●
KANO Naika Clinic	3-14-19 Makiochi	737-6555	●	●			●	●	●			●	●
FURUKAWA Iin	1-1-3 Sakurai	722-0109	●	●					●			●	●
FUJIMOTO Clinic	1-7-20 Sakurai, Takara Medical Blg. 1F	737-7186	●	●		●	●	●	●			●	●
TSUJI Iin	1-27-48 Sakurai	720-2168	●	●					●				
UMEMURA Naika Clinic	2-10-36-101 Sakurai	721-1127	●	●					●			●	●
YASUMURA Clinic	2-11-5 Sakurai	722-0061	●	●				●	●			●	●
MAEDA Naika Clinic	4-11-15 Sakura, Minoh Sakura Iryo Blg. 2F	724-5177	●	●			●	●	●			●	●
ITO Clinic	4-17-25 Sakura	737-8011	●	●		●	●	●	●			●	●
UENOYAMA Naika	6-4-12 Sakura	724-7337	●	●				●	●			●	●
MATSUURA Naika	3-15-47 Hanjo, Tortoise Minoh Blg. 1F	721-8005		●				●	●			●	●
IDOGUCHI Family Clinic	3-16-1 Hanjo	722-5335	●	●	●			●	●			●	●
NAKANISHI Iin	4-1-27 Hanjo	722-2198	●	●	●			●	●			●	●
MURATA Iin	2-5-3 Segawa	700-7000	●	●				●	●			●	●
SHIMIZU Iin	1-5-15 Sakuragaoka	723-1233	●	●					●			●	●
KOIKE Iin	3-3-4 Sakuragaoka	722-5025	●	●					●			●	●
KEAKIKAI Neurosurgery Clinic	3-9-19 Sakuragaoka, Sakuragaoka Clinic Blg. 1F	768-8430	●	●					●			●	●
SAKURADORI Junkanki Shokaki Naika	3-9-19 Sakuragaoka, 3F	725-6131	●	●		●	●	●	●			●	●
HARANO Iin	7-14-17 Niina	724-2010	●	●				●	●			●	●
Central Minoh													
NAKAI Ichoka (Gastrointestinal) Iin	1-13-9 Ina	723-8888	●	●	●			●	●			●	●
TANAKA Naika Iin	3-5-7 Kayano	722-8611	●	●			●	●	●			●	●
MINOH City Medical and Healthcare Center	5-8-1 Kayano, General Health and Welfare Center 3F	727-9555	●	●	●		●	●	●	●	●	●	●
McSYL TATSUMI IMAMIYA Hospital	3-19-27 Imamiya	727-7770	●	●				●	●			●	●
NAGAI Naika Junkanki Naika Clinic	1-2-15 Hakunoshima, La Poru Hakunoshima Blg. 3F	727-2121	●	●		●	●	●	●			●	●

Designated Medical Institutions (As of 1 April 2025)	Address	Telephone Add prefix (072) if calling from outside the city.	※1 General Health Checkup	※2 Lifestyle-related Disease Checkup	Stomach Cancer		Lung Cancer	Bowel Cancer	Cervical Cancer	Breast Cancer	Prostate Cancer	Hepatitis Virus
					Barium	Endoscopy						
						Oral						
INDOU Medical Clinic	1-15-5 Hakunoshima	724-2824	●	●			●	●			●	●
NISHIMOTO Naika	3-19-11 Bonoshima	723-3450	●	●								
SAKAMOTO Iin	4-1-24 Bonoshima W2-101	724-2023	●	●			●	●			●	●
SANESU Clinic	1-5-1 Nyoidani	724-0166	●	●			●	●				
MIKI Seikeigeka Naika	4-5-15 Nyoidani	724-8482	●	●			●	●			●	●
MIZUNO Naika Clinic	3-11-13 Sembahigashi, CIELIA Minoh Semba 101B	727-1800	●	●			●	●			●	●
Sembanishi BABA Clinic	1-6-7 Sembanishi, Miwatsuru Bldg. 2F	729-0148	●	●	●	●	●	●			●	●
DAIKOKU Iin	2-2-1 Sembanishi, New Erimo Bldg. 1F	727-5210	●	●			●	●			●	●
MANIWA Clinic	2-3-9 Sembanishi, Minoh Sembanishi Medical Center 2F	727-1000	●	●			●	●				●
KT Clinic	3-6-32 Sembanishi, Minoh Semba Clinic Bldg. 2F	727-3338							●			
OISHI Clinic	3-6-32 Sembanishi, Minoh Semba Clinic Bldg. 3F	728-0018	●	●		●	●	●		●	●	●
RINDOU Clinic	3-8-10 Sembanishi	728-1215	●	●				●				
MORIAKI Clinic	3-8-11 Sembanishi	726-0078	●	●			●	●			●	●
Minoh Ladies Clinic Kayano Branch Fujinka	1-13-10 Nishijuku, Minoh Q's Mall EAST 2-3F	727-4143							●			
YOSHINAGA Clinic	1-13-10 Nishijuku, Minoh Q's Mall EAST 2-3F	737-7830									●	●
East / North Minoh												
KUSAKA Clinic	1-33-3 Aomadanihigashi, Fields Minoh Bldg. 1F	749-3717	●	●			●	●			●	●
MINAMI Clinic	1-1-12 Aomadaninishi	768-8120	●	●			●	●			●	●
ARAKI Iin	2-6-4-101 Aomadaninishi	729-6563	●	●	●		●	●			●	●
KASUGAI Clinic	2-8-7-104 Aomadaninishi	729-5500	●	●				●			●	●
YOKOYAMA Smile Naika Clinic	3-7-7 Aomadaninishi	726-4580	●	●			●	●			●	●
JINJU Clinic	3-15-10 Aomadaninishi	700-1499	●	●				●			●	●
GRATIA Hospital	6-14-1 Aomadaninishi	729-2345	●	●	●	●	●	●			●	●
HOSOI Clinic	1-4-13 Aoegin	727-0234	●	●			●	●			●	●
SAWARAGI Ladies Clinic	6-3-5 Aoegin	726-1103							●			
KANNA Gein Clinic	2-14-1 Gein, MK Bldg. 2F	726-8739	●	●			●	●			●	●
SUMI Naika Clinic	5-2-8 Onoharahigashi, Annex Minoh Bldg. 1F	727-2100		●			●	●			●	●
SUNADA Iin	5-4-12 Onoharahigashi	728-9660	●	●				●			●	●
OKAYAMA Naika Clinic	6-3-26 Onoharahigashi	729-6363	●	●		●	●	●			●	●
Naika Geka NIIMI Iin	5-12-32 Onoharanishi, 1F	735-7150	●	●			●	●			●	●
TERIHA NO SATO Minoh Hospital	561 Shimotodoromi	739-0501	●	●		●	●	●			●	●
KIMUTAKU Clinic Shimmachi Branch	1-1-6 Shimmachinaka, Minoh Shimmachi Area Center	733-2255	●	●			●	●			●	●
NAKAGAWA Clinic Shimmachi Shinryojo	3-9-7 Shimmachinaka	703-4870	●								●	●
Outside the City※2												
SAKAMOTO Ichu (Gastrointestinal) Geka Clinic	1-5-3 Shin Senri Higashi-machi, Toyonaka City, Senri Asahi Hankyu Bldg. 3F	06-4863-5488									●	
CHAYAMACHI Breast Clinic	3-1 Chayamachi, Kita-ku, Osaka City, Sanko Bldg. 4F	06-6359-4630									●	
TASAKA Clinic Maternity, Gynaecology, Naika	1-4-2 Shin Senri Higashi-machi, Toyonaka City, SenriLifeScienceCenter Bldg. 10F	06-6832-1200								●		
Yukoukai General Hospital	25-1 Nishi-Toyokawacho, Ibaraki City	072-641-2488								●		
SAITO Yukoukai Hospital	7-2-18 Saito Asagi, Ibaraki City	072-641-6898									●	

