

## ☉ 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-imic.com/index.php**



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

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Kanagawa, Japan

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Fax: 045-651-5130

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

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

# Yokohama Health News

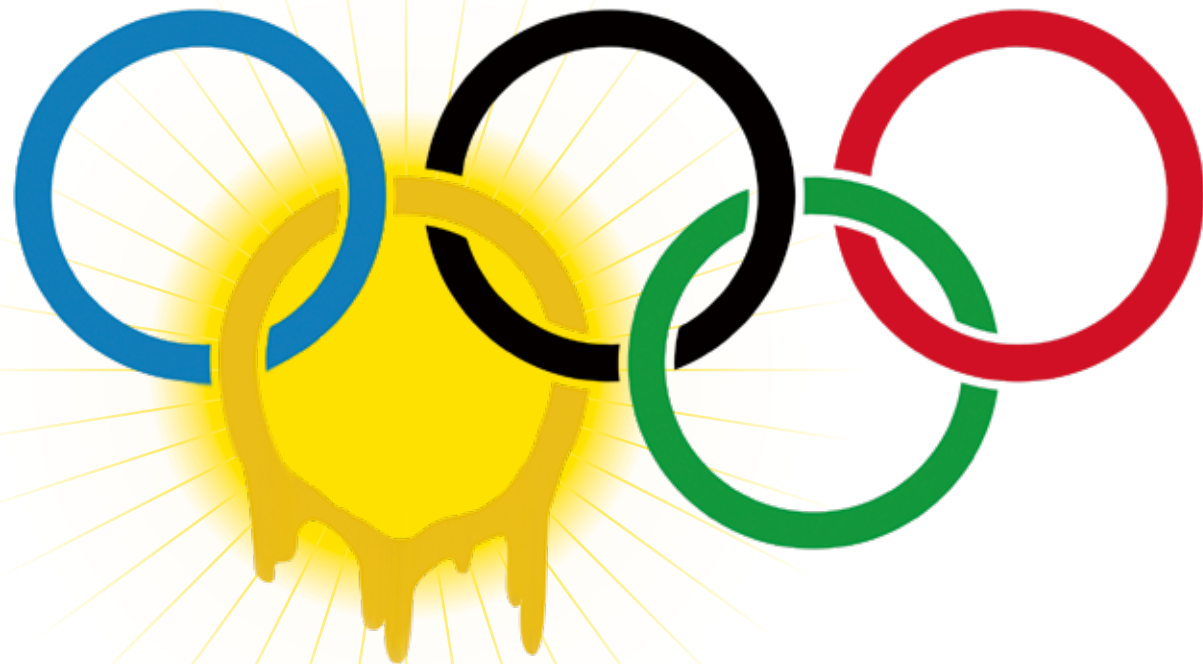
2018 Autumn Issue



## The Olympian Challenge

*The summer of 2018 will be remembered for historic heat records set across Japan, triggering a surge in the number of ambulance calls for heat strokes.*

ONTINUED INSIDE ►



### COVER STORY CONTINUED ►

For decades, 30°C was the benchmark for what the Japanese called 真夏日 (midsummer day). This past summer made pure mockery of that expression, rendering a 30° day feel like welcome cool relief from the daily highs of 35° and 36° in Tokyo.

Other than intermittent drops in temperature due to rain, projections for September and October indicate that they are not going to feel much like autumn either, precipitating changes in scheduling for many schools planning outdoor sports matches and practice times while the heat persists.

#### The Humidity Factor

Keep in mind that the impact of heat on the human body is not determined solely by the air temperature, but by other factors including proximity to heat traps such as concrete and steel in the buildings and roads, and particularly by the humidity factor. Even at humidity % in the 30s and 40s, the body's ability to release sweat is greatly reduced when air temperatures approach body temperature. Extrapolate that to Japan's average humidity in the 70s and 80s this past August, and you begin to understand the extreme risk of heat stroke. Environmental temperature of just 33° can easily translate to an impact of 40° and above on the body.

**Be smart this autumn.**

**Continue to hydrate frequently.**

**Be particularly mindful of the elderly, whose ability to sense thirst is often diminished, and limit outdoor activities at peak sunshine hours.**

### The Heat Ahead

**The hottest August on record coming just at Tokyo celebrates the start of its 2 year countdown to the highly anticipated 2020 Olympics has finally triggered a national discussion on how to prepare for some serious nightmare scenarios such weather could produce for athletes and spectators.**

Just how Tokyo will deal with these temperatures during the Games is drawing the world's attention.

Even before the heatwave soared to the crazy levels of 2017 and 2018, Tokyo's winning the bid to host in 2020 brought immediate questions from the Japanese public as to how anyone could endure a full marathon on a typical August day in Tokyo. Summer marathons simply are not held in the capital. Global warming has meant that even Sapporo shifted their big running events to the autumn. But in an era when the Olympics can only be held within a small window dictated by the IOC in accordance with television broadcast schedules, the prospective hosts no longer have a say.

Changes implemented by Tokyo 2020 organizers so far include moving the start time to 7 a.m., but with urban centers suffering high retention of heat overnight and morning humidity projected at over 60%, even that is considered to present enormous challenges for the runners. Now, consideration is being given even to introducing daylight saving time, which the government has historically opposed. Olympics organizers are floating the possibility of moving the clock back 2 hours, meaning many events which have been assigned very early start times already to avoid the heat, will now be starting as early as 5 a.m. in real pre-saving time. **The debate continues to escalate.**

### ► TRAVEL GUIDE FOR JAPAN

The Japanese National Tourism Organization has prepared a guide for travelers in Japan. You can search medical facilities by area or keyword. The page is also available in Korean and Chinese.

[http://www.jnto.go.jp/emergency/eng/mi\\_guide.html](http://www.jnto.go.jp/emergency/eng/mi_guide.html)

### Flu Season is Upon Us

It feels odd to be entering flu season when still enjoying a seemingly endless summer, but it's time again to start checking in with your doctor for this season's influenza vaccinations. Last year being the worst on record for influenza outbreaks in many regions around the world, including Japan, **consult your doctor on this season's recommended formulae.**



Photo: Wikipedia Commons

### Ban Repealed

On the subject of influenza, the Japanese government has **lifted a ban on Tamiflu** for 10 to 19 year-olds which has been in effect since 2007, citing that their research has found no causal relationship between the drug and the spate of serious behavioral effects which were reported in the lead-up to the ban.

### 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.