

Let's Prevent Cavities!

Cavities are a dental disease that affects 90 percent of adults. However, it can be prevented by making small lifestyle changes and practicing preventive actions. Learn about the key points of toothbrushing and start preventing cavities today!

[Progression of a cavity]

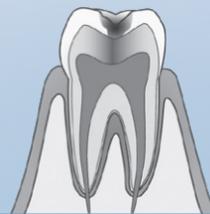
Initial stage

Only the enamel is decayed. There are no subjective symptoms and the condition often goes unnoticed. The dentist may or may not scrape the tooth for treatment.



Middle stage

The cavity has reached the dentin of the tooth. Cold or sweet foods and beverages may cause pain.



Final stage

The cavity has reached your nerves (pulp). You will experience extreme pain.



[The two steps to prevent cavities]

Early and appropriate actions may lead to recovery. Prevent cavities by making changes to your lifestyle and toothbrushing behavior.

Make changes to your eating and other habits

Step 1

• Eat and drink at appropriate paces

Eating and drinking cause the mouth to become acidic. Acids start to decay teeth (demineralization) when the pH of the mouth becomes 5.5 or less (acidic). It takes a little while for the pH of the mouth to return to neutral.

• Chew a lot to generate more saliva

Saliva helps clean, disinfect, and repair (remineralization) your teeth and mouth.

• Regulate the intake of acidic beverages

In addition to carbonated and vinegar-based drinks, sports drinks and vegetable juices are also acidic and can lead to tooth decay.

• Breathe through your nose

Breathing through the mouth causes a dry mouth, which reduces the cleansing and repair effects of saliva. Breathe through your nose as much as possible.

Improvements to toothbrushing

Step 2

• Brush after every meal

Since saliva production is reduced while sleeping, especially brush carefully before going to sleep.

• Use fluoride toothpaste

• Replace your toothbrush once a month

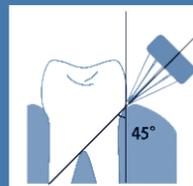
Frayed bristles are less effective in removing stains.

Areas prone to cavities and tips on how to brush

There are techniques on how to brush each area. At first, look at a mirror while brushing to make sure that the toothbrush is brushing the correct area.

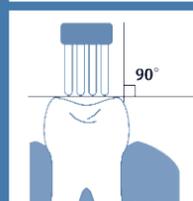
• Border between teeth and gums

Position the toothbrush at a 45-degree angle to the border and brush in small increments.



• Top of molars

Position the toothbrush so the bristles are resting at the top of your molars, and firmly brush out food scraps.



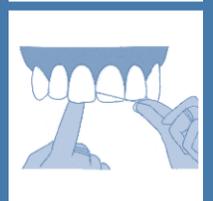
• Back of front teeth

Use the heel of the toothbrush to brush vertically in small increments.



• Between teeth

Since toothbrushes cannot reach these areas, use dental floss or the like.



Practice “-ing while brushing”

It takes at least 10 minutes to properly brush all of your teeth.

Take time to brush your teeth at least once a day, such as while taking a bath or watching TV.

June is Environment Month

To improve the global environment, we need cooperation and action not only from the government, but also from citizens and businesses. Take this Environment Month as an opportunity to think about the environment and start with what you can do.



Greenhouse gas emission by Urayasu City

Annual greenhouse gas emission in

Urayasu: 780,000 tons (FY2020)

How much is 780,000 tons?

→ The daily emission of greenhouse gases by the city can fill 6.5 Urayasu City Hall buildings (about 2,370 buildings per year)

What can citizens and businesses do?

It is important to use less energy and to switch to environmentally friendly energy sources.

- **Reduce energy usage**
 - Minimize electricity use
 - Switch to energy-efficient appliances and equipment
 - Switch to LEDs
 - Improve insulation in homes, offices, and other buildings
- **Replace, create, and store energy**
 - Switch to a renewable energy electricity plan
 - Install a renewable energy power generation system such as solar power generation
 - Install storage batteries (lithium-ion energy storage system)
 - Use electric vehicles or fuel cell vehicles

Inquiries: Environmental Preservation Section, **Tel:** 352-6481



Follow Rules and Manners, and Take Care of Pets Responsibly

Abusing or abandoning a pet is a criminal offense punishable by law. If you are unable to keep a pet due to unavoidable circumstances, look for a new owner.

To dog owners

- Make sure that your dog's barking is not disturbing your neighbors
- Always clean up after your dog
- Keep your dog on a leash at all times when going for a walk
- Have your dog vaccinated against rabies

To cat owners

- Keep your cat indoors
- Register and spay/neuter your cat even when keeping it indoors

Inquiries: Environmental Health Section, **Tel:** 712-6495

Planting Ancient Rice

Date and time: June 15 (Sat.) and 16 (Sun.), 2 p.m. to 3 p.m. (Cancelled in case of rain)

Location: Benten Fureai-no-Mori Park
Capacity: 50 people on a first-come, first-served basis on the days of the event (children in the third grade of elementary school or younger must be accompanied by a parent/guardian)

What to bring: Beverages, towels, beach sandals, etc.

Note: You will be entering the rice paddy barefoot. Come in clothes that can get dirty such as short-sleeved shirts and short pants.

Inquiries: Mr. Goto (Fureai-no-Mori Park Cultivating Association), **Tel:** 712-6728 (Parks & Public Areas Section)

Workshops for Using the Sports Park Gymnasium and Chuo Martial Arts Gymnasium Training Rooms

Those wishing to use the training rooms must attend a workshop.

Eligibility: Those aged 15 and older (excluding junior high school students).

Note: Walk-ins will be accepted on the day of the workshop if it is not at full capacity. For more information about the schedule, visit the city website.

