



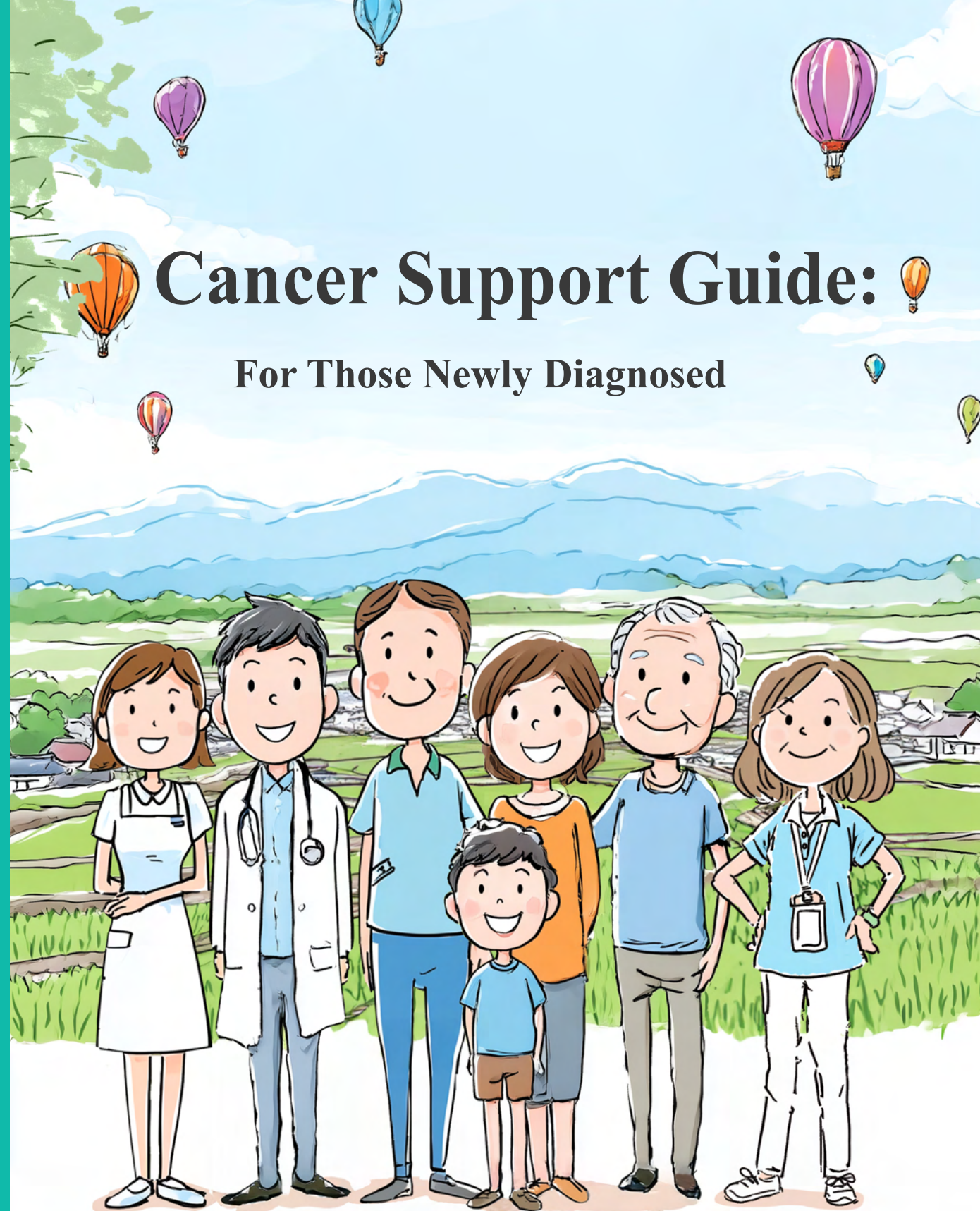
Local Independent Administrative Agency
Saga-ken Medical Centre Koseikan



Cancer Support Guide:

For Those Newly Diagnosed

Saga-ken Medical Centre Koseikan



Local Independent Administrative Agency
Saga-ken Medical Centre Koseikan



Message from the Cancer Center

To Patients Diagnosed with Cancer
and Their Families



This guide was created to support those facing cancer. Many feel anxiety and confusion immediately after diagnosis. We hope this provides useful information to help you proceed with treatment more calmly.

At Saga-ken Medical Centre Koseikan, we support patients using the latest medical technology and compassionate care. We hope this guide becomes a source of strength during your treatment and daily life. If you have concerns, please reach out to medical staff or support organizations—do not face challenges alone.

Yoshimoto Goichi , Director of the Cancer Center, Saga-ken Medical Centre Koseikan



Cancer Support Guide CONTENTS



Ch.1	To You Who Have Been Diagnosed with Cancer: What You Should Know	7
	• Column: Is That Info Safe? Check Before Reading!	16
Ch.2	Key Points for Choosing the Best Treatment:	17
	Basic Knowledge of Cancer · Diagnosis and Treatment	
	• Main Examinations Used in Cancer Diagnosis	18
	• Questions to Ask Your Attending Physician	20
	• Understanding Cancer Staging: What Is the TNM Classification?	22
	• Key Points of Standard Treatment	23
	• Surgical Treatment	24
	• Radiotherapy	26
	• Proton Therapy	28
	• Drug Therapy	30
	• Immunotherapy	33
	• Column: What Is Cancer Genome Profiling Testing?	34
	• About Pediatric Cancer, AYA Cancer, and Rare Cancers	36
	• Basic Information Q&A for Patients to Know	40
	• Want to know more...	41
Ch.3	To Begin Treatment with Confidence:	43
	• Communication with Healthcare Providers	44
	• How to Use a Second Opinion	46
	• Preparation Before Treatment	50
	• Column: What Is a Palliative Care Team?	52
Ch.4	Support for Living and Systems:	53
	Support Services for Managing Daily Life During Treatment	
	• Managing the Costs of Cancer: A Guide to Financial Support Programs	54
	• Support for Balancing Treatment and Work	64
	• Employment Support for Long-Term Care Patients	66
	• How to Share Your Diagnosis with Family	68
	• Column: Consider Advance Care Planning (ACP) – Preparing for “What If” Scenarios	70
	• Support for Daily Life During Treatment	71

Ch.5	How to Gather Information and Key Considerations:	77
	Common Knowledge	
	• How to Choose Reliable Information	78
Ch.6	Mind and Body Care:	83
	Common Knowledge	
	• Caring for Your Mind (Relaxation Techniques, Stress Relief Methods)	84
	• About Appearance Care	86
	• Column: Subsidy Programs for Appearance Care	88
	• Post-Treatment Life and Rehabilitation Overview	89
	• Activities Providing Emotional Support, Such as Peer Support	91
Ch.7	Introduction to Cancer Consultation Support Centers:	93
	Shared Information	
	• Cancer Consultation Support Center (Gan sodan shien center)	94
	• Introduction to Cancer Consultation Support Center Initiatives	97
Ch.8	Hospital Information:	103
	Shared Information	
	• Hospital Information	104
	• State-of-the-Art Equipment Supporting Regional Healthcare	105
Ch.9	Information Box	109
	• Glossary	110
	• Survey Form	118
	• Message from Medical Staff	125



Purpose and Introduction

This guide provides information tailored to those newly diagnosed with cancer. However, reading everything at once may feel overwhelming. Please take your time—start by briefly reviewing Chapter 1 before your next appointment. If reading feels difficult, even flipping through the pages is fine.

Bring this guide to your medical appointments. It includes sections for notes and helpful reminders that will support you throughout your treatment journey. As you progress, we encourage you to read gradually at your own pace.

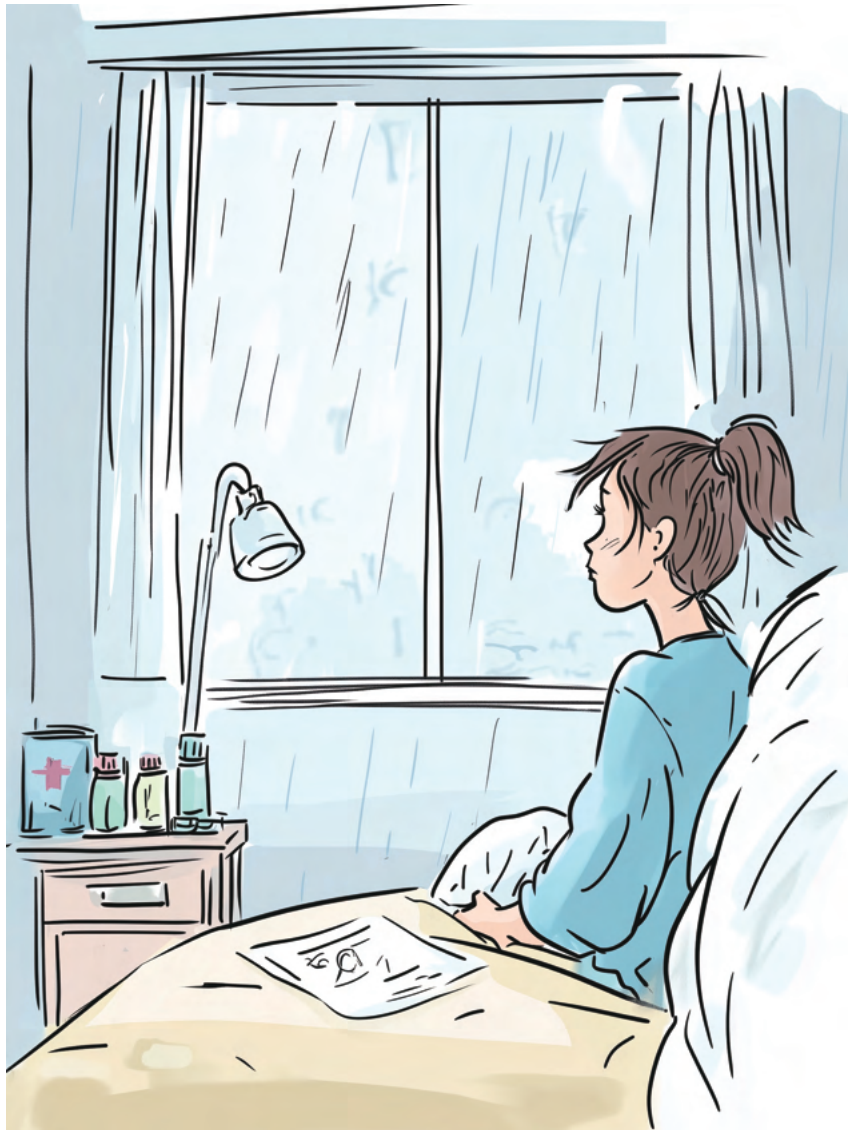


[Chapter 1]

To You Who Have Been Diagnosed with Cancer: What You Should Know



To You Who Have Been Diagnosed with Cancer and Feel Anxious



When told "You may have cancer,"
the days since that news must have been filled with anxiety.

Right now, after being diagnosed,
the shock, fear, and anger you're feeling are natural responses
—your heart's way of protecting itself from a major impact.
These feelings are normal for everyone.

As your first step in treatment,
it's important to accept your emotions as they are and
gradually sort through the uncertainty and confusion.
You don't need to push yourself hard.

Start by learning more about yourself.

Cancer Consultation Service Is Available



"When diagnosed with cancer, my mind went blank."

"I want information about treatment or care."

"I'm worried about medical costs. What about life after discharge?"
— many questions and concerns arise when facing a cancer diagnosis.

At Saga-ken Medical Centre Koseikan, we have the
Cancer Consultation Support Center,
where you can seek advice on any cancer-related matters.

Features of the Cancer Consultation Support Center:

Free consultations are available for anyone, including patients and their families.

Open to individuals receiving treatment at other facilities.

Consultations can be conducted in person, by phone, or via email.

Anonymous consultations are accepted.

Information shared during sessions is kept strictly confidential

— no one else will know unless you agree.

Even if you don't have a specific question, this service is available for anyone
who wants to talk things through or needs guidance on what to ask.

《 Cancer Consultation Support Center 》

Saga-ken Medical Centre Koseikan

0952-28-1158[Mon–Fri, 8:30 AM–5:15 PM]

Avoid Making Major Decisions Alone



Right after being diagnosed with cancer,
it can be difficult to think clearly due to shock and confusion.
In such situations, avoid making major decisions alone
— like resigning from your job or choosing a treatment plan.

Instead, discuss these matters with trusted people such as family,
friends, medical staff, or specialists at the Cancer Consultation
Support Center. By consulting others:
You may gain new perspectives you hadn't considered.
Your anxiety can be reduced through shared support.

Examples of impulsive decisions during moments of emotional distress:

- Submitting a resignation letter suddenly.
- Spending large sums on unnecessary health products.
- Opting for unproven alternative therapies with little scientific basis.

To avoid regret, important decisions should not be made alone
— consult trusted people around you instead.

How to Choose Trusted Sources of Cancer Information



Health and medical information directly affects your or your family's health and life.

When you hear or see cancer-related information, question whether it is reliable before making judgments.

Three Key Points for Evaluating Cancer Information:

- When was the information published?
- Who provided the information?
- What evidence supports it?

If these points don't help you determine reliability, consult your attending physician or the Cancer Consultation Support Center.

Examples of Reliable Sources:

- Your attending physician is the most important source of information for you.
- National Cancer Center Japan's Cancer Information Service
- Saga Prefecture's cancer information site: "Gan Portal Saga"

Use reliable information to feel confident about your treatment.

Column

Is That Information Safe? Check Before Reading!

If any of these apply, be cautious:



① Is the information outdated?

Medical knowledge evolves rapidly — what was once considered best

② Does it involve non-insurance-covered treatments?

Some private clinics or hospitals offer unproven therapies (e.g., immunotherapy) as non-insurance-covered care. These are not medically established, and may lack safety guarantees.

③ Are these words used in the information?

Look for phrases like: "It will definitely get better." "Cure is guaranteed if you do X." "Miracle," "special," "no side effects," "effective against all cancers," or "the cancer disappeared."

These are often used in advertising and rarely backed by evidence.

④ Personal success stories on blogs or videos

Statements like "I was cured with this method!" may not apply to you. Just because it worked for someone else does not guarantee effectiveness for your cancer type.

Source: National Cancer Center Japan – "Important Considerations When Gathering Information"

[Chapter 2]

Key Points for Choosing the Best Treatment

Basic Knowledge of Cancer · Diagnosis and Treatment

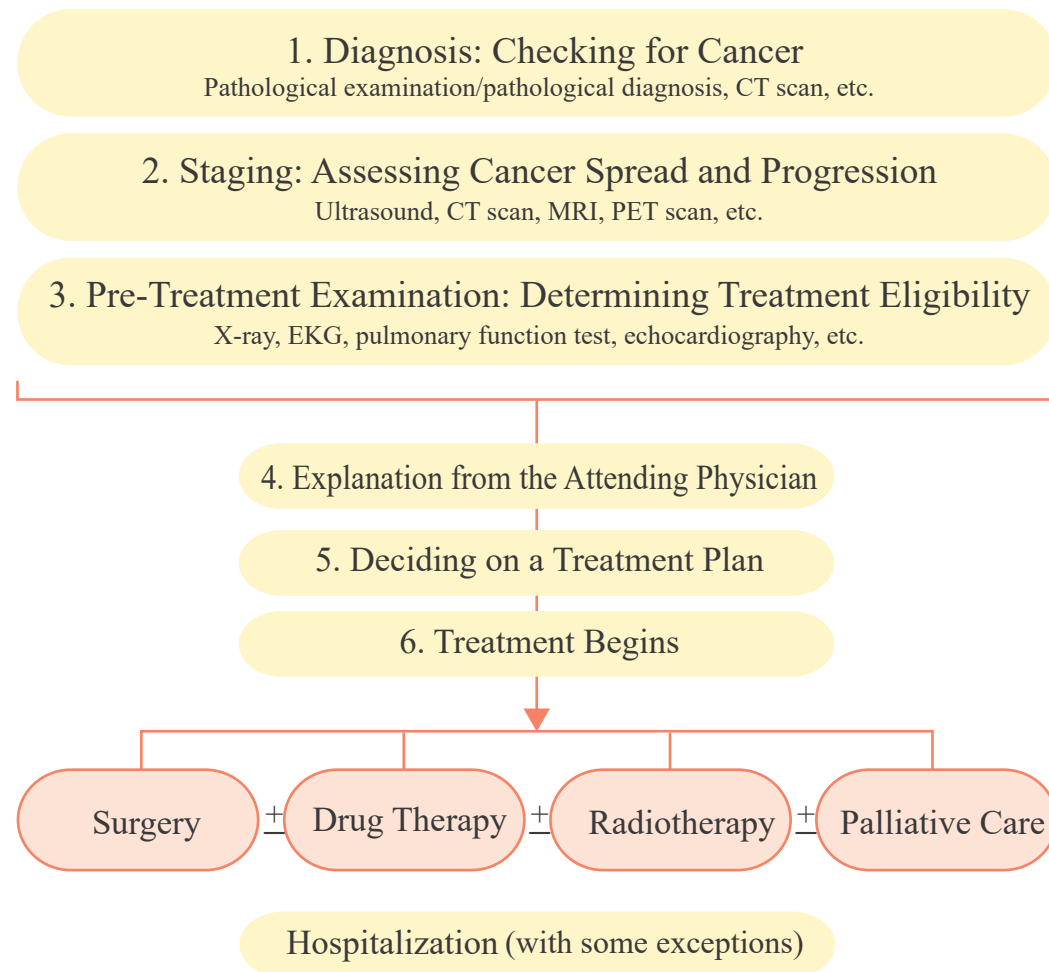


Main Examinations Used in Cancer Diagnosis

Various examinations are used for cancer diagnosis.
Understanding each test's role is essential.

The Process from Diagnosis to Treatment

The period from diagnosis to treatment can be very stressful. Knowing the general flow of care and types of tests can ease your mind. Understanding your specific cancer and its treatment options allows you to discuss plans thoroughly with your attending physician.



