

# 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 Thursday, November 24th 2016, from 9:00 a.m. to 13:00
- and on Friday, November 25th 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 3,000 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](http://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](http://www.bluffclinic.com))

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



## Doctor's Advice For the Flu Season

### Influenza vaccination 2016-2017 season

#### NO ONE LIKES TO BE POKED.

Children definitely, and some adults as well, would want to avoid shots.

You just can't talk toddlers and children into understanding the benefits of immunization in exchange of a needle prick and ice creams. Live attenuated influenza vaccine (LAIV4) a nasal flu vaccine was introduced in 2010 as a dream comes true with no needle nasal spray indicated for people between age 2 and 59.

Needless to say, It became an instant big hit. The story does not end here. Here's the twist.

The Centers for Disease Control and Prevention (CDC) announced in August 2016 that LAIV4 (brand name FluMist) should not be used in 2016-2017 season. According to the Advisory Committee on Immunization Practice (ACIP) of the CDC, effect of LAIV4 among patients between the age of 2-17 was -1% in 2013/14 season, 3 % in 2014/15 and 3 % in 2015/16. It was notable that the vaccine had no effect against Influenza type A.

Minus one percent (- 1 %) means that one would have been better off without a vaccination.

During the 3 seasons prior to 2013, protective effect of LAIV4 was 50-70 % which was comparable to the Inactivated Influenza Vaccine (IIV). So for the 2016/17 flu season, only injectable flu vaccines are recommended.

IIV for 2016/17 is a quadrivalent vaccine with two types of A, and two types of B. It is composed of aA/California/7/2009 (H1N1)-like virus, an A/Hong Kong/4801/2014 (H3N2)-like virus, and a B/Brisbane/60/2008-like virus (Victoria lineage), a B/Phuket/3073/2013-like virus (Yamagata lineage). Everyone 6 months and older should get a flu shot. A larger pool of vaccinated people will help protect babies who are younger than 6 months, older people, pregnant women and those with chronic health condition who are most vulnerable to flu and its complications.

Influenza vaccines are relatively safe except for some mild local and transient reactions that are not serious.

So, we are still stuck with shots, but better be safe than sorry. Get your flu shot now.

IIV's for this season are available at the Bluff Medical and Dental Clinic.

- Dr. Tsunehiro Akashi, Bluff Clinic

### ▶ BAD NEWS FOR PEOPLE WHO DON'T LIKE NEEDLES

#### ... JUST ABOUT ALL OF US!

The latest recommendation from the American Academy of Pediatrics comes after studies were conducted by US federal health officials who found the nasal spray had little or no effect on preventing flu the past three seasons and caught many completely unaware. Nasal spray had already become the method of choice for millions, but it will back to the needle again this winter for more reliable protection. Now read on for another cherished practice suddenly out of favor. . . .

#### FLOSSING UNDER REVIEW

Soon after release of the latest discouraging news on the nasal spray, came word on another cherished practice which has suddenly come under scrutiny. A simple question raised by global news agency AP requesting scientific data on flossing had embarrassed government officials from Health and Human Services and Agriculture admitting there really wasn't any evidence on record. The US government has been recommending flossing since 1979, both in the surgeon general's report and the Dietary Guidelines for Americans which is issued every 5 years. US regulations require that such recommendations are always supported by scientific evidence. AP's investigation found that there was little evidence, if any, to suggest that flossing made much difference. The overwhelming evidence so far is that there is no difference in incidence of tooth decay and gum disease whether you brush and floss, or brush only.

The practice has been aggressively promoted for decades as an essential part of teeth and gum protection and is now estimated to be a \$2 billion business worldwide. It also entails manufacturers making large payments to agencies to have their products tested, then another renewable fee to carry the certification. Suddenly, the flossing recommendation has disappeared from the federal website's dietary guidelines without notice.

While manufacturers and officials scramble to find supportive evidence, opinion is confused and divided amongst practitioners.

It appears many of them think, from experience and common sense, there isn't much harm in flossing, so why not continue until the final verdict is in. For many who floss regularly, it's become so much of their daily, feel good routine, that there seems to be little likelihood of floss disappearing from store shelves any time soon.