※1 To see if you are applicable, please see G and H on P.6.
※2 If you wish to have a medical checkup at a designated medical institution outside the city, please contact the Community Health Division (TEL 072-727-9507) in advance.
※3 Scheduled to open 8 April 2025. Please inquire about the start date for lifestyle-related disease checkups.

Designated Dental Clinics

Please contact each medical institution for available times.

Please apply for checkups directly to the designated medical institutions below via phone. The ● symbol shows what is available at each medical institution. Please check dates and times with each institution.

Designated Dental Clinics (As of 1 April 2025)	Address	Telephone <small>Add prefix (072) if calling from outside the city.</small>	Minoh Citizen Dental Checkup	Dental Checkup during Pregnancy	Late Stage Medical Care System for the Elderly Dental Checkup
West Minoh					
MURANAKA Dental Clinic	4-1-20 Minoh, Hames Minoh Blg. 101	723-5363	●	●	●
SADAMORI Dental Clinic	5-1-4 Minoh	725-3532	●	●	●
DOI Dental Clinic	5-1-52 Minoh, Minoh Arcos Blg. 3F	721-7996	●	●	●
ADACHI Orthodontist	5-11-8 Minoh, Minematsu Blg. 202	724-2866	●	●	●
NAKANO Dental Clinic	6-1-30 Minoh, Minoh Hondori Urban Life Blg. 101	720-6123	●	●	●
SUGIMOTO Dental Clinic	6-2-5-105 Minoh, Sun Plaza Blg. 2, 1F	722-7777	●	●	●
YAMANOI Dental Clinic	6-4-1 Minoh	721-4182	●	●	●
THANKS Dental Clinic	6-4-24 Minoh, Thanks Minoh Blg. 3F	723-5223	●	●	●
OGAWA Dental Clinic	6-4-38 Minoh	720-1181	●	●	●
KUROKI Dental Clinic	6-5-7 Minoh, Minoh Terrace Blg. 2F	722-5470	●	●	●
SAWADA Dental Clinic	7-1-20 Minoh	723-6710	●		●
KIDA Dental Clinic	3-1-9 Nishishoji, Daiki Blg. 3F	721-1565	●	●	●
MASUNO Dental Orthodontist +KIDS Clinic	3-5-10 Nishishoji	721-1108	●	●	●
SAKAI Dental Clinic	5-3-13 Nishishoji	723-5608	●	●	●
HIGASHISAWA Dental Clinic	1-19-16 Makiochi	724-6657	●	●	●
NAKAI Dental Clinic	3-2-13 Makiochi, Estate Akebono Blg. 2F	724-2473	●	●	●
UETAHIRO At Home Dental Clinic	3-6-8-101 Makiochi	737-6610	●	●	●
TADA Dental Clinic	3-13-33 Makiochi, Active Minoh Blg. 205	724-5543	●	●	●
TERASHIMA Dental Clinic	1-2-21 Hyakurakuso	721-2562	●	●	●
TAKASHIMA Dental Clinic	1-2-15 Sakurai	724-0118	●	●	●
HASE Dental Clinic	1-2-32 Sakurai	721-4147	●	●	●
ORIBE Dental Clinic	1-7-18 Sakurai	721-2298	●	●	●
KITAGAWA Dental Clinic	1-12-8 Sakurai	721-2647	●		●
OHMAE Dental Clinic	1-22-24 Sakurai, Doruche Sakurai Blg. 101	725-1181	●	●	●
ASAMURA Dental Clinic	3-4-4 Sakura	725-4618	●	●	●
TANI Dental Clinic	4-17-24 Sakura	721-7290	●	●	●
FUJIMOTO Dental Clinic	3-3-21 Hanjo	724-3729	●		●
TSUKAMOTO Dental Clinic	3-16-3 Hanjo	722-0780	●	●	●
FUJIWARA Dental Clinic	2-15-7 Segawa, Burandoru Ishida Blg. 2F	724-8110	●	●	●
UESAKA Dental Clinic	3-1-13 Segawa	725-8148	●	●	●
INOUE Orthodontist & Dental Clinic	5-5-5 Segawa	720-7000	●	●	
ONO Dental Clinic	2-1-26 Sakuragaoka	721-2679	●	●	●
TERAMURA Dental Clinic	2-4-20 Sakuragaoka	720-7887	●	●	●
Central Minoh					
TANAKA Dental Clinic	1-1-24 Kayano	722-8118	●	●	●
SAMEJIMA Dental Clinic	3-1-14 Hakunoshima, Amizu Hakunoshima Blg. 1F	722-0015	●	●	●
TAKAHASHI Dental Clinic	4-16-33 Bonoshima, Esperance Minoh Blg. 1F	725-1182	●	●	●
TAMENAGAONSEN Hospital Dental Clinic	4-5-24 Imamiya	729-7615	●		
OTANI Dental Clinic	3-1-6 Sembahigashi, COM Blg. 2, 3F	729-0031	●	●	●