For second opinions, please refer to page 46.

1 Pathological Examination: Definitive Diagnosis

Fine Needle Aspiration: Cell Analysis for Cancer Type Identification.

Endoscopic Biopsy: Microscopic Examination of Collected Cells for Final Diagnosis.

2 Endoscopic Examination: Direct Observation

Gastroscope (Upper Gastrointestinal Endoscopy): Checks for cancer in the esophagus, stomach, and duodenum.

Colonoscopy: Detects polyps and colorectal cancer.

3 Imaging Diagnosis: To Assess Disease Spread

X-ray Examination: Effective for diagnosing lung cancer and bone metastasis.

CT (Computed Tomography): Visualizes organ structures and assesses cancer spread.

MRI (Magnetic Resonance Imaging): Provides detailed observation of cancer infiltration.

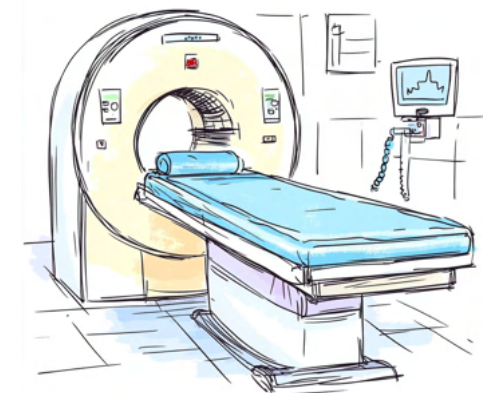
PET-CT: Detects cancer cell activity and checks for metastasis.

4 Blood Tests: Tumor Markers

Tumor markers in blood include PSA (prostate cancer), CEA (colorectal cancer), and CA125 (ovarian cancer)—indicators used to assess the likelihood of specific cancers. Diagnosis is determined by combining these tests.

This process of cancer testing is crucial for determining treatment plans and selecting the most suitable care for patients.

Thoroughly consulting with your attending physician and understanding your condition is the first step toward a treatment you can feel confident about.



Questions to Ask Your Attending Physician

Preparing questions in advance helps you listen to your doctor's explanations more confidently. Here are sample questions. Mark the box (✓) after asking each one.

1 Questions to Ask Your Attending Physician

- ☐ What is the diagnosis?
- ☐ Where is the cancer located?
- ☐ What is the stage (extent) of the disease?
- ☐ What symptoms may develop later?
- ☐ Are additional tests needed? What will they reveal?



2 Choosing a Treatment Plan

- ☐ What treatment options are available?
- ☐ Are there any other treatment options?
- ☐ What is the purpose of this treatment?
- ☐ How effective can we expect each option to be?
- ☐ What complications, side effects, or long-term effects may occur with each treatment?
- ☐ Which treatment do you recommend?
- ☐ What is the schedule for this treatment?



3 Impact on Daily Life

- ☐ How will this treatment affect daily life (diet, bowel movements, exercise, work, housework, leisure activities, sexual health, etc.)?
- ☐ Are there anything you should be careful about in daily life?
- ☐ Are there any activities you should avoid during treatment?
(Diet, exercise, housework, sexual activity, pregnancy, etc.)

4 Concerns About the Future

- ☐ Are there any symptoms that require immediate medical attention?
- ☐ What should you do if your condition suddenly worsens?
- ☐ What will be the outcome? Will I recover?

Organize your questions and take notes during your appointment to receive more detailed explanations.

• Memo Section for Question Lists

UNDERSTANDING CANCER STAGING: WHAT IS THE TNM CLASSIFICATION?

Understanding cancer **stage (staging)** is crucial for treatment. Staging is diagnosed using the TNM Classification and is used to determine treatment options and predict prognosis.

T
(Tumor)

The T category indicates the size of the primary tumor and the extent of invasion. Stages range from T1 to T4, with higher numbers indicating more advanced tumors.

N
(Node)

The N category indicates whether cancer has spread to lymph nodes. N0 means no metastasis; N1 to N3 are classified based on the extent of metastasis.

M
(Metastasis)

Indicates whether cancer has spread to other organs. M0 means no metastasis; M1 indicates distant metastasis present.



Why Staging Is Important

Staging serves these purposes:

- **Treatment Planning:** For stages 0–I, curative surgery is often possible; for stages III–IV, combination therapies (e.g., drug therapy + radiation) are common.
- **Prognosis Prediction:** Helps predict recurrence risks and survival rates to support informed decisions.
- **Treatment Evaluation:** Assesses tumor shrinkage post-treatment to guide future plans.



Key Points of Standard Treatment

1 What is standard treatment?

Standard treatment refers to therapies confirmed by experts worldwide through clinical trials for their effectiveness and safety. It is the currently recommended best practice for most patients.

"Latest treatments" vs. "standard treatment":

While "latest treatments" may sound advanced, they often refer to experimental therapies under development, whose efficacy and side effects are not yet proven. Thus, "latest treatment" $\neq$ "best treatment."

2 Overview of Treatment Methods

The three main pillars of cancer treatment are:

Surgery / Drug therapy (chemotherapy) / adiation therapy

Treatment may involve only one method, or a combination of two or more. Your attending physician will recommend options based on your disease stage and condition.



Surgical Treatment

Surgical treatment involves directly removing cancerous tissue from the body. It is especially effective for localized cancer (no metastasis or minimal spread), aiming to completely remove the tumor (curative intent). However, methods and goals vary depending on cancer type and stage. Surgery alone may suffice, or it may be combined with drug therapy and radiation therapy. Discuss post-surgery life and concerns with medical staff as you proceed.

1 Purpose of Surgical Treatment

The purpose of surgery depends on the patient's medical condition.

Type	Purpose	Explanation
Radical Surgery	Remove all cancer to achieve cure	Removes the affected area and surrounding tissue that may be at risk.
Diagnostic Surgery	Accurate diagnosis and assess cancer spread	Involves taking small tissue samples (biopsy) for analysis. Focuses on diagnosis, not treatment.
Palliative Surgery	Reduce pain/uncomfortable symptoms, maintain quality of life	Aims to alleviate symptoms, not cure cancer. Examples: creating a pathway for food when blocked by cancer, or removing the source of pain.

2 Types of Surgical Treatment

Surgical methods vary depending on cancer type and location, but generally include:

① Open Abdominal/Thoracic Surgery

- Large incisions are made in the abdomen or chest to directly remove cancer.
- Allows detailed inspection of the tumor, but places a relatively high physical burden on the body.

② Laparoscopic/Thoracoscopic Surgery

- Small incisions are made in several places, and surgery is performed using a camera and specialized tools.
- Benefits include small incisions and quicker recovery.

③ Robotic-Assisted Surgery (e.g., Da Vinci)

- A precise surgery performed by a surgeon operating robotic arms.
- Allows for precise operations, small incisions, and reduced physical strain.

3 Advantages and Disadvantages of Surgery

Advantages	Disadvantages
Can physically remove cancer	Leaves physical scars; recovery takes time
Allows direct confirmation of cancer spread	Risk of complications during or after surgery
May offer a chance for cure compared to other treatments	May require combination with other therapies (e.g., chemotherapy or radiation therapy) depending on the case

4 Can Surgery Alone Cure Cancer?

Depending on the cancer's condition, surgery alone may not be sufficient.

- Pre-operative chemotherapy can shrink tumors, making surgery more feasible.
- Post-operative adjuvant therapies, such as radiation or chemotherapy, help reduce the risk of cancer returning.



Radiotherapy

Radiotherapy uses high-energy radiation from outside the body to destroy cancer cells. It allows treatment without surgery and can be used as standalone therapy or in combination with other treatments, depending on the location and stage of cancer. Outpatient treatment is possible, and side effects are managed throughout the process. If you have any questions, please consult your attending physician.

1 What Is Radiation?

While radiation may sound alarming, the type used in cancer treatment is strictly managed and safe for medical purposes.

- Radiation destroys DNA (genetic material) in cancer cells, inhibiting their proliferation or causing cell death.
- Cancer cells are more vulnerable to radiation than normal cells, allowing effective targeting of cancer.

2 Purpose of Radiotherapy

Type	Purpose	Description
Curative	Aimed at completely curing cancer	Uses radiation alone or in combination with other treatments to achieve complete elimination of cancer (e.g., early-stage cancers).
Adjuvant	Prevent recurrence and metastasis	Complements other treatments (e.g., surgery, chemotherapy) to enhance their effectiveness.
Palliative	Improve quality of life (QoL)	Relieves symptoms such as pain, bleeding, or dyspnea without aiming for cure; focuses on symptom control.

3 Types of Radiation Therapy

① External Beam Radiation (External Irradiation): Delivered from outside the body

- Targeted delivery: Precisely directed at the tumor site using a radiation therapy
- Most common method: Widely used for various cancers.
- Outpatient treatment: Typically administered 5 days per week over several weeks.

② Internal Radiation (Brachytherapy): Radioactive source placed inside the body near the tumor

- Temporary implantation: A small radioactive material (source) is temporarily positioned close to the cancerous area. (Examples: Cervical cancer, prostate cancer.)
- Limited application: Effective for specific areas but not universally applicable

4 Advantages and Disadvantages of Radiation Therapy

Advantages	Disadvantages
Non-invasive treatment possible	Long-term outpatient visits may be required
Treatment can be focused on the cancerous area	May not be applicable depending on cancer type or location
Can be performed on elderly patients or those with reduced physical strength	Possible side effects (e.g., skin, organs)

5 Side Effects of Radiation Therapy

Side effects depend on the area being irradiated.

Irradiation Site	Main Side Effects	Countermeasures/Care
Head	Hair loss, dermatitis, fatigue	Apply moisturizer; use hats or wigs for protection
Brain	Headache, nausea, reduced concentration	Preventive use of anti-nausea medication; manage nutrition and sleep
Head/neck	Mucositis, taste disturbance, difficulty swallowing, reduced saliva production	Soft, bland diet; regular mouth rinsing; medication use
Chest (lung/breast)	Cough, esophageal pain, radiation dermatitis	Thorough moisturizing; use of cough suppressants
Abdomen /pelvis	Loss of appetite, nausea, diarrhea, bladder inflammation	Dietary guidance; use of probiotics, anti-nausea medication; adequate hydration

In most cases, side effects improve gradually after treatment ends. Rarely, long-term effects (late effects) may occur.

Proton Therapy

Proton therapy is a radiation treatment that precisely targets only the cancerous area, minimizing damage to healthy tissue. It is especially effective for cancers in deep parts of the body or near vital organs.

1 Differences Between Conventional Radiation Therapy (X-ray Treatment) and Proton Beam Therapy

Comparison Item	X-ray Treatment	Proton Beam Therapy
Type of Radiation	Light (X-rays)	Protons or heavy particles
Spread of Radiation	Passes through the	Stops at the tumor, does not reach beyond it (Bragg Peak)
Effect on Healthy Cells	Can affect a wide area	Minimal impact

Note: Proton beam therapy utilizes the "Bragg Peak" property to deliver energy precisely to cancerous tissue.

2 What Is Proton Beam Therapy?

- It precisely targets cancerous tissue, protecting surrounding healthy cells. This reduces side effects and minimizes physical strain.
- Effective for cancers where surgery or conventional radiation therapy is difficult, as well as recurrent cancers.
- Causes minimal impact on growth, making it suitable for pediatric cancers

3 Limitations and Considerations

- Some treatments are covered by public medical insurance; however, in cases where it is not covered, costs can be high.
- It is not suitable for all types of cancer. It can only be performed at specialized facilities, limiting the availability of treatment centers.

4 Cancers Eligible for Public Medical Insurance Coverage in Proton Therapy (as of 2025)

Cancer Type	Application Conditions/Notes
Prostate Cancer	Eligible based on risk classification (e.g., intermediate-to-high-risk groups)
Head and Neck Cancer	Applicable to some refractory cancers (e.g., salivary gland tumors)
Bone and Soft Tissue Sarcomas	Targeted for cases where surgery is difficult
Pediatric Cancers	All pediatric cancers (under 20 years of age) are eligible
Cancers Requiring Re-irradiation	Applicable when preserving healthy tissue is necessary
Locally Advanced Pancreatic Cancer	Targeted for inoperable locally advanced cases (limited to proton beam therapy in some cases)
Liver Cancer (Hepatocellular Carcinoma)	Eligible under certain conditions (e.g., surgery-ineligible cases)
Skull Base Tumors, Chordomas, and Chondrosarcomas	Targeted for surgically challenging bone tumors

Note: Medical eligibility criteria are set for insurance coverage; it is not universally applicable to all patients.



Drug Therapy

Drug therapy is a treatment that uses medication to attack cancer cells. Medication circulating in the body acts on both widespread cancers and hidden, small tumors, shrinking cancer cells, suppressing their growth, and preventing their spread.

1 Purpose of Drug Therapy

Note: The purpose of drug therapy varies depending on the timing of use and the condition of the cancer.

Timing	Purpose	Explanation
Before surgery	Make cancer smaller to make surgery easier	Known as neoadjuvant chemotherapy, it aims to shrink tumors for more effective surgery.
After surgery	Prevent recurrence	Performed after surgery to eliminate residual microscopic cancer cells and prevent recurrence.
When surgery is not possible or metastasis is present	Shrink tumors or slow progression	Used to relieve pain, improve quality of life, and manage symptoms (purpose: prolonging life or alleviating symptoms).

2 Types of Medications Used in Drug Therapy

There are several types of medications used in drug therapy, each working through different mechanisms to achieve their effects.

① Chemotherapy Drugs (Anticancer Agents)

- Medications that suppress the ability of cancer cells to divide and grow.
- Delivered throughout the body via the bloodstream, making them effective against invisible cancer cells.
- However, they may also affect normal cells (such as hair, gastrointestinal tract, blood), leading to side effects.

② Molecular Targeted Drugs

- Medications that target "specific abnormalities (markers)" found only in cancer cells.
- By precisely targeting cancer cells, these drugs often cause fewer side effects compared to chemotherapy drugs.
- However, they can only be used for cancers with specific markers.

③ Immune Checkpoint Inhibitors

- The human body naturally has an "immune system" that fights diseases.
- Cancer cells evade the immune system by inhibiting its function.
- These drugs counteract this inhibition and allow the immune system to attack cancer.

Examples: Opdivo, Keytruda (well-known immunotherapy medications).

3 Drug Therapy Treatment Methods

There are several ways to administer medication:

① IV (Intravenous Injection)

- Initial treatment often requires hospitalization for a few days.
- Subsequent sessions can be done on an outpatient basis (outpatient chemotherapy).

② Oral Medication (Oral Administration)

- Taken at home, commonly used with molecular targeted drugs.
- ※Treatment is typically repeated every few weeks. This series of treatments is referred to as a cycle or course.



4 Side Effects of Drug Therapy

Drug therapy is an important treatment effective against invisible cancer cells. While it may cause side effects, many medications to alleviate these side effects have been developed in recent years. Individual differences exist in both treatment outcomes and how side effects manifest. It is crucial to choose a suitable treatment plan through discussions with your doctor, nurse, and pharmacist.

Main Side Effect	Symptoms	Primary Countermeasures
Nausea /Vomiting	Inability to eat, feeling unwell	Prophylactic use of antiemetics / Adjust diet (small portions, etc.)
Hair Loss	Hair falling out	Use hats or wigs / Hair regrows after treatment
Fatigue	Heavy body, easy tiredness	Adequate rest / Share household/work tasks / Manage nutrition and sleep
Loss of Appetite	Lack of desire to eat, inability to taste food	Eat preferred foods when possible / Use nutritional supplements
Mouth Sores	Painful or sore mouth	Choose non-irritating foods / Frequent mouth rinsing / Use appropriate medication
Diarrhea /Constipation	Loose stools, difficulty defecating	Appropriate medication use / Sufficient water intake
Blood Cell Decrease	Increased infection risk, anemia, easy bleeding	Infection prevention (handwashing, masks) / Regular check-ups / Treatment as needed
Skin /Nail Changes	Dryness, discoloration, brittle nails	Adequate moisturizing / Proper nail care
Numbness in Hands/Feet	Tingling, numbness	Adjust medication / Implement supportive therapy / Use warming measures

Note: If side effects are severe, consult your medical team promptly instead of enduring discomfort.

Immunotherapy

Our bodies have an immune system that detects and fights diseases. Immunotherapy uses this "body's defense mechanism" to attack cancer. It is expected as an innovative treatment with fewer side effects, but currently effective treatments are limited. Applicable cancers and conditions are also restricted, so it is important to choose a treatment plan after thorough discussion with your attending physician.

1 What Is Immunotherapy?

Cancer is an abnormality in cells within our bodies. Normally, the immune system detects and eliminates cancer, but cancer evades detection by "hiding" or "suppressing immune function." Immunotherapy aims to neutralize such defensive strategies, allowing the immune system to fight cancer again.

2 Types of Immunotherapy

① Immune Checkpoint Inhibitors (Commonly used treatment)

- Drugs that remove the immune system's "brake," enhancing its ability to attack cancer.

② CAR-T Cell Therapy (Used for blood cancers)

- A treatment where your own immune cells are collected, modified with special cancer-fighting capabilities, and returned to your body.

3 Advantages and Disadvantages of Immunotherapy

Advantages	Disadvantages
Selectively attacks cancer cells (minimal impact on normal cells)	Not effective for all cancers; effectiveness varies by individual
May have milder side effects compared to conventional treatments (with caveats)	Side effects may include the immune system attacking the body's own tissues
May have long-lasting effects	High treatment costs; utilization of the high-cost medical care system is essential

What Is Cancer Genome Profiling Testing?

Cancer arises from abnormalities in cellular genes (genomes). Cancer genome profiling testing examines these genetic abnormalities in detail. By analyzing over 100 genetic markers at once, this test deciphers the "blueprint" of cancer and identifies unique genetic changes in each patient.



