

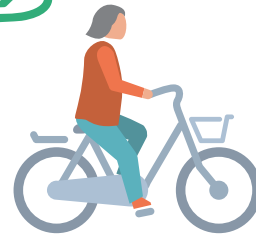
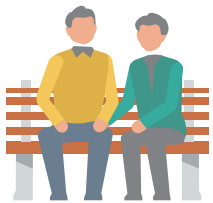


Using your Health Handbook



Health Handbooks: Part of the Health Promotion Act

- This handbook is an important tool used to manage your health. Manage it with care and do not lose it.
- You or a family member can fill in the sections pertaining to health screenings, health education, and health counseling. If you are unsure of what to fill in, speak with a municipal representative or have them complete it for you.
- When receiving medical care, present this handbook and your medication handbook to your doctor, dentist, or pharmacist.
- Make sure to bring the handbook with you when receiving a Specific Health Checkup.
- You should also bring it with you if taking part in a health class or workshop, or receiving health counseling.



[English]



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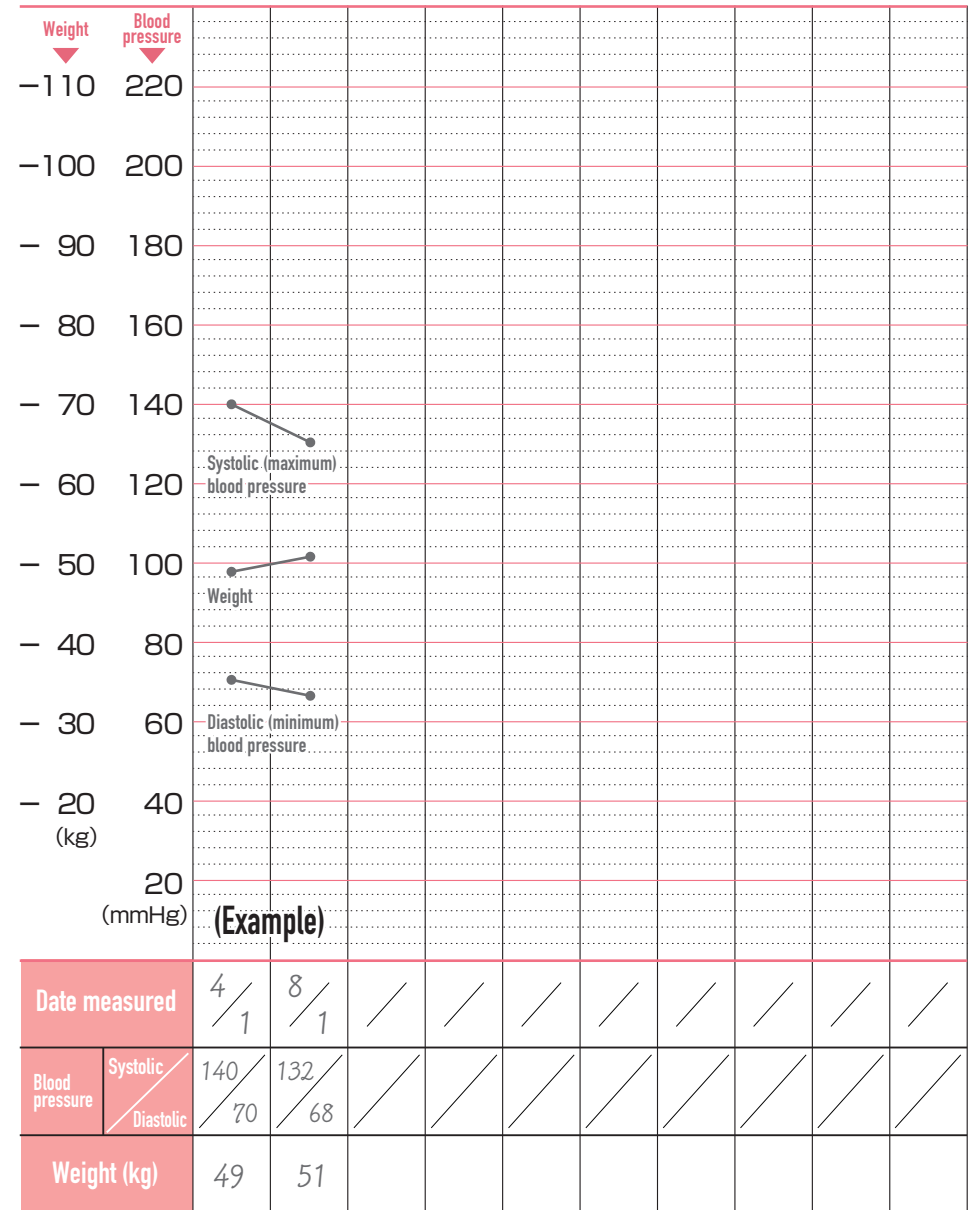
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• • • Recording Specific Health Checkups • • •