Designated Dental Clinics (As of 1 April 2025)	Address	Telephone <small>Add prefix (072) if calling from outside the city.</small>	Minoh Citizen Dental Checkup	Dental Checkup during Pregnancy	Late Stage Medical Care System for the Elderly Dental Checkup
AKANISHI Dental Clinic	1-6-7 Sembanishi, Miwatsuru Blg. 4F	728-8801	●		●
YUUKI Dental Clinic	2-12-4 Sembanishi, OTC Prime Heights Blg. 1F	734-8522	●	●	●
YAMANOI Dental Clinic	2-18-6 Sembanishi, Sugitani Park Mansion Blg. 1F	728-1188	●	●	●
SMILE-KAI YOSHIDA Dental Clinic	2-19-22 Sembanishi	729-4182	●	●	●
YAMAMOTOMASA Dental Clinic	3-6-32 Sembanishi, Minoh Semba Clinic Blg. 3F	737-7922	●	●	●
East / North Minoh					
UEDA Dental Clinic	1-1-6 Aomadaninishi	734-7777	●	●	●
KUBO Dental Clinic	2-6-5-101 Aomadaninishi	729-0034	●	●	●
KAMONO Dental Clinic	3-11-18 Aomadaninishi	730-0039	●	●	●
OCHIAI Dental Clinic	3-17-18 Aomadaninishi Capital II Blg. 1F	728-6480	●	●	●
WAKUMOTO Dental Clinic	3-6-5 Aoshinke	729-6104	●	●	●
NAKATA Dental Clinic	6-2-33 Aogetin, Hyakubankan Blg. 206	728-5077	●		●
TOKUOKA Dental Clinic	3-5-17 Gein, Patio Gein Blg. 1F	749-0501	●	●	●
OMOTO Dental Clinic	2-18-2 Ishimaru	726-0418	●	●	●
URAGUCHI Dental Clinic	3-9-29 Onoharahigashi	737-8320	●	●	●
MATSUMOTO Dental Clinic	3-13-2 Onoharahigashi, Akasaka Corp Blg. 1F	729-5775	●	●	●
NAKASHIMA Dental Clinic	3-13-26 Onoharahigashi	768-8841	●	●	●
TAKESHITA Dental Clinic	4-24-29 Onoharahigashi, High Mound Blg. 1F	728-8055	●	●	●
URAKAMI Dental Clinic	5-1-22 Onoharahigashi	727-6772	●	●	●
HOSHINO Dental Clinic	5-4-12 Onoharahigashi, Onohara Sun Heights Blg. 2F	728-2524	●	●	●
FUJII Dental Clinic	4-1-27 Onoharanishi	726-4618	●	●	●
HIRANO Dental Clinic	5-6-11 Onoharanishi, 1F	743-5475	●	●	●
KAWAGUCHI Dental Clinic	6-12-1 Onoharanishi, Iwanaga Blg. 101	727-6480	●	●	●
YOSHIDA Dental Clinic	2-1-16 Shimmachiminami	736-9090	●	●	●

Did you know?

Gum Disease can affect your whole body!

Gum disease is a chronic inflammation caused by bacterial infection. It is known that this bacteria creates material (such as toxins and inflammation) that can enter your bloodstream and badly affect your whole body. By protecting the health of your teeth and mouth, you can protect your overall health. So you can enjoy food with strong teeth and stay healthy...

Get a dental checkup once a year!

Stroke

Brain

Arteriosclerosis

Blood Vessels

Heart

Heart Attack

Pneumonia

Lungs

Obesity

Pancreas

Diabetes

Uterus

Underweight Childbirth

Osteoporosis

Bones

Gum disease can increase the risk of these illnesses

広告

からだの健康は、毎日の歯みがきと
歯とお口の健康管理から



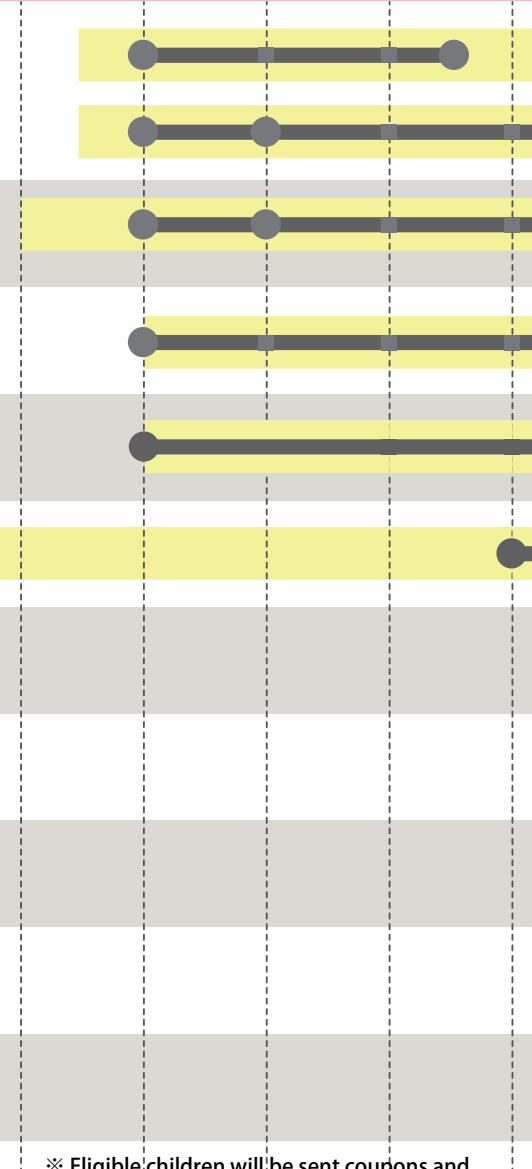
一般社団法人
箕面市歯科医師会
MINOH DENTAL ASSOCIATION

