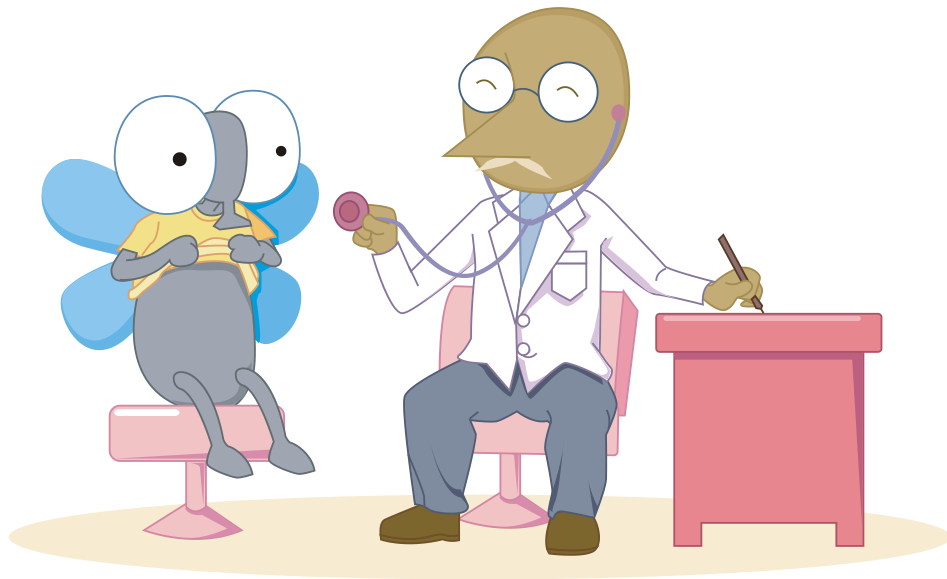


Kyoto Prefecture



Medical Guide

2011-2012

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Visiting the Doctor in Japan

[For more information on the health insurance JETs have, please refer to Kyoto Handbook.]

When you are not feeling well and you need assistance, the first person you should speak to is your supervisor. Please ask your supervisor for his or her advice on what you should do in your situation. He or she can give you recommendations on medications that you may be able to pick up at a nearby drug store.

If over-the-counter medication is not available for your illness, the next step would be for you to ask your supervisor for help in finding a local clinic that specializes in your ailment. Visiting a small clinic is typically the best option for non-emergency sicknesses, as they are usually less expensive and have a shorter waiting time than large hospitals. If you decide to visit a clinic and need assistance with your Japanese, please ask your supervisor to help translate how you feel into Japanese if you are comfortable talking to them about your condition. It may also be a good idea to ask your supervisor to call ahead to the clinic and explain to them that a foreigner will be coming in. Some clinics may have English-speaking doctors, so you should find out what their office hours are.

Usually, the clinic can provide all the care that you need, but if necessary, the clinic's physician may recommend that you visit a larger hospital. This is not too common, however, and a few visits to the clinic should suffice. Patients are usually met on a first-come first-serve basis and there can be long waits depending on the clinic. Each clinic and hospital has its own hours, so it is necessary to confirm them and even big hospitals may have limited hours on the weekend. You should find out where your nearest after-hours clinic or hospital is.

Please also remember that if you are taking time off of work to visit the clinic or hospital and intend to use sick leave, you must follow procedures specified by your contract such as obtaining a receipt or certificate from your doctor.

First Visit to the Doctor

1. Fill out a registration form (*shinsatsu moshikomisho*) and present it with your public insurance card at the reception desk. Ask for help at the registration desk if you need assistance in filling it out. Some facilities have forms translated into English. If you have a letter of introduction, present it at this time.
2. Sit down and wait for your hospital identification card and medical chart to be prepared.
3. When your name is called, go to the relevant department and present the chart at the reception desk. You may be issued a number to indicate your turn for consultation or your chart may have been sent by computer.
4. Sit down in the waiting area until your turn is called. You may be asked to take your temperature while you wait (place the thermometer under your arm, not in your mouth!). You may also be asked to provide a urine sample.
5. In very large hospitals you may be asked to move along to several different waiting areas before you actually get to the doctor. This can be very frustrating because with each move you expect to meet the doctor and instead find that you are just seeing a different part of the outpatient area.
6. Eventually your name will be called when it is your turn to see the doctor. Listen carefully as it may be difficult for you to recognize your name being spoken by non-native speakers.
7. If laboratory tests or X-rays are needed, you will be directed to the relevant department, or given a map if it is a large hospital. At each department, hand the test request to the nurse or secretary on duty

and then wait for your turn to be called. Outpatient clinic staff are usually pretty cheerful about directing you (or even taking you in person) to the next department or desk.

8. When your tests have been completed, return to the original clinic, announce your presence to the nurse or secretary again, and wait to be called in to see the doctor. Ask or show your prepared questions and write down the answers. You should ask the doctor at this time for any necessary copies of lab tests, and so on. A fee will be charged for this service. If you need to take time off from work to recover, ask the doctor for a medical certificate (*shindansho*). Also ask the doctor for a name card (*meishi*) so that the next time you go for an outpatient visit you can check ahead of time to see if he'll be on duty.
9. After seeing the doctor, go back to the reception area of the hospital. If you're given your chart, place it in the appropriate container (sometimes a large box) near the accounting department's window. Your insurance card and identification card may be returned to you at this time. If you have private insurance forms that must be filled out, leave them at this department. There will be another wait to have them completed and a charge for this service.
10. If your doctor has made out a prescription for you, sit down near the pharmacy window and pick up your medications when your name is called. Check the pharmacist has written the name and dosage of each medication on each envelope.
11. Go home, have a well-deserved rest, and congratulate yourself on having survived an outpatient visit in Japan!

A Few Notes About The Out Patient Visit*

* [Borrowed, with thanks, from the AJET Women's Group's 1995 Handbook]

[Note: You can avoid many of the hassles of hospital visits if you consult a doctor in a small clinic]**

A Japanese person on average makes 13.8 visits to the doctor every year according to the Economist magazine in 2008. Compare this to the less than four trips the average American makes in a year. The high number of outpatient visits made by the Japanese can be ascribed to the low cost of health care under public insurance plans and the prescribing of medications for only two or three days, requiring repeated return visits for more medications. And this figure warns us that when we go for an outpatient visit there will be a lot of other people there, too.

The outpatient system may be particularly difficult for a foreigner to understand and be comfortable with. Preparation for the visit may therefore help the visit go more smoothly.

Preparing for an outpatient visit:

1. After you have chosen a doctor, telephone the doctor or facility to find out whether your problem can be treated and whether an appointment system is used.
2. Find out the outpatient hours. First-time patients are often seen only in the morning, for instance, from 9:00 to 11:00. If you arrive after that time you will not be seen. Not all specialists are on duty every day, so check you can be seen that day for your problem.
3. Get your identification cards ready. If it is your first visit, you will need to fill out a registration form in Japanese. If this presents problems, bring something with your name and address written on it in

Japanese (your insurance card or a name card) or a Japanese friend to help with interpreting. If you are enrolled in a public health insurance plan (all JETs are) you must bring your insurance card on the first visit and on the first visit of every month. If you are going to a different section in that outpatient department, you'll need to show your insurance card again.

