

## ☉ 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/](http://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](http://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-imic.com/index.php>**



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#### **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: [reception@bluffclinic.com](mailto:reception@bluffclinic.com)

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

## SUMMER HOLIDAY ISSUE

### Travel Health Special

#### Beware the hidden stress

AS JAPAN EMERGES from the annual rainy season, it is time once again for the mass migration of families in the international community going on home leave and long holidays, and for those left to endure the Kanto swelter, to contemplate ingenious ways to escape the ravages of the anticipated record heat and notorious humidity the cities have in store for us. The humidity factor and rising temperature trends are raising the risks each year for heat stroke, so it's well worth going over the age-old precautions of avoiding excess exposure during peak sunlight hours, wear UV protection at all times, and keeping hydration foremost on your mind.

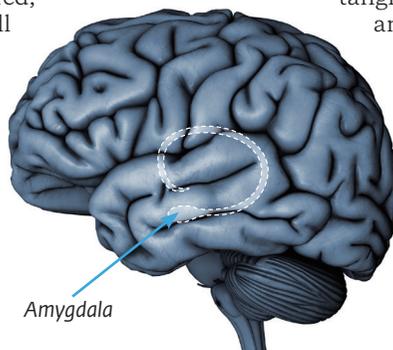
De-stressing seems a no-brainer component of every holiday, but travel has its fair share of stress baits, and much of it can be averted with some planning tips from the experts. Have the usual checklist of travel documents and vaccinations in order, itineraries confirmed, and logistics for connections meticulously prepared, especially when travelling with small children. A quick check of weather conditions at your destination can save the day, and possibly the entire holiday, as can scanning travel health alerts for infectious outbreaks in the region you are visiting. A little preparation and contingency planning is the best prevention for many a needless headache.

We've all known for a long time that stress impacts our health

and is a key contributor to rise in blood pressure and pulse rate. We now have a study from Harvard which for the first time actually pinpoints the knock-on effect triggered by the simple activation of an almond-shaped 'fear center' in our brain called the amygdala. For reasons which are not yet fully understood, but possibly a leftover protective mechanism which has long outlived its usefulness in the evolutionary process, when the amygdala responds to fear and anxiety, signals are sent throughout the body from the brain which cascade into actions which appear to trigger inflammation of the arteries, leading to a rise in risk of a heart attack and other dire repercussions. Discovery of the high correlation between increased amygdala activity, triggered by fear and/or anxiety, and the spike in subsequent heart attacks, is giving way to a better understanding of the stress - heart attack

relationship. Conversely, we now have more tangible evidence that the reduction in amygdala activity can be supported by long-known relaxation techniques such as meditation or simple deep breathing exercises, which in turn lower the brain signals seen to be causing the chain of events contributing to inflammation and heart disease. So travel in comfort, be well prepared, and don't carry catalysts for worry with you on your travels. . .

**. . . Give your amygdala a holiday this summer**

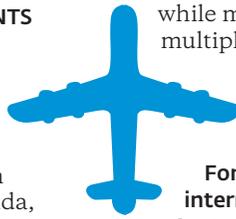


# Global Health Alerts

*Check for regional outbreaks of disease and changing vaccination requirements before you travel.*

## ► CHECK FOR REGIONAL OUTBREAKS OF DISEASE AND CHANGING VACCINATION REQUIREMENTS BEFORE YOU TRAVEL.

It has been a busy year for emerging diseases, and pockets of areas in popular travel destinations have been infected with worrisome diseases such as zika, reported in recent months in Santa Lucia, Fiji and Florida, while Brazil, now in its Southern Hemisphere winter, was recently hit with an outbreak of Yellow



Fever. China has been reporting a spate of avian flu, while measles appears to be making a comeback in multiple regions, along with dengue fever.

Make sure you check your destinations prior to travel and consult your doctor for any vaccinations and precautions which may be recommended.

**For more information and the latest on international travel health updates and alerts, the Center For Disease Control has a useful website:**

<https://wwwnc.cdc.gov/travel/>

## How Your Body Responds to Air Travel

*From jetlag and motion sickness to ankle swelling and hypoxia, the body is put through multiple discomforts and challenging health obstacles on long flights. Understanding what actually happens to the body, and a little wisdom on prevention and remedies, will go a long ways to keeping you healthy this travel season.*

### DEEP VEIN THROMBOSIS

#### **Sitting still for hours**

raises the risk of developing Deep Vein Thrombosis (DVT) on long flights, leading to emergency treatment, and sometimes death, for travelers the world over each year. The condition occurs when blood clots develop within the deep veins of the legs, causing swelling, often accompanied by pain, and in some instances, death.