事務局 〒562-0014 箕面市萱野5丁目1-14
TEL 072 (728) 0118
<https://www.minoh-da.org/>

箕面市歯科医師会 検索

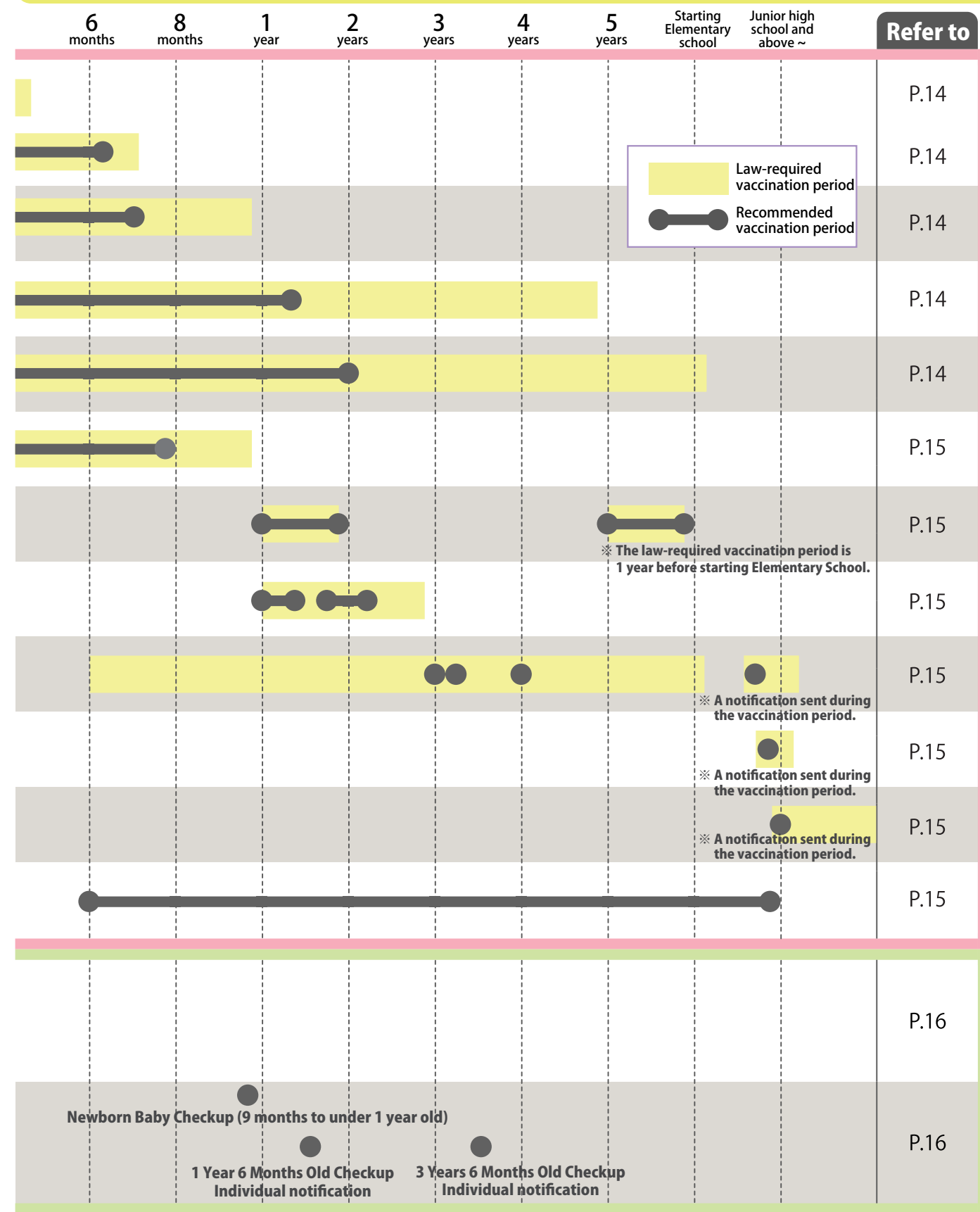
•The advertisements on P.11 and P.19 are posted as part of Minoh City advertising initiatives. •For questions about these advertisements, please contact the advertiser directly.

Vaccinations are given to protect children from illnesses caused by viral or bacterial infections. Immunity through vaccinations prevents the outbreaks of infectious diseases, so please remember to get the law-required vaccinations. Vaccination pre-examination slips (for vaccinating children during infancy) are issued in the Vaccination Handbook (coupons) when the birth is registered.

		COST		Birth 2 months 3 months 4 months 5 months				
Child Vaccination	A Rotavirus (Rotarix, 2 doses) or Rotavirus (RotaTeq, 3 doses) B Hepatitis B (3 doses) C Children's Pneumococcal (PCV) (4 doses) D DPT-IPV-Hib (5 doses) E BCG (1 dose) F Measles-Rubella (MR) (2 doses) G Chickenpox (2 doses) H Japanese Encephalitis (4 doses) I DT (1 dose) J Human Papillomavirus (HPV) (cervical cancer 3 doses or 2 doses) K Influenza (voluntary)	During the yellow period (law-required vaccination period), vaccinations are free of charge.	<p>Vaccination information is not sent out to individuals even when it is time for a vaccination. Please use an app or planner to remember to vaccinate.</p> <p>Click here to download the free "Minoh Childcare App".</p> <div>   </div> <p>(Google) (App)</p>					
	※ Eligible children will be sent coupons and a guide (that can be used at designated medical institutions) at the end of September.							

Child Health Checkup	2 Months Old Consultation (Wallaby Park)	All free of charge	<p>The diagram shows a horizontal timeline with vertical dashed lines at 1, 2, and 4 months. A grey shaded area covers the period from 1 month to 4 months. A black dot is placed on the timeline at the 2-month mark, labeled 'Schedule on P.16'. Another black dot is placed on the timeline at the 1-month mark, labeled '1 Months Old Checkup'. A third black dot is placed on the timeline at the 4-month mark, labeled '4 Months Old Checkup Individual notification'.</p>
	Health Checkups for young children (individual notification sent)		

- Until 1 year old, the required routine vaccinations are Rotavirus, Hepatitis B, Children's Pneumococcal, DPT-IPV-Hib and BCG.



Get vaccinated! Child Vaccination Guide

Letter key **T**...Target **DT**...Date/time **L**...Location **A**...Apply
B...Bring **¥**...Cost **D**...Details **△**...Precautions

How to get vaccinated

Make a **reservation** to your preferred **designated medical institution offering vaccinations (p.18)**.

Bring Maternal and Child Health Handbook, Vaccination Handbook (pre-examination slips)
 *If you do not have a Vaccination Handbook (pre-examination slips), please contact the Healthy Children Division

Cost Free of charge if done during the law-required period at a designated medical institution (except for **K**).

Inquiries: Healthy Children Division TEL 072-724-6768 FAX 072-721-9907

A 2 doses (between 2 months - 24 weeks 0 days old),
 or 3 doses (between 2 months - 32 weeks 0 days old)

Rotavirus (oral live vaccine)

T Start vaccination between 2 months - 14 weeks 6 days old (recommended age)

Rotarix (monovalent vaccine):

- ① **1st dose:** 2 months - 14 weeks 6 days old
- ② **2nd dose:** Minimum 27 days after 1st dose
- *finish vaccinations by 24 weeks 0 days old
- The Rotarix vaccine finishes at 2 doses.