4. Money is essential. Even under public insurance plans, there is still a fee, although it's usually modest.
5. Prepare a written description of your illness or problem. Make a list of the questions you wish to ask. Although some Japanese doctors do speak and understand spoken English, written English is a good way to communicate. Be specific - remember that the doctor's time is limited. Being organized will show that you respect the doctor's busy schedule. Doctors in Japan are not always as thorough in explaining what they are doing and way as they are in other countries, but do not hesitate to ask for clarification.

Information for the Doctor

Name, age, address
History of present illness
Correct medical terminology
Past medical history
Current medications
Allergies
Hereditary conditions

Taking Sick Leave

To review the policies regarding taking Sick Leave, please refer to your Terms and Conditions or ask your supervisor. You may need a receipt or official doctor's note (*shindansho*) to take sick leave. There is usually a charge, around 3000 yen, to get an official doctor's note.

It is common for Japanese workers to use nenkyu (paid vacation leave) in place of byokyu (sick leave), so your co-workers may be surprised if you take byokyu. In particular, most Japanese workers will take nenkyu for minor ailments such as a cold, where they miss one or two days.

It is up to you to decide how you will use your leave, but please be mindful of these cultural differences. It is common for problems to arise over JETs' use of leave, so be cautious and considerate.

Doctors

Kyoto-Fu North

NAME: Dr. Akira Okasho

AREAS OF PRACTICE: Internal Medicine and Urology

CONTACT DETAILS: Okasho Clinic, So 387, Miyazu-shi, Kyoto-fu 626, Tel: 0772-22-8511, Fax: 0772-22-8512

DIRECTIONS: The office is about a 5-minute walk from Miyazu train station. Take the back exit (not the main one) from Miyazu station, walk straight ahead (east), past a parking lot on your left. Turn right at the second corner, you'll pass a supermarket and a parking lot on your right just before you reach Dr. Okasho's office.

REMARKS: "He's very friendly, speaks good English, and will explain things to you without a fuss. At a push, he'll see you even if you forget your health insurance card: so handy for forgetful visiting AETs!"

NAME: Maizuru Shimin Hospital

AREAS OF PRACTICE: General Hospital

CONTACT DETAILS: Higashi Maizuru, Maizuru-shi, Tel: 0773-62-2630

HOURS: Monday to Friday, 8:00 to 11:30
DIRECTIONS: Obama Line, Higashi-Maizuru Station

NAME: Dr. Makoto Ueda
AREAS OF PRACTICE: General Practice
CONTACT DETAILS: Amino-cho near the Town Hall, Tel: 0772-72-0053
HOURS: Monday to Friday 8:30 to 12:00; 16:30 to 18:00. Open some Saturdays.
DIRECTIONS: It's near the Town Hall.
REMARKS: "Dr. Ueda spent four years studying in the U.S. He is very nice and is willing to explain things to patients."

NAME: Dr. Nakagawa
AREAS OF PRACTICE: Internal medicine, Digestive problems, External medicine, Proctology, Rehabilitation
CONTACT DETAILS: 1674 Azaryoshi, Miyazu City, 626-0003, Tel: 0772-22-7565
DIRECTIONS: Next to the only McDonalds in town!
HOURS: Monday-Saturday 9:00-12:00, 16:00-18:30 (except Wednesday afternoon)
REMARKS: "Dr. Nakagawa speaks a bit of English and the facilities seem nice".

NAME: Dr. Hosomi
AREAS OF PRACTICE: Internal Medicine
CONTACT DETAILS: 1019-1 Honjo-Ue, Ine Town, Tel: 0772-33-0114
DIRECTIONS: Opposite Honjo Middle School.
REMARKS: "Very nice doctor and very friendly staff. The doctor speaks a good amount of English and the wait for an appointment is usually very minimal. Hours are a bit difficult – not open everyday and closed before 6. They can take care of most basic problems such as colds."

Kyoto City

NAME: Ohno Clinic
AREAS OF PRACTICE: Gynecology
CONTACT DETAILS: 075-212-7661, website: <http://www.ne.jp/asahi/kyoto/art-clinic/>
HOURS: 10:00AM-12:30AM Mon-Fri, appointments available by reservation Mon-Fri afternoon, 10:00-12:00AM on Saturday.
DIRECTIONS: From Shijo Karasuma intersection, walk east. Turn left at Higashinotoin. It is in the Purasupa Kawano Building, on your left. It is on the 5th floor. See map here: <http://www.ne.jp/asahi/kyoto/art-clinic/page005.html>
REMARKS: Convenient walk-in hours on Saturday. At least one doctor speaks English, both seem comfortable helping foreigners. Willing to give out several months of birth control pills. "Explained and listened thoroughly." Emergency contraception (the morning-after pill) is available.

NAME: Dr. Keichi Kawai
AREAS OF PRACTICE: Dermatology
CONTACT DETAILS: 075-315-0222
HOURS: 9:30am-12pm on Mon, Tues, Wed, Fri, and Sat; 2pm-6pm by appointment on Tues; 5pm-7pm Mon, Wed, Fri; closed on Sun, Thurs, and holidays
DIRECTIONS: Take Hankyu line to Sai-in (西院) station. Go south on Nishioji (the main street) and the clinic will be on the left (east) side between Shijo and Gojo. It is about a 10 min walk from the station.
REMARKS: Dr. Kawai is thorough, and his English, while not brilliant, is passable. He is willing to answer questions more than some doctors. His staff is professional and the clinic is clean. Dr. Sasaki was less responsive to questions.

NAME: Dr. Kawahigashi (Katsura Hospital)
AREAS OF PRACTICE: Orthopedics

CONTACT DETAILS: 17 Yamada-hirao, Nishikyo-ku, Kyoto-shi 615, Tel: 075-391-5811

HOURS: If you go to the hospital, try to arrive by 9:00 and be prepared to wait.

DIRECTIONS: Katsura Hospital is about a 20-minute walk west of Hankyu Katsura Station, or take the free shuttle bus that leaves from the west side of the station.

REMARKS: "Dr. Kawahigashi is friendly and easy to talk to; an excellent surgeon; he speaks great English. He might be able to refer you to other English-speaking doctors in the hospital or the area."

NAME: Dr. Oida

AREAS OF PRACTICE: Gynecology

CONTACT DETAILS: Tel: 075-351-5786

DIRECTIONS: Take subway to Gojo, take exit no 2. At first corner turn right. It is about 300 yards down the street on the right side.

REMARKS: "The doctor is superb. A bonus for the shy or linguistically challenged is that he speaks excellent English."

NAME: Dr. Sugawa

AREAS OF PRACTICE: General Practice

CONTACT DETAILS: Sugawa Clinic, Muromachi Agaru, Kamidachiuri-dori, Kamigyo-ku, Kyoto-shi, Tel: 075-451-8054

HOURS: Monday to Saturday 9:00 to 12:00; 18:00 to 21:00 (sometimes closed on Saturdays so ring before you go)

DIRECTIONS: From Imadegawa Subway Station come out of exit 2 and walk north along Karasuma-dori (i.e. away from the Imperial Palace), turn left into Kamidachiuri-dori (there is an udon shop and a video shop on the corner), then take the first right into Muromachi: the clinic is just a little way up.