① What This Test Reveals

- Which genes have abnormalities
- Whether targeted treatments exist for those abnormalities (potential for personalized treatment)
- Opportunities to participate in clinical trials (testing new therapies)

② Important Notes About the Test

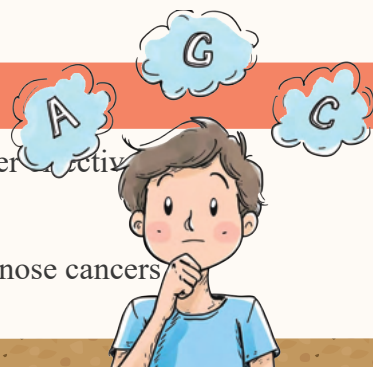
It does not guarantee a treatment plan: Even after genetic analysis, effective therapies may be unavailable at present.

Insurance coverage has conditions: Typically limited to patients with advanced cancer who have completed standard treatment.

Results may relate to hereditary factors: Rarely, inherited genetic abnormalities may be detected.

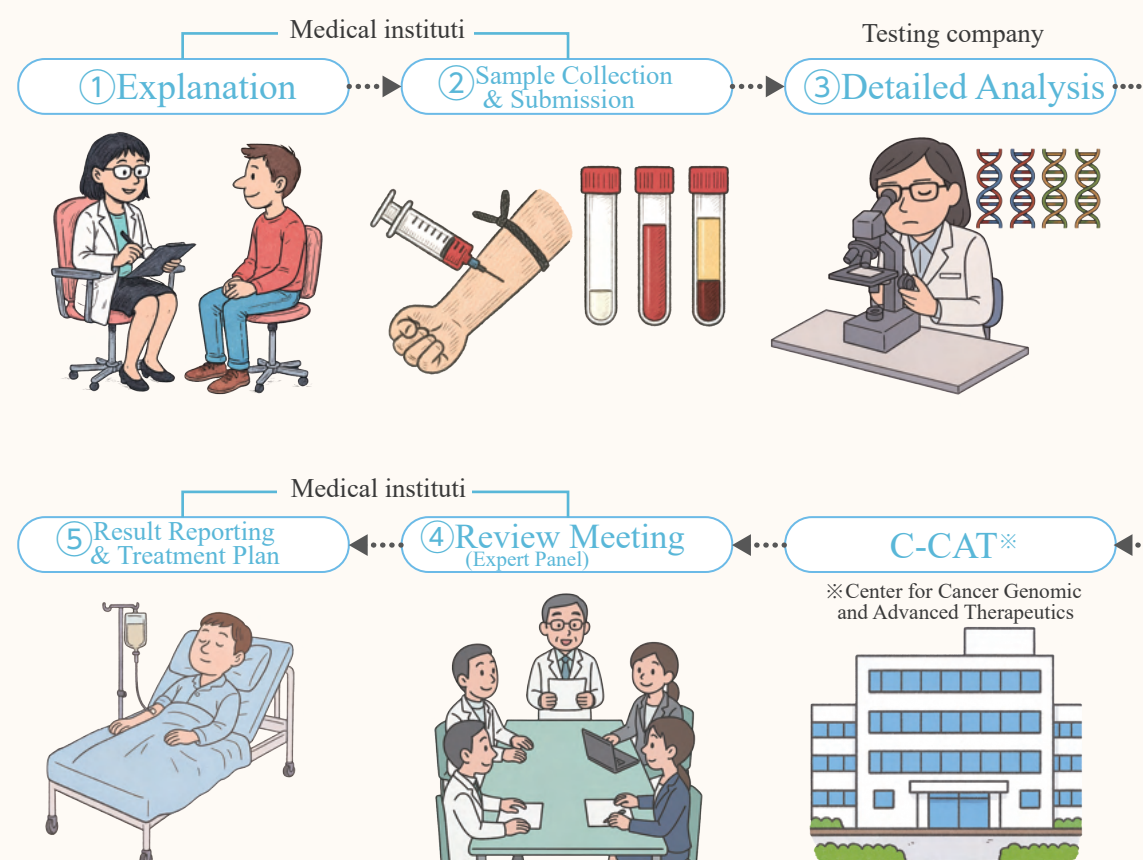
③ Who Might Consider This Test

- Patients whose standard treatment is no longer effective
- Patients seeking additional treatment options
- Patients with rare cancers or difficult-to-diagnose cancers



Cancer genomic medicine is a modern medical approach aimed at finding the most suitable treatment for each individual's cancer. If you have any questions, please feel free to consult your attending physician or a cancer consultation support center.

Flow of Cancer Genome Profiling Testing



About Pediatric Cancer, AYA Cancer, and Rare Cancers

Pediatric cancer and AYA (Adolescent and Young Adult) cancer have characteristics that differ from general cancers.

1 Pediatric Cancer

Pediatric cancer differs from adult cancers, with low incidence rates but potential to impact growth during development. Specialized care is essential due to its unique nature. Common types include leukemia, brain tumors, lymphoma, and neuroblastoma. Early detection and appropriate treatment are critical. Long-term follow-up after treatment is vital to address late complications such as growth disorders and endocrine abnormalities.

Information on Pediatric Cancer Treatment Centers

Pediatric Cancer Base Hospitals and Collaboration Hospitals

Unlike adult cancers, pediatric cancer requires specialized treatment and long-term follow-up. Therefore, treatment at specialized medical institutions such as Pediatric Cancer Base Hospitals and Pediatric Cancer Clinical Collaboration Hospitals is recommended.

Pediatric Cancer Base Hospitals		
Kyushu University Hospital	3-1-1 Maidashi, Higashi-ku, Fukuoka-shi 812-8582	092-641-1151
Pediatric Cancer Collaborating Hospitals		
Saga		
Saga University Hospital	5-1-1 Nabeshima, Saga-shi, 849-8501	0952-31-6511
Fukuoka		
Kyushu Cancer Center	3-1-1 Nodame, Minami-ku, Fukuoka-shi 811-1347	092-557-6100
University Hospital of Occupational and Environmental Health	1-1 Iseigaoka, Yahatanishi-ku, Kitakyushu-shi 807-8055	093-603-1611
Kurume University Hospital	67 Asahicho, Kurume-shi, 830-0011	0942-35-3311
Fukuoka University Hospital	7-45-1 Nanakuma, Jonan-ku, Fukuoka-shi 814-0180	092-801-1011
Kitakyushu City Yahata Hospital	2-6-2 Ogura, Yahatahigashi-ku, Kitakyushu-shi	093-662-6565

2 Cancer in the AYA Generation (Age 15–39)

The AYA (Adolescent and Young Adult) generation refers to individuals aged 15–39 who are in the adolescent or young adult stage. Cancer occurring in this age group is called AYA-generation cancer, which has unique characteristics distinct from pediatric and adult cancers. AYA patients must manage treatment alongside key life events such as education, employment, marriage, and child-rearing. Many AYA-generation cancers are rare, and treatment options may not be well established. Representative cancers include testicular cancer, thyroid cancer, lymphoma, leukemia, breast cancer, and cervical cancer.



About the Fertility Preservation Support Program

• About the Fertility Preservation Support Program

The Fertility Preservation Treatment Support System aims to help pediatric and AYA (adolescent and young adult) cancer patients preserve their ability to have children in the future while undergoing cancer treatment. This program provides financial assistance for costs related to fertility preservation, such as the storage and use of frozen eggs or sperm.

• Three Fertility Preservation Support Programs

1. Fertility Preservation Treatment Cost Subsidy

For patients undergoing fertility preservation treatments before cancer therapy, the following costs are subsidized:

Eligible Treatments	Subsidy Amount per Session (JPY)
Embryo (Fertilized Egg) Freezing	¥350,000 per session
Unfertilized Oocyte Freezing	¥250,000 per session
Ovarian Tissue Freezing	¥400,000 per session
Sperm Freezing	¥30,000 per session
Sperm Freezing via Testicular Sperm Extraction (TESE)	¥350,000 per session

2. Frozen Storage Renewal Fee Subsidy (For Patients Extending Frozen Preservation Periods)

This program subsidizes part of the storage fees for frozen eggs or sperm when extending the preservation period beyond the initial term.

Eligible Costs	Subsidy Amount per Year (JPY)
Frozen storage fees for embryos, unfertilized oocytes, and ovarian tissue during a continuous 2-year period	¥30,000 per year
Frozen storage fees for sperm during a continuous 2-year period	¥15,000 per year

3. Assisted Reproductive Technology Cost Subsidy for Post-Preservation Cases (For Patients Undergoing ART Using Frozen Eggs/Sperm After Preservation)

This program subsidizes costs related to assisted reproductive technology (ART), such as in vitro fertilization, after cancer treatment using frozen gametes.

Eligible Costs	Subsidy Amount per Session (JPY)
ART using frozen embryos (fertilized eggs)	¥125,000 per session
ART using frozen unfertilized oocytes	¥250,000 per session
ART after ovarian tissue reimplantation	¥300,000 per session
ART using frozen sperm	¥300,000 per session

● Important Notes for Using Support Programs

✓ Eligibility criteria apply

Support programs have specific conditions, such as age limits and session restrictions. Confirm details carefully before applying.

✓ Medical certification is required

Some programs require a certificate from a designated medical facility. Consult your attending physician to proceed smoothly.

✓ Apply within the fiscal year

Applying within the same fiscal year is crucial for receiving support under the fertility preservation treatment program. Delaying may result in missed opportunities for treatment.

- Saga-ken Medical Centre Koseikan Cancer Center: Tel. 0952-25-7491
- Fukuoka Prefecture Insurance, Healthcare and Nursing Care Bureau, Cancer and Infectious Disease Control Division: Tel. 092-643-3317

Preserving future choices while undergoing cancer treatment is crucial. If you wish to preserve your ability to have children in the future, consult your doctor or specialists before treatment to make appropriate decisions.



3 Rare Cancers

Rare cancers refer to types with limited patient numbers, making diagnosis and treatment challenging due to scarce information. Examples include sarcomas (soft tissue or bone tumors) and neuroendocrine tumors.

Recommended care: For rare cancers, it is advisable to seek diagnosis and treatment at specialized centers, such as cancer care coordination hospitals or dedicated specialty clinics.

Consider clinical trials: In cases where no established treatments exist for rare cancers, participation in clinical trials may offer new therapeutic options.

Information on Rare Cancer Ref

Consultation Hotline for Rare Cancers

Kyushu University Rare Cancer Hotline

Phone: 092-642-6134 (Direct line)

Hours: Monday–Friday, 12:00 a.m. – 4:00 p.m. (excluding public holidays)

National Cancer Center Rare Cancer Hotline

Phone: 03-3543-5601 (Direct line)

Hours: Monday–Friday, 9:00 a.m. – 4:00 p.m. (excluding public holidays)

What You Can Consult About

- Don't know which medical department to consult
- Lack of available information and feeling uncertain
- Suspected soft tissue sarcoma; want to understand tests and treatment options
- Doctor mentioned the cancer is rare, making diagnosis and treatment options unclear
- Told by a large general hospital that no department specializes in rare cancers

Utilize cancer support centers for children and AYA patients. These centers offer consultations on education/employment support and post-treatment life assistance. Support organizations and patient groups for AYA patients can also help with information sharing among people in similar situations.



Basic Information Q&A for Patients to Know

Q How long does cancer treatment last?

- A** The duration varies depending on the type of treatment and disease stage (stage):
- Surgery:**The procedure itself may take hours to a day, but post-surgery recovery can take weeks or months.
 - Radiation therapy:**Each session lasts minutes to 30 minutes, with treatments typically continuing for several weeks, 5 days per week.
 - Drug therapy:**Duration varies by treatment type and medication, lasting from months to over a year.
 - Immunotherapy or molecular targeted therapy:**Long-term administration may be required.

Follow-up care (regular check-ups and monitoring) may continue for more than five years. Confirm the specific schedule with your doctor.

For more details,
see pages 24 and following.

Q Can I continue working during treatment?

- A** It is possible to work while undergoing cancer treatment, but it depends on your job type, treatment method, physical condition, and side effects. Recent advances in cancer care make outpatient treatments (e.g., radiation therapy or chemotherapy) more feasible, making it easier to balance work and treatment. However, when working during treatment, changes in physical condition may require adjustments such as part-time work or remote work. Therefore, discuss flexible arrangements with your employer, occupational physician, and HR department to plan support measures that accommodate both treatment and work.

For more details,
see page 64.

Q Can I consult about medical costs?

- A** Cancer treatment can involve high medical expenses, but the “High-Cost Medical Care Fee System” reduces out-of-pocket costs.
- High-Cost Medical Care Fee System:**Reimbursement is available for medical fees exceeding a set limit. If you complete procedures in advance, your out-of-pocket expenses at the clinic will be capped.
 - Medical Expense Deduction:** If annual medical expenses exceed a certain amount, tax refunds are possible through tax filings.

The Cancer Consultation Support Center also accepts consultations about financial assistance. Ask about application processes and usage guidelines.

※Reference:
Details of the High-Cost Medical Care Fee System
(Ministry of Health, Labour and Welfare)
How to use the Cancer Consultation Support Center
<https://www.mhlw.go.jp/index.html>

For more details,
see pages 54 and following.

Want to know more..

Cancer has many types, each with unique characteristics and treatments. However, newly diagnosed patients may find it difficult to identify essential information from overwhelming data. Here are three ways to access reliable information:

Method	Main Features	Are Brochures Available?
①Brochure (Booklet)	Printable version available for immediate reading; downloadable. Some also displayed in the cancer information corner.	✓ Downloadable / Displayed in the Cancer Information Corner
②Cancer Information Corner (Within the Facility)	Booklets and materials can be picked up on-site at the hospital. Setup available.	✓ Available On-Site
③Cancer Information Service (Web)	Online access to the latest cancer information; brochures also displayed on the website.	✓ Displayed on the Website

For more details,
see page 80.

Patient or Family Testimonial ①

When I was told, my mind went blank. But gradually,
I came to accept it (40s female, breast cancer)

When I received the diagnosis, I felt completely overwhelmed and confused. I was filled with fear that I might die soon. However, with my family by my side and my attending physician explaining treatment options in detail, I slowly began to feel calmer. By gathering information online and bringing a list of questions to my doctor, I gradually realized what I could do for myself. Now, after starting treatment, I've begun to feel more optimistic.

Patient or Family Testimonial ②

Gaining knowledge to choose treatment
(30s male, malignant lymphoma)

When diagnosed with malignant lymphoma, I initially followed my doctor's recommendations for treatment. However, the side effects were difficult to endure, and I began questioning whether this was the best path forward. I then researched treatment options online and through books, discovering that immunotherapy was an available option. When I discussed this with my doctor at my next appointment, they said, "Given your condition, it's worth trying," and helped me create a plan together. Feeling respected for wanting to proceed at my own pace made me feel fully confident in this decision.

[Chapter3]

To Begin Treatment with Confidence



Communication with Healthcare Providers

In cancer treatment, healthcare professionals and patients work as partners navigating treatment together. Don't hesitate to share any questions or concerns with your doctor or nurse. Open communication helps deepen understanding and makes it easier to choose a treatment plan tailored to your needs.

Personalized medicine is advancing rapidly. To make appropriate choices based on individual conditions, thorough information sharing between you and your healthcare team is essential.

1 Prepare a Question List

Creating a list of questions beforehand helps you efficiently gather necessary information during limited consultation time. Clearly defining your concerns also makes it easier for doctors to provide accurate answers.

For more details,
see page 20.



2 Take Notes During Consultation

During consultations, medical terms may be used, and even if you seem to understand at the time, details can be forgotten later. Pay attention to these key points when taking notes:

《 Key Points for Taking Notes 》

- Summarize explanations as you take notes (e.g., "This treatment has fewer side effects but requires more time to confirm effectiveness.")
- Ask about unclear information immediately during the explanation
- Ensure notes are easy to review later for sharing with family or friends



3 Building Trust with Healthcare Providers

Cancer treatment often lasts a long time, making it crucial to build trust with your medical team. Share concerns openly and express fears or hopes honestly. A trusting relationship with doctors and nurses provides strong support for choosing and continuing treatment.

Key Tips:

Don't hesitate to ask questions: If something worries you, ask directly — no need to second-guess whether it's appropriate.

Share your thoughts: Communicating your treatment goals or life circumstances helps tailor support to your needs.

Consider a second opinion: When unsure about treatment plans, seeking another doctor's perspective is a valid option.

Use available resources: Work with centers like the Cancer Consultation Support Center to collaboratively explore treatment options that suit you.

4 Invite Family or Friends to Accompany You

Having family members or trusted friends accompany you during consultations provides support and helps facilitate discussions.

《 Benefits of Their Presence: 》

- Review notes together for clarity later
- Provides emotional support
- Assists in asking questions to the doctor

Actively utilize their assistance to alleviate concerns during treatment.

✓ Summary

Smooth communication with healthcare providers is a crucial step toward a positive cancer treatment journey. Before appointments, organize your questions and take notes to ensure accurate understanding of information. Building trust and working collaboratively with medical staff enables you to receive treatment with greater confidence.

How to Use a Second Opinion

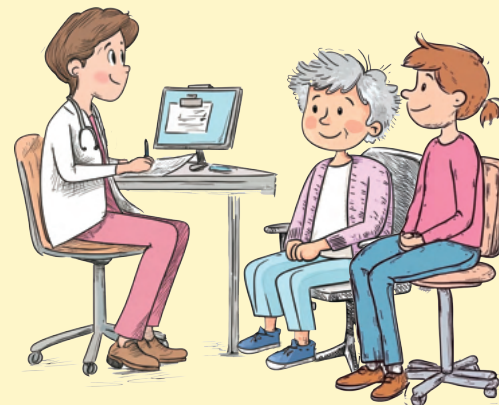
1 What is a second opinion?

A second opinion involves seeking input from another doctor at a different medical facility about treatment progress or next steps, while continuing care with your current attending physician.

It is not about transferring treatment to another doctor. Some may mistakenly think it means leaving their current physician, but a second opinion simply refers to consulting another doctor for additional perspectives — all while maintaining your existing care relationship.

