

☉ 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/06/

(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



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

The Bluff Medical and Dental Clinic

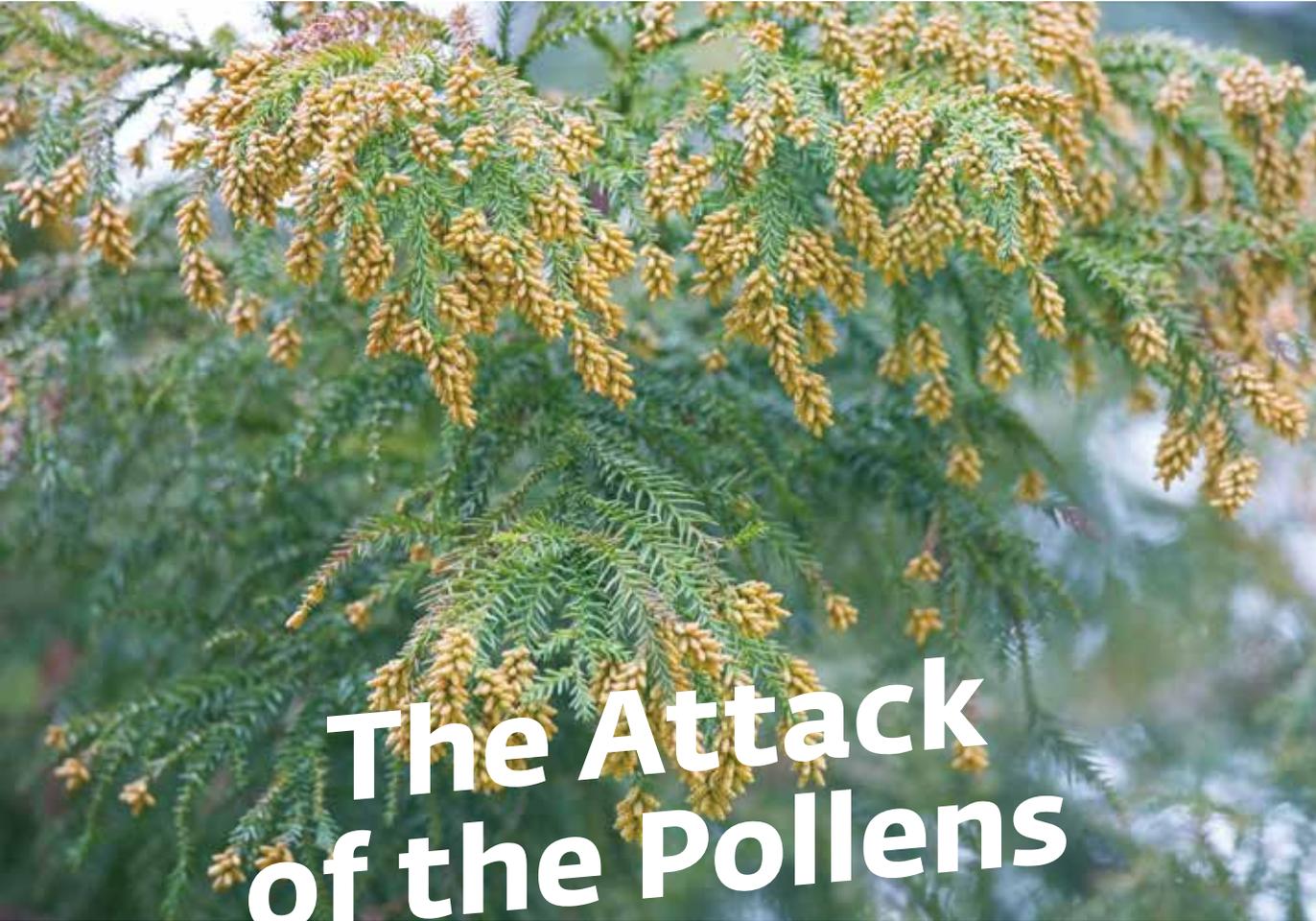
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Tel: 045-641-6961