Exam date		/ /	/ /
Height (cm)			
Weight (kg)			
Waist circumference (cm)			
BMI			
Blood pressure (systolic to diastolic) (mmHg)		—	—
Blood lipid test	Triglycerides (mg/dl)		
	HDL cholesterol (mg/dl)		
	LDL cholesterol (mg/dl)		
Liver function test	AST (GOT) (U/l)		
	ALT (GPT) (U/l)		
	γ-GT (γ-GTP) (U/l)		
Blood glucose test	Fasting blood glucose level (mg/dl)		
	Hemoglobin A1c (%)		
Urine test	Glucose		
	Protein		

/	/	/	/
No abnormality found	No abnormality found	No abnormality found	
Possible abnormality found	Possible abnormality found	Possible abnormality found	
No abnormality found	No abnormality found	No abnormality found	
Possible abnormality found	Possible abnormality found	Possible abnormality found	
Metabolic syndrome	Metabolic syndrome	Metabolic syndrome	
Pre-metabolic syndrome	Pre-metabolic syndrome	Pre-metabolic syndrome	
Does not meet criteria	Does not meet criteria	Does not meet criteria	

Blood pressure and weight log



• • • **Specific health guidance** • • •

Item		Explanation
Blood glucose test	Fasting blood glucose	Glucose level is also referred to as "blood sugar". The risk of diabetes increases twofold when glucose is 100mg/dL or higher after fasting, so this is used as a metric for Specific health guidance.
	Hemoglobin A1c	Hemoglobin A1c is a measure of how much erythrocyte hemoglobin is bound to glucose (glycated hemoglobin). Hemoglobin A1c levels change per the blood glucose level from 1-2 months prior, so this serves as an indicator of whether blood sugar is under control.
Urine test	Glucose	When glucose concentration in the blood is so high that is cannot be reabsorbed, glucose appears in the urine. Conditions like diabetes, hyperthyroidism, and renal glucosuria can cause glucose to appear in the urine.
	Protein	When the urine contains above a certain threshold of protein, it is referred to as albuminuria. The kidneys function by filtering impurities and producing urine. Proteins required by the body are reabsorbed and returned to the bloodstream, but abnormalities of the kidneys, ureter, or other secretory organs can cause protein to fail to be reabsorbed and release into the urine.
Anemia test	Erythrocyte count	Erythrocytes convey oxygen throughout the body and absorb carbon dioxide, sending it to the lungs. Excess erythrocytes may indicate a condition called polycythemia, and a shortage may indicate anemia.
	Hemoglobin	Hemoglobin is the oxygen-carrying pigment and predominant protein in the red blood cells. A lack of iron can inhibit the body from synthesizing hemoglobin and reduce the number of red blood cells, causing iron deficiency anemia and putting you at risk of palpitations, shortness of breath, fatigue, and headaches.
	Hematocrit level	Hematocrit level indicates the percentage of erythrocytes (red blood cells) in the bloodstream. A low hematocrit level can indicate anemia, while a high level can indicate polycythemia.
Renal function test	Creatinine	High creatinine serum levels are implicated in decreased renal function. Even if you do not have subjective symptoms, kidney function may be significantly impaired, so caution is advised.
	eGFR	Estimated glomerular filtration rate (eGFR) is computed based on creatinine serum levels, age, and sex. It is used as an indicator of kidney function.

Date	/ /	/ /
Specific health guidance <small>(circle the applicable category)</small>	Intensive health guidance	Intensive health guidance
	Motivational health guidance	Motivational health guidance
	N/A	N/A
Others <small>(describe nature of support offered)</small>		

/ /	/ /	/ /
Intensive health guidance	Intensive health guidance	Intensive health guidance
Motivational health guidance	Motivational health guidance	Motivational health guidance
N/A	N/A	N/A

• • • **Health education** • • •

Health education log

Date	Enter details (nature of consultation/guidance)
/ /	
/ /	
/ /	

Health consultation log

Date	Enter details (nature of consultation/guidance)
/ /	
/ /	
/ /	

Visiting instruction log

Date	Enter details (nature of guidance)
/ /	
/ /	
/ /	

Dental disease screenings

Exam date		/ /	/ /
Evaluation	No abnormalities	No abnormalities	No abnormalities
	Requires guidance	Requires guidance	Requires guidance
	Requires comprehensive exam	Requires comprehensive exam	Requires comprehensive exam
Institution			
Comprehensive exam	Exam date	/ /	/ /
	Institution		

Osteoporosis screenings

Exam date		/ /	/ /
Evaluation	No abnormalities	No abnormalities	No abnormalities
	Requires guidance	Requires guidance	Requires guidance
	Requires comprehensive exam	Requires comprehensive exam	Requires comprehensive exam
Institution			
Comprehensive exam	Exam date	/ /	/ /
	Institution		