Notes on Receiving a Second Opinion

- ✓ Higher costs: It is treated as a private consultation (not covered by public health insurance), leading to significantly higher out-of-pocket expenses compared to regular visits.
- ✓ Risk of disease progression: Depending on the type and stage of cancer, delaying treatment decisions may worsen your condition.
- ✓ No actual care provided: A second opinion involves only receiving opinions from a doctor — no examination, tests, or treatment are conducted during this process.



2 Understanding Your Primary Doctor's Opinion (First Opinion)

Before seeking opinions from multiple doctors, it is essential to fully understand your primary doctor's first opinion to avoid confusion. For example, regarding treatment: confirm the diagnosis name, current condition status, disease stage, and recommended treatments along with their reasons.

It is also **important to clarify why you want a second opinion and what questions you hope to address.** This self-reflection ensures your goals are clear when consulting other doctors.

While a second opinion can be sought at any time, the most appropriate timing is after your primary doctor has explained the treatment plan (first opinion). If information is incomplete or treatment has already begun, the second opinion may not be fully effective — so consider this carefully.

3 How to Choose a Doctor or Hospital for a Second Opinion

① Find a hospital

Look for hospitals offering second opinion outpatient services. Hospitals designated as Cancer Care Coordination Centers have systems in place to support second opinions, including connecting patients with collaborating medical institutions in the region.

Note that these services are typically private (out-of-pocket) and not covered by public health insurance — costs vary by hospital, so confirm this information when selecting a facility.

② Inform your primary doctor

Let your attending physician know you want to seek a second opinion. While some patients may feel hesitant to bring this up, it is a recognized system, and there's no need for hesitation or concern. If unsure how to approach them, consult a Cancer Consultation Support Center for guidance.

③Submitting a Second Opinion Application

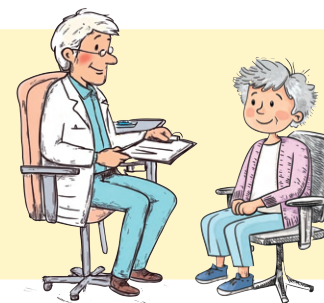
Once you've decided on a medical facility for your second opinion, contact their administrative office to confirm the necessary procedures (visit method, appointment scheduling, costs, examination hours, required documents, etc.). Beforehand, prepare a clear list of your purpose and specific questions.

Ultimately, inform your primary doctor about the results of the second opinion and discuss future treatment plans together based on that information.



— Second Opinion Process —

- 1 Understand your primary physician's recommendation (First Opinion)



Decide to seek a second opinion

- 2 Choose a hospital

- (1) Search for hospitals offering second opinions
- (2) Inform your current doctor



- 3 Arrange the visit

- (1) Contact the selected hospital
- (2) Obtain a referral letter from your primary doctor



- 4 Receive the second opinion

- (1) Prepare what you want to discuss or ask
- (2) Bring someone you trust along



- 5 Report the results to your current doctor



Preparation Before Treatment

Getting Ready for the Start of Treatment

The period between receiving a cancer diagnosis and starting treatment can be emotionally difficult. Feelings of anxiety and urgency are common, but with proper preparation, you can help ensure a smoother transition into treatment.

1 Daily Life Preparations

Preparing Essential Items for Hospitalization

If hospitalization is likely, prepare necessary items in advance: health insurance card, medical records, essential medications, relaxation items (books, music player), comfortable clothing, and towels.



Adjusting Home and Workplace

Share treatment schedules with family and discuss household responsibilities or support needs. Communicate with your employer or HR to arrange leave or work adjustments.

2 Economic Preparation

Cancer treatment involves certain medical costs, but various subsidy programs are available—please rest assured. However, many require post-treatment applications, so it's important to be aware of them in advance.

High-Cost Medical Expense Benefit

If your out-of-pocket expenses exceed a set threshold, you can apply for reimbursement.

Injury and sickness allowance

For employees or public servants with health insurance, this provides income compensation during periods when work is impossible due to illness.

Medical Expense Deduction

If annual medical expenses exceed a set threshold, you can claim a tax deduction by filing an income tax declaration.

For more details, see page 53

3 Mental Preparation Before Treatment

Understanding the Treatment Process

Confirm details such as treatment goals, schedules, and potential side effects with your primary physician. If multiple treatment options are available, consider seeking a second opinion.

Organizing Information

Keep detailed notes on your diagnosis, treatment plan, and test results to facilitate clear communication with medical staff.

Building Trust with Medical Staff

Establish trust with your primary physician, nurses, and pharmacists—especially since cancer treatment often spans a prolonged period. Don't hesitate to discuss any concerns.

4 Mental Care

Ways to Reduce Anxiety

When feeling stressed, try relaxation techniques that suit you, such as deep breathing, gentle exercises, or listening to music.

Utilize Support from Others

Talking with family, friends, or members of patient support groups can help ease anxiety.

For more details, see page 84 and following.

✓ Summary

Preparation before treatment involves multiple aspects—including daily life, economic considerations, and psychological readiness. Do not keep your anxieties bottled up; instead, make use of healthcare professionals and cancer consultation support centers to face treatment positively.



Column: What Is a Palliative Care Team?

Palliative care is medical support to alleviate pain, anxiety, and challenges in daily life caused by cancer, helping patients and their families live more comfortably. While some may mistakenly believe that "palliative care = end-of-life care," it is actually a form of support available from early stages of diagnosis, provided alongside cancer treatment.

Main Care Provided by Palliative Care Teams

A palliative care team consists of doctors, nurses, pharmacists, clinical psychologists, social workers, and other specialists who collaborate to comprehensively support patients and their families. Key services include:

Physical Care

- Relief from pain and treatment-related side effects
- Reduction of difficult symptoms during cancer treatment (e.g., fatigue, nausea, loss of appetite)

Psychological Care

- Support for anxiety and emotional distress when facing cancer
- Guidance to cope with shock after diagnosis or fears about the future

Social Care

- Consultation on caregiving burdens and family support needs
- Information and guidance on financial assistance programs

When Can Palliative Care Be Received?

- Available from diagnosis through treatment, post-treatment, and end-of-life stages.
- If you experience severe pain, significant anxiety, or daily challenges, consult medical staff promptly.

Palliative care: A Support That Walks Alongside Treatment with Reassurance

Cancer treatment is physically and emotionally demanding for patients and families. Palliative care creates an environment where patients can focus on treatment without worry. If you're unsure whether to seek help—do not hesitate; consult the palliative care team when needed.

[Chapter4]

Support for Living and Systems:

Support Services for Managing Daily Life During Treatment



Managing the Costs of Cancer: A Guide to Financial Support Programs

Anxiety over rising medical costs and reduced income can be as significant a burden for patients and families as the disease itself.

Cancer treatment often involves high medical costs from surgeries and chemotherapy. Prolonged time away from work due to treatment may also lead to reduced income, adding financial stress for patients and families.

To alleviate these concerns, various support systems are available, such as programs to reduce medical costs and initiatives to help maintain income. Being aware of these options in advance can help patients receive treatment with greater peace of mind.

Here, we outline support systems that address both financial relief for medical expenses and practical assistance for daily living.



1 High-Cost Medical Expense Benefit: Reimbursing Excess Out-of-Pocket Costs

High-Cost Medical Care Fee System

A system where the government reimburses excess medical expenses paid directly by patients (excluding meal fees and extra bed charges) if they exceed a monthly limit. To avoid upfront costs exceeding this limit, apply for the Limit Amount Application Certificate in advance.

- Eligible Expenses: Hospitalization and outpatient care covered by health insurance.
- Excluded Items: Meal fees, extra bed charges, and other non-insurance-related costs.

Even expensive treatments (e.g., surgery or medications) are capped at the monthly limit if covered by health insurance.

Additional Systems:

- Reimbursement for combined high-cost expenses across multiple facilities ($\geq 21,000$ yen/month for those under 70).

- Reduced out-of-pocket costs after exceeding the limit three times within 12 months.
- If medical costs cause concern, consult Cancer Consultation Support Centers promptly.

《 Monthly Out-of-Pocket Cost Limits for Individuals Under 70 》

	Income level (JPY)	Monthly cost-bearing limit for medical expenses (JPY)	Multiple application (JPY)
A	Annual income $\geq \text{¥}11.6\text{M}$ Health insurance: Monthly income $\geq \text{¥}830\text{k}$ National insurance: After-tax annual income $> \text{¥}9.01\text{M}$	$\text{¥}252,600$ + (Total medical charges - $\text{¥}842,000$) $\times 1\%$	$\text{¥}140,100$
B	Annual income $\geq \text{¥}11.6\text{M}$ Health insurance: Monthly income $\geq \text{¥}830\text{k}$ National insurance: After-tax annual income $> \text{¥}9.01\text{M}$	$\text{¥}252,600$ + (Total medical charges - $\text{¥}842,000$) $\times 1\%$	$\text{¥}93,000$
C	Annual income $\text{¥}3.7\text{M} - \text{¥}7.7\text{M}$ Health insurance: Monthly income $\text{¥}280\text{k} - \text{¥}500\text{k}$ National insurance: After-tax annual income $\text{¥}2.1\text{M} - \text{¥}6\text{M}$	$\text{¥}80,100$ + (Total medical charges - $\text{¥}267,000$) $\times 1\%$	$\text{¥}44,400$
D	Annual income $< \text{¥}3.7\text{M}$ Health insurance: Monthly income $< \text{¥}260\text{k}$ National insurance: After-tax annual income $< \text{¥}2.1\text{M}$	$\text{¥}57,600$	$\text{¥}44,400$
E	Persons exempt from inhabitant tax	$\text{¥}35,400$	$\text{¥}24,600$

《 Key Notes on Self-Payment Limits 》

① Monthly Calculation

Calculated based on a full calendar month (1st–last day of the month).

② Per Medical Institution

Self-payment amounts are tracked separately for each hospital, clinic, or facility.

③ Category-Specific Limits

Three categories have separate self-payment limits:

- Outpatient care (including home healthcare) •Inpatient care •Dental treatment

④ External Prescriptions Combined with Outpatient Fees

Medication costs from external pharmacies can be combined with outpatient charges for reimbursement.

⑤ Reimbursement Process

If your out-of-pocket costs exceed the limit, reimbursement will be processed later by your health insurance provider.

⑥ Reduced Limits for Frequent Cases

If you exceed the self-payment limit 3 or more times within any 12-month period:

Starting from the 4th occurrence, the limit is further reduced (treated as a "multiple-month case").

《Monthly Out-of-Pocket Cost Limits for Individuals Under 70》

Income level (JPY)			Monthly cost-bearing limit for medical expenses (JPY)		Multiple application (JPY)
			Outpatient (per individual)	Monthly maximum copayment limit (per household)	
High-income elderly (income comparable to working-age individuals)	III	Annual income ≥¥11.6M Monthly income >¥830k / Taxable income ≥¥6.9M	¥252,600 + (Total medical charges - ¥842,000) x 1%		¥140,100
	II	Annual income ¥7.7M-¥11.6M Monthly income >¥530k / Taxable income ≥¥3.8M	¥167,400 + (Total medical charges - ¥558,000) x 1%		¥93,000
	I	Annual income ¥3.7M-¥7.7M Monthly income >¥280k / Taxable income ≥¥1.45M	¥80,100 + (Total medical charges - ¥267,000) x 1%		¥44,400
Standard income category		Annual income ¥1.56M-¥3.7M Monthly income <¥260k / Taxable income <¥1.45M	¥18,000 (¥144,000 per year)	¥57,600	¥44,400
Low-income category (municipal tax-exempt)	II	Persons exempt from	¥8,000	¥24,600	¥24,600
	I	Household exempt from inhabitant tax (Pension income ≤ ¥800k etc.)		¥15,000	¥15,000

《Points to Note About Out-of-Pocket Limits》

① Monthly Calculation

Calculated on a monthly basis from the 1st to the end of each month.

② Calculated per Medical Facility

Out-of-pocket costs are calculated separately for each medical facility, such as hospitals or clinics.

③ Calculated Separately by Medical Service Category

The following three categories have separate out-of-pocket limits:

• Outpatient (including home healthcare) • Inpatient • Dental Care

④ Combined Total, Refund if Exceeded

Whether outpatient-only or including inpatient, the out-of-pocket limit changes. Medical expenses from hospitals, pharmacies, home care services, etc., are combined and calculated. If the total exceeds the limit, a refund is issued afterward.

⑤ Refunds

If your out-of-pocket costs exceed the limit, a notice and refund will be sent later by your health insurance provider.

⑥ Multiple Occurrences (Multiple Months Covered)

If you reach the out-of-pocket limit three or more times within 12 months, the limit is further reduced starting from the fourth occurrence (※ Treated as "multiple months covered").

High-Cost Medical Expense Benefit Limitation Certificate (hereafter referred to as the Limitation Certificate)

By presenting this certificate to healthcare providers, medical costs at hospitals or pharmacies are capped at a fixed amount (self-pay cap).

《Notes on the Limitation Certificate》

① Effective from the first day of the application month

The Limitation Certificate becomes valid from the first day of the month you apply. (Retroactive application possible.)

② Must be presented at healthcare facilities

If not shown to hospital or pharmacy staff, the self-pay cap will not apply.

※ If forgotten, pay normally and file for reimbursement afterward.

③ Time required for issuance

It takes about one week to issue the certificate.

Apply well in advance with some buffer time.

Standard Burden Amount Reduction Certificate

A system for low-income individuals (e.g., those exempt from municipal taxes) that reduces self-pay caps and meal costs during hospitalization.

※ Exempt fees such as difference bed charges are not covered.

《Notes on the Standard Burden Amount》

① Combined with the Limitation Certificate: Applying together results in a single certificate issued at once.

② Effective from the first day of the application month.

③ Failure to apply or present it at the hospital means reimbursement is not possible afterward—please be careful



Utilizing the My Number Health Insurance Card

Using your My Number Health Insurance Card makes applying for the High-Cost Medical Expense Benefit system smoother. Previously, you had to apply in advance for a Limitation Certificate, but with the My Number card, the self-pay cap is applied automatically—no application is required.



chapter1 chapter2 chapter3 chapter4 chapter5 chapter6 chapter7 chapter8 chapter9

Supplementary Benefit Program (Fuka Kyufu Seido)

Some health insurance cooperatives or mutual aid associations offer a system where the excess portion of your self-pay amount is covered if it exceeds their specific limit (not available under National Health Insurance or Japan Health Insurance Association (Kyoukai Kenpo)).

《Key Points About Supplementary Benefits》

① Reimbursement after exceeding the limit:

If your monthly (from day 1 to end of month) self-pay expenses exceed the cooperative's set cap, the excess amount is reimbursed later.

② May apply even if below high-cost limits:

This system often uses a lower threshold than the High-Cost Medical Expense Benefit, so it may qualify even if you don't meet high-cost criteria.

③ Varies by insurer:

Whether available, the limit, and application procedures differ per insurer. For details, contact your specific health insurance provider (as indicated on your insurance card).

High-Cost Medical Expense Proxy Payment System (Kougaku Ryoyouhi Juryou Inin-barai Seido)

A system for individuals who find it difficult to pay out-of-pocket medical costs when eligible for high-cost reimbursement.

《Benefits of This System》

Only at healthcare facilities with agreements with your insurer, you can apply to limit payments at the counter to the self-pay cap.

《When This Is Useful》

- If you missed the deadline for obtaining the Limitation Certificate
- When high medical costs occur across multiple healthcare facilities

※ This system may not be available depending on your health insurance plan. Confirm with your insurer in advance.



High-Cost Medical Care Loan System (Kogaku Ryoyohi Kashitsuke Seido)

A system for individuals who find it difficult to temporarily cover their out-of-pocket medical costs.

《Benefits of This System》

During the period until high-cost medical expense reimbursement is received, you can borrow up to 80% of the estimated reimbursement amount without interest.

《When This Is Useful》

- If you missed the deadline for obtaining the Limitation Certificate
 - When high medical costs occur across multiple healthcare facilities
- ※ This system may not be available depending on your health insurance plan.

Confirm with your insurer in advance.

Medical Expense Deduction

A deduction you can claim if medical expenses paid for yourself or family members exceed 100,000 yen annually (Jan 1–Dec 31).

Exemption:

For those with total income below 2 million yen, eligible only if medical expenses exceed 5% of their income.

《Eligible Individuals》

- Yourself
- Spouse sharing household expenses
- Other family members financially dependent on you

《Notes for Application》

- ① Cannot be claimed during year-end adjustments; requires final tax declaration even for employed individuals.
- ② Subtract reimbursements from high-cost medical care programs and life insurance medical expense supplements.
- ③ Eligible items are broad—consult the tax office in advance for clarification.
- ④ Required documents: medical expense receipts. Keep them organized for easy access.

2 Income Support System

Injury and Illness Allowance

A financial support system provided to ensure livelihood when forced to take time off work due to illness or injury. Available for health insurance policyholders, not under National Health Insurance (※).

《Eligibility Conditions》 (All must be met)

- Absence from work caused by non-work-related illness/accident requiring treatment
- Unable to perform work
- Includes at least three consecutive days of inability to work, resulting in four or more days of absence
- No salary payment during the leave period or less than the allowance
- ※ If partial salary is paid but less than the allowance, the difference is covered.

《Key Points for Allowance》

- ① Duration: From the 4th day of leave (without pay) up to a maximum of one year and six months
 - ② Application Requirements: Statements required from:
 - Attending physician/healthcare provider • Employer • Applicant themselves
 - ③ Amount: Approximately two-thirds of pre-leave daily wage (calculated on a per-day basis)
- ※ Calculation methods vary slightly by health insurance plan.
- ※ If contribution period exceeds one year, payments may continue after retirement.
- ※ Not available under National Health Insurance (Kyoukai Kenpo).

Disability Pension

A public pension available when illness or injury impedes daily life or work. Can be received even if employed and without a disability certificate.

《Eligibility & Age Requirements:》

- Generally claimable between ages 20–65
- Must meet specified criteria (e.g., insurance coverage period, severity of disability).