REMARKS: Miyako Hotel Doctor

NAME: Dr. Sakabe (Sakabe International Clinic)

AREAS OF PRACTICE: General Medicine and Gynecology

CONTACT DETAILS: Nijo Sagaru, Gokomachi, Nakagyo-ku, Kyoto-shi 604, Tel: 075-231-1624, Fax: 075-256-5225

HOURS: By appointment Monday to Friday 9:30 to 12:30, 18:00 to 20:30; Drop-in 18:00 to 20:30

DIRECTIONS: Kawaramachi-Nijo bus stop or tell a taxi driver "Gokomachi Nijo Sagaru." On foot from city centre: walk north on Teramachi to Oike, cross Oike and turn left. Take first right (Gokomachi) for about two blocks. Clinic has a blue and white sign and is set back from the left side of the road just after a largish hotel.

REMARKS: "Dr. Sakabe trained and worked in the U.S. for many years and speaks good English. Staff speak English as well." Recommended by several JETs. CLAIR's medical directory lists the clinic as being "designated by the World Medical Association."

NAME: Kanomi Clinic

AREAS OF PRACTICE: General Medicine

CONTACT DETAILS: Tel: 075-601-7206 or 075-601-7207

HOURS: Monday to Saturday 9:00 to 12:00; Monday, Wednesday, Friday 18:00 to 19:00

DIRECTIONS: From Keihan Tambabashi Station go out of the north exit and the clinic is right by the traffic lights. From Kintetsu Tambabashi Station go out of the west exit, turn right and go straight for a little bit and the clinic will be in front of you.

REMARKS: Appointment not necessary. Dr. Kanomi is the only doctor who speaks English and he is usually there all the time. "Small clinic; looks old but don't be put off. Dr. Kanomi knows his stuff and is very helpful."

NAME: Kyoto University Hospital

AREAS OF PRACTICE: Ear, Nose and Throat Department.

CONTACT DETAILS: Tel: 075-751-3111 (hospital number)

HOURS: First visit: arrive and wait: Subsequent visits: you can make an appointment.

DIRECTIONS: From Keihan Marutamachi, walk east away from the river for about 5 minutes. It's on the left-hand side.

REMARKS: "Two doctors; one speaks fairly good English but I don't know about the other. New, up-to-date equipment and methodology. The nurses went out of their way to be nice to me."

NAME: Japan Baptist Hospital

CONTACT DETAILS: (075) 781-5191

ADDRESS: 47 Yamanomoto-machi, Kitashirakawa, Sakyo-ku, Kyoto

HOURS: 24-hour for emergencies. 8:30-12 outpatient clinic Mon-Fri (to 11 on Saturday) no appointment necessary. Afternoon by appointment. See schedule for detailed availability:

http://www.jbh.or.jp/schedule_e.pdf

DIRECTIONS: A bit out of the way. Take a city bus # 5 or 204 to Kitashirakawa Bettocho. See map at <http://www.jbh.or.jp/access/index.html>.

REMARKS: English-speaking doctors and English forms.

Kyoto-Fu South

NAME: Dr. Ikezaki

AREAS OF PRACTICE: General Practice

CONTACT DETAILS: Ikezaki Clinic, Tel: 0774-63-5350

HOURS: Monday, Tuesday, Wednesday, Friday 9:00 to 12:00, 17:30 to 20:00; Thursday, Saturday 9:00 to 12:00

DIRECTIONS: From Kintetsu Shin-Tanabe Station, take the east exit, turn right, walk to the first main street and turn left. You'll be on Route 307. Walk east on 307 for about 10 minutes. The clinic is opposite Tanabe High School on Route 307.

REMARKS: "Dr. Ikezaki is a family practitioner who studied in the U.S. for about 2 years. His English is understandable, but more importantly, he understands native English and will listen to your opinions and requests. You usually don't have to wait too long."

NAME: Dr. Mizuno (Rokujizo Hospital)

AREAS OF PRACTICE: Internal Medicine

CONTACT DETAILS: 611, Uji-shi, Rokujizo Nara-cho 9, Tel: 0774-33-1717

HOURS: Monday to Friday 8:30 to 12:00, 17:30 to 20:00; Saturday 8:30 to 12:00 (closed Sunday and national holidays except for emergencies)

DIRECTIONS: Take either JR (Nara Line) or Keihan (Uji Line) to Rokujizo Station. Head for Izumiya Supermarket - it's across the road beside a small river. It has a large sign and is quite easy to find.

REMARKS: "Dr. Mizuno speaks good English. As for the hospital staff: ???"

NAME: Sasaki Ladies' Clinic

AREAS OF PRACTICE: Obstetrics & Gynecology

CONTACT DETAILS: 15-14 Mitozaka, Terada, Joyo-shi, Tel: 0774-53-3735

HOURS: Monday to Saturday 9:00 to 12:00; Monday, Wednesday, Friday 17:30 to 19:30

DIRECTIONS: From JR Joyo Station turn right and go all the way down the shopping arcade; the clinic is at the end of the arcade on the right.

REMARKS: Clinic has three male doctors. "The doctor spoke only a little English but was nice."

NAME: Ide Ladies' Clinic

AREAS OF PRACTICE: Obstetrics and Gynecology

CONTACT DETAILS: Tel: 0774-65-4433

HOURS: Monday, Wednesday, Friday 9:30 to 12:30, 17:30 to 19:30; Tuesday, Thursday, Saturday 9:30 to 12:30

DIRECTIONS: From Kintetsu Shin-Tanabe Station, take the east exit, turn right, walk to the first main street and turn left. You'll be on Route 307. Walk east on 307 for about 10 minutes, then turn left at the Circle K store. You'll see the clinic on the left; it's set back on a side street and the sign on the building is in English.

REMARKS: "Dr. Ide is the only doctor. He's young and very patient. He doesn't speak English but he doesn't treat you 'like a foreigner'".

NAME: Dr. Imamura

AREAS OF PRACTICE: Ear, Nose & Throat; Allergies

CONTACT DETAILS: Tel: 0774-41-6300

HOURS: Monday - Friday (except Wednesdays) 9:00 to 11:30, 16:30 to 19:30; Saturday 9:00 to 11:30

DIRECTIONS: It's right outside of Kintetsu Okubo Station (an express stop on Kintetsu about 20 mins south of Kyoto City). Exit Okubo gates, go straight through a narrow corridor off to the left. When you reach the street turn right, go about 30 yards and it's across the street on the corner to your right.

REMARKS: "Dr. Imamura doesn't speak English but he has young assistants that might."

NAME: Uji-Tokushukai Hospital

AREAS OF PRACTICE: Ear, Nose & Throat

CONTACT DETAILS: Tel: 0774-20-1111 (hospital line)

HOURS: Monday to Saturday 8:00 to 12:00, 17:00 to 19:30

DIRECTIONS: From Kintetsu Ogura Station walk north towards Kyoto along Route 24 about 10 minutes. It's on the left-hand side.

REMARKS: "The doctor speaks a little English. Big hospital; long waiting time. Good equipment. Full service hospital. Friendly staff."

