

Health Bulletin

気になる病気 がん

広報誌『厚生労働』2023年1月号 https://www.mhlw.go.jp/stf/houdou_kouhou/kouhou_shuppan/magazine/202301_00001.html

In Japan, based on the Health Promotion Act, municipalities are obligated to make efforts to conduct cancer screenings for residents. The national guidelines for cancer screenings, established under the "Guidelines for Cancer Prevention, Priority Health Education, and Cancer Screening Implementation," outline the following five types of cancer screenings.

Stomach cancer screenings

Test item
Interview + Gastric X-ray or Interview + gastrofiberscope

Eligibility
Over 50 years old
X-ray examination of the stomach is available for individuals aged 40 and above.

Timings
Once every 2 years
Gastric X-ray can be performed once a year.

lung cancer screenings

Test item
Medical interview, Chest X-ray, and Sputum cytology

Eligibility
Over 40 years old

Timings
Once a year

colorectal cancer screenings

Test item
Medical interview and stool test

Eligibility
Over 40 years old

Timings
Once a year

The types of cancer screenings.

1 : Cancer screenings in municipalities
Let's apply for the cancer screenings conducted by your residential municipality.

2 : Company health check-up
Sometimes cancer screenings are conducted in conjunction with regular health check-ups at the workplace. However, it is not mandatory for the company, so it may not always be implemented

3 : Health check-ups such as comprehensive medical examinations."
It is a medical service provided on a voluntary basis by medical institutions, among others. Generally, the cost is fully borne by the individual, and there are various examination methods available. Some of these methods may include tests that have not been proven to be effective. However, one of the advantages is the ability to choose screenings based on one's own objectives and preferences.

Cancer incidence rates vary significantly based on age and gender. There are age groups where around 1 in 100 individuals may be affected, while in others, it may be only a few individuals out of 100,000. The purpose of cancer screenings is to detect cancer early and provide timely treatment. Rather than conducting screenings at ages with a low likelihood of cancer, screenings are initiated from the age groups where the incidence rates are higher.

がん検診Q&A 日本医師会

It is said that nowadays, one in two people will develop cancer.

breast cancer screenings

Test item
Medical interview and mammography
*Visual inspection and palpation are not recommended.

Eligibility
Over 40 years old

Timings
Once every 2 years

uterine cancer screenings

Test item
Medical interview, visual inspection, cervical cytology (Pap smear), and internal examination.

Eligibility
Over 20 years old

Timings
Once every 2 years

Are notifications for these screenings sent by each local government, right?



The target age and timing of implementation vary by each local government. For details, please inquire with each local government!



The current cancer treatment

As cancer becomes a 'curable disease,' the focus shifts to how to treat it.

With an increase in treatment options, it has become an era where patients themselves decide how to treat their condition.

To achieve a treatment that is satisfactory, it's important to receive sufficient explanations from the doctor, as well as clearly communicate your own desires and thoughts, and to collaborate in the decision-making process.

That's right. That's why it's important not to be afraid to undergo testing and to seek early medical attention if you experience any symptoms.



It seems that men have a high incidence of prostate cancer. What kind of tests are available for it?



The ranking of cancer incidence 厚生労働省 がんの統計'19 (2019年) 元データ：全国癌登録罹患データ

	1st	2nd	3rd	4th	5th
Total	Colon	Lung	Stomach	Breast	Prostate
men	Prostate	Colon	Stomach	Lung	liver
women	Breast	Colon	Lung	Stomach	Uterus

The fundamental treatment is surgery; however, we aim for a treatment that preserves function as much as possible while considering the post-surgery lifestyle.

There is a way of thinking that seeks not only to eliminate cancer but also to manage it to a level where it does not cause significant harm to the body, allowing for coexistence.

We aim for 'personalized medicine,' tailoring treatments to each individual patient.

Blood test [PSA]
The PSA test is a screening test for early detection of prostate cancer. It examines the PSA levels in the blood to determine the possibility of prostate cancer.