Dental disease screenings

/ /	/ /	/ /
No abnormalities	No abnormalities	No abnormalities
Requires guidance	Requires guidance	Requires guidance
Requires comprehensive exam	Requires comprehensive exam	Requires comprehensive exam
/ /	/ /	/ /

Osteoporosis screenings

/ /	/ /	/ /
No abnormalities	No abnormalities	No abnormalities
Requires guidance	Requires guidance	Requires guidance
Requires comprehensive exam	Requires comprehensive exam	Requires comprehensive exam
/ /	/ /	/ /

Gastric cancer screenings

Exam date		/ /	/ /
Evaluation		No comprehensive exam necessary	No comprehensive exam necessary
		Requires comprehensive exam	Requires comprehensive exam
Institution			
Comprehensive exam	Exam date	/ /	/ /
	Institution		

Lung cancer screenings

Exam date		/ /	/ /
Evaluation		No comprehensive exam necessary	No comprehensive exam necessary
		Requires comprehensive exam	Requires comprehensive exam
Sputum cytology		Performed / not performed	Performed / not performed
Institution			
Comprehensive exam	Exam date	/ /	/ /
	Institution		

• • • **Colorectal cancer screenings** • • •

Gastric cancer screenings

/ /	/ /	/ /
No comprehensive exam necessary	No comprehensive exam necessary	No comprehensive exam necessary
Requires comprehensive exam	Requires comprehensive exam	Requires comprehensive exam
/ /	/ /	/ /

Colorectal cancer screenings

Exam date		/ /	/ /
Evaluation		No comprehensive exam necessary	No comprehensive exam necessary
		Requires comprehensive exam	Requires comprehensive exam
Institution			
Comprehensive exam	Exam date	/ /	/ /
	Institution		

Lung cancer screenings

/ /	/ /	/ /
No comprehensive exam necessary	No comprehensive exam necessary	No comprehensive exam necessary
Requires comprehensive exam	Requires comprehensive exam	Requires comprehensive exam
Performed / not performed	Performed / not performed	Performed / not performed
/ /	/ /	/ /

Colorectal cancer screenings

/ /	/ /	/ /
No comprehensive exam necessary	No comprehensive exam necessary	No comprehensive exam necessary
Requires comprehensive exam	Requires comprehensive exam	Requires comprehensive exam
/ /	/ /	/ /

Cervical cancer screenings

Exam date		/ /	/ /
Evaluation		No comprehensive exam necessary	No comprehensive exam necessary
		Requires comprehensive exam	Requires comprehensive exam
Institution			
Comprehensive exam	Exam date	/ /	/ /
	Institution		

Breast cancer screenings

Exam date		/ /	/ /
Evaluation		No comprehensive exam necessary	No comprehensive exam necessary
		Requires comprehensive exam	Requires comprehensive exam
Institution			
Comprehensive exam	Exam date	/ /	/ /
	Institution		

Cervical cancer screenings

/ /	/ /	/ /
No comprehensive exam necessary	No comprehensive exam necessary	No comprehensive exam necessary
Requires comprehensive exam	Requires comprehensive exam	Requires comprehensive exam
/ /	/ /	/ /

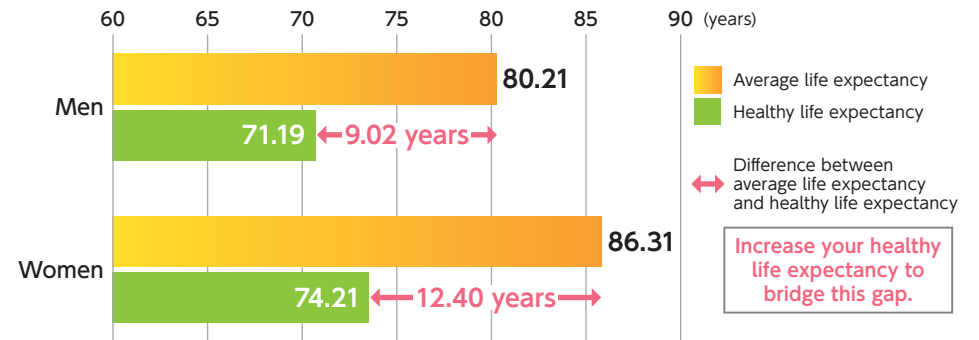
Breast cancer screenings

/ /	/ /	/ /
No comprehensive exam necessary	No comprehensive exam necessary	No comprehensive exam necessary
Requires comprehensive exam	Requires comprehensive exam	Requires comprehensive exam
/ /	/ /	/ /

What is considered a healthy life expectancy?

