

## ☉ Medical and General Assistance Hotlines

### **Naka International Lounge**

English & Chinese speaking staff can provide helpful advice on healthcare and medical services available in Yokohama.

**Tel: 045-210-0667**

### **Foreign Resident Advisory Center**

**03-5320-7744**

Advisory desk dispensing general information useful for living in Japan.

Mon - Fri 09:30 - 17:00 Lunch Break 12 - 1

### **Yokohama City Emergency Medical Information Hotline (Japanese Only)**

**045-201-1199**

Open year-round, 24 hours

### **Japan Helpline**

Free 24 hour advisory, assisting the international community with reliable advice and resources for 40 years. Insightful advice on medical, including AIDS testing.

**team@jhelp.com**

Multiple language assistance by phone

**0570-000-911**

### **Yokohama City Medical Information**

**www.city.yokohama.lg.jp/lang/en/o6/**

(English)

### **Nurse's medical advice for children**

**045-201-1174** (Japanese only)

18:00 - midnight, Mon. to Fri. 13:00 midnight, Sat.

9:00 - midnight, Sun./National Holidays/12/29 - 1/3

### **Emergency After-Hours Medical Treatment**

#### **Yokohama After Hours Emergency Medical Center**

(Yokohama-shi Yakan Kyubyo Center)

**045-212-3535** (Japanese Only)

1-1, Sakuragicho, Naka-ku

18:00 - 24:00 daily for Internal Medicine and Pediatrics

Mental Health Care Counseling Services

### **Japan Visitor Hotline**

**050-3816-2787**

Provides a 24-hour, 365-days-a-year call service for travelers in Japan. Tourist information and if you need assistance in case of emergency or support during natural disasters.

(English, Chinese, Korean)

### **Earthquake Disaster Information**

Center for Foreign Residents in Yokohama

**045-222-1209** (Foreign language)

### **Tokyo English Life Line**

(free, confidential telephone counseling)

**03-5774-0992** Daily 9:00 - 23:00

**03-4550-1146** Counseling Service in English

**www.telljp.com**

### **Multi-language Information Center**

Free Interpretation Services

(Non-Profit Organization Multi-Language Information Center Kanagawa)

Dispatch of volunteer interpreters

**045-314-3368**

Chinese, Korean, Portuguese, Tagalog, Spanish, Thai, English available. French, Vietnamese, Cambodian and Laos interpreters are also available.

### **Medical Emergency Interpreter Service**

**03-5285-8185**

(English, Chinese, Korean, Thai) 9-8pm

### **Yokohama Dental Health and Medical Center**

**045-201-7737** (Japanese only)

(Yokohama-shi Shika Hoken Iryo Center)

6-107, Aioi-cho, Naka-ku

19:00 - 23:00 daily

10:00 - 16:00 on Sunday, holiday, and Dec. 29 - Jan. 4

Tokyo Inochi No Denwa - Yokohama Branch

**045-335-4343** 24 hours English available

**045-335-4343** 24 hours AIDS consultation

**045-336-2477** Spanish 10:00 - 14:00, 19:00 - 21:00

Wed. Thu. Fri. Sat.

**045-336-2488** Portuguese 10:00 - 21:00 Wed

### **AMDA International Medical Information Center**

General medical information and insurance advice as well as free interpretation support.

Ask your doctor to call **03-5285-8088**

English, Chinese, Spanish, Korean and Thai:

Mon - Fri 9:00 - 20:00

Portuguese: Mon, Wed, Fri 9:00 - 17:00

Tagalog: Wed 13:00 - 17:00

Vietnamese: Th: 13:00 - 17:00

<http://eng.amda-imic.com/index.php>

### **Multi-Lingual Navigation Service**

**045-316-2770**

09:00 - 12:00/13:00 - 17:15

Information center for daily life such as medical care, health & welfare, child-care etc and also regarding culture and customs in daily activities.

(English, Chinese, Tagalog, Vietnamese and Spanish)



This handbook is supported by: The public benefit activities of the Ippan Zaidan Hojin The Bluff Clinic, in Yokohama.

#### **The Bluff Medical and Dental Clinic**

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Kanagawa, Japan

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E-mail: [reception@bluffclinic.com](mailto:reception@bluffclinic.com)

[www.bluffclinic.com](http://www.bluffclinic.com)

## XYLITOL to the Rescue of Diabetes Surge



ACCORDING TO A RECENT REVIEW OF DATA PUBLISHED BY the International Diabetes Federation and a compilation of other studies, it is estimated that by 2030, 511 million will be suffering from the condition worldwide, representing a growth of over 25% from current levels, with 79 million of those predicted to require insulin. Diabetes also is a major contributing factor to the dramatic increase of dialysis patients.

Behind the continuing surge is clearly a pattern of lifestyle choices, particularly in the rise of sugar consumption. There is also an emerging recognition of sugar as an addictive ingredient prevalent in increasing amounts across the diet spectrum, with studies ►

► highlighting withdrawal symptoms such as tremors, cold sweats, irritability and personality changes commonly associated with drug addictions.

Xylitol, an ingredient better known globally as a birch tree extract used primarily in oral health products such as toothpaste and gum, may be the game-changer the world has been waiting for. With a pleasant taste profile and low in calorie, xylitol is also well known for its many health-promoting properties. The drawback until now in competing with less attractive sugar alternatives, both chemical and natural, has been its prohibitive cost.