RotaTaq (pentavalent vaccine):

- ① **1st dose:** 2 months - 14 weeks 6 days old
- ② **2nd dose:** Minimum 27 days after 1st dose
- ③ **3rd dose:** Minimum 27 days after 2nd dose
- *finish vaccinations by 32 weeks 0 days old

Law-required age:
 6 - 24 weeks old, or until 32 weeks 0 days old

- △** Please get your child vaccinated with the same type each time.
 There is no difference in safety or effectiveness between the 2 types.
- 2 months old = 2 months minus 1 day after birth
 - 1st week = 0 weeks 1 day etc. after birth
 - 1 week x days = 7 days after birth

B 3 doses between 2 - 8 months old

Hepatitis B (inactivated vaccine)

T Recommended age:

- ① **1st dose:** 2 months old
- ② **2nd dose:** Minimum 27 days after 1st dose
- ③ **3rd dose:** Minimum 139 days after 2nd dose

Law-required age: under 1 year old

C 4 doses between 2 months
 - 1 year 3 months old

Children's Pneumococcal (PCV) (inactivated vaccine)

T Start vaccination between 2 - under 7 months old (recommended age) (4 doses)

- ① **Initial (1st dose):** 2 - under 7 months old
- ② **Initial (2nd dose):** Minimum 27 days after 1st dose
- ③ **Initial (3rd dose):** Minimum 27 days after 2nd dose
- *finish vaccinations by 2 years old
- ④ **Booster:** Minimum 60 days after 3rd dose,
 between 12 - 15 months old
 *can be vaccinated from 1 year old

- **Start vaccination between 7 months - under 1 year old (3 doses)**
- **Start vaccination between 1 - under 2 years old (2 doses)**
- **Start vaccination between 2 - under 5 years old (1 dose)**

If you are starting vaccination for children 7 months old and over,
 please see the city website for details.
Law-required age: 2 months - under 5 years old



(city website)

D 4 doses between 2 months
 - 2 years 6 months old

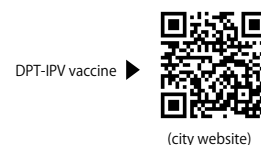
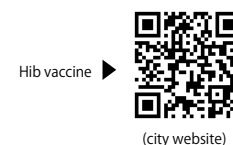
DPT-IPV-Hib (Pertussis, Diphtheria, Tetanus, Polio, Hib) (inactivated vaccine)

T Start vaccination between 2 - under 7 months old (recommended age)

- ① **Initial period I (1st dose):** 2 - under 7 months old
- ② **Initial period I (2nd dose):** Interval of 20 - 56 days after 1st dose
- ③ **Initial period I (3rd dose):** Interval of 20 - 56 days after 2nd dose
- ④ **Booster:** 6 - 18 months after 3rd dose

Law-required age: 2 months - under 7 years 6 months old

△ Please note If receiving Hib and DPT-IPV vaccines, please
 continue to receive the same Hib and DPT-IPV vaccines.



Vaccination information is not sent out to individuals even when it is time for a vaccination. Please make good use of apps or scheduling books to set up your own vaccination schedule, so that you don't forget to get your children vaccinated.

After your child is vaccinated with **E**, **F**, or **G**, please wait an interval of minimum 27 days to get a different vaccine.



E 1 dose between 5 - 8 months old

BCG injection (live vaccine)

T Only available as individual vaccinations from 1 April 2025.

Recommended age: 5 - under 8 months old

Law-required age: under 1 year old

F 1 doses between 1 - 2 years old
 + 1 dose before starting Elementary School

Measles-Rubella (MR) (injection, live vaccine)

T ① **Period I:**

Recommended + law-required age: 1 - under 2 years old

② **Period II:**

Recommended + law-required age: Between 1 April - 31 March
 before starting Elementary School (children born between 2
 April 2019 - 1 April 2020 are eligible for this financial year)

G 2 doses between 1 year
 - 2 years 3 months old

Chickenpox (injection, live vaccine)

T Recommended age:

- ① **1st dose:** 12 - under 15 months old
- ② **2nd dose:** 6 - 12 months after 1st dose

Law-required age: under 1 - 3 years old

H 3 doses between 3 - 5 years old
 + 1 dose in Elementary School Grade 4

Japanese Encephalitis (inactivated vaccine)

T ① **Initial Period I (1st dose):**

Recommended age: 3 years old

② **Initial Period I (2nd dose):**

Recommended age: Interval of 6 - 28 days after 1st dose

③ **Period I Booster:**

Recommended age: 4 years old (minimum 6 months after 2nd
 dose, most people get it after 12 months)

Law-required age: 6 months - under 7 years 6 months old

④ **Period II:**

Recommended age: Elementary School Grade 4 (a coupon will
 be sent when eligible)

Law-required age: 9 - under 13 years old

△ There are special measures for people born before 1 April 2007
 who are under 20 years old (on the day of vaccination) to get a
 vaccination free of charge. Contact the Healthy Children Division
 for details.

I 1 dose in
 Elementary School Grade 6

DT (Diphtheria, Tetanus) (inactivated vaccine)

T Recommended age: Elementary School Grade 6 (a coupon will
 be sent when eligible)

Law-required age: 11 - under 13 years old

J 3 doses in
 Junior High School Grade 1

Cervical Cancer (inactivated vaccine)

T Recommended age: Junior High School Grade 1
 (A pre-vaccination questionnaire will be sent to those eligible.)

● **Cervarix (bivalent vaccine):**

- ① **1st dose:** April - September of Junior High School Grade 1
- ② **2nd dose:** 1 month after 1st dose
- ③ **3rd dose:** 6 months after 1st dose

● **Gardasil (quadrivalent vaccine):**

- ① **1st dose:** April - September of Junior High School Grade 1
- ② **2nd dose:** 2 months after 1st dose
- ③ **3rd dose:** 6 months after 1st dose

● **Sylgard 9 (9-valent vaccine):**

- ① **1st dose:** April - September of Junior High School Grade 1
- ② **2nd dose:** 6 months after 1st dose

Law-required age: Girls at Elementary School Grade 6 -
 equivalent High School Grade 1 age
 (born between 2 April 2008 - 1 April 2013)

*If you get the 1st dose of Sylgard 9 after turning 15 years old,
 total 3 doses are required.

- ① **1st dose:** After 15th birthday
- ② **2nd dose:** 2 months after 1st dose
- ③ **3rd dose:** 6 months after 1st dose

△ Please note Girls born between 2 April 1997 - 1 April 2009 who
 received at least one dose of the vaccination between 1 April
 2022 - 31 March 2025 can receive the remaining doses free of
 charge until 31 March 2026 per transition measures.
 Contact the Healthy Children Division for details.

