

## ☉ Medical and General Assistance Hotlines

### **Naka International Lounge**

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

*New location next to Naka Ward Office (see pg. 2)*

**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 Senta)

**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

### **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**

Free Interpretation Services

MIC Kanagawa

(Non-Profit Organization Multilingual Society

Resource Kanagawa)

Dispatch of volunteer interpreters

**045-314-3368**

Chinese, Korean, Portuguese, Tagalog, Spanish,

Thai, English 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 Senta)

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:

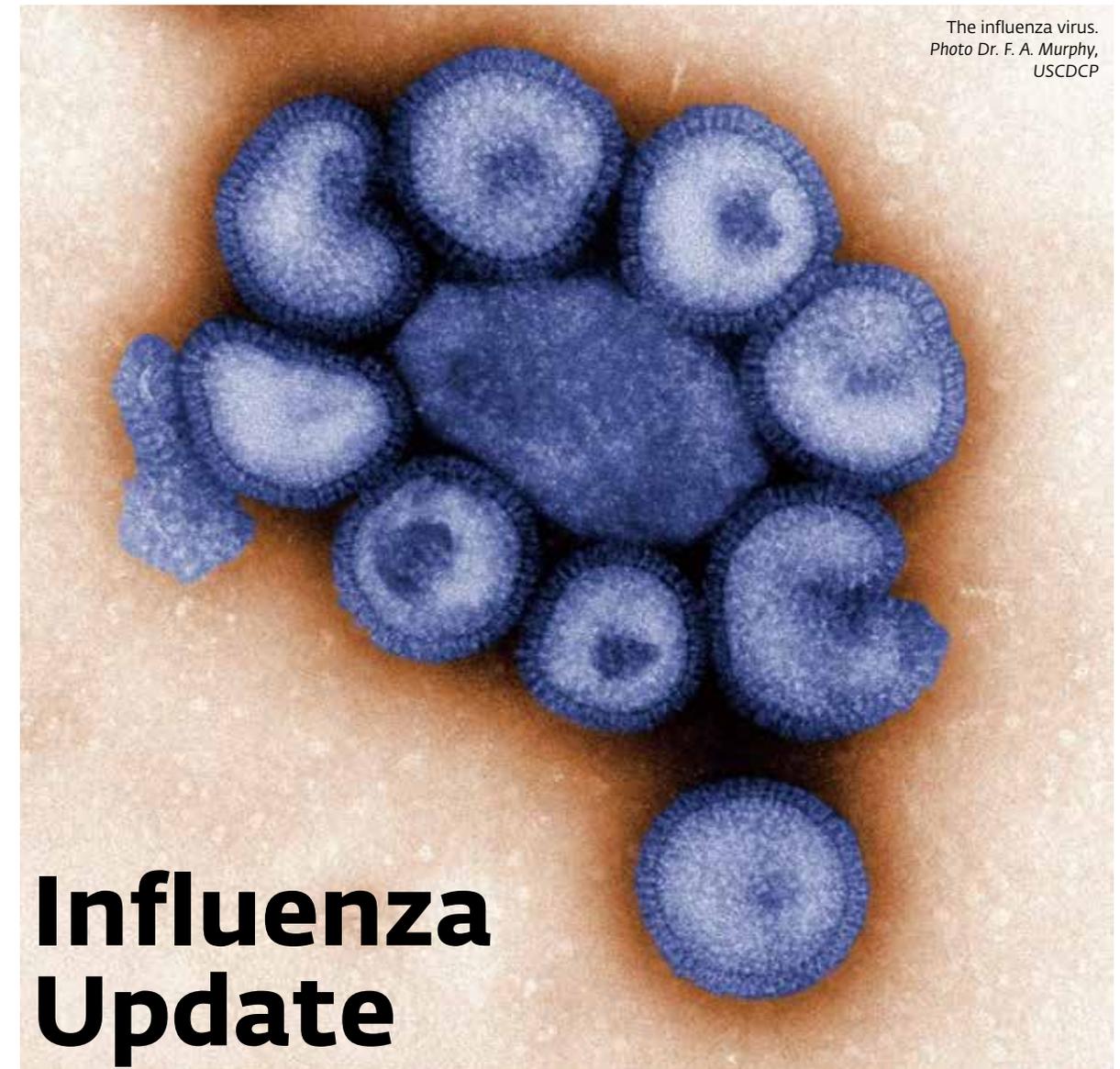
Mon - Fri 9:00 - 20:00

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

Tagalog: Wed 13:00 - 17:00

Vietnamese: Th: 13:00 - 17:00

**http://eng.amda-amic.com/index.php**



The influenza virus.  
Photo Dr. F. A. Murphy,  
USCDCP

## Influenza Update

FINALLY SOME RESPITE FROM THE RECORD HEAT OF the past summer, and soon the magnificent colours of autumn will set the foliage in Yokohama ablaze. Of course, with the cooler weather, comes the influenza season. Though numbers generally peak between December and February, most hospitals and clinics will already be stocked with the influenza vaccinations for the new season. Dr. Akashi at the Bluff Clinic advises us that according to the forecast from WHO, issued earlier this year, the flu vaccine strain this year will be very similar to that of last year. The composition of vaccines is widely based

on WHO recommendations, with slight regional variations. Because of a slight change in the vaccine composition, prices will likely be somewhat higher this year, with those manufactured for Japan being the inactivated injection-type quadrivalent. All vaccines offered at the Bluff Clinic are mercury free. **Check with your doctor for details.**

For further information on the 2015 - 2016 influenza season, check the Center For Disease Control (US) site: **[www.cdc.gov/flu/about/season/flu-season-2015-2016.htm](http://www.cdc.gov/flu/about/season/flu-season-2015-2016.htm)**



This handbook has been produced as a public service by Ippan Zaidan Hojin

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

THE BLUFF Medical and Dental CLINIC  