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www.bluffclinic.com



The Attack of the Pollens

*The latest news,
and what you can do to
protect the family*

AS THE WINTER'S LATE SURGE OF INFLUENZA FINALLY wanes, it's time again for the beautiful cherry blossoms, and Japan's notorious hay fever season. The bane of allergy sufferers across the nation, 'kafun-sho' (pollen disease) dominates conversations from spring through summer and beyond. The most common triggers at this time of year are generally cited as the *sugi* (Japanese cedar) trees and cypress, widely known as *hinoki*.

Ironically, pollen allergy was quite rare until the 1970s. Its history in Japan reads much like the rise and demise of the Japanese Economic Miracle, which gave rise to huge tracts of land dedicated to

sugi and *hinoki* forestry to support the building boom triggered by the 1964 Olympics.

Sadly, by the time the overheated growth culminated in the Bubble Economy of the 1980s, cheap alternatives from the virgin forests of Asia and other suppliers meant demand for local timber collapsed, and huge *sugi* forests were left neglected to mature into the pollen factories they have since become.

Trees generally reach peak pollen production at 30 years then plateau, and Japan's population of pollen sufferers surged right alongside them. Today, it is estimated that over 25 million suffer its dire effects annually.

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The season usually peaks by cherry blossom time, but can often afflict the vulnerable right on into the summer, when another batch of grass allergies come to the fore. It's an unending epic fight for many.

Now comes news of far more serious risks the season brings.

Scientists have long known of pollen as a trigger for asthma attacks, but it appears to be a clear strain on the heart as well with surprising mortality risk attached.

Researchers at McGill University and University of Ottawa analyzed the data of 18,000 heart attack admissions over a 7 year span. Their conclusion, published recently in the *American Journal of Epidemiology*, warns that heart attacks on average rose 5 percent during pollen season, but on days of peak pollen count, the number increased by as much as 16%. Further study is needed, but this is the first time that scientists have documented the high correlation between heart attacks and airborne allergens. It's well worth noting, particularly if there is an existing heart condition.

There is no end of local advice to counter all the bad news, however.

Many sufferers reach for their antihistamines from the doctor, or don the ubiquitous Japanese surgical masks. It's a predictably enormous and still growing market of remedies, so it's no surprise that there are a steady stream of new products to help survive the season, including sprays which deflect pollen off clothes and fabric surfaces, or covers for any wash which needs drying outside.

Walk into any electronic store and you will see on parade high tech air purifiers which address a mind-boggling array of nasties in the air. Nettle leaves and guava teas, as well as quercetin supplements, help balance the body's natural antihistamine levels, selling well throughout the season. There's also strong evidence to suggest symptoms are worse when the gut microbiome is out of whack, so it's important keep your digestive tract healthy.

Consult your doctor to find the right mix of solutions for you.

Dental Health News from Dr. Yamada

BLUFF MEDICAL AND DENTAL CLINIC

IT'S A COMMON ASSUMPTION that the actual brushing time of your teeth has considerable bearing on the amount of plaque which would be removed, but here are some interesting results from an extensive study which was recently conducted with 10,806 participants and 212 brushing practices.

The angled bristled tuft toothbrush came in tops, with an average 61% mean plaque reduction, as opposed to some low performers removing as little as 20% in the same time. Overall, multilevel and angled tuft configurations scored better than the flat tuft brushes, but ergonomics and good grip, especially for children, can also affect the efficiency, regardless of actual time spent brushing.

- **Consult with your dentist for best brushing practice.**
- **Plaque buildup really does impact your teeth.**
- **Learn and practice the optimal ways to maintain oral hygiene and health.**



The Bluff Clinic
Presents



FIRST AID COURSE



Become certified in First Aid and

MAKE A DIFFERENCE!!