Healthy life expectancy refers to the length of time one can engage in everyday life without restrictions. This means being able to rise from bed, change clothes, eat, and bathe without assistance, as well as go out of doors, engage in work and chores, studies, and exercise unaided. However, there is a ten-year gap between Japanese people's average life expectancy and their healthy life expectancy, implying that they spend many years infirm. The key is extending one's healthy life expectancy beyond the average life expectancy.

Average life expectancy and healthy life expectancy (male/female)



Graph created based on:

1. Average life expectancy: Ministry of Health, Labour, and Welfare, 2013 Simplified Life Expectancy Tables
2. Healthy life expectancy: Ministry of Health, Labour, and Welfare, 2013 Simplified Life Expectancy Tables; 2013 Statistical Analysis of Population Dynamics; 2013 Comprehensive Survey of Living Conditions and Ministry of Internal Affairs and Communications, 2013 Estimated Population

Preventing lifestyle diseases

What are lifestyle diseases?

Lifestyle diseases are ailments caused by diet, exercise, rest, smoking, and alcohol consumption habits, and they include conditions like cancer, respiratory diseases, diabetes, and chronic obstructive pulmonary disease (COPD).

Not only are lifestyle diseases the foremost inhibitor of health and longevity, but they put a major strain on national healthcare costs. Improving your lifestyle habits can help prevent these ailments.

Some lifestyle diseases

Diet related: diabetes, obesity, dyslipidemia (excluding familial), hyperuricemia, circulatory disorders (excluding congenital), colorectal cancer (excluding familial), dental disease, etc.

Exercise related: diabetes, obesity, dyslipidemia (excluding familial), hypertension, etc.

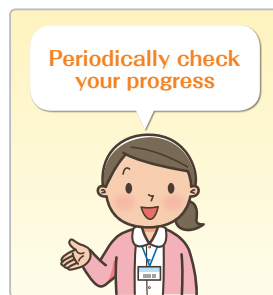
Smoking related: cancer, circulatory disease (excluding congenital), chronic obstructive pulmonary disease (COPD), dental disease, etc.

Alcohol related: cancer, liver disease, diabetes, circulatory diseases, dyslipidemia, hypertension, dementia, etc.

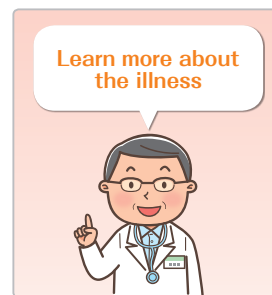
Preventing lifestyle diseases



Learn how to structure your everyday life to keep illness at bay.



Get periodic checkups to see results.



Learn about lifestyle diseases to understand them better.

Eating a balanced diet

Eat a balanced diet of carbohydrates, main dishes, and side dishes

Preventing lifestyle diseases requires eating a balanced and high-quality diet three times a day at regular intervals. Also, trying to maintain good nutrition is quite important in terms of slowing the decline in physical functions due to the aging. Combine carbohydrates, main dishes, and side dishes for a balanced diet.

Dietary balance guide

The top below represents diet and exercise balance.

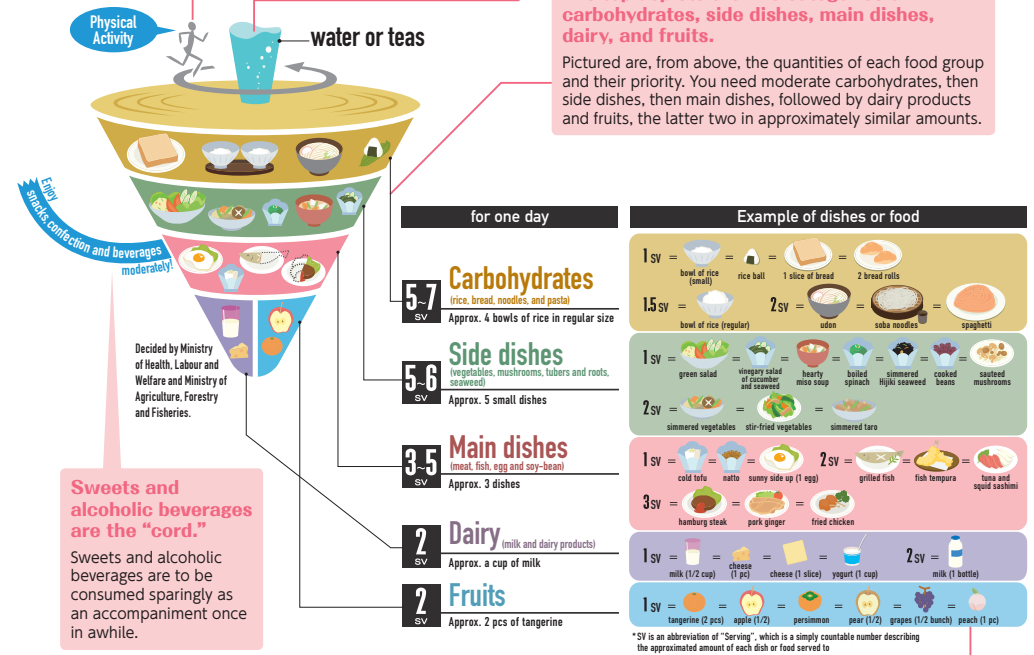
The top describes how an imbalanced diet can cause your health to "topple," and how keeping the top spinning well requires ongoing exercise.