NAME: Yasubuchi Eye Clinic

CONTACT DETAILS: Tel: 0774-65-2440

HOURS: Monday, Tuesday, Wednesday, Friday 9:30 to 11:30, 17:00 to 19:00; Thursday, Saturday 9:30 to 11:30

DIRECTIONS: From Kintetsu Shin-Tanabe Station, take the west exit. On your left is the Shin-Tanabe West Bldg; the clinic is on the 3rd floor.

REMARKS: "They were very friendly. It was clean and they had state-of-the-art equipment, but I don't think anyone speaks English very well."

NAME: Dr. Takezawa

AREAS OF PRACTICE: Internal Medicine

CONTACT DETAILS: Minami Yamashiro Mura, Kita Ookawara, Kamenoko 29-308, Tel: 07439-3-0808

HOURS: Tuesday, Thursday, Saturday 16:00 to 19:00; Wednesday (appointment only) 9:00 to 12:00

DIRECTIONS: New Town on left hand side; ask anyone.

REMARKS: "Dr. Takezawa does not speak English but he speaks slowly and clearly and explains in simple terms."

NAME: Hiroshiba

AREAS OF PRACTICE: Ear, Nose & Throat Specialist

CONTACT DETAILS: 1-3-2 Yamate Minami, Kyotanabe City, 610-0534, Tel: 0774-64-0789, Homepage: www.hiroshiba.com

HOURS: Monday, Tuesday, Wednesday, Friday 9:30-12:30 and 16.00-19:00, Saturday 9:30-14:30

DIRECTIONS: Located in Matsuiyamate, south of Kyoto City in Kyotanabe on the JR Gakkentoshi Line. 3 minute walk from Matsuiyamate Station.

REMARKS: "The place is always busy but it's better to go as a drop-in. I've had to wait 30-40 minutes whenever I've gone. The pharmacy is right next door so it's quite convenient. The doctor I saw spoke a little bit of English, but when you first go you have to fill out this big form in Japanese so it's probably better to bring someone who can read Japanese the first time you go."

NAME: Kansai Ika Daigaku Fuzoku Otokoyama Byoin

AREAS OF PRACTICE: Internal medicine, pediatrics, external medicine, neurosurgery, urology, obstetrics and gynecology, ophthalmology, radiology, anesthesiology, ear, nose and throat.

CONTACT DETAILS: 19 Otokoyamasen, Yawata-shi, 614-8366, Tel: 075-983-0001

HOURS: Monday-Friday, 9:00-11:00 (reception times). Closed weekends and bank holidays.

DIRECTIONS: Take bus #6 from Kuzuha Station on the Keihan main line. It goes straight until it gets to the hospital on the left, and turns right at that intersection (alight there).

REMARKS: "I have had good experiences with this hospital near the Kuzuha stop. All the doctors I saw there were fluent in English. The doctor I had went to med school in America. There are four pharmacies surrounding the hospital. I've waited about 45 minutes on each visit. There are sitting areas everywhere, and maybe even a smoking section! They use a card system for payment, which is handy".

Osaka

NAME: Dr. Kawamoto (Ueroku Women's Clinic)

AREAS OF PRACTICE: Gynecology and General Medicine

CONTACT DETAILS: 5-7-25 Uehonmachi, Tennoji-ku, Osaka-shi, Osaka-fu 543, Tel: 06-762-5842; Fax: 06-762-5891

HOURS: Monday to Saturday 9:00 to 13:00; Monday, Tuesday, Friday 17:00 to 20:00

DIRECTIONS: Take the purple Tanimachi Line (Osaka Subway) to Tanimachi 9-chome stop and go out exit 8. Walk straight ahead from the exit, turn right at the first set of traffic lights and the clinic is just down the street on the right at street level.

REMARKS: "Dr. Kawamoto's specialty is gynecology but women can see him about general problems as well; he will refer you elsewhere if he thinks it necessary." "Appointment needed but easy to get. The nurse doesn't speak

English but will put Dr. Kawamoto on the line if you call. One-doctor clinic; quiet, calm atmosphere. Experience treating Westerners; excellent English; willing to explain and answer questions. Performs abortions.”

Going to the Dentist

Dental Treatment:

Going to the dentist is similar in many ways to going to other types of doctors. You will go, fill out registration forms, wait for your name to be called, then be seen by the dentist.

As with so many things, there may be some differences between the dentists you've visited in your home country and the ones in Japan. That said, there is a great deal of variation, from more traditional to more modern dentistry available in Japan, so you may want to visit several dentists until you find one you feel comfortable with.

One difference is that dental clinics will often have more than one patient in each room, so that the dentist moves between the patients. Additionally, dental clinics may take x-rays without providing a patient with a lead apron, but they are likely to have one, so please ask for one (called a *purrotekuta*) if you are concerned.

A major difference is that dental procedures, even cleanings, are often done over multiple visits. You may find that a dentist cleans one fourth of your mouth, then asks you to make another appointment. The same goes for more major treatment—filling a cavity often takes several appointments: one to clean the tooth and put in a temporary filling, several more to put in a permanent filling.

Metal fillings are not uncommon in Japan. That said, it is also possible to get a tooth-colored filling done. Sometimes metal fillings are the only ones covered by insurance. Sometimes tooth-colored fillings are also covered. Anything more fancy (like porcelain/ceramic crowns) is unlikely to be covered. Ask your dentist about this in advance if you are concerned.

Cost and Insurance:

Dental treatment is not all that expensive. Some JETs report getting their cavities filled and only paying a premium of around 1000 yen. Do check in advance.

National Health Insurance will definitely cover necessary treatment such as fillings. It may or may not cover check-ups and cleanings. Check with the dentist in advance. Many JETs have found that dentists have accepted the National Health Insurance and it has covered them for cleanings and check-ups, so it is likely that you will be able to find such a dentist as well. As always, if your NHI is accepted, it covers 70% of cost, and you pay the remaining 30% out of pocket.

JET Accident Insurance does NOT cover any dental treatment, except for damage from certain types of accidents resulting in significant damage. Treatment for cavities and gum disease is NOT covered by JET Accident Insurance.

Dentists

Kyoto-Fu North

NAME: Dr. Arata (female)

AREAS OF PRACTICE: Dentistry

CONTACT DETAILS: Tel. 0772-64-2296

DIRECTIONS: In Kyotango, close to Tango Omiya Station, across from Omiya-Machi (Kyotango-Shi)'s Post Office.

HOURS: Monday-Saturday until 18:00.

REMARKS: Good pain management. Usually fill cavities in one session. Used white resin—not metal—fillings. Does not speak English but knows a few dentistry terms in English.

Kyoto City

NAME: Dr. Igarashi

AREAS OF PRACTICE: Dentistry

CONTACT DETAILS: Igarashi Dental Office Famiyu, Katsura A, Higashi Shiganomiya-cho 43, Shimotsubayashi, Nishikyo-ku, Kyoto-shi, Tel: 075-392-0993

HOURS: Monday to Saturday 9:30 to 13:00 (last appointments at 12:30), Monday to Friday 15:00 to 19:00 (last appointment at 18:30)

DIRECTIONS: The office is a five- to ten-minute taxi ride (about 580 yen) from the east side of Hankyu Katsura Station, or a 30-minute walk.

