

©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

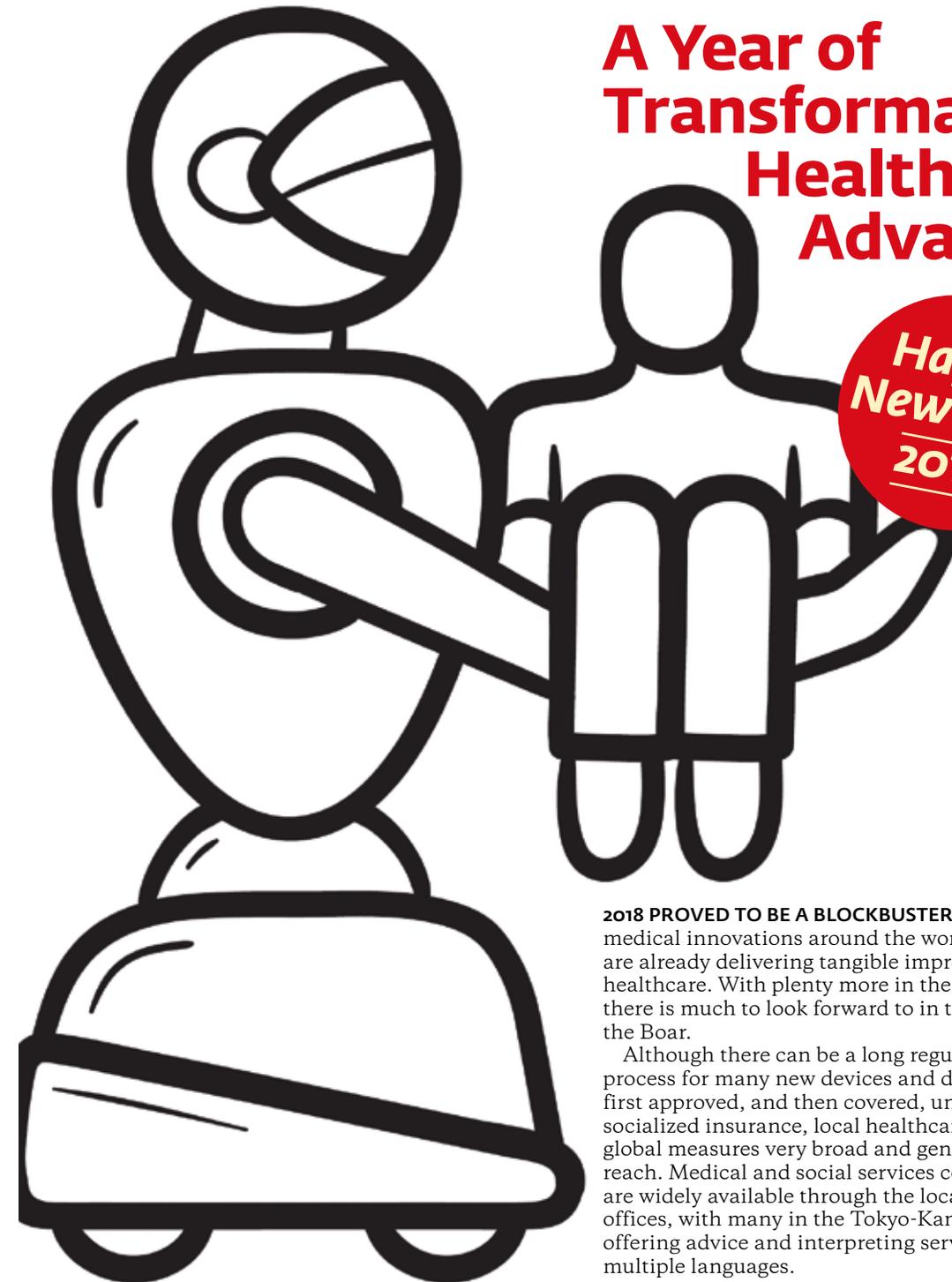
http://eng.amda-imic.com/index.php

Yokohama Health News

2019 New Year Issue

A Year of Transformational Healthcare Advances

Happy
New Year
2019



2018 PROVED TO BE A BLOCKBUSTER YEAR IN medical innovations around the world which are already delivering tangible improvements in healthcare. With plenty more in the pipelines, there is much to look forward to in this year of the Boar.

Although there can be a long regulatory process for many new devices and drugs to be first approved, and then covered, under Japan's socialized insurance, local healthcare is by most global measures very broad and generous in its reach. Medical and social services consultations are widely available through the local ward offices, with many in the Tokyo-Kanagawa areas offering advice and interpreting services in multiple languages.

CONTINUED INSIDE ►



This handbook is supported by: The public benefit activities of the Ippan Zaidan Hojin The Bluff Clinic, in Yokohama.

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

www.bluffclinic.com

Illustration: Andrei Krauchuk - Dreamstime.com

**COVER STORY
CONTINUED ►**

Since its introduction last spring, **telemedicine** is spreading quickly, as it begins to mainstream remote doctor and patient consultations across the country, facilitating healthcare for many without nearby treatment facilities or readily available access.