《Types》

Type of Pension	Eligible Individuals	Grades
Disability Basic Pension	National Pension enrollees	Grade 1, 2
Disability Welfare Pension	Welfare Pension enrollees	Grade 1, 2, 3, or Disability Allowance (※Lump sum)

《Grade & Disability Overview》

Grade	Disability Condition (Overview)
Grade 1	Daily activities require assistance. Hospitalization or in-home care is necessary. Activity limited to the vicinity of the bed.
Grade 2	Assistance not always required, but daily life remains difficult. Work is challenging; life centered around home or hospital.
Grade 3	No significant hindrance to daily life but with work restrictions. (※Applicable only to Disability Welfare Pension)
Disability Allowance	Work restrictions with a fixed disability status. Paid as a lump sum. (※Applicable only to Disability Welfare Pension)

《Points to Note About Disability Pension》

- ① The presence or absence of a disability certificate is irrelevant.
- ② You can apply and receive it even while employed.
- ③ Grade 3 and Disability Allowance are available only to Welfare Pension enrollees.
- ④ Required documents such as a physician's diagnostic report are needed for the application.

Livelihood Welfare Fund Loan System

A public program offering loans for living expenses, medical costs, etc., to households facing temporary or urgent financial difficulties.

《Eligible Households》

- Low-income households (households with income below a certain threshold)
- Households with disabled members
- Elderly households

《Key Features of the System》

- ① Loan amounts are determined based on usage, necessity, and repayment capacity—not a fixed amount.
Individual circumstances are considered.
- ② Can be used for various purposes: living expenses, medical costs, housing, etc.
Especially applicable for sudden hospitalizations, income reduction, or rebuilding life.
- ③ Applications are submitted to the Social Welfare Council in your municipality.
Support is available for consultations and application procedures at the office.

Public Assistance System

A government program ensuring a minimum standard of living and supporting self-reliance for households unable to work adequately due to illness, injury, disability, old age, or single-parent status.

Eligibility:

Applied on a household basis when no other options are available, even after exhausting all possible measures.

《Consultation & Application Desk》

Contact the welfare office responsible for your local area to consult about or apply for public assistance.



3 Make Use of Consultation Services

Support programs cover various areas, and it's essential to check individually which programs apply and how to apply. We recommend actively using specialized consultation services.

Cancer Consultation Support Center

Offers free consultations on medical expenses, living costs, and information about the High-Cost Medical Expense Benefit, local government medical cost subsidies, and other social security programs.

《Saga-ken Medical Centre Koseikan Cancer Consultation Support Center》
0952-28-1158 (Direct Line) [Mon.–Fri.: 8:30 a.m. – 5:15 p.m.]

Social Worker (MSW)

Hospital staff advise on financial concerns and how to apply for support programs. They explain procedures step-by-step, ensuring smoother access to assistance.



Patient or Family Testimonial ③

Utilizing Support Programs for Peace of Mind

(50s Male, Prostate Cancer)

I felt anxious about rising medical costs during prostate cancer treatment. After consulting the hospital's Cancer Consultation Support Center, I learned about the High-Cost Medical Expense Benefit and Injury/Illness Allowance. They explained the application process in detail. Once I applied, my worries eased, and I could focus fully on treatment. I had no idea such programs existed—consulting was truly reassuring.

Support for Balancing Treatment and Work

Those who were previously healthy may find it difficult to continue working after a cancer diagnosis. While some prioritize treatment, others wish to maintain their jobs during therapy. This challenge requires support not only from individuals but also from employers, including HR staff, supervisors, and colleagues.

Occupational Health Support Center (Sanpo Center)

Established in all 47 prefectures, these centers assist patients who want to continue working after a cancer diagnosis or need guidance on discussing their condition with employers.

Support Provided:

- Professional staff mediate between patients, medical institutions, and workplaces.
- Offer advice and support for balancing treatment and employment.

《Target Audience》

- Patients undergoing treatment while working, their families, and workplace supervisors
- Individuals diagnosed with cancer, stroke, heart disease, liver disease, diabetes, or rare diseases

《Main Support Services at Saga Occupational Health Support Center (Sanpo Center)》

- ① Consultation support for patients (workers) and their families
- ② Consultation support for HR staff and workplace supervisors
- ③ Assistance with establishing leave policies, work arrangements, and other systems to balance treatment and employment
- ④ Mediation between medical institutions and workplaces to ensure smooth communication
- ⑤ Training sessions and awareness campaigns on balancing treatment and work for employees and management

※ Specialist staff (e.g., both promotion promoters) visit workplaces and medical facilities as needed.

The Saga Occupational Health Support Center also provides monthly out-of-office consultation services at designated Cancer Care Coordination Hospitals in Saga Prefecture. Please feel free to use this service.

《Dates of Out-of-Office Consultation Sessions at Each Cancer Care Coordination Hospital》

Location	Date/Time of Event	Contact Information
Saga-ken Medical Centre Koseikan	Third Thursday, 11:00 a.m.– 2:00 p.m.	Consultation Support Center TEL: 0952-28-1158 (Direct Line)
Saga University Hospital	Third Friday, 11:30 a.m. – 1:30 p.m.	Medical Support Center T EL: 0952-34-3113 (Direct Line)
Ureshino Medical Center	Second Thursday, 11:00 a.m. – 1:00 p.m.	Patient Support Center TEL: 0954-43-1120 (General Line)
Karatsu Red Cross Hospital	Second Wednesday, 11:00 a.m. – 1:00 p.m.	Patient Comprehensive Support Center TEL: 0955-74-9135 (Direct Line)

•Saga Occupational Health Support Center

Operating Hours: Mon.–Fri. (excluding holidays), 8:30–17:15

Contact Information: 0952-41-1888

※Schedule may change. Please contact in advance for confirmation.

Patient or Family Testimonial④

Workplace Understanding as a Major Support

(40s Male, Colorectal Cancer)

When my colorectal cancer recurred, I worried about how work would be affected. After bravely telling my supervisor, they said, “You don’t have to push yourself,” and suggested taking time off or working part-time. The HR team also explained the Injury and Illness Allowance. This reduced financial stress, allowing me to focus on treatment. I never imagined the workplace would understand so much—this support truly helped me.

Employment Support for Long-Term Care Patients

Hello Work provides specialized consultants called "Job Support Navigators" to assist individuals requiring long-term treatment due to conditions like cancer, hepatitis, or diabetes.

In collaboration with cancer consultation support centers at designated cancer care coordination hospitals, on-site consultation sessions are held at each hospital location.

《Target Individuals》

- Patients undergoing long-term treatment who have been deemed fit to work by their physician
- Individuals considering resignation due to treatment

《Support Services》 (Provided by Job Support Navigators)

- ① Introduction of job opportunities tailored to health status, treatment progress, and personal abilities/competencies
- ② Consultation support for resigning due to treatment
- ③ Assistance with unemployment insurance, vocational training, and other post-resignation support
- ④ Preparation guidance for job applications (e.g., resume writing, interview techniques)
- ⑤ Job search assistance considering health status and outpatient schedules
- ⑥ Individual consultations to address concerns about returning to work

※ Medical personnel may join the consultation if necessary

In Saga Prefecture, Job Support Navigators are stationed at Hello Work Saga and Hello Work Takeo. They provide out-of-office consultation services once weekly at each cancer care coordination hospital in the prefecture. Consultations can be easily arranged during outpatient visits or similar occasions.

《Dates of Out-of-Office Consultation Sessions at Each Cancer Care Coordination Hospital》

Location	Date/Time of Event	Contact Information
Saga-ken Medical Centre Koseikan	Every Thursday, 10:00 a.m. – 3:00 p.m.	Consultation Support Center TEL: 0952-28-1158 (Direct Line)
Saga University Hospital	Every Friday, 10:00 a.m. – 3:00 p.m.	Medical Support Center TEL: 0952-34-3113 (Direct Line)
Ureshino Medical Center	First and Third Thursdays, 11:00 a.m. – 2:00 p.m.	Patient Support Center TEL: 0954-43-1120 (General Line)
Karatsu Red Cross Hospital	Second Wednesday, 11:00 a.m. – 2:00 p.m.	Patient Comprehensive Support Center TEL: 0955-74-9135 (Direct Line)

•Hello Work Saga

Operating Hours: Mon.–Fri. (excluding holidays), 8:30 a.m. – 5:15 p.m.

Contact Information: 0952-24-4510

•Hello Work Takeo

Operating Hours: Mon.–Fri. (excluding holidays), 8:30 a.m. – 5:15 p.m.

Contact Information: 0954-22-4155



How to Share Your Diagnosis with Family

Key Considerations When Telling Family Members

It's natural to feel unsure about how to share your diagnosis. Close relationships often make us choose words carefully. However, sharing the news can ease emotional burdens by gaining support and understanding from loved ones.

Tailor your approach based on their age and relationship. You don't have to face this alone—consult with a Cancer Consultation Support Center to help decide how best to communicate.

Talking to Children About Illness (Sharing Your Diagnosis with Kids)

Telling children about your illness can be difficult, but they may sense changes in you and feel anxious if not informed. Without communication, confusion or fear may arise.

Share basic information, such as:

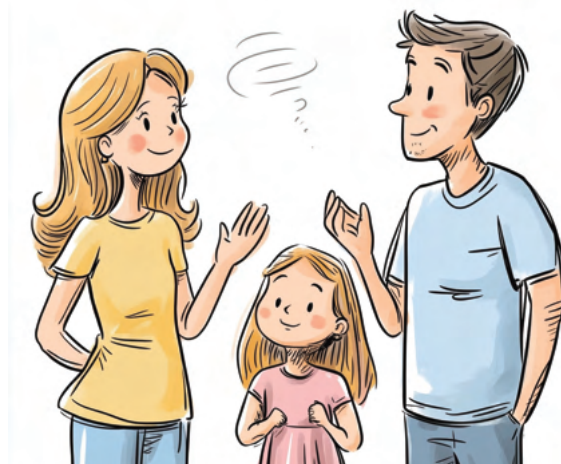
- "What kind of cancer do I have?"
- "Cancer is not contagious."
- "It's not anyone's fault."

Use simple language appropriate for their age. Also, explain treatment changes and who will support you during this time.

For more information:

HOPE TREE

A website offering guidance on how to communicate with children when a parent is diagnosed with cancer.



When Telling Parents About Your Illness (Consider Their Age and Health Status)

If your parent is healthy and reliable, sharing treatment outlooks or tasks you'd like their help with may provide support. For elderly parents or those with health concerns, plan ahead about how much to disclose. Avoid sudden disclosure—use steps like:

"I've been feeling unwell, and the results weren't good. I'll explain more later."

This approach allows them time to prepare emotionally.

Consulting Your Attending Physician

How You Communicate Has a Significant Impact

The way you share information affects relationships between patients and families. Consulting with your attending physician provides reassurance, and if needed, they can explain details to your family.



Column:

Consider Advance Care Planning (ACP) Preparing for

～“What If” Scenarios～

Advance Care Planning (ACP) involves discussing future medical care plans with patients, families, and healthcare providers in advance. In Japan, this is also called “life conferences.”

If your condition worsens and you cannot express your wishes, family members will rely on your preferences to make decisions about treatment or care with healthcare providers.

This is why it’s crucial to discuss these matters **while you are healthy, and share your thoughts as a living will**. Doing so can reduce the emotional burden on your loved ones.

Points to Discuss in ACP

Have open conversations about these topics:

Keep a Record of What You Discuss

- No special format is needed.
- Write down the date, time, and who participated.
- Freely write your thoughts and wishes.
- Share the content with trusted people or healthcare/caregiving staff.

Key Considerations for ACP

- The patient is central to the process. Their personal wishes are prioritized.
- Preferences may change over time. It’s important to revisit discussions regularly.
- Decisions may not be final in one conversation. Record updates as needed.

ACP helps you prepare for a life that reflects your values.

Start thinking about it now, while you’re healthy—don’t wait until “some day later.”

Support for Daily Life During Treatment

When cancer treatment begins, you may find physical activities challenging or some tasks difficult. Many systems and services can help maintain your quality of life at a level similar to before treatment.

Some systems or services require advance procedures. If unsure, consult cancer consultation support centers or local municipal offices.

Here, we introduce various systems and services that support daily life.

Long-Term Care Insurance System

Managed by local governments nationwide, this system is mandatory for individuals aged 40 and over. To access care services, applicants must undergo a review at their local municipal office to determine eligibility. Once certified, users can receive services with 10%–30% out-of-pocket costs.

《Eligibility》

- Primary Insured: Individuals aged 65 and over
- Secondary Insured: Individuals aged 40–64 with specified diseases under the long-term care insurance system
- ※not applicable if caused by traffic accidents

《Application》

Contact your local municipal office’s long-term care insurance department.

Alternatively, apply through:

- Community Comprehensive Support Center (Otassha Honpo)
- Homecare support providers

《Cost Burden》

Based on the previous year’s income, users pay 1–30% of service costs.

Note: For certain services, full payment is required upfront, with 70–90% (or 1–30%) reimbursed later.



《 Process for Using Care Services 》

- 1.Application: Apply for Nursing Care Certification at your local municipal off
- 2.Assessment: A city employee visits to evaluate your living situation.
- 3.Medical Evaluation: Review by the nursing care certification committee based on a physician's diagnosis.
- 4.Certification Result: Determined as: Non-Eligible, Support Care Levels 1–2, or Nursing Care Levels 1–5.
- 5.Care Plan Creation: Consult your care manager to plan the type of services needed.
- 6.Service Start: Begin using the service after signing a contract with the provider.

《 Main Classification of Nursing Care Services 》

Nursing care insurance services are divided into three main categories:

Classification	Content	Primary Targets
Home-based Services	Services received at home	Home-based care recipients
Facility Services	Services received in a facility	Individuals requiring high-level nursing care
Community-Based Services	Small-group services rooted in the community	Individuals with moderate to severe needs and elderly living in the community

《 Home-Based Services 》 (Care at Home)

This includes services received while living at home.

It is commonly used by individuals who wish to continue living in their familiar homes despite requiring care.

Service Name	Main Targets
Home Help Service	Assistance with daily activities (e.g., meals, toileting, bathing) provided by caregivers visiting the home.
Home Nursing Care	Medical care and health management conducted by nurses visiting the home.
Mobile Bathing Service	Home bathing assistance using a portable bathtub or similar equipment.
Home Rehabilitation	Functional recovery support provided by physiotherapists during visits.
Day Care Services	Daytime services such as meals, bathing, and functional training at facilities.(Also known as Day Service)
Day Rehabilitation Services	Specialized rehabilitation under a physician's guidance at day centers. (Also known as Day Care)
Welfare Equipment Support	Lease or purchase assistance for welfare equipment like wheelchairs and care beds.
Residential Modification Subsidy	Financial support for home modifications, such as installing handrails or removing steps.

《Facility Services》

Principle target: Individuals with Nursing Care Level 1 or higher.

Used when care is difficult at home or for those requiring high-level support.

Facility Name	Content
Nursing Care Welfare Facility (Special Nursing Home for the Elderly)	Comprehensive care provided by nursing staff; long-term residency possible.
Nursing Care Health Center (Old People's Health Center)	Support from physicians, nurses, and rehabilitation professionals; intermediate facility aiming to return home.
Nursing Care Medical Institution (Formerly: Nursing and Rehabilitation Type Healthcare Facility)	Integrated medical care and nursing services for individuals with chronic conditions.

《Community-Based Services 》

Designed for elderly individuals to live continuously in their familiar communities with a small-scale system. Principle users: Residents of the municipality.

Service Name	Content
Day Service for Dementia Patients	Daytime services tailored for individuals with dementia.
Group Home Care (Community-Based Group Living Support)	Small-group living support for dementia patients in a shared home setting.
Small-Scale Multi-Functional Home Care	Integrated service combining day visits, home visits, and overnight stays at one facility.
Regular Patrol and On-Demand Visiting Care/Nursing	24-hour visiting care and nursing services provided on a regular basis and as needed.
Multi-Functional Small-Scale Home Care with Nursing (Integrated Service)	Combined service of small-scale multi-functional home care plus visiting nursing.

Physical Disability Certificate

Cancer treatment or disease progression may cause physical disabilities requiring support.

《Cancers That May Result in Physical Disabilities》

- Bladder Cancer / Rectal Cancer: Bladder or rectal dysfunction
→ artificial bladder/colostomy (stoma) required
- Head and Neck Cancer: Speech/language function impairment
→ after pharyngectomy, loss of vocal ability
- Lung Cancer: Respiratory function impairment
→ home oxygen therapy required

《Application Office:》

Disability welfare-related office in your local municipality

※ Certification may take 2–3 months.

《Example of Service Utilization》

- Self-Reliance Support Allowance
Covers daily life support (e.g., home visits, day care, short-term stays) and training for independence or employment.
- Daily Living Aid Allowance
Subsidies available for purchasing wheelchairs, hearing aids, walkers, etc.
Assistance also covers costs for artificial colostomy (stoma) supplies.
- Parking Permit
Access to designated disabled parking at facilities with prefectural agreements. Requires prior application.
- Tax Exemptions/Reductions
Apply at local tax offices or municipal government departments by presenting your disability certificate.
Procedures can also be handled during year-end tax adjustments.
- Public Transportation Discounts
Discount amounts vary by provider. Some require showing the certificate or prior application for use.

Home Visit Outpatient Care

Home visit outpatient care allows doctors to regularly and plannedly provide examinations, tests, prescriptions, and other medical services at patients' homes for those unable to attend medical facilities.

《Eligible Individuals》

- Those with mobility difficulties due to illness or disability (e.g., bedridden)
 - Patients requiring devices like ventilators or gastric tubes, making movement difficult
 - Those wishing to receive end-of-life care at home
 - Those preferring to be cared for until death at home
- ※Note on Terminology
- Home Visit Outpatient Care: Regular scheduled visits by doctors
 - House Call: Emergency visits due to sudden health changes or urgent requests

Home Nursing Care

Home nursing care provides medical/nursing services at patients' homes under a physician's guidance to support self-directed recovery for those with illnesses or disabilities.