Sitting in cramped spaces for hours without exercise, low cabin pressure and dehydration are all contributing factors of DVT. Wearing loose clothes, stretching and walking around the cabin, will help alleviate many of the risks.



cumulative if you fly frequently. The best protection for your ears would be noise-cancelling earphones, but if nothing else, ask for ear plugs normally available as amenities on board.

### OTHER TIPS FOR HEALTH IN THE AIR:

**Alcohol affects travelers** differently at high altitudes, so it is prudent to reduce intake or better yet, avoid alcohol altogether. It can also dehydrate the system, giving rise to fatigue and weakened immune system. Be mindful of keeping hydrated throughout the flight with water and juices.

**... and don't forget:** after all the scary tales of airborne diseases and exotic parasites being carried across oceans by aircrafts, the greatest source and carrier of germs are often down to your own hands collecting pathogens from surfaces all around you and delivering them to your mouth.

### HEARING LOSS

Many of us are familiar with **the roar of aero engines** which can be heard inside the aircraft during flights. The range is usually between 95 and 105 decibels, but as high as 115 during take-off - levels which can potentially lead to hearing loss. The damage can be

■ **Wash hands frequently when travelling**

# Naka Ward News

Naka Ward offers a full map of fun destinations and activities for children, as well as a range of services provided by the Ward for families well worth looking into. Direct inquiries to the following facilities should be made in Japanese, but information in English and Chinese is also available at the Naka International Lounge (Tel: 045-210-0667) located near the Yokohama Stadium.

## Pony Center at the Equine Museum of Japan

You'll find all kinds of horses here, from ponies to thoroughbreds. Every Saturday at 1:30 p.m. is "carrot time," when you can feed the horses for free! There are also days where you can experience riding a horse. You can also play in the wide fields of the neighboring Negishi Shinrin Park. The rolling fields of the park are perfect for young children to run and play.

**Hours:** 10 a.m.–4 p.m. Closed Mondays (but open if the Monday is a public holiday or substitute holiday) **Access:** Outside the Taki-no-ue bus stop (1-3 Negishidai, Naka Ward)

**Tel:** 045-662-7581

**Horse Riding Days (@Pony Center)** Carriage rides (infants allowed, reception until 1:40 p.m.), horse rides (aged 3 and up, reception until 2:15 p.m.). Preschoolers can take pony rides. *Requires paid admission to museum* (Adults: ¥100, students through high school: ¥30). April–June schedule: 4/2 (Sun.), 4/16 (Sun.), 5/21 (Sun.), 6/4 (Sun.), 6/18 (Sun.). Also operating on 5/5 (Hol.) with special events (Note: time/content differ from the usual program).



## Kashiwaba Park Log Cabin Playhouse

This log cabin, known as Oak Lodge, is equipped with climbing nets, a spiral slide, an underground maze and other large pieces of play equipment. Younger children can play in the ball pool.

*Free of charge*

**Hours:** 9 a.m.–5 p.m. (to 4:30 in Nov./Dec.). Closed 2nd Monday of each month.

**Access:** By bus, a 5-min. walk from the Yamamotocho-1-chome bus stop (89-1 Kashiwaba, Naka Ward)

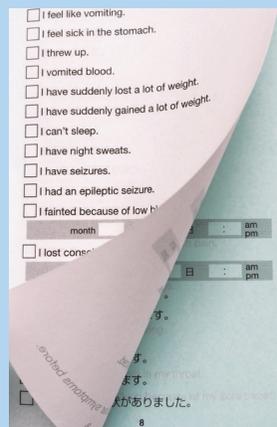
**Tel:** 045-641-1169

## NEW APP FOR THE BLUFF MEDICAL PASSPORT



**Following the popular print edition, the Bluff Medical Passport app is now available for iOS and Android devices from the Bluff Clinic Public Benefit Activitie.**

Through the app, users can record their medical information and symptoms and have them instantly translated into the target language. It also has a wide selection of phrases for both users and healthcare professionals, allowing for two-way communication. Medical history and other useful information can be saved for future use. The app can also be used offline.



The link to download and obtain a free ID code is at: [www.bluffclinic.com/digital-medical-passport/](http://www.bluffclinic.com/digital-medical-passport/) or scan the QR code, above.