K Subsidy for the Influenza Vaccination (voluntary vaccination)

T Children between 6 months old - Elementary School Grade 6
 (on the day of vaccination)

L Designated medical institutions within the city

¥ ¥1,000 Coupon (2 sheets/person)

Child Health Checkup Schedule

Inquiries: Healthy Children Division TEL: 072-724-6768 FAX: 072-721-9907

Health
checkups
are all
free

2 Months Old Consultation (Wallaby Park)

T Children 2 months old (firstborn child) and mothers

DT 21 Apr, 19 May, 16 Jun, 28 Jul, 18 Aug, 22 Sep, 20 Oct, 17 Nov, 15 Dec, 19 Jan, 16 Feb, 16 Mar
All Monday 10:00 a.m. - 11:30 a.m.

L General Health and Welfare Center

A Please make a reservation via the City Website (2 months before consultation).

O 12 pairs (in order of application)

B Maternal and Child Health Handbook, 1 bath towel

D Physical measurements, breastfeeding and child raising consultation (with a midwife), introduction to the Support Center for Child Raising's Ohisama room program, talking with other participants, etc.



(city website)

1 Months Old Checkup

The checkup sheet will be given to you when you submit your pregnancy notification. If you have recently moved here, the sheet will be given to you when exchanging your prenatal checkup coupons.

T 28 days - under 6 weeks old

L Please make an appointment at a Osaka Prefecture birth medical institution. Some medical institutions do not offer this service. If you were born outside of Osaka Prefecture, you can apply for a refund. Please



(city website)

4 Months Old Checkup

T Children 4 months old (If eligible, notifications will be sent around the 15th of the month before the checkup)

DT Reservation between 1:00 p.m. - 2:00 p.m.

L General Health and Welfare Center



(city website)

Target	Month	Date
Born Dec 2024	Apr	9 (Wed), 23 (Wed)
Born Jan 2025	May	14 (Wed), 28 (Wed)
Born Feb 2025	Jun	11 (Wed), 25 (Wed)
Born Mar 2025	July	9 (Wed), 23 (Wed)
Born Apr 2025	Aug	6 (Wed), 27 (Wed)
Born May 2025	Sep	10 (Wed), 18 (Thu)
Born Jun 2025	Oct	8 (Wed), 22 (Wed)
Born Jul 2025	Nov	12 (Wed), 25 (Tue)
Born Aug 2025	Dec	10 (Wed), 24 (Wed)
Born Sep 2025	Jan	14 (Wed), 28 (Wed)
Born Oct 2025	Feb	4 (Wed), 25 (Wed)
Born Nov 2025	Mar	11 (Wed), 25 (Wed)

B Maternal and Child Health Handbook, Health Checkup Coupon (sent out before), bath towel

Newborn Baby Checkup

Checkup coupons are given at the 4 Months Old Checkup. If you have not done the checkup or have moved, the coupon will be sent to you.

T Children 9 months old - under 1 year old (we recommend at around 11 months old)

L Please reservation at a Osaka Prefecture medical institution. Not available at some medical institutions.



(city website)

1 Year 6 Months Old Checkup

T Children 1 year 6 months old (If eligible, notifications will be sent around the 15th of the month before the checkup)

DT Reservation between 1:00 p.m. - 2:15 p.m.

L General Health and Welfare Center



(city website)

Target	Month	Date
Born Sep 2023	Apr	1 (Tue), 18 (Fri)
Born Oct 2023	May	16 (Fri), 20 (Tue)
Born Nov 2023	Jun	3 (Tue), 20 (Fri)
Born Dec 2023	July	1 (Tue), 18 (Fri)
Born Jan 2024	Aug	5 (Tue), 22 (Fri)
Born Feb 2024	Sep	2 (Tue), 19 (Fri)
Born Mar 2024	Oct	7 (Tue), 17 (Fri)
Born Apr 2024	Nov	18 (Tue), 21 (Fri)
Born May 2024	Dec	2 (Tue), 19 (Fri)
Born Jun 2024	Jan	6 (Tue), 16 (Fri)
Born Jul 2024	Feb	3 (Tue), 20 (Fri)
Born Aug 2024	Mar	3 (Tue), 27 (Fri)

B Maternal and Child Health Handbook, Health Checkup Coupon (sent out before), bath towel

3 Years 6 Months Old Checkup

T Children 3 years 6 months old (If eligible, notifications will be sent around the 15th of the month before the checkup)

DT Reservation between 1:00 p.m. - 2:30 p.m.

L General Health and Welfare Center



(city website)

Target	Month	Date
Born Sep 2021	Apr	8 (Tue), 22 (Tue)
Born Oct 2021	May	13 (Tue), 27 (Tue)
Born Nov 2021	Jun	10 (Tue), 24 (Tue)
Born Dec 2021	July	8 (Tue), 15 (Tue)
Born Jan 2022	Aug	19 (Tue), 26 (Tue)
Born Feb 2022	Sep	9 (Tue), 30 (Tue)
Born Mar 2022	Oct	21 (Tue), 28 (Tue)
Born Apr 2022	Nov	11 (Tue), 26 (Wed)
Born May 2022	Dec	9 (Tue), 23 (Tue)
Born Jun 2022	Jan	20 (Tue), 27 (Tue)
Born Jul 2022	Feb	10 (Tue), 17 (Tue)
Born Aug 2022	Mar	10 (Tue), 24 (Tue)

B Maternal and Child Health Handbook, Health Checkup Coupon (sent out before), the child's urine, toothbrush, cup (for instructions in tooth brushing)

Baby Food Classes

Baby Food Class

Minoh Local Produce and Foodstuff Division
TEL: 072-724-6159 FAX: 072-722-2466

T Caregivers (of children 5 - 9 months old)

DT 25 Apr, 23 May, 27 Jun, 25 Jul, 29 Aug, 26 Sep, 24 Oct, 21 Nov, 26 Dec, 23 Jan, 27 Feb, 13 Mar
All Friday 1:30 p.m. - 2:30 p.m. (reception from 1:00 p.m.)

L Please contact the Minoh Local Produce and Foodstuff Division

A Please contact the Minoh Local Produce and Foodstuff Division by phone or the City Website to apply (up to 2 months before the class).

B Maternal and Child Health Handbook

¥ Free of charge **O** Limited 20 people (in order of application)



(city website)

First-time Baby Food Cooking Class

Minoh Local Produce and Foodstuff Division
TEL: 072-724-6159 FAX: 072-722-2466

T Caregivers (of children 5 - 9 months old)

DT 17 Apr, 19 Jun, 21 Aug, 16 Oct, 11 Dec, 19 Feb
All Thursday 10:30 a.m. - 11:30 a.m. (reception from 10:15 a.m.)