Liquids are the axis.

Beverages like water and tea are the axis that keeps the top spinning and are essential to every meal.

The top depicts the five categories of: carbohydrates, side dishes, main dishes, dairy, and fruits.

Pictured are, from above, the quantities of each food group and their priority. You need moderate carbohydrates, then side dishes, then main dishes, followed by dairy products and fruits, the latter two in approximately similar amounts.



Each category depicts what to eat, and how much.

The top pictured below indicates the suggested daily intake of different good groups and the relative quantities. To check how many dishes you are eating versus the target, check the chart at right.

Consume sodium sparingly

Excess sodium consumption puts us at risk for hypertension, which leads to circulatory diseases, as well as gastric cancers. The Japanese diet has traditionally contained high quantities of soy sauce, miso paste, pickles, and other salty foods. Use low-sodium versions of these ingredients or try herbs for flavor in order to cut down on sodium consumption in your everyday life as you become more accustomed to less salty food.

Daily sodium consumption

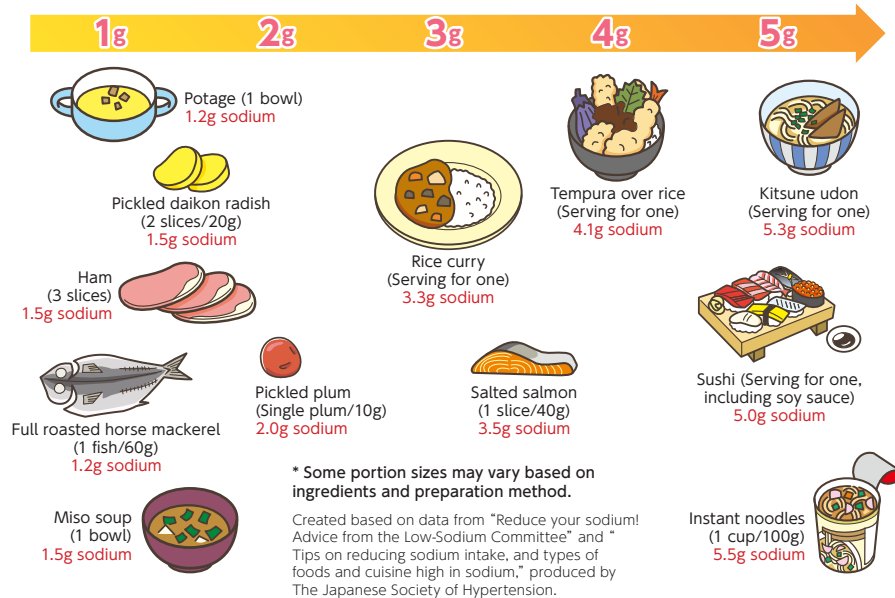
Daily sodium consumption

Men: Up to **8g**

Women: Up to **7g**

Source: Ministry of Health, Labour, and Welfare, Japanese dietary intake standards, 2015.

Average sodium levels



Consume lots of vegetables and moderate fruits

Fruits and vegetables are rich in vitamins and minerals and dietary fiber. Daily consumption can help prevent cancer, circulatory diseases, and diabetes.

Grilling, boiling, or steaming vegetables before eating them reduces their size and makes them more palatable. Note that you should avoid excess sodium when cooking.

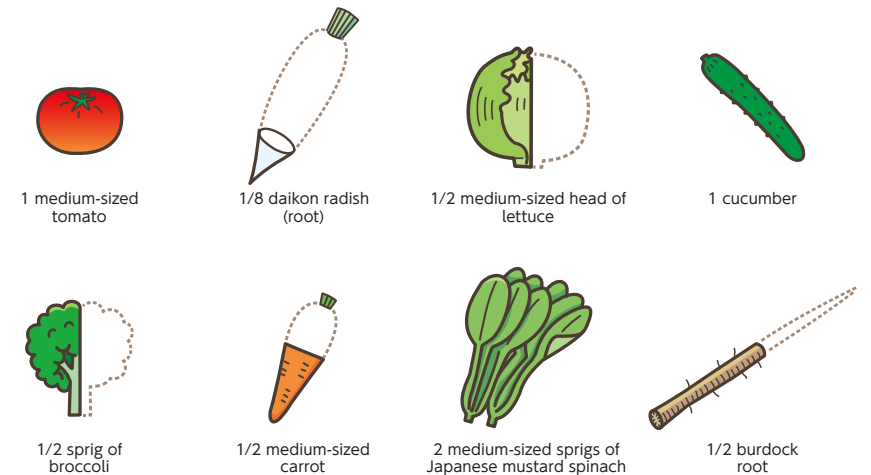
Daily vegetable consumption

Daily vegetable consumption

350g daily

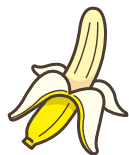
Source: Ministry of Health, Labour, and Welfare, Healthy Japan 21 (Secondary Report)

100g of vegetables



* The above is intended as a sample; vegetable sizes may vary slightly.