82 Yamate-cho, Naka-ku, Yokohama 231-0862  
Kanagawa, Japan

Tel: 045-641-6961  
Fax: 045-651-5130  
E-mail: [medical@bluffclinic.com](mailto:medical@bluffclinic.com)  
[www.bluffclinic.com](http://www.bluffclinic.com)

# Autumn Health Tips

LOOK AT HALLOWEEN PICTURES from just 20 or 30 years ago in Yokohama, and you'll see little trick-or-treaters bundled up in heavy winter coats. Times have certainly changed, and these days, children need little more than a cardigan or light jacket when parading in their sleeveless princess gowns and skintight comic hero suits. Because of lingering warm days long into the deep of autumn, scientists caution of extended mosquito seasons, and protection needed to avoid infectious diseases.

That means, other than buffering your defenses against the full onslaught of influenza in the coming months, it's prudent to keep the usual array of insect repellants, and avoidance of mosquito-infested areas longer than usual. Boost your natural immune defense by taking plenty of fruit and vegetables. Seasonal favorites such as pumpkins and sweet potatoes are full of vitamins and minerals, and for all their sweetness, surprisingly impact blood sugar far less than a plain potato.

Warm as it may be, the days are shorter, and with children being more inclined to seek entertainment on smartphones rather than playing outdoors, keep an eye out for maintaining levels of vitamin D<sub>3</sub>, which the body would ordinarily synthesize naturally when it is exposed to sunlight. A widely reported study found that children taking vitamin D<sub>3</sub> supplements and having higher levels in their blood, were significantly less likely to suffer from influenza over the winter months, whether they have been vaccinated or not.

## FOREIGN LANGUAGE MEDICAL SUPPORT AT YOUR FINGERTIPS

*A good starting point for understanding the Japanese health system and services provided by the municipality, is the online Yokohama medical site with listings of services, including news on screenings, medical alerts and national insurance coverage.*

► Yokohama City Online Health Information:  
[www.city.yokohama.lg.jp/lang/en/o6/](http://www.city.yokohama.lg.jp/lang/en/o6/)

© List of organizations which can assist with language challenges in medical situations can also be found on the back cover of this publication.