REMARKS: “Dr. Igarashi is nice and his English is good. It’s not absolutely necessary to make an appointment but you risk not being seen if you don’t make one.”

NAME: Yoshida Dental Clinic

AREAS OF PRACTICE: Dentistry, Orthodontics

CONTACT DETAILS: Kyoto Tower Bldg 3rd floor, Shimogyo-ku, Kyoto-shi, Tel: 075-361-2811

DIRECTIONS: From Kyoto Station walk straight up Karasuma-dori and the Tower Bldg is not far up on your left (it appears on most tourist maps).

REMARKS: One-dentist office. Both Dr. Yoshida and the hygienist speak English.

NAME: Takayama Dental Clinic

AREAS OF PRACTICE: Dentistry

CONTACT DETAILS: Sumitomo Seimei Bldg 3rd floor, Shijo-Muromachi Kado, Shimogyo-ku, Kyoto-shi, Tel: 075-241-3847

HOURS: Monday to Friday 9:00 to 17:00; 1st and 3rd Saturday of the month in the mornings

DIRECTIONS: On the corner of Shijo-dori and Muromachi-dori

REMARKS: CLAIR’s medical directory (*94) lists this clinic as “highly recommended”.

NAME: Dr. Ono (Yamamoto Dentist Practice)

AREAS OF PRACTICE: Dentistry

CONTACT DETAILS: Keihan Kyoto Bldg 3rd floor, Tel: 075-371-0998 or 075-341-7771

HOURS: Monday to Saturday 9:00 to 12:00; 14:30 to 17:00

DIRECTIONS: Near Kyoto Station, diagonally opposite Kintetsu Dept. Store on Karasuma-dori. From Kyoto Station walk straight up Karasuma a couple of blocks.

REMARKS: “Young and friendly; modern practice. Dr. Ono speaks English but doesn’t work Tuesdays or Saturdays.”

NAME: Kobayashi Dental Clinic

AREAS OF PRACTICE: Dentistry

CONTACT DETAILS: Kobayashi Dental Clinic, Kyoto-shi, Nakagyo-ku, Sanjo-dori, Kawaramachi Higashi-uri (East entrance) Nakajima-machi, Tsurunoi Bldg 4th floor. TEL : 075-255-1177 <http://www.kobayashi-dental.jp/>

HOURS: Monday to Saturday AM 9:30-PM 1:30 and PM 3:00-PM 7:30

DIRECTIONS: See map here: <http://www.kobayashi-dental.jp/12.html> On Sanjo-dori, between Kawaramachi-dori and Kiyamachi-dori, just east of Meidi-ya.

REMARKS: They promise to offer reception and patient care in English. Clinic is modern. Takes National Health Insurance for check-ups. “They were very concerned about minimizing pain.”

Kyoto-Fu South

NAME: Ishida Dental Clinic

AREAS OF PRACTICE: Dentistry

CONTACT DETAILS: Tel: 0774-63-3082

HOURS: Monday to Friday 8:30 to 12:00, 14:00 to 19:00; Saturday 8:30 to 12:00 (After your first visit, you’ll need to make appointments in advance).

DIRECTIONS: From Kintetsu Shin-Tanabe Station, take the east exit, turn right, walk to the first main street and turn left. You’ll be on Route 307. Walk east on Route 307 for about 10 minutes, turn right at the Circle K store and the clinic will be on your left.

REMARKS: “They didn’t speak English but they tried really hard to explain things and used easy Japanese.”

NAME: Dr. Konishi

AREAS OF PRACTICE: Dental Surgeon

CONTACT DETAILS: Kyoto-fu, Soraku-gun, Kamo-cho, Minami Kamo Dai 9 Chome 19-3, Tel: 0774-76-4726

HOURS: Monday to Friday 9:00 to 11:45, 14:00 to 17:30, 19:00 to 20:30; Saturday 14:00 to 17:30

DIRECTIONS: Take route 163 to Kamo. Turn left after first gas station, go in the direction of the JR station; pass it, cross the tracks, take the first street on the left. Drive through Kamo New Town; before you leave New Town, after you've driven down the hill, turn left, take the first street on the right (there's a small bakery on the corner). Konishi surgery is the third building on your right.

REMARKS: Does not speak English.

NAME: Doke Dentist Office

CONTACT DETAILS: Tel: 0726-33-6491

HOURS: Call for an appointment

DIRECTIONS: About a 20 minute walk from Hankyu Ibaraki Station, Osaka-fu. (This station is about 25 minutes south of Hankyu Shijo-Karasuma Station by express train.) Please call for more specific directions.

REMARKS: "Highly recommended. Rest assured they're trustworthy. The two dentists are a married couple (one speaks English). Their daughter works as a dental assistant; she lived in America and speaks excellent English."

NAME: Dr. Sugimoto (dentist)

CONTACT DETAILS: Tsuda 29-4, Tanabe, Shintanabe-shi, 610-0331, Tel: 0774-64-2424

HOURS: Monday-Saturday, 10:00-12:00 Monday-Friday, 14:00-19:20, Saturday, 14:00-17:20

DIRECTIONS: Take Kintetsu to Shintanabe exit to the right of the station. His office is about 50 yards from Mr. Donuts on the 2nd floor facing Daiei store.

REMARKS: "Really beautiful office. All the best and latest technology. Only speaks a few words of English but is very nice, young and patient."

Osaka

NAME: Kiwakai Dental Practice

CONTACT DETAILS: Miyahara 4-1-45, Yodogawa-ku, Osaka-shi, 532-0003, Tel: 06 6395-8011

REMARKS: "English speaking staff. The dentists in this office have been trained (to some extent) in the US. They explain everything (in English) and are super nice. Make a day of it in Osaka. It's worth the trip. Tell them to go easy on the Novocaine. Trust me, they're so concerned about your comfort they'll make you so numb that you'll be concerned about chewing your lip off."

HIV Testing

Why? Because Japan is not free of HIV or AIDS!

How Soon? Usually Public Health Centers (PHC's) require 12 weeks [after possible exposure] for an accurate test result, but you can take the test as early as 8 weeks.

Where? "*Hokenjos*" (Public Health Centers) are located in all cities throughout Japan and offer the test free of charge. You can go to any PHC. The ones in Kyoto City are listed below. If you want to go elsewhere, find the PHC of your choice from a telephone directory or from the Japan HIV Centre (JHC) English Hotline. The JHC can also give you information about private clinics with English speaking staff, but keep in mind that their test fee will range from around 3000 yen to 7000 yen.

How? The test is anonymous and strictly confidential. The JHC recommends that when you are asked to write down a name, you use a number or a Japanese name. Most PHC's offer the test only on mornings of certain days a week and do not have any staff who speak English. When you go, you can say, "*EIZU kensa wo onegai shimasu.* (The HIV antibody test, please.)" They will take a small amount of blood for the test and give you a piece of paper with your number which you need to bring when you come back for your result.

The Result? You need to go back for your result. (All the PHC's listed below take 14 days unless otherwise indicated.) In Japanese, "*insei*" means negative and "*yosei*" means positive. If you test positive, you may have a lot of fears and anxiety and not know what will happen to you next. PLEASE DO NOT SUFFER BY YOURSELF. In addition to the usual resources available to you, the Japan HIV Centre offers various kinds of support in English for free.