Daily fruit consumption (approx. 100g)



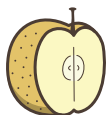
1 banana



6 strawberries



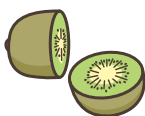
1/2 grapefruit



1/2 pear



1 tangerine



1 kiwifruit



1/2 apple



1/2 bunch of grapes



1 persimmon

* Calories: approx. 50kcal (1 banana contains approx. 100kcal)

Enjoy your meals

Try to make meals more fun. Having more meals with friends and family is healthy for body and mind.

Pursuing moderate exercise

Fitness as the key to sound health

Proper exercise is essential to maintaining a healthy body. Engaging in regular physical activity decreases the risk of diabetes, heart disease, stroke, cancer, leg pain, depression, dementia, and more. Physical activity and exercise are today recommended as key to good health, with targets recommended by age group. Take due precautions when engaging in exercise and up your physical activity.

Healthy exercise goals (based on 2013 Healthy Physical Exercise Standards)

	Physical activity (lifestyle and exercise)	Exercise		
65+		40 minutes of physical activity daily (any intensity)	—	Maintain a habit of regular exercise (30+ minutes a day, 2+ times a week)
18 - 64	Practice a bit more activity than you are now (for example, 10 minutes more walking)	60 minutes of physical activity daily (more intense than walking)	60 minutes of exercise weekly (should produce shortness of breath and sweat)	
17 and under		Additional notes: Children should spend at least 60 minutes or more of physical activity daily on activities like playing, everyday activities, physical fitness, or sports. Japan Sport Association, Active Child 60 Min. - Guidelines for Physical Activity by Children Infants should spend a total of 60 minutes or more enjoying moving their bodies daily , predominantly by playing. Ministry of Education, Culture, Sports, Science and Technology, Infancy Exercise Guidelines		

Safety precautions

- ✓ Gradually increase the amount of time you dedicate to exercise; do not do it all at once.
- ✓ Do not attempt to overdo it if you do not feel well.
- ✓ If you are ill or injured, consult with a doctor or specialist first.

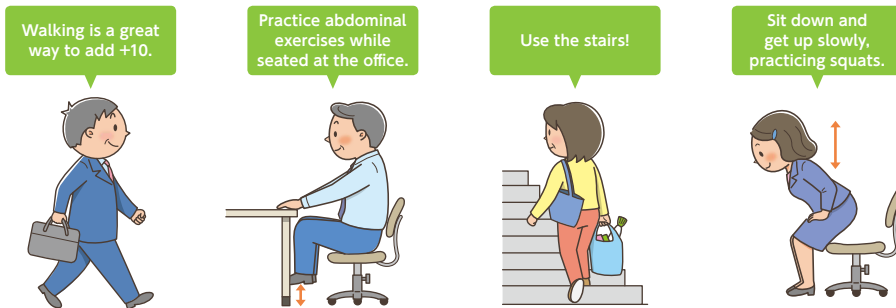
Practicing +10

Simply engaging in ten more minutes of physical activity each day and moving daily can reduce the risk of death, lifestyle disease, and cancer by 3–4%. Practice adding that +10 to your daily physical activity in a low-stress way.

Benefits of physical activity

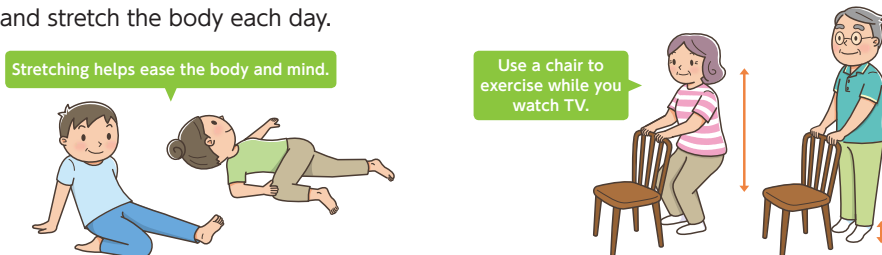
If you have metabolic syndrome or mild symptoms of lifestyle disease, you can incorporate the +10 routine into your life to see benefits. Burning visceral fat helps slim the abdominal circumference and reduce weight, as well as improve symptoms of hypertension, dyslipidemia, and hyperglycemia.