【 Rectal examination ・ Transrectal ultrasound 】
Rectal examination is a test in which a doctor inserts a finger into the anus to check the condition of the prostate.
Transrectal ultrasound is a test in which a probe emitting ultrasound is inserted into the anus for examination.

Prevent cancer



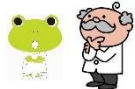
At present, there is no single food or nutrient that can definitively prevent cancer. While there is ongoing research on various foods and nutrition concerning cancer prevention, there are few foods that are definitively linked to cancer risk.

Salt reduction
Salty foods have been reported to significantly increase the risk of gastric cancer.

Cool down hot foods and drinks
There are numerous reports indicating that consuming hot beverages and food increases the risk of not only esophageal cancer but also esophagitis.

Consume vegetables and fruits
Consuming vegetables and fruits is expected to lower the risk of esophageal cancer. Additionally, it may also reduce the risk of gastric and lung cancers.

Excessive consumption of red meat and processed meats from cattle, pork, and lamb is said to require caution.



Smoking poses risks not only for cancer but also for various diseases, including cardiovascular diseases. It has been found that individuals who smoke have a 1.5 times higher risk of developing some form of cancer compared to non-smokers. Secondhand smoke is also considered a definite risk factor for lung cancer.

Don't try to quit smoking on your own; consult a specialist.



Let's do our best together.



Smoking cessation clinic



If you drink alcohol, let's limit it to approximately 23 grams of pure ethanol per day. The Ministry of Health, Labour and Welfare defines: 'Moderate and appropriate drinking' as an average of approximately 20g of pure alcohol per day. 'Alcohol consumption that increases the risk of lifestyle-related diseases' as an average of over 40g of pure alcohol per day for men and over 20g for women.

I might be drinking too much every night.



Dad, starting from tomorrow, limit yourself to 500ml of beer, okay?

Type	Amount	Pure alcohol (g)
Beer	A cup	7
	Medium-sized beer mug	13
	350ml can	14
	500ml can	20

Type	Amount	Pure alcohol (g)
Highball 7%	350ml can	20
	500ml can	28
Highball 9%	350ml can	25
	500ml can	36

Type	Amount	Pure alcohol (g)
Sake	180ml	22
	30ml	4
Shochu 20%	180ml	29
	180ml	36

厚労省e-ヘルスネット 各酒類のドリンク換算表より
<https://www.e-healthnet.mhlw.go.jp/information/alcohol/a-02-001.html>



According to a research report from the National Cancer Center, individuals with higher levels of physical activity due to work, exercise, and the like had a lower risk of developing any form of cancer.

The Ministry of Health, Labour and Welfare recommends that individuals aged 18 to 64 engage in 'physical activity of walking or an equivalent intensity for at least 60 minutes every day.' Additionally, they recommend 'exercise of a level where you breathe hard and break a sweat for at least 60 minutes every week.'



Infections are also a major cause of cancer. There is a link between viral or bacterial infections and the development of cancer. However, getting an infection does not necessarily mean you will develop cancer. Taking appropriate measures based on the specific infection situation can help prevent cancer.



BMI Calculation <https://keisan.casio.jp/exec/system/1161228732>

Maintaining a healthy weight is one of the risk management factors for cancer. Conditions like diabetes, hypertension, and hyperlipidemia have a lower risk as you get leaner. However, for cancer prevention, it's important not to be overweight, but also not to be underweight. For men, it's advisable to manage their weight to fall within the BMI range of 21-27, and for women, within the range of 21-25.

*Note: This differs from the standard weight range (BMI 18.5-25.0) defined by the Japan Society for the Study of Obesity.

Virus and bacteria	Type
Hepatitis B and C viruses	Hepatocellular carcinoma
Helicobacter pylori bacteria	Gastric cancer
Hepatitis A virus	Cervical cancer
Human T-cell leukemia virus type 1	Adult T-cell leukemia/lymphoma (ATLL)