《Eligible Individuals:》

- Patients receiving care at home whose primary physician has approved visiting nursing
- No age limit, but insurance (medical / nursing care insurance) varies by condition and age:
→ Elderly patients typically covered under medical insurance
→ Terminal cancer or specific disease cases may use medical insurance

※Some visiting nursing stations offer 24/7 support, enabling visits even during nights/holidays in emergencies.



Welfare Commissioner (Minsei iin)

Welfare commissioners are unpaid volunteers who support elderly individuals, disabled people, families with children, caregivers, and others through consultation services, community care activities, and welfare initiatives

《Main Activities:》

- Community Well-being Checks: Conduct neighborhood watch programs and confirm residents' safety status
- Consultation Services: Address inquiries about daily life, caregiving needs, and related issues
- Administrative Linkage: Connect individuals with government agencies or social services as needed



Home-Delivered Meal Service

This service provides meal delivery to individuals who find it difficult to prepare meals, offered by private companies.

《Service Features:》

- Delivery of freshly prepared or frozen meal kits
- Some services include safety checks during delivery
- Options for specialized menus
(e.g., low-sodium, sugar-restricted diets) are available
- ※ Service details, costs, and delivery areas vary by provider.

Silver Human Resources Center

The Silver Human Resources Center is a community-based organization that provides temporary employment opportunities for elderly individuals post-retirement.

《Main Services:》

- Light Work: House cleaning, weeding, pruning, etc.
- Office Support: Administrative assistance and operational support from companies or government offices
- Other Services: Shopping assistance and other life-support tasks as needed

《Features:》

- Supports Purpose in Life: Enhances elderly individuals' sense of purpose and community connection
- Low Cost: Relatively affordable service fees
- Flexible Work Arrangements: Adjust work content, frequency, or scope based on requests

By utilizing these services, you can continue home-based care and daily life support with greater peace of mind. If needed, consult relevant agencies or service centers for assistance.

[Chapter5]

How to Gather Information and Key Considerations:

Common Knowledge



How to Choose Reliable Information

When diagnosed with cancer, many people feel anxious. Accurate information helps answer questions like "What should I do next?" or "Which treatment is best for me?"

Understanding accurate information not only assists in choosing a treatment plan but also provides strength to live positively each day. Here are key points to help identify and use reliable information effectively.

Information Becomes Your Strength

Although cancer may be mentioned as one condition, its types, stages, treatments, and lifestyle adjustments vary from person to person. To make choices that fit your situation, it's essential to first understand your medical condition through open dialogue with your attending physician.

If you feel the need for more knowledge, actively gather information.

Understanding the nature of your concerns can ease anxiety slightly. Information serves as a crucial support tool to help you make decisions you are comfortable with.

STEP1 5Points to Consider Before Collecting Information

When gathering information, keep these perspectives in mind to access efficient and reliable resources more easily.

① Clarify What You Want to Know

Depending on your condition or treatment stage, needed information varies. Write down what you want to know in a notebook to clearly define your goals. This helps focus your search for relevant information.

② Use the Internet Effectively

The internet contains vast information, but it's crucial to be aware of whether sources are reliable. If self-research is difficult, asking family members or supporters for help is also an effective approach.



③ Utilize Cancer Consultation Support Centers

National cancer treatment hospitals have Cancer Consultation Support Centers, where you can receive free advice on finding information and addressing concerns. Talking with professional counselors may help clarify emotions and organize your thoughts effectively.

④ Verify Information Reliability

Confirming the accuracy of information is crucial. Check the source, evidence (such as studies or research), and update date. Note that health foods or supplements may lack scientific basis, so carefully evaluate their reliability before making decisions.

⑤ Decide on Actions After Consulting with Others

Before taking action based on information, consult your attending physician, family members, and fellow patients to incorporate diverse perspectives and make well-informed decisions.

STEP2 Three Key Points to Assess Information Reliability:

Common Knowledge

① Check When the Information Was Published

Medical knowledge evolves constantly. Outdated information may differ from current standard treatments. Always confirm the publication or update date.

② Confirm the Source of the Information

Reliable information is typically provided by national agencies, university hospitals, or medical institutions. Be cautious with content from personal blogs or corporate advertisements, as they may be biased.

③ Check if Scientific Evidence Is Provided

Credible information includes scientific evidence such as research data or clinical trial results (evidence). Verify whether citations are included to confirm the source of claims.



STEP3 Recommended Information Sources

Trusted Resources for Cancer Patients and Their Families

1. National Cancer Center Japan: "Cancer Information Service"

Japan's largest cancer-specific information site, covering all aspects of cancer—including types, treatments, support systems, and consultation services. Highly reliable and comprehensive, this is the first resource to check.

《What You Can Do on the "Cancer Information Service"》

- Search for detailed explanations by cancer type or treatment options.
- Download brochures.
- Check information about support systems and consultation desks.

《Main Content Covered:》

- Basic Cancer Knowledge:

What is cancer, causes of development, prevention information.

- Diagnosis and Treatment:

Latest standard treatments, advanced therapies, clinical guidelines.

- Tests and Diagnosis:

Which tests to undergo, how to interpret results.

- Side Effect Management:

Types of side effects during treatment and methods to reduce them.

- Daily Life Adjustments:

Dietary advice, exercise guidance, mental health care, rehabilitation information.

- Clinical Trials: Information on trials testing new treatments.

- Support Systems and Policies:

High-Cost Medical Expense Benefit, employment support, social welfare programs.

► Official Website:
<https://ganjoho.jp/public/index.html>



2. Cancer Portal Saga (Saga Prefecture's Cancer Information Site)

This site provides cancer-related information in an easy-to-use format, regularly adding new content. It includes features such as a simple search function for city/town-level cancer screening schedules and consolidated information on various subsidies and consultation services, making it easier for residents to access essential information.



► Official Website:
<https://www.ganportal-saga.jp/>



3. Patient's Essential Guide: A Handbook for Newly Diagnosed Patients

(Kanja hikkei gan ni nattara te ni toru guide)

A beginner's guide tailored for individuals recently diagnosed with cancer. It provides essential information on treatment and care in simple, clear language. This handbook supports patients in navigating their journey by offering guidance to live a meaningful life while drawing strength from family and loved ones.

"My Care Journal: A Personal Record for Managing Illness and Recovery"

(Kanja hikkei watashi no ryouiku techou)

A supplementary booklet designed for cancer patients to document their personal journey toward recovery. It complements "Patient's Essential Guide: A Handbook for Newly Diagnosed Patients" and is structured into four sections based on stages of care: diagnosis, treatment, hospitalization, and convalescence.

《Key Features of "My Care Journal":》

- Visualizes personal wishes and understanding
- Enhances communication with healthcare providers
- Helps prepare for life after discharge
- Allows flexible use tailored to individual needs

Not all sections need to be completed; it is practical to store alongside other materials and can be obtained at bookstores or as a downloadable PDF.

Note: These books are only available in Japanese editions.



4. Brochures (Booklets)

The Cancer Information Service of the National Cancer Center Japan provides over 40 types of booklets, including series such as "Various Cancers Series," "Pediatric Cancer Series," and "Cancer and Care Series." These are available for free download.

Brochures cover topics like basic cancer knowledge, treatment options, and life support. Some pamphlets are also displayed at the Cancer Information Corner (In-Facility Service) within the facility. If specific materials are unavailable, please contact the Cancer Consultation Support Center. We will prepare them for you.

- View the pamphlet list here: Official Cancer Information Service website
https://ganjoho.jp/public/qa_links/brochure/cancer.html



5. Cancer Information Corner (In-Facility Service)

At our Cancer Information Corner, you can freely browse and take home pamphlets and booklets containing trustworthy information curated by the Cancer Consultation Support Center.

《What You Can Do at the Cancer Information Corner:》

- Browse and take home brochures about various cancers
 - Access information on the Cancer Consultation Support Center
 - Borrow books and materials related to healthcare and welfare (selected items)
 - Use free computers for internet searches
- Reading physically allows you to carefully confirm necessary details.



6. Cancer Consultation Support Center

Located in national cancer care coordination hospitals nationwide, this center provides specialists who explain necessary information and support systems. If you have concerns or questions, consult them first.

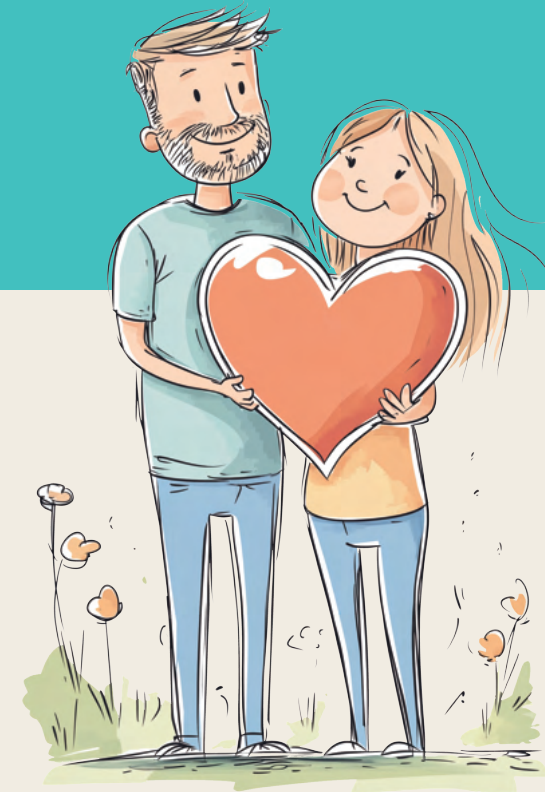
Take it step by step.

Cancer-related information becomes a source of strength to help you choose treatments that align with your values and live confidently. Use reliable sources calmly and advance steadily. Ensure the right information reaches you when needed. Your steps will lead to hope.

[Chapter6]

Mind and Body Care:

Common Knowledge



Caring for Your Mind

(Relaxation Techniques, Stress Relief Methods)

When diagnosed with cancer or during treatment, you may feel anxiety and stress. By balancing your mind and body and setting aside time to relax, it becomes easier to stay positive. Try the following relaxation methods.

1 Utilizing Breathing Techniques

Focusing on deep breathing helps regulate the autonomic nervous system and calm your mind.

Abdominal Breathing

Inhale slowly through your nose to expand your abdomen, then exhale slowly through your mouth.

4-7-8 Breathing Method

Inhale for 4 seconds, hold your breath for 7 seconds, and exhale slowly over 8 seconds.

2 Relaxing Your Body

Light stretching or massage can relieve muscle tension and help you relax.

- Shoulder/neck stretches to improve blood circulation and reduce muscle tension.
- Light walking to refresh your mind.

3 Using Music and Aromatherapy

Incorporating favorite music or calming scents can help ease your mind.

- Listen to classical music or natural sounds (e.g., ocean waves, rain).
- Use aromas like lavender or chamomile.



4 Laugh and Express Emotions

Laughter is said to reduce stress and boost immunity. Incorporate these easy relaxation methods into your daily life.

- Enjoy funny movies or books.
- Have casual conversations with family or friends.



5 Utilize Support Systems

Don't face anxiety or concerns alone—seek help from professionals when needed.

Cancer Consultation Support Center

Medical social workers and clinical psychologists provide consultations.

Peer Support

Talking with people who have similar experiences can ease emotional burdens.

Avoid forcing yourself to stay positive; find methods that suit your needs to restore inner balance.



About Appearance Care

Cancer or its treatment may cause changes such as hair loss, skin, and nail alterations. Appearance care addresses concerns about these physical changes, helping you live confidently in your own way. It is an essential part of daily support for maintaining a sense of normalcy.

1 What Is Appearance Care

"Appearance" refers to physical appearance. Appearance care involves support for changes in appearance caused by cancer or its treatment. It may be provided by medical professionals or undertaken by patients and their families with proper information.

The purpose of appearance care is to help individuals adapt to physical changes, supporting them in living comfortably and confidently in their own way.

2 Appearance Changes Due to Cancer Treatment and How to Cope

Changes in appearance caused by cancer treatment may be temporary or long-term. Everyone perceives these changes differently; if you feel unaffected, there's no need for appearance care. Before starting treatment, consult your doctor or nurse about the following:

① Hair Loss (Alopecia)

Causes: Chemotherapy (anticancer drugs), radiation therapy

Solutions: Use wigs, hats, or scarves to cover hair loss. Try on options in advance and prepare ones that suit your needs.

Wig prices range from several thousand to tens of thousands of yen, but a high price doesn't guarantee the most natural fit. Consider factors like usage scenarios (work, outings), comfort, design preferences, and budget when choosing.

Before purchasing, consult the Cancer Consultation Support Center for guidance.

② Skin and Nail Changes

Causes: Drug therapy, radiation treatment

Solutions: Use moisturizers and sunscreen for darkened skin or rashes.

Discoloration or cracks in nails can sometimes be concealed with nail polish.

Avoid gel nails; consult your doctor or nurse before using any products on nails.

③ Surgical Scars

Causes: Effects of surgery

Solutions: Cover scars with clothing, medical tape, or cosmetics. In some cases, plastic surgery may be an option—discuss this with your doctor for guidance.

3 Support Systems for Appearance Care

The following institutions provide support for appearance care:

Doctors or Nurses

Consultations about preparation and care methods are available even before treatment begins.

Cancer Consultation Support Center

Receive information on coping strategies for physical changes and assistance programs.

4 Key Points of Appearance Care

Finding a method that feels comfortable for yourself is essential. If unsure, feel free to consult the Cancer Consultation Support Center or medical staff.

Use appearance care to receive support that helps you live authentically as yourself.

Helpful Video Collection:
Supporting
Appearance Concerns



Column: Subsidy Programs for Appearance Care

Saga-ken implements the Appearance Care Support Program, providing assistance for individuals experiencing appearance changes due to cancer treatment (e.g., hair loss from chemotherapy, mastectomy). This program subsidizes part of the cost for purchasing medical wigs or breast prosthetics.

① Eligible Applicants

All of the following criteria must be met:

- Residing in Saga-ken at the time of application (residence registration).
- Diagnosed with cancer and undergoing treatment, or currently receiving treatment.
- Underwent hair loss due to treatment or mastectomy and purchased corrective devices.

② Eligible Corrective Devices

- Medical Wigs: Temporary wigs for hair loss caused by cancer treatment.
- Breast Prosthetics: Corrective undergarments, padding, or artificial breasts to address
※changes in breast shape from surgery (excluding implants used in reconstructive surgery).

③ Subsidy Amounts

Subsidies cover 50% of the purchase cost (rounded down to the nearest yen), with a maximum annual limit:

- Medical Wigs: ¥20,000 per year
- Breast Prosthetics: ¥20,000 per year

④ Application Process and Deadlines

Application Desk:

Contact the "Health Promotion" department of your local city/municipality.

Deadline:

Apply within one year from the purchase date of the corrective device.

check your local city/municipality's official website or contact their office directly.

For details or to download application forms, visit Saga Prefecture's cancer information portal site, Cancer Portal Saga, under the Appearance Care Support Program page.

Note: Subsidy programs and application procedures may vary by municipality. For the latest information,



Post-Treatment Life and Rehabilitation Overview

Even after cancer treatment ends, time is needed for both mental and physical recovery. To live comfortably post-treatment and smoothly reintegrate into society, rehabilitation plays a crucial role. Take your time and gradually adjust your body at a comfortable pace without rushing or overexerting yourself.

1 Physical Rehabilitation

To recover muscle strength and stamina weakened by treatment, incorporating gentle exercises is important.

Walking

Start with short sessions and gradually increase the distance and duration.

Stretching

Loosen stiff muscles and promote blood circulation.

Rehabilitation Program

Under the guidance of physical or occupational therapists, perform appropriate exercises. Due to reduced stamina from prolonged treatment, take your time and follow your own pace.

2 Nutritional Management

To support recovery and overall health after treatment, ensure proper nutrition by focusing on balanced meals with adequate energy, protein, vitamins, and minerals.

Balanced Diet

Aim for meals that provide sufficient energy, protein, vitamins, and minerals without overexertion.

When Appetite is Low

Start with foods that are easier to eat. If you struggle to consume food, inform your physician promptly.

Hydration

Drink water frequently to prevent dehydration and maintain health. Be especially mindful of hydration if unable to eat regularly.

3 Adjusting Daily Life After Treatment

Recovery varies by individual; gradually restore your daily rhythm.

Work/Household Tasks: Adjust Pace

Start with short sessions of work/housework and gradually increase activity levels.

Rest When Tired

Avoid overexertion; take breaks when feeling exhausted.

Stress Reduction

Incorporate hobbies or relaxation techniques to maintain mental balance.

Returning to Work

If uncertain about returning, discuss with your employer to explore flexible arrangements (e.g., part-time roles, remote work).

4 Maintaining Social Connections

Building connections with family, friends, and support organizations is essential during recovery

- Join cancer patient support groups or associations
- Share experiences with others facing similar challenges
- Seek counseling when needed for emotional support

Actively utilizing surrounding support networks helps avoid feelings of loneliness and enables a more secure, comfortable life.

✓ Summary

After treatment, gradually restore physical strength and mental energy without rushing, resuming daily life step by step. Focus on moderate exercise, balanced meals, and maintaining social connections. Live at a pace that doesn't overexert yourself. If challenges arise, consult healthcare professionals or support organizations for appropriate assistance.



Activities Providing Emotional Support, Such as Peer Support

Cancer treatment places significant physical and emotional burdens on patients and families. Connecting with others who share similar experiences—through peer support—offers crucial emotional relief for many patients.



1 What Is Peer Support?

Peer support refers to activities in which cancer patients and their families provide mutual encouragement to others facing similar challenges. Engaging with peers who share common experiences offers the following benefits:

Increased sense of security:

Conversations with those in similar situations reduce feelings of loneliness.

Information sharing:

Practical insights on treatment options, managing side effects, and daily life adjustments are gained through shared experiences.