We certainly haven't heard the last of the floss shock. Stay tuned.

# Travel Health Tips for the Holiday Season

Many of our readers will be planning their holidays back home or to idyllic destinations around the world as we approach the year end. Here are some tried and tested tips to keep in mind when travelling . . . and even when you're not:

## Wash your hands frequently

**INFECTIONS ARE SPREAD WIDELY VIA THE HANDS.** Metal, plastic, fabrics and other surfaces play favored hosts to pathogens which we now know can survive for long periods looking for their next victims. Hands are comfortable nests of infection for these pathogens, which can then find their ways to the mouths and nostrils of unsuspecting hosts, or to many other potential victims through handshakes and simple skin contact. **Be conscious of lathering well and rubbing your hands thoroughly when washing . . . frequently.**

## Wear a mask

**IF YOU'RE LIVING IN JAPAN, YOU WILL HAVE NOTICED THAT PEOPLE ARE GREAT BELIEVERS IN THE PROTECTIVE QUALITIES OF THE UBIQUITOUS SURGICAL MASKS** which, outside of this country, are usually seen only in hospitals. Other than blocking to varying degrees the ins and outs of pathogen traffic, there is something to be said for keeping the moisture in your breath and preventing the back of the throat from dehydrating, **especially in cold, dry winters.**

## Check Travel Destinations for Contagious Diseases and Recommended Vaccinations

**THE ZIKA VIRUS** did not become the big news of the Rio Olympics, as many feared, but that may have been primarily due to August being winter in the Southern Hemisphere and low season for the mosquitoes, the lethal culprits of many a disease. The bad news is that zika is spreading, appearing in pockets across the Americas, the South Pacific Islands, Africa and Asia.

The exact and full ramifications of infection are not yet known, and risk to most people where the transmissions have not reached epidemic status is considered low. CDC and other institutions tracking the disease recommend that non-essential travel be postponed for pregnant women to regions reporting recent transmissions.

Consult your doctor and infection alert sites on the Internet before travel.

**Good places to start:**

- [wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel)
- CDC's Zika website

## ► Protection Against Mosquitoes

*Mosquito bites are the most cited sources of the spread of zika, malaria, and other common infections in temperate and low altitude regions. Wear protective clothes and carry effective repellants.*

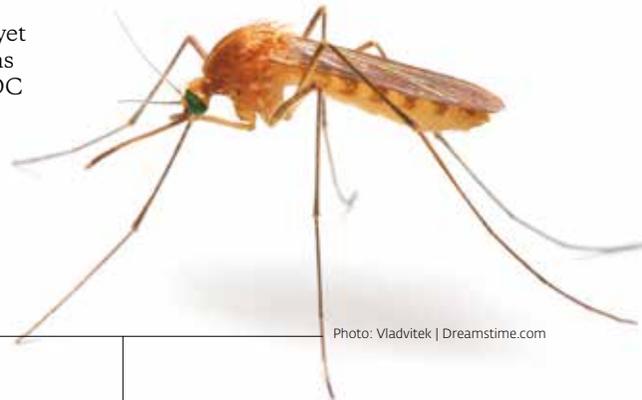


Photo: Vladvitek | Dreamstime.com

## A HANDY SERVICE AT NAKA WARD

**STOP BY WINDOW 22, 2ND FLR. FOR ASSISTANCE**

*International Service Staff provide assistance with matters such as guidance on ward office activities and interpretation at various counters through the ward office where foreign languages are not widely spoken, as well as support for filling out certificate applications. Stop by if you need assistance.*

## Maintain Healthy Levels of Vitamin D

**NUTRITION IS A CRITICAL COMPONENT OF HEALTH**, so always check that your diet includes optimal levels of minerals, vitamins and fibers. Evidence for the important role which Vitamin D plays in boosting the immune system is mounting by the day. As sunshine is an important source for our own bodies to synthesize D3, time spent outdoors during the day is advised, but winter means cold and shorter daylight, so **an increase in dietary intake may be your best bet.**

## ☉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, Aiioi-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**

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

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