L Please contact the Minoh Local Produce and Foodstuff Division

A Please contact the Minoh Local Produce and Foodstuff Division by phone or the City Website to apply (up to 2 months before the class).

B Maternal and Child Health Handbook, apron, bandana, dishcloth

¥ Free of charge **O** Limited 10 people (in order of application)



(city website)

Solid Food Baby Food Class

Minoh Local Produce and Foodstuff Division
TEL: 072-724-6159 FAX: 072-722-2466

T Caregivers (of children 9 months - 1 year 6 months old)

DT 11 Apr, 13 Jun, 8 Aug, 10 Oct, 12 Dec, 13 Feb
All Friday 10:30 a.m. - 11:30 a.m. (reception from 10:00 a.m.)

L Please contact the Minoh Local Produce and Foodstuff Division

A Please contact the Minoh Local Produce and Foodstuff Division by phone or the City Website to apply (up to 2 months before the class).

B Maternal and Child Health Handbook

¥ Free of charge **O** Limited 20 people (in order of application)



(city website)

Important: There is no childcare support in any of the classrooms. If you bring your child with you to the Cooking Class, please bring a baby stroller/carrier to hold them while making the food.

Come along to the Ohisama rooms and Ohisama Hiroba!

Ohisama rooms are spaces for babies from age 0. They can play with toys and enjoy talking with others. Their caregivers can also receive information about child raising. These are open spaces that you can use at certain times without a reservation so please come along.

There are 2 Ohisama rooms in Minoh City!

Kayano: 1-19-4 Kayano (Right-Pia 21 2F) TEL: 072-723-5433

Hijiri: 6-14-34 Ina (Ina Fureai Center 1F) TEL: 072-734-8858

// Ohisama Hiroba //

We take toys from the Ohisama rooms and go out into the community. This is a great chance to meet other parents in your neighborhood.

○ Date: Posted in the City Magazine and City Website every month.

○ Main locations: Saito no Oka Community Center, Todoromi no Mori Gakuen, Minoh Shimmachi Peace Garden Community Center, Minoh Shimmachi Community Center, Seinan Library, Niina Community Center, Humans Plaza, Higashi Lifelong Learning Center, Onohara Regional Communication Center, Citizens Meeting Building, etc.



There are a lot of children who do not like vegetables, but it is surprisingly easy to change what they like and dislike. If given a chance, children can learn to enjoy vegetables they didn't like before. The We Love Vegetables Baby Food Class held by the city is a class where parents and children can have fun together by looking at, touching, tasting and enjoying seasonal vegetables. Please come along with your child!

Child Vaccinations at Medical Institutions

Please apply for a vaccination directly to the designated medical institutions below.

● : Vaccinations available at each medical institution

Medical Institutions (As of 1 April 2025)	Address	Telephone <small>Add prefix (072) if calling from outside the city.</small>	Vaccination type														
			1 of either		Hepatitis B	PCV	DPT-IPV-Hib	(Hib)	(DPT-IPV)	(Polio)	BCG	MR	Chickenpox	Japanese Encephalitis	DT	Cervical Cancer	
			Rotarix	Rotateq													
West Minoh																	
CHE Seikeigeka Rehabilitation Clinic	5-11-4 Minoh, Minoh Puratia Blg. 3F	725-1000													●	●	●
YASUFUKU Naika Clinic ※1	5-12-71 Minoh, Park Plaza Blg. Minoh 1F	725-8555										※			※	※	※
SHIMA Kodomo Clinic	6-4-46 Minoh, Minoh Mate Blg. 2F	720-0550	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
NAKA Clinic ※1	6-4-46 Minoh, Minoh Mate Blg. 1F	724-8822				※	※	※	※	※		※			※	※	※
ISHII Seikeigeka ※2	6-5-7 Minoh, Minoh Terrace Blg. 3F	722-0543					※		※			※			※	※	※
MIH Clinic Minoh	6-7-45 Minoh 2F	737-9275	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
KUHARA Iin	6-10-43 Minoh	737-5031					●	●	●	●		●	●	●	●	●	●
YOKOI Clinic	3-17-37 Nishishoji	724-1477															●
MOMIJI Zaitaku Shinryojo ※3	5-4-18 Nishishoji	720-0050													※	※	※
MONTA Naika Clinic ※4	5-5-18 Nishishoji	722-5855													※	※	
HOMMA TARO Clinic ※1	3-1-12 Makiochi, Welcia Minoh Makiochi 2F	723-2111					※		※			※			※	※	
KANO Naika Clinic	3-14-19 Makiochi	737-6555	●	●	●	●	●	●	●	●		●		●	●	●	●
MINOH Ladies Clinic	3-3-33 Makiochi	723-0351															●
MINOH Ladies Clinic Pediatrics Branch	3-4-10 Makiochi	720-7172	●		●	●	●	●	●	●	●	●	●	●	●	●	
FUJIMOTO Clinic ※3	1-7-20 Sakurai, Takara Medical Blg. 1F	737-7186										※			※	※	
UMEMURA Naika Clinic ※1	2-10-36-101 Sakurai	721-1127										※			※	※	※
YASUMURA Clinic	2-11-5 Sakurai	722-0061					●		●			●	●		●		
IMAI Geka ※5	2-7-47 Sakura	721-1313													※		
MAEDA Naika Clinic	4-11-15 Sakura, Minoh Sakura Iryo Blg. 2F	724-5177													●	●	●
ITO Clinic	4-17-25 Sakura	737-8011			●												
KASAHARA Shonika (Pediatrics)	5-14-4 Sakura	721-2032	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
UENOYAMA Naika	6-4-12 Sakura	724-7337					●		●			●	●	●	●	●	
IDOGUCHI Family Clinic	3-16-1 Hanjo	722-5335	●		●	●	●	●	●	●	●	●	●	●	●	●	●
NAKANISHI Iin	4-1-27 Hanjo	722-2198										●	●	●	●	●	
MURATA Iin	2-5-3 Segawa	700-7000										●		●	●	●	
SHIMIZU Iin	1-5-15 Sakuragaoka	723-1233														●	●
KOIKE Iin	3-3-4 Sakuragaoka	722-5025	●	●	●	●	●	●	●	●		●	●	●	●	●	●
SAKURADORI Junkanki Shokaki Naika ※3	3-9-19 Sakuragaoka, 3F	725-6131													※	※	
HARANO Iin	7-14-17 Niina	724-2010	●		●	●	●	●	●	●		●	●	●	●	●	●
Central Minoh																	
NAKAI Ichoka (Gastrointestinal) Iin	1-13-9 Ina	723-8888					●		●			●	●	●	●	●	●
TANAKA Naika Iin ※6	3-5-7 Kayano	722-8611					※	※	※	※		※	※	※	※	※	※
NAGAI Naika Junkanki Naika Clinic ※3	1-2-15 Hakunoshima, La Poru Hakunoshima Blg. 3F	727-2121													※	※	※
INDOU Medical Clinic	1-15-5 Hakunoshima	724-2824										●	●	●	●	●	
SAKAMOTO Iin	4-1-24 Bonoshima W2-101	724-2023			●	●	●	●	●			●	●	●	●	●	
MIKI Seikeigeka Naika	4-5-15 Nyoidani	724-8482										●	●	●	●	●	●
Sembanishi BABA Clinic ※7	1-6-7 Sembanishi, Miwatsuru Blg. 2F	729-0148										※		※	※		
MANIWA Clinic ※8	2-3-9 Sembanishi, Minoh Sembanishi Medical Center 2F	727-1000										※		※	※	※	
MISORA Homon Clinic	2-7-5 Sembanishi, Shiimoa Senri 1F	727-0300	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●