Japan's **research capabilities** received well-earned kudos recently when Dr. Tasuku Honjo shared the Nobel Prize for Physiology or Medicine with James Allison for their respective studies which shed light on how to release the 'brakes' which inhibit our immune system from identifying and fighting cancer cells. The fruits of their research are already in use for treatment of advanced cancers, with many new drugs concurrently in development throughout the world. The Nobel Prize has given further impetus to exploring wide ranging methods for boosting the body's natural defenses against disease.

Japan is also at the forefront of **robot technology**, which is revolutionizing the surgical and hospital care environment, while AI breakthroughs have introduced exponentially enhanced data analysis and algorithm capabilities which have been providing exceptional assistance to medical professionals. There's been a surge in advancements of **3D printing** technology, and miniscule implantable devices with extended battery life which can monitor markers in the blood and even diagnose, then send the data via smartphone hundreds of miles away, allowing doctors to keep an eye on everything from a patient's heart condition to response to new drugs.

May the Boar make this a Happy Year of health for all.

Sugar Addiction Crisis

Ever since the mainstream American media bought into the studies produced in the 60s and 70s by the sugar industry which directed public attention to fatty foods as the main culprits in the explosion of obesity, heart disease and strokes, the body of evidence which challenged those findings have been slowly gaining public traction. It is now accepted by a broadening consensus that an addiction crisis rivalling that of the opium epidemic in the US is unfolding in many parts of the world. In the last 10 years, the debate shifted dramatically from not whether, but just how much, sugar can impact health even at consumption levels which were considered moderate just a few short years ago. Many doctors are now advising patients on how to manage 'withdrawal' symptoms such as headaches, cold sweats and other telltale signs similar to those suffered by drug addicts going cold turkey. Although per capita consumption levels in the US still remain at the top of the global charts, other countries



are catching up quickly, along with all the accompanying chronic diseases, at enormous economic cost in healthcare and lost productivity. Japan has been a virtual laboratory which graphically illustrates the impact of dietary changes, since sugar was a luxury for most Japanese, and a rarity in the general diet, before World War II. Type 2 diabetes was virtually unheard of. Multiple studies of Japanese immigrants to Hawaii, Brazil, and West Coast US, have shown tangible evidence of this impact on health which surfaced very quickly after migration. The sudden large increase in sugar consumption also made the immigrants far more vulnerable to diabetes than the long term local populations. Today, diabetes is increasing globally at alarming rates, along with the growing population in need of dialysis. As the demand for insulin surges worldwide, the concern now is that it will soon surpass the supply side capabilities. **A good thought to add to everyone's New Year resolutions, perhaps?**

Photo: Mark Webb - Freemagics.com

The Pollen Season Returns

JUST AS WE ARE SAYING farewell to the last of the season's worst influenza cases, it's time again to prepare for the spring pollen explosion across Japan. Consult your physician for testing and advice. Many people arriving in Japan are surprised to find they are suffering from severe symptoms, in spite of never having had a prior allergy.

The mere level of pollen carried by winds from the large mature forests dotting Japan which were abandoned when they no longer made economic sense as an industry, is the main culprit and trigger, which the government has done little to address.

For commonly practiced remedies, one can start with a wide range of masks which are available in Japan, considered to be very effective in keeping pollen out of your system.

So ubiquitous is the mask during peak season that they are now considered fashion accessories being offered a tremendous array of choices in colour and shape. For those suffering severe reactions, goggles are also widely available.

Walk into any drug store, or even convenience stores, and you will find an impressive selection of antihistamines, along with remedies specific to eye or nose symptoms and a cornucopia of teas, candies, and other holistic aids. Recommendations for measures you may want to consider for home include keeping a fabric brush ready to remove pollen when entering, not hanging your laundry outside, and using wet mops to keep dust and pollen from permeating the indoor air.

AccuWeather and other online sites report pollen levels in English.

YOGA & MENTAL HEALTH

PRESENTED BY TELL

January 19th, 4-6 P.M.

SPEAKER: Reiko Fujisawa (MA, ATR-BC, LCAT, yoga instructor)

VENUE: Yokohama Country & Athletic Club
11-1 Yaguchidai, Naka-ku, Yokohama-shi

PRICE: Free

For more information, contact outreach@telljp.com.
Register at <https://tinyurl.com/yoga-mentalhealth>
Sponsored by The Bluff Clinic and YC&AC.

This workshop will provide a lecture and chair yoga exercise. The lecture will include the benefit of practicing yoga and meditation as a tool of daily self-care. Chair yoga exercise will introduce participants about simple yoga poses which they can practice daily at home and it can promote their physical and mental health.

FIRST AID COURSE

Sign Up HERE
<http://q-r.to/first-aid>

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 in one day on
Saturday 16th February 2019
from 09:00 to 18:00
(light snacks refreshments and lunch is included)

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

<http://www.wafj-japon.org/index.php?id=3203>

Cost only 3,000 ¥/person
Venue: Yokohama Country & Athletic Club Bay-View Room
Contact: Bernard Souroque firstaid@afj-japon.org

First Aid + Saves Lives

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)

Sponsored by: The Bluff Clinic/ Association des Français et Francophones du Japon