Emotional support:

Sharing concerns during difficult times helps alleviate anxiety and stress.

Peer support for cancer patients aims not only to exchange information but also to foster connections with peers who have shared experiences, encouraging mutual motivation and resilience.

2 Utilizing Patient Associations and Cancer Salons

As peer support venues, the following activities and spaces are available:

Patient Associations

Autonomously organized by cancer patients and families to share treatment-related and daily life information. For example, groups like Nagomi no Kai provide supportive environments for local patients to connect with one another.

Cancer Salons

Informal gathering spaces held at hospitals or within communities where patients and families can freely interact in relaxed settings. These are regularly organized, especially at "cancer care coordination hub hospitals," with support from specialized staff.

3 How to Participate in Activities

To join peer support activities, you can obtain information through the following methods:

Contact the Cancer Consultation Support Center

Centers like ours or local cancer consultation support centers provide details about patient associations and salons.

Check hospital/municipal guides

Event schedules for cancer salons or patient associations are posted on hospital bulletin boards or municipal websites.

Online peer support activities

Online patient associations have become more common, making participation easier even for those far away or with mobility challenges.

4 The Importance of Peer Support

Connecting with peers who share similar experiences provides strength for patients, offering a space to discuss treatment concerns, daily life challenges, and emotional well-being—key to approaching care confidently.

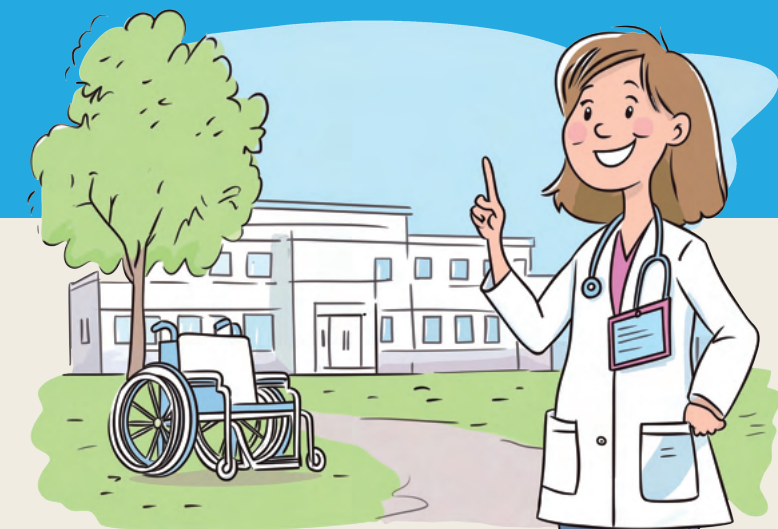
Peer support also benefits families by allowing them to share feelings related to caring for loved ones, reducing mental burdens.

Since cancer treatment is long-term, it's vital not to face it alone. Seek appropriate support, join patient associations or peer groups, and move forward with encouragement from others.

[Chapter]

Introduction to Cancer Consultation Support Centers:

Shared Information



Cancer Consultation Support Center (Gan sodan shien center)

Facing cancer may bring unspoken fears or worries you hesitate to share—"What will happen next?" "How should I tell my family?" "Who can I turn to?" **You don't have to carry these alone.** Our Cancer Consultation Support Center offers a safe space for anyone—patients, families, friends, or coworkers—to **consult freely at no cost.** At your own pace, in your own words—we'll support you together as we work through solutions.

Who Can Consult

- Patients diagnosed with cancer or undergoing treatment
- Family members, friends, or colleagues supporting a patient
- No problem if you're at different medical facilities or hospitals
- Anyone can consult—not just the patient themselves
- Anonymous consultations are also accepted**



All consultations are free of charge

There are no costs involved. You can consult as often as needed without any financial burden.

Strict confidentiality

Information shared during consultations will not be disclosed to third parties without your consent. Please feel free to speak openly.



What Can You Consult About?

Feel free to consult about any cancer-related topic—no question is too big or small. For example:

- ☐ **Want to learn more about cancer**
 - Understanding the disease, treatment options, and side effects
 - Learning about standard treatments and how to evaluate medical information
 - How to seek a second opinion
- ☐ **Need help processing emotions**
 - Feeling depressed or anxious
 - Wanting to share feelings with someone
 - Struggling with communication within your family
- ☐ **Concerns about life and finances**
 - Questions about medical costs, benefits (e.g., High-Cost Medical Expense Benefit, public support programs)
 - Worries about continuing work
 - Concerns about daily life after discharge or if caregiving becomes necessary
- ☐ **Want to know local or hospital information**
 - Finding accessible healthcare providers
 - Learning how to access palliative care or home nursing services
 - Support for transferring hospitals or post-discharge arrangements
- ☐ **Want to connect with others in similar situations**
 - Introduction to cancer patient groups like "Nagomi no Kai"
 - Sharing emotional support and resources

What We Can Do for You

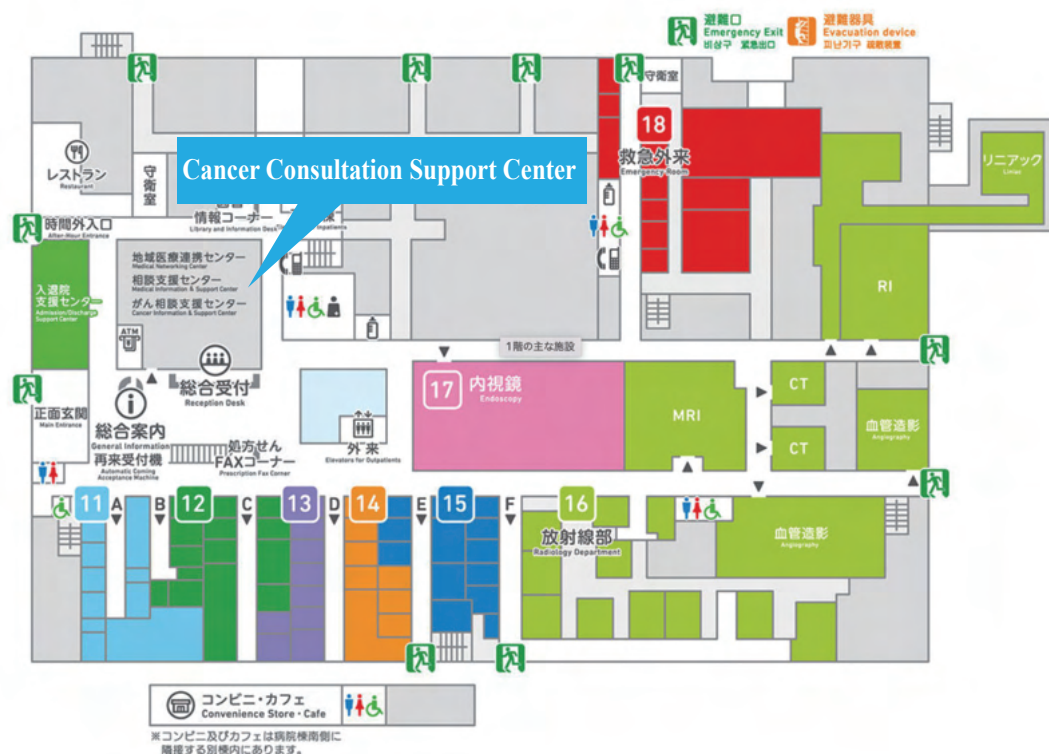
Even though we say "cancer" in one word, everyone's concerns are different. The Cancer Consultation Support Center has cancer specialist consultants who are medical social workers.

We not only provide information but also listen to your feelings and work with specialized agencies as needed to support you.



How to Consult

- Hours: Mon.-Fri. 8:30 a.m.–5:15 p.m. (excluding public holidays)
- Location: Koseikan, 1st Floor, Cancer Consultation Support Center
- Phone: 0952-28-1158 (direct line)
- Email: soudanshien@koseikan.jp
- Methods available: Phone, in-person, or email consultations
- No reservation required, but advance appointments are also possible



A Moment of Relief Through Sharing

Facing a cancer diagnosis is not easy. That's why we believe speaking with someone is the first step toward moving forward. Even thoughts like "Is it okay to ask this?" are welcome. Please share your voice—your story matters.

Introduction to Cancer Consultation Support Center Initiatives

A Safe Place to Connect

Every day facing cancer, have you ever wanted to talk to others in similar situations, worried about physical changes, or felt anxious about work?

At our center, we offer a wide range of support activities to assist individuals living with cancer and their families. Please don't hesitate to use these resources—don't face challenges alone.

1 Cancer Support Group: Nagomi no Kai

A Community for Sharing and Connection

A place where individuals living with cancer can share experiences, exchange information, and enjoy relaxed conversations.

We host talks by medical staff and events featuring external speakers, offering valuable insights to support your care journey.

Come connect and find support among those who understand.

Target Audience: Cancer patients and their families

(anyone from diagnosis through post-treatment)

Date/Time: 4th Monday of each month, 1:00 p.m.–4:00 p.m.

(※ May vary on holidays or special themes)

Location: Koseikan, 2nd Floor Multi-Purpose Hall

Activities: 1:00 p.m.–2:00 p.m.: Events

(e.g., lectures, experience sessions)

2:00 p.m.–4:00 p.m.: Social Hour

(optional participation)



※ You may join or leave at any time. Please attend according to your health condition.

2 Appearance Care Consultation Session:

Empathetic Support for Changes in Appearance

Changes in appearance—such as hair loss from treatment, skin changes, or post-surgery body shape—are common sources of anxiety.

This on-site consultation, led by specialized organizations in Saga Prefecture, provides tailored advice on medical wigs, makeup techniques, and post-surgery undergarments to address individual concerns.

Target Audience: Cancer patients and their families

Date/Time: 2–3 times a month (irregular schedule),
1:30 p.m.–3:00 p.m.

Location: Second Floor, Room 26 (Chemotherapy Room)

※ Please inquire at the Cancer Consultation Support Center for detailed schedules.



3 On-Site Consultation Session: Supporting Work and Treatment Balance

Empowering Patients Who Want to Continue Working During Treatment

This consultation supports individuals who wish to maintain employment while undergoing cancer treatment. Experts from Saga Occupational Health Support Center (Sanpo Center) provide practical guidance on systems for balancing work and treatment, as well as advice on communicating workplace accommodations effectively.

Target Audience: Working individuals receiving treatment and their families, workplace contacts (cancer, heart disease, stroke, diabetes, mental illness, rare diseases, etc.)

Date/Time: Third Thursday of each month, 11:00 a.m.–2:00 p.m.

Location: First floor, Consultation Support Center
interview room

(in front of the Saga Prefectural Library branch)



4 Hello Work On-Site Consultation

Empathetic Support for Employment-Related Anxieties

Direct support from Hello Work Saga staff tailored to your condition and treatment needs.

Job recommendations aligned with your wishes and health status.

Guidance on retirement procedures, unemployment insurance, and vocational training.

Target Audience: Individuals under long-term care deemed fit for work by their physician; those considering leaving their job due to treatment

Date/Time: Every Thursday, 10:00 a.m.–3:00 p.m.

Location: First floor, Consultation Support Center
interview room

(in front of Saga Prefectural Library branch)



5 Relay for Life Japan Saga

Courage and Hope for All Facing Cancer

A global charity event supporting cancer patients and their families. Held annually in Saga since 2015, with our venue participating from the first year as an organizing committee member.

A heartfelt 24-hour gathering where participants walk, share stories, and support those facing cancer together. Open-air lectures and other awareness campaigns are also conducted.



If you're interested in any initiatives or programs,
please feel free to reach out.

We will wholeheartedly support your desire to connect and share your thoughts.

Cancer Consultation Services in Saga Prefecture

The "Cancer Consultation Support Center" is a consultation service for cancer-related issues, established at "Cancer Care Coordination Hub Hospitals" nationwide. In Saga Prefecture, there are three Cancer Care Coordination Hub Hospitals and one Cancer Treatment Hospital in addition to our center (Koseikan).

Other services include the Saga-ken Gan Sogo Shien Center (San'ai Plaza), which also provides consultations on cancer-related concerns. The three entities—Saga Prefecture, Cancer Care Coordination Hub Hospitals, and San'ai Plaza—collaborate by sharing information and supporting each other.

Cancer Consultation Services in Saga Prefecture

Hospital	Consultation Desk	Days	Hours	Phone
Saga University Hospital	Gan Sodan Shien Center	Mon. – Fri.	9:00 a.m. – 4:00 p.m.	0952-34-3113
Saga-ken Medical Centre Koseikan	Gan Sodan Shien Center	Mon. – Fri.	8:30 a.m. – 5:15 p.m.	0952-28-1158
Karatsu Red Cross Hospital	Gan Sodan Shien Center	Mon. – Fri.	9:00 a.m. – 4:00 p.m.	0955-74-9135
Ureshino Medical Center	Gan Sodan Shien Center	Mon. – Fri.	9:00 a.m. – 4:00 p.m.	0954-43-1120
Imari Arita Kyouritsu Hospital	Gan Sodan Shien Center	Mon. – Fri.	9:00 a.m. – 4:00 p.m.	0955-46-2121
Saga-ken Gan Sogo Shien Center	San'ai Plaza	Mon. – Fri.	9:00 a.m. – 4:30 p.m.	0120-246-388

Patient or Family Testimonial ⑤:

Finding Hope Through Peer Connections

(40s, Female, Uterine Cancer)

After my uterine cancer recurred, I felt completely lost and anxious. At the hospital, I learned about a patient group and decided to join. Speaking with others who had gone through similar experiences helped me realize I wasn't alone, easing some of my anxiety. Hearing senior patients share their stories about life after treatment gave me motivation to think positively about my future. I never imagined how much connecting with peers could bring hope into my life.



Saga University Hospital



Ureshino Medical Center



Saga-ken Medical Centre Koseikan



Imari Arita Kyouritsu Hospital



Karatsu Red Cross Hospital



Saga-ken Gan Sogo Shien Center

Patient or Family Testimonial ⑥:

Regaining Strength Through Specialized Pain Care

(60s, Female, Pancreatic Cancer)

After my pancreatic cancer recurred, I endured severe pain daily and felt hopeless about continuing treatment. My doctor recommended consulting a palliative care team, who provided medications and methods to manage the pain. As my physical discomfort eased, I gained emotional clarity and could calmly reconsider my treatment plan. Learning that palliative care isn't only for end-of-life stages, I wish I had sought help sooner.

Patient or Family Testimonial ⑦:

A Friend's Words Eased My Anxiety

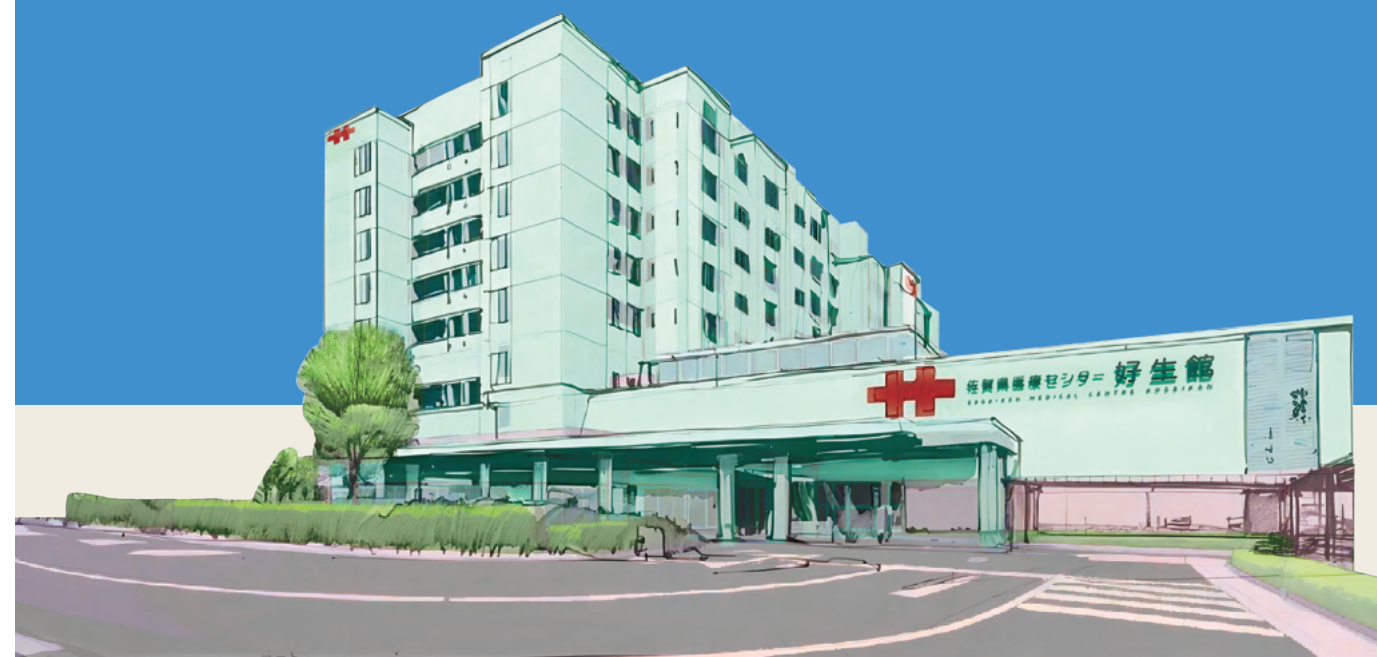
(50s, Male, Lung Cancer)

When diagnosed with lung cancer, I never imagined contracting such an illness and felt shocked and isolated. Not knowing how to talk to my family, I struggled alone. When I confided in a long-time friend over the phone, they said: "You can do this. Let's fight together." Their words lightened my heart and made me realize there were people other than family who could support me. After that, I gradually gained the courage to consult others around me.

[Chapter8]

Hospital Information:

Shared Information

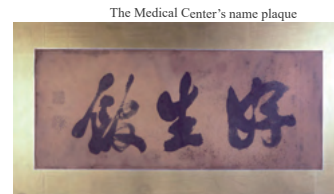


Hospital Information

● Basic Philosophy

"The virtue of valuing life permeates the hearts of the people."