Please see the city website for the latest information.



Please contact each medical institution for available times.

Please note: Naika = Internal Medicine • Geka = External Medicine • Shinryojo, Iin = Clinic • Seikeigeka = Orthopedics • Junkanki = Cardiology • Shokaki = Gastroenterology • Fujinka=Gynecology

Medical Institutions (As of 1 April 2025)	Address	Telephone <small>Add prefix (072) if calling from outside the city.</small>	Vaccination type												
			1 of either Rotarix	RotaTeq	Hepatitis B	PCV	DPT-IPV/Hib	(Hib)	(DPT-IPV)	(Polio)	BCG	MR	Chickenpox	Japanese Encephalitis	DT
TAMATANI Kids Clinic	3-6-32 Sembanishi, Minoh Semba Clinic Bldg. 1F	726-3131	●	●	●	●	●	●	●	●	●	●	●	●	●
KT Clinic	3-6-32 Sembanishi, Minoh Semba Clinic Bldg. 2F	727-3338													●
OISHI Clinic ※1	3-6-32 Sembanishi, Minoh Semba Clinic Bldg. 3F	728-0018									※		※	※	※
MIZUNO Naika Clinic ※9	3-11-13 Sembahigashi, CIELIA Minoh Semba 101B	727-1800											※	※	※
Minoh Ladies Clinic Kayano Branch Fujinka	1-13-10 Nishijuku, Minoh Q's Mall EAST 2-3F	727-4143													●
KOHITSUJI Kids Clinic	1-8-19 Imamiya	737-5124	●	●	●	●	●	●	●	●	●	●	●	●	●
East / North Minoh															
KUSAKA Clinic ※3	1-33-3 Aomadanihigashi, Fields Minoh Bldg. 1F	749-3717											※	※	
MIHO Clinic	5-25-23 Aomadanihigashi	726-0909	●	●	●	●	●	●	●	●	●	●	●	●	●
MINAMI Clinic ※1	1-1-12 Aomadanihigashi	768-8120									※		※	※	※
ARAKI Iin	2-6-4-101 Aomadanihigashi	729-6563	●		●	●	●	●	●	●	●	●	●	●	
YOKOYAMA Smile Naika Clinic ※1	3-7-7 Aomadanihigashi	726-4580									※		※	※	※
JINJU Clinic	3-15-10 Aomadanihigashi	700-1499	●	●	●	●	●	●	●	●	●	●	●	●	●
HOSOI Clinic	1-4-13 Aogeiin	727-0234	●	●	●	●	●	●	●	●	●	●	●	●	●
KATSURA Kodomo Clinic	1-11-19 Aogeiin	729-8882	●	●	●	●	●	●	●	●	●	●	●	●	●
SAWARAGI Ladies Clinic	6-3-5 Aogeiin	726-1103													●
ISHIDA Clinic	4-27-33 Onoharahigashi	727-1177	●		●	●	●	●	●	●	●	●	●	●	●
SUMI Naika Clinic ※10	5-2-8 Onoharahigashi, Annex Minoh Bldg. 1F	727-2100									※		※	※	
SUNADA Iin	5-4-12 Onoharahigashi	728-9660	●		●	●	●	●	●	●	●	●	●	●	●
OKAYAMA Naika Clinic	6-3-26 Onoharahigashi	729-6363													●
Naika Geka NIIMI Iin	5-12-32 Onoharanishi, 1F	735-7150			●	●	●	●	●	●	●	●	●	●	●
TAKIZAWA Shonika (Pediatrics)	6-12-1 Onoharanishi, Iwanaga Bldg. 103	729-3455	●		●	●	●	●	●	●	●	●	●	●	
TERIHA NO SATO Minoh Hospital	561 Shimotodoromi	739-0501			●		●		●	●	●	●	●	●	
KIMUTAKU Clinic Shimmachi Branch	1-1-6 Shimmachinaka, Minoh Shimmachi Area Center	733-2255	●	●	●	●	●	●	●	●	●	●	●	●	●
NAKAGAWA Clinic Shimmachi Shinryojo	3-9-7 Shimmachinaka	703-4870				●	●	●	●	●		●	●	●	

※1 For children age 3 and over

※2 For children age 5 and over

※3 For children Elementary School age and over

※4 Only gives Japanese Encephalitis vaccinations for period II/in special cases

※5 Only gives vaccinations on Saturday, only accepts family patients

※6 For children age 1 and over

※7 Japanese Encephalitis vaccinations for children age 9 and over Measles-rubella (MR) period II only

※8 For children Elementary School age and over, but only siblings of children who receive vaccinations at the same clinic are eligible for Measles-rubella (MR) period II.

※9 Japanese Encephalitis period II only

※10 Measles-rubella (MR) period II only, Japanese Encephalitis for children Elementary School age and over only

広告

「もしも」のためのサポート

箕面市医師会では、市民のみなさまに役立つ医療に関する情報を提供しています

一般社団法人
箕面市医師会

〒562-0014 箕面市萱野5丁目1-14 TEL 072 (729) 2299
<http://www.minoh-osaka.med.or.jp/>

広告

かかりつけ薬局を持ちましょう

箕面市薬剤師会は
保険調剤薬局として地域医療の一躍を担うとともに
市民のみなさまの健康をサポートします

一般社団法人**箕面市薬剤師会**

事務局 〒562-0014 箕面市萱野5丁目1-14
TEL 072(729)1929
<https://www.minoh-pa.or.jp/>