Ideally, you should practice 30–60 minutes (per day) of moderate, non-strenuous exercise, like walking, three or more times a week.



Add an effortless +10 to your daily routine

Avoid staying still for long periods of time. Do some chores around the house or tend the garden, or incorporate exercise into your daily routine. Make time to move and stretch the body each day.



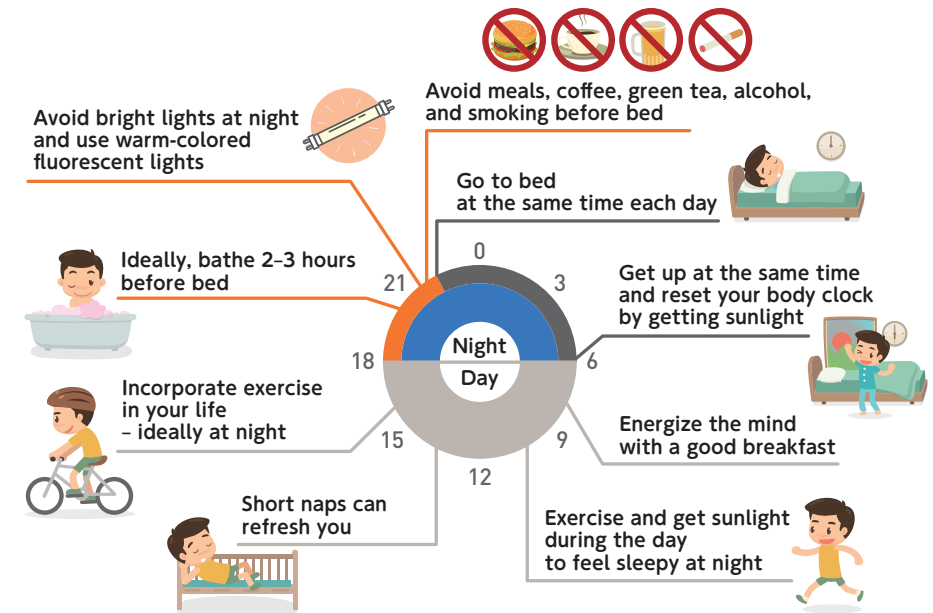
Getting sufficient sleep

Rest and health

We spend one third of our lives sleeping. Healthy sleep is what allows our bodies to truly rest and unwind. Healthy sleep requires a regular sleep schedule. The body has an internal “clock” that controls not only when we feel sleepy, but the secretion of hormones and other biological processes. Leading a proper schedule in your daily life will ensure that you get better sleep.

Practicing regular exercise and bathing 2–3 hours before bed leads to higher quality sleep. Getting enough sunlight as soon as you wake up also helps reset the body clock, leading to better sleep. In addition, it is key to have good bedding equipment to keep your body in a comfortable, stress-free position.

Habits conducive to better sleep



Source: Ministry of Health, Labour, and Welfare e-Health Net: Sleep and Lifestyle

Quitting smoking

How tobacco affects your health

Tobacco smoke contains approximately 200 hazardous substances, among them nicotine and tar, as well as approximately 70 cancer-causing agents. These substances cause harm to the DNA and inflame the cells, as well as cause reactive oxygens to be produced. These produce a range of negative effects and ailments in the human body. In particular, the risk of cancer, ischemic heart disease (angina pectoris, myocardial infarction), and chronic obstructive pulmonary disease (COPD^{*1}) are much more elevated; these are considered to be the three major smoking-related ailments.

*1 What is chronic obstructive pulmonary disease (COPD)?

Continued exposure over many years to the hazardous substances in tobacco can cause chronic inflammation of the bronchial tubes and destruction of the alveoli². This leads to decreased pulmonary function and difficulty breathing, with a shortage of oxygen. Once the alveoli are damaged, they cannot be repaired, so rapid detection, smoking cessation, and proper treatment can prevent further worsening.

*2 The pulmonary alveolus is a small pouch-shaped structure at the back of the lungs through which inhaled air travels from the bronchi. It is responsible for converting carbon dioxide in the blood into oxygen.

The risks of second-hand smoking

The hazardous substances found in tobacco are more plentiful in the smoke that wafts off of the tobacco than that inhaled by the smoker. Inhaling this smoke is called second-hand smoking, and it carries major risks. Do your best to not expose yourself to tobacco smoke.

Take advantage of smoking cessation assistance

In April of 2006, health insurance in Japan became applicable to smoking cessation treatment. Patients meeting the threshold for treatment can receive care at clinics while covered by insurance. Use of smoking patches and medication can help the patient wean themselves off of tobacco.