"To become a distinguished physician without knowledge is an uncertain path."



● Founding Philosophy

"The virtue of cherishing life is deeply rooted in the hearts of the people. "

"Without learning, it is uncertain that one can become a skilled physician."

(Quoted from Gakusei Kanken by Koga Kokudo)

● Basic Policies (Goals)

- 1.Patient-centered, trusted healthcare
- 2.High-quality, safe advanced medical care
- 3.Ensuring emergency medical services and promoting regional healthcare collaboration
- 4.Emphasizing education and cultivating human resources
- 5.Improving operational efficiency through dedicated management

State-of-the-Art Equipment Supporting Regional Healthcare

● Surgical Assistance Robot (da Vinci Xi):

Expanding Medical Possibilities While Reducing Patient Burden



The da Vinci Xi is a robotic system that supports endoscopic surgery. Small incisions are made in the patient's body to insert a camera and surgical instruments, which the surgeon controls remotely from a console using 3D imaging. At Koseikan, the robot is used for minimally invasive surgeries in departments including digestive surgery, hepatobiliary pancreatic surgery, thoracic surgery, obstetrics/gynecology, and urology. In fiscal year 2023, 224 procedures were performed using da Vinci Xi.

Key advantages of the system include:

- High-definition 3D visualization for precise, clear views inside the body.
- Highly flexible robotic arms enabling complex, delicate movements.
- Advanced hand tremor correction to eliminate unintended motion.
- Reduced bleeding, minimal scarring, and faster postoperative recovery.

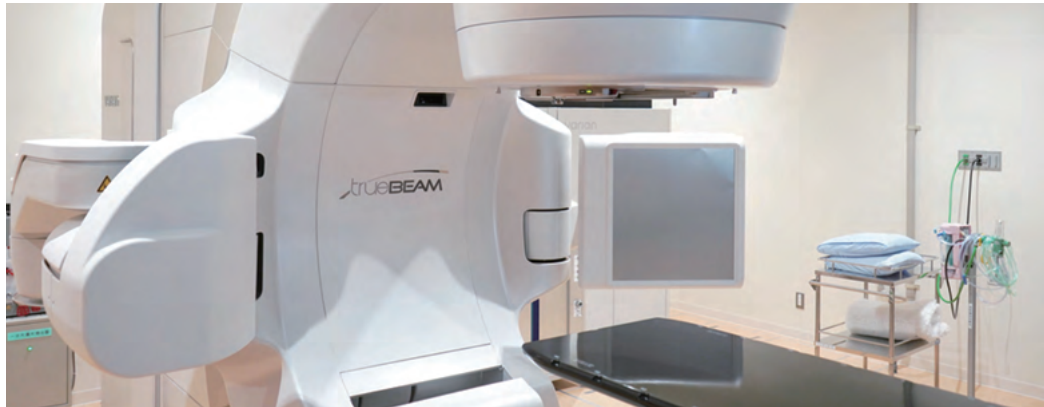
These features expand medical possibilities by improving surgical outcomes and patient comfort.



chapter1
chapter2
chapter3
chapter4
chapter5
chapter6
chapter7
chapter8
chapter9

● **Radiation Therapy Device (TrueBeam):**

Precise Irradiation Reduces Patient Burden



adiation therapy is one of the three major cancer treatments, alongside surgery and drug therapy. It involves delivering radiation to the tumor site to damage cancer cells' DNA, destroying them. Unlike X-rays, patients do not feel pain or heat from the radiation. While it can be used as standalone treatment, it may also be combined with surgery or drug therapy depending on the disease stage and symptoms. The goal is often complete remission but may also include preventing recurrence after surgery or chemotherapy, or alleviating symptoms like cancer-related pain.

In March 2024, we introduced the TrueBeam radiation therapy device. This system delivers precise, targeted radiation in high accuracy and short timeframes, applicable to a wide range of cancers—including those in the head/neck, torso, limbs, brain metastases, and bone metastases. It features two flat-panel detectors and a high-precision optical camera. Real-time tracking of patient position and movement with sub-millimeter accuracy enables error correction, ensuring accurate treatment delivery.

Other Medical Facilities & Equipment

Operating Rooms: 10 rooms	SCU (Surgical Critical Care Unit): 9 beds	Sterile Rooms: 10 beds
Angiography Rooms: 3 rooms	NICU (Neonatal Intensive Care Unit): 10 beds	MRI Machines: 2 units
Dialysis Rooms: 20 beds	Emergency & Trauma Center: 24 beds	Diagnostic CT Scanners: 3 machines
Chemotherapy Rooms: 25 beds	First-Class Infectious Disease Ward: 2 beds	Therapy Planning CT Scanner: 1 unit
ICU (Intensive Care Unit): 8 beds	Second-Class Infectious Disease Ward: 6 beds	Radioisotope Device: 1 unit

chapter1
chapter2
chapter3
chapter4
chapter5
chapter6
chapter7
chapter8
chapter9

● **Endoscopic AI Image Diagnosis Support System:**
Achieving Accurate Diagnoses Through

Collaboration Between Doctors and AI



The Endoscopic AI Image Diagnosis Support System (AI endoscopy) is an AI system that supports lesion detection and diagnosis during endoscopic examinations. At our facility, we have introduced AI endoscopy to achieve the goal of "zero missed cancers." Our AI endoscopy includes two functions: "Lesion Detection Support Function" and "Disease Differentiation Support Function," both easily activated with a single switch on the scope.

The "Lesion Detection Support Function" highlights detected lesions in real time by outlining them on the endoscopic image and emitting an alert sound, reducing the risk of missed diagnoses. The "Disease Differentiation Support Function" estimates whether a lesion is likely tumor-related or non-tumor-related and displays results in real time, supporting rapid and accurate disease identification by physicians.

At our facility, we aim to provide these innovative AI technologies as benefits to residents through improved early diagnosis and treatment.

New Ward Completion in April 2026

To enhance disaster medical functions, strengthen intensive acute and emergency care, improve regional healthcare collaboration and support for patient admissions/discharges, and ensure a high-quality work environment, we will carry out expansion and renovation projects from March 2024 to March 2027. The new building is scheduled to be completed in April 2026, followed by partial renovations of the hospital building.

We aim to enhance Koseikan's role and functions so that it becomes a trusted facility for patients, their families, visitors, and the local community. During construction, we may cause inconvenience, but we appreciate your understanding and cooperation.





[Chapter9]

Information Box



Glossary

Malignant Tumor

Abnormal cells spreading and causing significant effects on organs or life. Classified into: cancer, originating from body surfaces; sarcoma, from bones or muscles; and hematopoietic tumors, developing in blood vessels, bone marrow, or lymph nodes.

Appearance

「Refers to appearance or a person's looks. Includes changes like hair loss (head hair, eyebrows, lashes), skin/nail discoloration from treatment. Support for these issues is termed Appearance Care.

Dysplasia

Refers to a state where cells are not yet cancer but have a high risk of progressing to cancer (pre-cancerous lesion) or in a borderline between malignant and benign (borderline malignancy).

Informed Consent

Before undergoing medical treatment, patients must receive detailed explanations from physicians and nurses, address any questions, and give consent only after full comprehension.

Evidence

Reliable proof derived from clinical studies involving many people, assessing the effectiveness and safety of treatments or examinations.

Remission

A state where symptoms are temporarily or permanently alleviated or disappear due to treatment.

atient Support Group (Kanja Salon)

A forum for patients and families to openly discuss cancer-related topics, held at medical institutions or community gathering spaces.

Patient-Proposed Healthcare (Kanja Moshide Ryoyo)

A system allowing unapproved or off-label treatments (with confirmed safety/efficacy) to be implemented as clinical trials based on patient requests. Approval is not guaranteed even if requested.

Palliative Care

An approach to alleviate physical/mental suffering of cancer patients while respecting their quality of life and individuality.

Pleural Effusion

Fluid in the pleural cavity (space between lungs, chest wall, and diaphragm). Excess fluid from conditions like cancer can cause symptoms such as shortness of breath.

Local Recurrence

Refers to cancer recurring in the original site or very near to it.

Local Therapy

Treatment targeting the cancer site and its surrounding area, such as surgery (surgical treatment) or radiation therapy.

Quality of Life (QOL)

A subjective measure encompassing physical, mental, social, and economic well-being, reflecting overall life satisfaction.

Primary Tumor

The lesion where cancer first occurs. If small or located in hard-to-detect areas, it may not be identifiable.

Curative Surgery

A surgical procedure performed with the aim of completely removing cancer and achieving a cure.

chapter1

chapter2

chapter3

chapter4

chapter5

chapter6

chapter7

chapter8

chapter9

Relapse

The return of symptoms after a period of temporary improvement, even if the disease was not fully cured.

Recurrence

The reappearance of cancer confirmed by tests after treatment (e.g., surgery, chemotherapy), including cases where cancer is found in a new location as metastasis.

Home-Based Medical Care

Medical care provided at home instead of in hospitals, including outpatient visits and services like home visits by doctors, nurses, and therapists, as well as home-based rehabilitation.

Clinical Practice Guidelines

Documents based on scientific evidence, outlining the most effective diagnostic tests and treatments.

Supportive Care

Refers to prevention, treatment, and care aimed at alleviating symptoms from cancer itself, treatment side effects, complications, or after-effects.

Surgical Support Robot

A small incision is made in the patient's body, and a robotic arm equipped with an endoscope (camera) and surgical tools is inserted. The surgeon performs remote operations by viewing 3D images of the affected area.

Tumor

Abnormal cell proliferation. Divided into benign tumors (non-cancerous) and malignant tumors (cancer).

Mass

A lump or swelling. Can be tumorous (related to tumors) or inflammatory in nature.

Referral Letter: Medical Information Disclosure Form

A document issued by the attending physician when a patient visits another medical institution. It includes a summary of symptoms, diagnosis/treatment history, and the purpose of the referral.

Nerve Block

A treatment to relieve cancer-related pain by injecting local anesthetic or neurolytic agents around nerves associated with the painful area, suppressing or blocking the pain.

Advanced Cancer

Cancer that is difficult to cure, characterized by features such as enlarged primary tumors, lymph node metastasis, or metastasis to other organs.

Infiltration

The process by which cancer spreads into surrounding tissues, like a stain or seepage.

Post-Operative Adjuvant Therapy

Treatment administered after surgery to reduce the risk of cancer recurrence or metastasis, such as chemotherapy or radiation therapy.

Instrumental Activities of Daily Living (IADL)

Complex tasks required for independent home living, such as using public transport, operating phones, cooking, or shopping.

Intraepithelial Cancer

Cancer where cancerous cells are confined to the epithelium of organs or ductal structures, without invading deeper tissues.

Stoma

An opening created on the abdomen for the excretion of stool or urine (e.g., colostomy, ileostomy), where a special bag is attached to collect waste.

Survival Rate

Percentage of patients alive after a certain period following diagnosis (e.g., 5-year survival rate).

Advanced Medical Treatment (Not Covered by Insurance)

A medical treatment not recognized under standard insurance but designated by the Minister of Health, Labour and Welfare for evaluation to determine if it should be covered as part of insured care.

Response Rate

One of the indicators reflecting the effectiveness of drug therapy or radiation treatment, showing the proportion of patients whose cancer cells shrink or disappear after treatment.

Wound Site

The location of an injury (e.g., a surgical incision).

Symptomatic Treatment

Addresses symptoms like cancer-related pain or strong treatment side effects through targeted care.

Dumping Syndrome

A condition occurring after gastric surgery due to altered food flow, causing symptoms like dizziness, palpitations, sweating, headaches, and hand tremors when food bypasses the stomach and enters the intestines directly.

Clinical Trial (Investigational Study)

A clinical study conducted to evaluate the safety and efficacy of new drugs or medications not previously used for a specific condition.

Central Venous Catheter

A tube inserted into a large vein (e.g., in the arm or neck) to deliver IV fluids directly into major veins leading to the heart, distinct from standard IV catheters.

Assessment of Treatment Response

For solid tumors where size is measurable, efficacy is determined based on tumor size; for blood cancers where size cannot be measured, it is assessed using factors like tumor cell count or blood cell status.

TNM Classification

A system to assess cancer progression.

T: Size or spread of the tumor.

N: Lymph node metastasis and extent.

M: Presence of distant organ metastasis.

Metastasis

Cancer cells move from their original site into blood or lymphatic vessels, travel via bloodstream or lymph fluid to other organs, and multiply there.

As Needed (PRN)

Taken when symptoms like pain, nausea, fever, or insomnia arise, rather than on a scheduled basis (e.g., after meals).

Activities of Daily Living (ADL)

Basic tasks required for independent living, such as eating, dressing, toileting, and bathing, or the ability to perform them.

Cancerous Dissemination

Cancer cells spread within body cavities (e.g., abdominal or thoracic spaces) like seeds scattered across an area.

Late Complications

Complications that occur months or years after treatment ends due to the effects of the cancer itself or from treatments like drug therapy or radiation.

Performance Status (PS)

A measure of overall health, rated on a 0–4 scale indicating the degree of limitation in daily activities.

Standard Treatment

The treatment currently considered the best available based on scientific evidence (evidence-based medicine), recommended for many patients as an established protocol.

Disease Stage (Stage)

A standard for determining the degree of cancer progression based on tumor size and spread to surrounding areas, used in treatment planning. Also referred to as "stage."

Laparoscopic Surgery

The abdomen is inflated with carbon dioxide gas, small incisions are made in the abdominal wall, and a laparoscope or surgical instruments are inserted to perform surgery while viewing the internal abdominal cavity via the monitor.

Side Effect

Unintended effects of medication, varying in severity; present in all drugs alongside desired therapeutic effects.

Ascites

Fluid accumulation in the abdominal cavity caused by conditions such as cancer, leading to bloating or abdominal distension.

Peritoneal Dissemination

When cancer cells penetrate an organ's wall and spread randomly on the peritoneum, like seeds being sown.

Unapproved Drugs

Medications not approved by the Ministry of Health, Labour and Welfare due to lack of scientific confirmation on their efficacy or safety in the Japanese context.

Adhesion

Fusion of non-attached tissues caused by inflammation or other factors.

Prognosis

A medical assessment of the likely course and outcome of a disease or treatment.

Lymph Node

One of the immune organs located along lymphatic vessels, which checks for bacteria, viruses, and cancer cells and acts as a checkpoint to activate the immune system.

Lymphedema

Swelling from lymph fluid accumulation under the skin in limbs (e.g., arms/legs) near treatment areas caused by lymph node removal, radiation therapy, or specific drug treatments.

Regimen

A treatment plan specifying drug dosage, administration method, and treatment duration.

Respite Care

Temporary care for elderly or disabled individuals to alleviate family burden.



Cancer Support Guide: Survey Form



Please share your opinions about this guide. Your feedback will help improve future editions of the guide and our services. Please answer the following questions.

1 Respondent Information

Filler : ☐ Patient ☐ Family Member ☐ Healthcare Professional ☐ Other

Gender : ☐ Male ☐ Female ☐ Other

Age : ☐ Under 18 ☐ 18–39 ☐ 40–64 ☐ Over 65

Category : ☐ Koseikan Patient ☐ Patient from Another Hospital ☐ Other

2 Where did you learn about this guide?

- ☐ Information from Koseikan staff (outpatient or ward)
- ☐ Cancer Consultation Support Center ☐ Internet/Social Media
- ☐ Introduction by family/friends ☐ Other hospitals, clinics, pharmacies, etc.
- ☐ Other()

3 When did you receive this guide?

- ☐ When suspected of having cancer ☐ When diagnosed with cancer
- ☐ While undergoing cancer treatment ☐ Other
- ☐ When experiencing metastasis or recurrence ()

4 Was this guide helpfu

- ☐ Very useful ☐ Useful
- ☐ Not very useful ☐ Not useful at all

5 In what ways was this guide helpful? (Multiple answers allowed)

- ☐ Enabled calm decision-making about treatment options
- ☐ Please feel free to share your opinions or comments below.
- ☐ Gained understanding of systems for medical/living expenses
- ☐ Gained specific knowledge about cancer care routines
- ☐ Found consolidated contact information, aiding communication with administrative/consultation services
- ☐ Resolved previously existing doubts/questions
- ☐ The glossary was helpful
- ☐ Other()

6 Please let us know what specific content was particularly helpful (Multiple answers allowed).

- ☐ Ch.1 To You Who Have Been Diagnosed with Cancer: What You Should Know
- ☐ Ch.2 Key Points for Choosing the Best Treatment
- ☐ Ch.3 To Begin Treatment with Confidence
- ☐ Ch.4 Support for Living and Systems
- ☐ Ch.5 How to Gather Information and Key Considerations
- ☐ Ch.6 Mind and Body Care
- ☐ Ch.7 Introduction to Cancer Consultation Support Centers
- ☐ Ch.8 Hospital Information
- ☐ Ch.9 Information Box
- ☐ Other()

7 Please let us know any areas for improvement or additional information you would like to see included in the guide.

[

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8 Please feel free to share your opinions or comments below.

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, providing a template for writing or drawing. The background is a solid off-white color.



The data for this guide is available for download on our facility's website.
Messages from our director and head of the facility are also featured—please read them.



Local Independent Administrative Agency
Saga-ken Medical Centre Koseikan

Cancer Support Guide

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Message

Message from Medical Staff

To Those Facing Cancer

This guide was created to help patients diagnosed with cancer and their families ease their anxiety slightly and approach treatment and daily life with optimism. Throughout your journey with cancer, you may feel physical, mental, and social burdens. However, there are many supports and resources available to ensure a safe environment for treatment.

The staff at Saga-ken Medical Centre Koseikan pledge to be by your side every step of the way, providing full support so that you can move forward calmly and confidently.

If you encounter difficulties, please do not face them alone—consult your medical team or support organizations.

We hope this guide will prove helpful in your treatment and daily life. Together, let us take the next step toward a brighter future.