Recently, a Mexican chemical engineer, Javier Larragoiti, entered the fray to find better options for his diabetic father. After learning that xylitol can also be extracted from corn, he took a multi-faceted approach to develop a low-cost biorefinery extraction process which uses agricultural waste product from corn production, reducing, along the way, massive CO<sub>2</sub> emissions from the burning of such waste. Already, the price of the end sweetening agent is down by half, with further improvements in the pipeline, as the company Larragoiti recently established embarks on setting up new plants near the corn production centers.

The world now awaits the global commercial debut of a true win-win.



YouTube

## Get Thee To The Mosquito Counter

**JAPANESE CULTURE PAYS PARTICULAR** homage to the seasons, and none more so than the magic of the sounds in summer which conjure ageless metaphors held dearly in the collective memory. Count amongst these ubiquitous favorites the sound of wind chimes, running water and the chorus of cicadas which have defined the season for centuries.

Another familiar summer sound, disdained but all-too-prevalent, is that of a mosquito in flight.

In spite of the advent of air conditioners and closed windows, most Japanese homes need to remain well equipped for the summer onslaught.

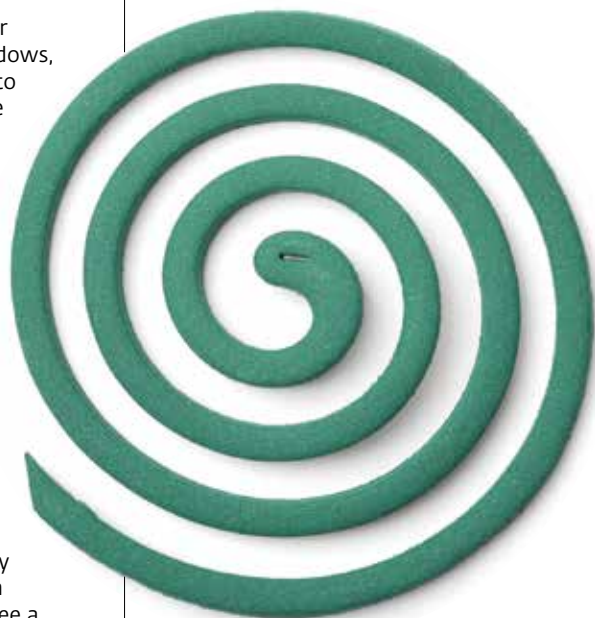
**Top amongst the traditional favorites are the incense repellent coils** and hanging units, which lends a nostalgic aroma to many homes. For recent arrivals in Japan who would rather not have smoke permeate the rooms, state of the art electronic repellents, available as plug-in or battery driven devices, may be the options of choice.

Go to the insect repellent and medication corner at any supermarket or drug store in summer, and you will often see a large section devoted to mosquitoes displaying a wide array of products like electric fan-driven devices or sprays for both skin and to coat mesh screens outside windows and doors.

With globally rising temperature trends and lengthening summer season, we have come to expect mosquitoes well into autumn and with

occasional sightings even in winter. Diseases usually confined to tropical regions are now reported outside their traditional borders, including a large breakout of Dengue Fever at Yoyogi Park in 2014. These trends have also contributed to a resurgence of malaria worldwide.

Other stings to watch for in summer include the much feared large hornets (avoid black clothes, which attract them) and giant



centipedes (dedicated powders toxic to the 'muka-de' can be left around the foundations of houses or at the entrance of an apartment to prevent entrance.

**Be prepared.**

Anton Stankov | Dreamstime.com

## NEWS FROM THE NAKA WARD OFFICE

### PROTECT YOURSELF FROM FOOD POISONING!!

From the start of rainy season through to the end of summer, the hot, humid weather makes an excellent breeding ground for the bacteria which cause food poisoning. The major symptoms of food poisoning are fever, vomiting, abdominal pain and diarrhea. Serious cases can result in hospitalization or even death.

- **When shopping:** put meat and fish away in the fridge as quickly as possible. (Below 10° C)
- **When cooking:** wash hands thoroughly with soap. Do not let vegetables to be consumed raw come in contact with uncooked meat or fish. Thoroughly cook meat and put remaining food in the refrigerator right away.
- **Wash hands frequently.**



# AUTISM EXPANDING THE SOCIAL WORLD

*Practical tips for families and educational professionals*

*For Children Age: 0-8 years*

*With special guest lecturer Jennie O'Grady, SaLT, MSc*

**Saturday October 19, 2019 3PM-5PM**  
**YOKOHAMA COUNTRY AND ATHLETIC CLUB**  
**BAY VIEW ROOM**



Join Jennie, an award-winning speech and language therapist from the UK, based in Tokyo, as we explore communication strategies with children on the autism spectrum. Jennie specializes in children with social communication difficulties and has trained in SCERTS®, Hanen: More Than Words® and Attention Autism. These approaches emphasize the role of the adult, environment and activity in promoting communication and social development skills.

**Free event! Please RSVP to [nicole@tokyomentalhealth.com](mailto:nicole@tokyomentalhealth.com)**

Sponsored by the Bluff Clinic and YC&AC Presented by **TOKYO MENTAL HEALTH**