## The Cauldron Bubbles Over

THE NEWS ON ANTIBIOTICS' losing battle against bacterial infections continues to alarm the medical community globally. As the world witnesses the onslaught of ever more diseases for which antibiotics are losing their efficacy, doctors are fretting about the next 'super bug' which could wipe out millions of victims in an outbreak.

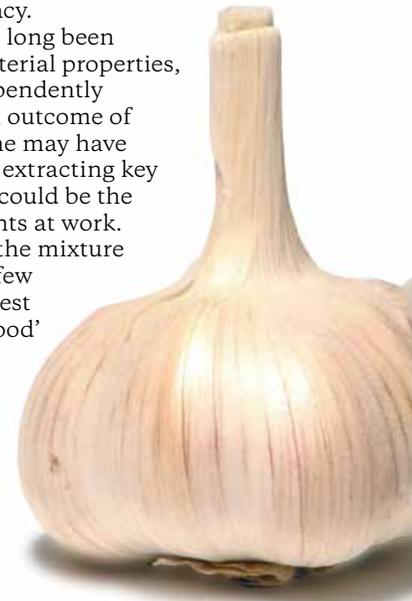
Just when we were all beginning to lose hope, comes the best news we've had in a long time...from a rather amusing source. Dr. Christina Lee of the University of Nottingham, an expert in

Anglo Saxon studies, recently translated the recipe for an 'eye salve' from a 1000 year old medical manual, the Bald's Leechbook. Scientists in the university's microbiology lab cooked up the remedy from ingredients such as garlic, leak, cow's stomach and bile, with a splash of wine, then tested it on large cultures of MRSA, the dreaded methicillin resistant *S. aureus* bacterial infection. 90% of the bacteria were wiped out overnight. News travelled quickly to the top of Academia. It has since been verified by an independent study in the United States with mice.

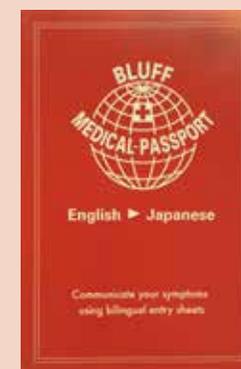
Methicillin was introduced in 1959 to treat MRSA which had grown resistant to generations of antibiotics, but within a few years had already started going down the same path as its much vaunted predecessor, penicillin. Today, alternatives do exist, but with unimpressive and worrying trends in declining efficacy.

Garlic and onion have long been known for their anti-bacterial properties, but nothing would independently explain the phenomenal outcome of the recent tests. The wine may have possibly played a role in extracting key active compounds, or it could be the synergies of all ingredients at work. The recipe does call for the mixture to be left standing for a few days...which could suggest some fermentation of 'good' bacteria to fight the MRSA.

It's all a mystery for now, but about to create much double, double, toil and trouble for bacterial infections, we certainly hope.



## MEDICAL PASSPORT



Bluff Medical Passport was created to help people with health problems in Japan explain their condition precisely to doctors, pharmacists and other medical professionals. Each page consists of two sheets, one written in English and one in Japanese. Complete the English sheet and a carbon copy will be made in Japanese, allowing you to create a quick and accurate description of your symptoms.

### How to Use this Book

If you become sick while travelling in Japan and need to see a doctor, Bluff Medical Passport will help you communicate your symptoms more clearly. Simply tick off the appropriate items in the questionnaire (written in English) in the "Describe your conditions" section. A carbon copy of the same sheets, in Japanese, will also be made. The Japanese sheets describing your symptoms can then be torn off at the perforated line and handed to the doctor. We recommend that you carry this passport-size book whenever you go out during your stay in Japan.