Inquiries: Bardral Urayasu Arena, **Tel:** 355-1110; Chuo Martial Arts Gymnasium, **Tel:** 380-2100 (Sports Section)

Collection Day for Used Kitchen Oil and Used Clothes/Rags

Date and time: June 9 (Sun.), 9 a.m. to 2 p.m.

Location: Urayasu City Hall 1F (Civic Hall), local public halls

Note: Please wash all used clothes and rags, and place the dry items in a transparent bag.

Inquiries: Garbage-Free Section, **Tel:** 712-6485

Temporary Closure of Libraries

Closing period: June 24 (Mon.) to 27 (Thu.) (June 28 [Fri.] is a regular holiday for Chuo Library and the branch libraries)

Facilities that are closed: Chuo Library, branch libraries, Shin-Urayasu Station library service corner, Maihama and Urayasu Stations City Service Centers (borrowing reserved materials)

Suspended services: Telephone inquiries regarding library materials; searching for materials, reserving materials, and checking My Page on the library website; e-reference, etc.

Note: You can return materials to the book post, but it will be reflected on the system after the library reopens.

Inquiries: Chuo Library, **Tel:** 352-4646

Child Allowance and Special Benefit for FY2024

A status report regarding the child allowance and special benefit will be sent to applicable persons. Please submit it by the deadline.

How to submit: Submit to the Child Services Section (Urayasu City Hall 2F 279-8501) directly or by postal mail by June 30 (Sun.) (must arrive by this date).

Note: Please inquire for more details.

Inquiries: Child Services Section, **Tel:** 712-6424

Suspension of Convenience Store Issuance Service of Taxation/Tax Exemption Certificates

Issuance of taxation/tax exemption certificates at convenience stores will be suspended as follows due to data updates. The certificates can still be issued at the Residential Tax Section (Urayasu City Hall 2F) and the Station City Service Centers.

Suspension period: June 6 (Thu.) to 10 (Mon.)

Inquiries: Residential Tax Section, **Tel:** 712-6212

A Stroll with the Mayor

Etsushi Uchida, Mayor of Urayasu City

Digitizing Our Disaster-Preparedness Radio System

You may have heard of the broadcast that begins with "Kochirawa Bosai Urayasu desu (This is Disaster Preparedness Urayasu)."

There are 108 outdoor loudspeakers installed throughout the city so that we can provide citizens with accurate information promptly in the event of a disaster. Usually, they broadcast photochemical smog warnings, bank transfer scam alerts, and the like, as well as regular chimes at noon and 5 p.m., which also act as broadcast tests.

However, these analogue speakers have a short sound transmission distance, and are not properly designed for high-rise buildings and other modern topographical features. We have received many comments from citizens complaining that it is difficult to hear the broadcasts. In addition, the current system is aging, having been in service for 40 years, and there are



An outdoor loudspeaker

concerns that if it should malfunction, it will require some time for it to be fully restored.

As you can see, the renewal and maintenance of our disaster preparedness administrative radio system is necessary to address these factors. Therefore, we will consider the characteristics of our city and social and technological trends to shift to a digital system that produces less noise and allows clearer transmission of messages.

The shift to a digital system will also allow for coordination with the mass information distribution system that will be introduced in conjunction, enabling prompt and accurate communication of information to various media, such as disaster preparedness apps, SNSs, and websites.

In addition, by introducing high-performance speakers, the number of outdoor loudspeakers can be reduced to 99, eliminating the difficulty of hearing due to overlapping sounds. The system will also enable

easy-to-hear broadcasts by using a speech synthesis program based on DNN, a technology that enables computers to perform functions similar to human learning capabilities, but with even more precise processing.

This fiscal year, we will upgrade the base station at Urayasu City Hall, set up the mass information distribution system, and introduce a disaster preparedness app. We will start work on the outdoor loudspeakers in FY2025, and finally fully shift to the digital system in FY2027.

We will continue our efforts to communicate information in an easy-to-understand and accurate manner.

We ask that citizens be careful not to be misled by false rumors and fake news.



Base station at Urayasu City Hall

Recyclable Waste Disposal Schedule

Collection Area	Bottles/Cans/ PET plastic bottles	Newspapers/ Magazines
Nekozane, Kitazakae, Todaijima	Every Tue.	Every Mon.
Horie, Higashino, Fujimi, Maihama, Tekkodori 3-chome	Every Wed.	Every Sat.
Kairaku, Mihama, Irifune, Hinode, Akemi	Every Thu.	Every Mon.
Tomioka, Imagawa, Benten, Takasu, Minato, Tekkodori 1- and 2-chome, Chidori	Every Fri.	Every Sat.

* Please put out your garbage between 7 a.m. and 8 a.m. It is against the rules to put it out earlier or later than this designated time as it could become a nuisance in your neighborhood.

* Bulky items will be collected separately on request by phone. Call the Bulky Items Reception Center ☎ 305-4000. For inquiries, contact the Garbage-Free Section ☎ 712-6467.

FOREIGN RESIDENTS' ASSISTANCE DESK

Urayasu City provides consultation services concerning daily life such as medical, educational or job-related matters.

HOURS: 10 a.m. - 12 noon, 1 - 4 p.m. weekdays

LANGUAGES: English, French, Chinese, Polish, Russian and Japanese

PHONE NUMBER & LOCATION: 712-6910

Urayasu City Hall Local Activities Promotion Section

Foreign Residents Advisory Corner

Hours: Every Monday to Friday, 9 a.m. to 9 p.m., every Saturday and Sunday, 9 a.m. to 5 p.m.

Languages: English and Japanese

Phone Number & Location: 306-5181, International Center