The Japan HIV Centre (JHC): is one of the leading NGO's (non-governmental organizations) in Japan. It is a volunteer-based independent organization which offers telephone counseling and information, buddy services, medical referrals, and so forth. If you want to know more about AIDS, safer sex, or how to talk about safer sex in Japanese, call their **English Hotline: (Osaka) 0720-43-4105 (Saturday 13:00 to 18:00); (Tokyo) 03-5259-0256 (Saturday 13:00 to 18:00).**

Kyoto City Public Health Centres (PHC'S)

NAME: Kita Ward PHC (Tel: 075-432-1181)

DIRECTIONS: From Kitaoji Subway Station go up onto Kitaoji-dori and go west (away from Karasuma-dori towards Horikawa-dori) to Shinmachi. The PHC is just back from the traffic lights on the north side of the road, inside the Sogochosha building.

TEST ADMINISTERED: Friday 8:30 to 10:00.

NAME: Kamigyo Ward PHC (Tel: 075-432-3221)

DIRECTIONS: The PHC is on Horikawa-dori. Take bus 9 (from Kyoto Station) or 12 (from Keihan Sanjo, Keihan Shijo, or near the corner of Kawaramachi and Shijo) heading for Ritsumeikan University, or buses 61 or 67. All of these buses stop outside the front of the PHC at the Horikawa-Imadegawa bus stop. By subway, go to Imadegawa Station and walk west up to Horikawa-dori (away from Karasuma), turn right at the corner of Horikawa and Imadegawa: the PHC is about a block up on the left side of the road.

TEST ADMINISTERED: Wednesday 9:00 to 10:00.

NAME: Sakyo Ward PHC (Tel: 075-781-5171)

DIRECTIONS: The PHC is on Higashioji-dori and the nearest bus stop is Hyakumanben through which a plethora of buses run, including nos. 3 and 17 from Kyoto Station. From the bus stop, walk north along Higashioji for about 100 metres and the PHC will be on your left.

TEST ADMINISTERED: Friday 9:00 to 10:30 a.m.

NAME: Nakagyo Ward PHC (Tel: 075-812-0061)

DIRECTIONS: The PHC is on the corner of Horikawa-dori and Oike-dori. Many buses go through this intersection including numbers 9 and 12 (see Kamigyo info for details). The bus stop is Horikawa-Oike.

TEST ADMINISTERED: Friday 9:00 to 10:30.

NAME: Higashiyama Ward PHC (Tel: 075-561-6195)

DIRECTIONS: From Kyoto Station catch bus number 18 and get off at Gojozaka. Continue walking north (i.e. in the same direction as the bus) for about 50 metres and the PHC will be on your left. Also, loop buses 202, 206, 207.

TEST ADMINISTERED: Monday 9:00 to 10:00.

NAME: Yamashina Ward PHC (Tel: 075-592-3050)

DIRECTIONS: From Keihan Yamashina Station (JR Yamashina is also close by) catch any of buses 22, 24, 25 or 26 and get off at Nagitsuji. (Do not catch any buses from bus stand no. 4 at the station, but virtually any other buses including those listed stop at Nagitsuji.) Coming from the station the PHC is very close to the Ward Office (Kuyakusho) on the right hand side of the road when you get off the bus, but it is off the main road.

TEST ADMINISTERED: Monday 8:30 to 10:30.

NAME: Shimogyo Ward PHC (Tel: 075-351-9025)

DIRECTIONS: The PHC is on Gojo-dori between Karasuma-dori and Kawaramachi-dori. From Kyoto Station buses 4, 5, 14, 26 and 52 go through Karasuma-Gojo, which is the nearest stop to the PHC. Alternatively, take the Kyoto Subway and get off at Gojo Station and walk down Gojo to the PHC.

TEST ADMINISTERED: Tuesday 9:00 to 10:30.

NAME: Minami Ward PHC (Tel: 075-681-3111)

DIRECTIONS: The Minami PHC is behind the Minami Ward Office and is not easy to get to. It is about a 10-minute walk from Kintetsu Toji Station or a 5-minute walk from Kujo-omiya bus stop, but you will have to ask for directions once you get there. The buses are nos. 17 and 73 from the Hachioji Exit of Kyoto Station.

TEST ADMINISTERED: Thursday 9:00 to 10:00 (Results: 13 days)

NAME: Ukyo Ward PHC (Tel: 075-861-2176)

DIRECTIONS: The easiest way to get to the Ukyo Ward PHC is to catch a train on the Keifuku Arashiyama Line and get off at Uzumasa Station. Heading towards Arashiyama the PHC is on the left side of the railway line about a 3-minute walk from the station. (The Ward office is on the right side so if you end up there you are in the wrong place.)

TEST ADMINISTERED: Tuesday 9:00 to 10:30 (Results: 10 days)

NAME: Nishikyo Ward PHC (Tel: 075-392-5690)

DIRECTIONS: The PHC is closest to Kami-Katsura Station on the Hankyu Arashiyama Line. Catching a taxi is the easiest way to get there from the station.

TEST ADMINISTERED: Friday 9:00 to 10:30.

NAME: Fushimi Ward PHC (Tel: 075-611-1161)

DIRECTIONS: The PHC is next door to the Fushimi Ward office and both are equal distance from either Tambabashi Station or Fushimi Momoyama Station on the Keihan Main Line. Off any main roads, catch a taxi from the station or ask for directions when you get there.

TEST ADMINISTERED: Monday 9:00 to 10:30.

There are also PHCs in Muko-shi, Uji, Kizugawa, Nantan, Fukuchiyama, Maizuru, and Kyotango. However, please confirm if and when they offer testing. View the list of PHCs and addresses here:

<http://www.pref.kyoto.jp/nanbyou/nannbyouhokensyo.html>

About Counseling in Japan

PAs are made available to be a listening service for JETs and provide simple counseling and assistance. You are always welcome to speak to either Kyoto PA for counseling—your wellbeing is of utmost importance to us. However, PAs are not professional counselors so if you would like long-term and/or professional counseling it may be best to seek a professional.

Your PA can provide confidential counseling, with the exceptions of situations in which a participant is in danger of hurting themselves or others, or regarding illegal activity.

Health insurance does not cover counseling. Psychiatrists can prescribe medication and order inpatient treatment, but most are unable to provide counseling and will only meet for a short time. Your insurance should cover treatment provided by psychiatrists.

Counselors and Mental Health Specialists

The counselors and mental health specialists in this section have been taken from CLAIR's 1996 Mental Health Directory, unless otherwise noted. Those listed in the Directory have offered to extend their services to JET participants and have been checked by CLAIR and a panel of professional counselors. All should be able to speak English. Note: fees listed might change; be sure to check prior to receiving treatment.

In addition to the counselors listed below, your PA can refer you to a psychiatrist or psychologist on the CLAIR Counseling System Committee who is familiar with working with JETs for phone or Skype consultation. (However, counseling sessions are not free.)