Main health problems caused by tobacco



First-hand smoking

Cancer
Nasal and paranasal cavity cancer, oral/pharyngeal cancer, laryngeal cancer, esophagus cancer, lung cancer, liver cancer, gastric cancer, pancreatic cancer, bladder cancer, cervical cancer

Pregnancy and childbirth
Premature birth, low birth weight, fetal development delay

Other ailments

Stroke, nicotine dependence, dental disease, chronic obstructive pulmonary disease (COPD), decreased respiratory function, tuberculosis (death), ischemic heart disease, abdominal aortic aneurysm, peripheral arteriosclerosis, type 2 diabetes

Second-hand smoking

Adults
Stroke, nasal and odor sensitivity, lung cancer, ischemic heart disease

Children
History of asthma

Pregnant women
Sudden infant death syndrome (SIDS)

Ministry of Health, Labour and Welfare, Report on Health Effects of Smoking and Health

Consuming alcohol in moderation

Health problems caused by drinking

Alcohol is generally absorbed into the small intestine and then enters the bloodstream, where it is sent throughout the body. Alcohol affects not only the kidneys, but the entire body, and can affect the health in various ways. Therefore, simply having a low γ -GTP level on a health screening may not necessarily be an indicator that one is free of health concerns.

Main health problems caused by alcohol

Brain atrophy, dementia, cerebral vascular disorders (vessel breakage or clogging)

Pneumonia

Esophagitis, gastritis, diarrhea, undernutrition

Angina pectoris, myocardial infarction, arrhythmia

Fetal alcohol syndrome (developmental disorders in the fetus due to alcohol consumption while pregnant)

Impotence

Osteoporosis, fracture



Hangover

Depression, panic attacks, alcoholism

Dyslipidemia, hyperuricemia, hypertension, diabetes

Oral cancer, pharyngeal cancer, laryngeal cancer, esophageal cancer, liver cancer, colorectal cancer, (female) breast cancer

Peripheral neuropathy (especially numbness of the legs)

Anemia, decreased immune function (more prone to colds)

Impairment of liver function, cirrhosis, pancreatitis

Those who consume strong alcohol straight cause the oral cavity and esophageal surface to be covered in alcohol, which can produce inflammations that lead to cancer. Furthermore, those who experience flushing* when consuming alcohol (including those who have greater tolerance now but had flushing in the past) are believed to be more at risk of cancer from alcohol consumption.

* What is flushing?

Flushing refers to redness of the face, nausea, palpitations, drowsiness, and headaches following consumption of small quantities of alcohol like one cup of beer. This often occurs in those with a weakness to aldehyde dehydrogenase, the enzyme produced when alcohol is broken down.

Using alcohol wisely

The Ministry of Health, Labour, and Welfare suggests that a moderate amount of daily consumption is on average 20 grams. 20 grams corresponds to one medium-sized bottle of beer, one serving (0.1804L) of sake, one 350mL can of shochu highball, or one glass of a double whisky shot. People prone to flushing after drinking, such as women and the elderly, should consume less than the above.

• • • **Maintaining dental and oral health** • • •

Practice the 8020 plan to maintain healthy teeth

8020 is an initiative to help the elderly maintain 20 or more teeth even after reaching age 80, allowing people to enjoy eating food without dentures for the entirety of their lives. Having 20 or more teeth allows for biting even hard foods with relative ease. Achieving this goal requires everyone, from children to adults, understanding how to prevent cavities and dental disease and doing their best to preserve their natural teeth.

Preventing tooth decay

Successfully preventing tooth decay requires practicing self-care at home by brushing your teeth daily, as well as receiving professional care in the form of cleanings by dentists and dental hygienists, and the use of fluoride-enriched toothpaste and rinses.

Preventing dental disease

Dental disease is caused when bacteria penetrates the space between the gums (dental pockets) and produces an inflammation, as well as breaks down the bones (alveolar bones) supporting the teeth, causing loosening. Unlike caries, it is not generally painful, so it proceeds without the person noticing, eventually leading to bleeding or teeth falling out. Properly brushing the teeth daily and having plaque periodically removed are essential to preventing dental disease.

Dental disease self-check

If any of the symptoms below apply to you, you may be at risk of dental disease. Consult with a dental clinic to get a screening.

- My mouth feels sticky when I wake up.
- My gums are sometimes inflamed.
- I bleed when brushing my teeth.
- My gum line has receded, and I have gaps between my teeth.
- I struggle to bite hard objects.
- My teeth are loose.
- I have bad breath.

The categories below are known to be at-risk groups for dental disease.

- Those aged 45 and older
- Pregnant women
- Those with difficulty brushing their teeth
- Smokers
- Those with diabetes

Personal notes

Name		Male Female
Date of birth	(YYYY-MM-DD)	
Blood type	(Rh + -)	
Address	Zip code: Telephone:	
Workplace	Name of workplace: Telephone:	
Emergency contact	Contact name: Telephone:	
Attending doctor:	Medical institution: Telephone:	
Insurance card number	Medical coverage	
	Nursing coverage	
Health records (medical history, abnormalities, etc.)		

NAME _____