This 8-hour course conducted in English by Malteser trained instructors will teach participants in acquiring the basic practical skills needed to save lives.

The course will be held over two days :

- on Tuesday, April 5th 2016, from 9:00 a.m. to 13:00
- and on Thursday, April 7th 2016, from 9:00 a.m. to 13:00

(light snacks and refreshments are included, no lunch)

No medical background or previous First Aid experience is necessary ; you need only a desire to learn and help others.

✚ Cost : only 2,000 yen / person

✚ Venue : Saint Maur International School
Lower Rec Hall

✉ Contact : Gilles Gaury <ggaury@stmaur.ac.jp>

The Malteser are an internationally recognized charity organization (www.malteser-international.org). Their first aid training program (in common with St John's Ambulances) ensures the latest techniques and course contents.

The Bluff Medical and Dental Clinic (www.bluffclinic.com)

FIRST AID +
SAVES
LIVES

SIGN UP
HERE !



<http://goo.gl/rTxljB>

Sponsored by: The Bluff Clinic/Malteser Erste Hilfe/Saint Maur International School

Surgical Masks

For Health and Fashion

BETWEEN THE JUST ENDING influenza season and the surging hay fever miseries of the coming months, there are few days in a year when the surgical mask is not a common sight throughout Japan.

Originally a custom believed to be rooted in centuries of old preventive practices from China, their wide use in modern times probably started in Japan with the global flu epidemic of 1918.

Historical events continued to spread the use of the then mainstream cloth, reusable masks, whether fighting the heavy dust after the Great Kanto Earthquake of 1923 which left large parts of Tokyo and Yokohama in a heap of rubble, or the heavy pollution accompanying the rampant industrialization and building boom from the 1950s onwards.

The medical considerations were originally mostly out of social courtesies not to spread infection in the past, but the market forces and public attitude have morphed considerably in recent years. 10 years ago, many

Japanese were reluctant to wear a mask for fear of being singled out as infected, but now the stigma seems to have relaxed considerably. The H1N1 swine flu scare of 2009 may have been a key turning point. With the Health Ministry now widely extolling the virtues of wearing masks as a routine protective measure against influenza, usage has risen exponentially. Special 3D models which are less cumbersome and make-up friendlier are very popular and come in amazing hues. There is now a big demand for fashion statement masks as well.

Effective in fending off common colds and flu? The conflicting information out there is difficult to assess, but there's no doubt certain polymers and multi-ply masks of hospital quality are proven barriers to airborne pathogens. That masks also help to keep the air passages moist is yet another argument for their efficacy. An often quoted study

conducted at an elementary school in Tokyo found that out of 151 students, 9.7% who didn't wear masks, contracted influenza, compared to 2% who did.

Whatever cruel jabs the world continues to direct at the 'masked zombies' of Japan, the trend is clearly here to stay for a long, long time.



Photo: Leungchopan | Dreamstime.com

NEWS FROM THE NAKA WARD OFFICE

BABY CHECK-UPS OFFERED BY NAKA WARD

Infant health checkups are an important way of monitoring your child's development. You can also consult on child-rearing matters. A Chinese or English interpreter is available if needed (advance reservation is required for English interpretation).

● The Program

Height and weight are taken and a physician observes the child for development levels. The checkups at 18

months and three years include a dental checkup for cavities. The checkup takes between 60 and 90 minutes.

● Notification

Checkups are given at four months, 18 months and three years old. Checkup dates are decided by your child's birthday, and you will be sent a notification with the checkup date in English or Chinese depending on nationality. On the day of the checkup, bring your child to the Naka Ward Office Annex. If you cannot attend

with your child on a scheduled day, please contact:

Naka Ward Children and Families Support Division
(Kodomo Kateishienka)
Tel: 045-224-8171

International Service Staff at Naka Ward provide assistance on ward office activities, interpretation, as well as support for filling out applications. Stop by it you would like assistance: 2nd flr. Counter 22 10a.m. to 5p.m.