Kyoto City

NAME: Dr. Sheila Fling, PhD

CONTACT DETAILS: Aoibashi Family Clinic, Shimodachiuri-agaru, Karasuma-dori, Kamigyo-ku, Kyoto-shi 602 (Tel: 075-431-9150; Fax: 075-431-7393)

HOURS: Wednesday, Thursday, Friday 10:00 to 17:00

FEE: (individual) first session 7000 yen; thereafter 5000 yen

PROFESSION: Clinical Psychologist

COMMENTS: Not listed in CLAIR's directory, but recommended by JET participant. Dr. Fling is an American and currently the only English-speaking counselor at this clinic. Treatment for depression, stress, couples counseling, substance abuse, cultural adjustment.

NAME: Dr. Satoshi Kimura, M.D.

CONTACT DETAILS: Kyoto First Red Cross Hospital, 605 Kyoto-fu, Kyoto-shi, Higashiyama-ku, Hommachi 5-749 (Tel: 075-561-1121; Fax: 075-561-6308)

HOURS: Tuesday, Thursday 8:45 to 12:00; Friday 9:30 to 12:00

FEE: 10,000 yen - 20,000 yen

COMMENTS: Insurance coverage for brief sessions.

Otsu

NAME: Dr. Saburo Takahashi

CONTACT DETAILS: Dept. of Psychiatry, Shiga University of Medical Science, 520-21 Shiga-ken, Otsu-shi, Seta Tsukinowa-cho (Tel: 0775-48-2291; Fax: 0775-43-9698)

HOURS: 9:00 to 12:00

FEE: National Health

COMMENTS: All treatment covered by insurance. Available in emergency.

NAME: Dr. Nobumasa Kato

CONTACT DETAILS: Dept. of Psychiatry, Shiga University of Medical Science, 520-21 Shiga-ken, Otsu-shi, Seta Tsukinowa-cho (Tel: 0775-48-2111; Direct Tel: 0775-48-2293; Fax: 0775-43-9698)

HOURS: Monday to Friday 8:30 to 11:00

FEE: National Health

COMMENTS: Most treatment covered by insurance.

NAME: Mr. Keiji Satoh

CONTACT DETAILS: Dept. of Psychiatry, Shiga University Medical School, 525 Shiga-ken, Otsu-shi, Wakakusa 2-10-1 (Tel: 0775-63-6795)

HOURS: Morning

COMMENTS: Treatment covered by insurance

Hirakata City (just south of Kyoto)

NAME: Ms. Kelly Lemmon-Kishi, M.S.W.

CONTACT DETAILS: 573 Osaka-fu, Hirakata-shi, Uyama-cho 19-16 (Tel: 0720-67-4437; Fax: 0720-67-4437)

HOURS: By appointment

FEE: Negotiable. (Generally, 6000 yen)

PROFESSION: Social Worker

COMMENTS: Highly recommended. Treatment for stress, anxiety, cultural adjustment, sexual harassment, battering, international couples counseling, substance abuse, adult\childhood trauma. Phone counseling OK. Emergency appointments OK.

Osaka

NAME: Dr. Noboru Takaishi, M.D.

CONTACT DETAILS: Takaishi Clinic, 530 Osaka-shi, Kita-ku, Umeda 1-chome, 2-2-200 (Tel: 06-346-0777; Fax: 06-346-0288)

HOURS: Monday, Tuesday, Wednesday, Friday 10:00 to 20:00; Saturday 10:00 to 15:00

FEE: National Health

PROFESSION: Psychiatrist

COMMENTS: Coverage for medical consultation and brief sessions. Hypnotic Therapy; Brief Psychotherapy; Behaviour Therapy; Stress Management.

NAME: Ms. Shinko Tokutsu

CONTACT DETAILS: Systems Approach Institute, Ohtemae Family Room, 630 Osaka-shi, Chuo-ku, Uchihirano 1-1-6-804 (Tel: 06-946-7055; 0742-45-5751; Fax: 06-946-7055)

HOURS: 10:00 to 20:00 daily

FEE: 12,360 yen; Saturday-Sunday 15,450 yen

COMMENTS: 1½ hr sessions. Available in emergency.

Kobe

NAME: Ms. Ann Marten, M.S.W.

CONTACT DETAILS: International Counselling Centre, Kobe Kaisai Hospital, 657 Kobe-shi, Nada-ku, Shinohara-Kitamachi 3-11-15 (Tel: 078-856-2201)

HOURS: By appointment (tel. = 24-hour line)

FEE: Sliding scale

PROFESSION: Psychotherapist

COMMENTS: American. Not listed in CLAIR directory but recommended. Assistance for individuals or couples experiencing problems such as cultural adjustment, depression, anxiety, lifestyle and career transitions, relationship or marriage problems, physical and sexual abuse, and eating disorders.

NAME: Ms. Tomoko Osawa

CONTACT DETAILS: International Counselling Centre, Kobe Kaisai Hospital, 657 Kobe-shi, Nada-ku, Shinohara-Kitamachi 3-11-15 (Tel: 078-856-2201; Fax: 078-871-5206)

HOURS: By appointment (Tel: 24-hour line)

FEE: Sliding scale

PROFESSION: Psychotherapist

COMMENTS: Trained and worked in England. Assistance for individuals or couples experiencing problems such as cultural adjustment, depression, anxiety, lifestyle and career transitions, relationship or marriage problems, physical and sexual abuse, and eating disorders.

NAME: Ms. Takako Ueto

CONTACT DETAILS: Kobe Aisei-en, 651-21 Kobe-shi, Nishi-ku, Gakuen Nishi-machi 7-1-734-313 (Tel: 078-796-0171)

HOURS: Monday to Friday from 18:00; Saturday from 13:00

FEE: Not specified

PROFESSION: Social Worker

Telephone

NAME: Ms. Sandra Kimball

CONTACT DETAILS: <http://internationalcounselling.com/> (Primarily by telephone or VoIP, but face-to-face counseling is possible in the Kansai region depending on the time of year)

HOURS: Varies

FEE: Varies

PROFESSION: Counselor

COMMENTS: Not listed in CLAIR directory, but recommended by JET participant. Focus on depression, eating disorders, grief, relationships, and substance abuse.

Additional resources:

IMHPJ: International Mental Health Professionals-Japan
www.imhpj.org

Kyoto City International Foundation
Daily Life Consultation

TEL 075-752-3511

Hours: 9:30-20:30 (closed on Mondays and the year-end holiday)

English, Korean, Chinese, German, Spanish, and French

<http://www.kcif.or.jp/en/benri/guide1-1.php>

JETLINE

CLAIR Program Coordinators

TEL: 03-5213-1729

HOURS: Mon-Fri 9:00-18:00

The CLAIR Program Coordinators are JETs who are trained in counseling, and many have had long experiences as PAs.

Tokyo English Life Line (TELL)

TEL: 03-3498-0231

HOURS: Daily 9:00-23:00

www.telljp.com

AJET Peer Support Group

TEL: 050-5534-5566

HOURS: Daily 20:00-7:00

International Counseling Centre (Kobe)

Counseling by appointment: info@icckobe.com

TEL: 078-431-8272

www.icckobe.com

Japan Helpline (Emergency Assistance Service)

24/7

TEL: 0120-46-1997

Self-Support Group Leaders

SGLs are JET participants who provide counseling to other JETs who are native speakers of languages other than English, including (currently) Korean, Spanish, German, French, Portuguese, Russian and Chinese. For their contact information, call the JETLINE at 03-5213-1729.

Additional Counseling Resource for Women:

The Dawn Centre in Osaka provides free telephone counseling in English for women:

TEL: 06-910-8401

HOURS: Third Saturday of the month: 13:30 to 15:30

YWCA Kyoto APT provides free telephone counseling in English, Thai, Tagalog, and Chinese.

HOURS: Monday 13:00-16:00, Thursday 15:00-18:00
TEL: 075-451-6522

Gynecology*

* [Borrowed, with thanks, from the AJET Women's Group's 1995 Handbook.]

Before visiting a gynecologist, ask other foreign women or your prefectural advisor for recommendations. [Note: some recommendations are listed in this handbook.] Call ahead with a list of specific questions before making an appointment, for example: Is the doctor male or female? Does the doctor speak English? Is there a private examining room? What is the procedure for the exam? If you have specific health concerns, is the doctor capable of helping with them?

In general, Japanese doctors do not communicate with patients the same way as doctors in the West do. They usually ask fewer questions, don't explain what they are doing during an examination, and prescribe medications without telling patients what the medications are or giving details of possible side effects or alternative treatments. These differences in communication can cause fear and discomfort, so plan ahead and be assertive. Gynecological examinations are not always done in private rooms, and sometimes doctors hang a curtain between themselves and the patient. If this makes you uncomfortable, have the curtain removed before beginning an exam. Insist that the doctor explain what he or she is doing and discuss any necessary treatment in detail. Again, ask others for recommendations, as that is the best way to find a gynecologist who will communicate clearly and respect your wishes.

Abortion

Abortion is legal and available in Japan. In general, it is only available for women who are less than 22 weeks pregnant. However, it is not covered by health insurance and the cost can be very high—70,000-150,000 yen.

The attitude toward abortion is different in Japan than in some other countries, and generally counseling is not provided.

Abortion Counseling:

There is more information at Planned Parenthood's website:
<http://www.plannedparenthood.org/health...s-4359.asp>

They also recommend this website for abortion counseling:

<http://www.4exhale.org/>

Their phone line is located in the US but they have some other resources.
TELL also has a pregnancy counseling service in English at 03-5774-0992.

Morning-After Pill

The Morning After pill may be obtained from most Womens' Clinics. The price is about ¥5000, including consultation. It can also be bought from www.inhousepharmacy.com, but as there is a 72hour window for taking it, it can only really be bought for future, preventative use.

Birth Control

The most common form of birth control in Japan is the condom. Sizes may be different from those in your home country. There are many websites where you can purchase foreign condoms, such as:

Condomania (<http://www.condomania.com/>) Foreign Buyers' Club (<http://www.fbcusa.com/eng/>)

Birth control pills are widely available in Japan, although there are not as many varieties as in some countries. The pill is not covered by insurance and generally costs about 2500-3000yen/month. An initial appointment may

also cost 2500-5000 yen. You may be asked to take some tests such as a urine sample before you can have the pill prescribed.

This website lists some varieties of birth control pills commonly available:

<http://www.survivingnjapan.com/2010/12/guide-to-birth-control-pills-in-japan.html>

Diaphragms and IUDs are available some places in Japan but are not very commonly used, so it may be difficult to get one.

The Depo-Provera shot is also available in Japan but may be a little more difficult to get than the pill.

Pregnancy Tests

Pregnancy tests are available over-the-counter at drugstores in Japan. They tend to cost about 1000-2000 yen. "Clear Blue" has English instructions.

Additional Resources

The American Consulate General Osaka-Kobe provides information on its website regarding English speaking medical services: http://www.senri-i.or.jp/amcon/Doctor_List0204.html

A list of English-speaking hospitals in Kyoto city - <http://www.kcif.or.jp/en/benri/kenko/hospital/>

American Pharmacy (Tel: 03-3271-4035)

- ◆ Provides information in English on **medications**, both for Western medicines and their Japanese equivalents. Can mail **home pregnancy test kits** with English instructions to you.

Foreign Nurses Association in Japan (Tel: 03-3590-4344)

- ◆ General information and assistance with the Japanese health care system.

Tokyo Metropolitan Health and Medical Health and Information Center

1. Free Medical Information Service (Tel: 03-5285-8181, Weekdays 9:00 to 17:00)

- ◆ Provides medical information other than for emergencies, including information about medical institutions with staff who speak foreign languages and about the medical system in Japan.

2. Emergency Translation Service (Tel: 03-5285-8185, Weekdays 17:00 to 22:00, Weekends and holidays 21:00 to 22:00)

- ◆ Free phone service available for foreign patients visiting a hospital if their treatment is impeded due to language difficulty.

Kansai AMDA International Medical Information Centre:

Telephone Information Service: 06-4395-0555; Monday to Friday 9:00 to 17:00

- Be prepared to tell the operator which location and the type of doctor you are looking for. Usually after making a request, they will call you back later in the day with their response.

Multilingual Medical Questionnaire Forms:

A useful translation (with the Japanese) of many medical forms that you may see at a doctor's office: <http://www.k-i-a.or.jp/medical/>

CLAIR Website Multilingual Living Information

<http://www.clair.or.jp/tagengorev/en/f/index.html>

Kyoto City International Foundation

Hospitals and Dental Clinics with Foreign Language Speaking Doctors

<http://www.kcif.or.jp/en/benri/kenko/hospital/>

Search for doctors and pharmacies in Kyoto Prefecture that speak foreign languages

Kyoto Kenki Iryo Yorozu Network (Kyoto Prefectural Department of Health and Welfare)

<http://www.mfis.pref.kyoto.lg.jp/ap/qq/sho/pwenglsshr01.aspx> (English)

English Guide to Some Over-the-Counter Medicines:

<http://www.zeria.co.jp/english/prod/pr01.html>

AJET Peer Support Group Wiki

http://ajet.net/psg/index.php?title=Main_Page

Has a variety of counseling and health information, specific to JETs.

For LGBT JETs

Stonewall AJET

<http://sigs.ajet.net/viewforum.php?f=19&sid=97d993a46f334180aa43bcc565402c77>

This is a group for JETs who are lesbian, gay, bisexual, transgender, questioning, etc.

Vocabulary

● Medical

English	Kanji	Kana	Romanization
Hospital	病院	びょういん	Byōin
Clinic	医院	いいん	Iin
Discharge from hospital	退院	たいいん	Taiin
Disease	病気	びょうき	Byōki
Diagnosis	診断	しんだん	Shindan
Emergency	緊急	きんきゅう	Kinkyū
Medical doctor	医者	いしゃ	Isha
Nurse	看護師	かんごし	Kangoshi
Nutrition	栄養	えいよう	Eiyō
Pharmacy	薬局	やっきょく	Yakkyoku
Physical check up	健康診断	けんこうしんだん	Kenkō shindan
Prescription	処方箋	しょほうせん	Shohōsen
Side effect	副作用	ふくさよう	Fukusayō
Temperature	体温	たいおん	Taion
Thermometer	体温計	たいおんけい	Taionkei
To be hospitalized	入院する	にゅういんする	Nyūin suru
Virus		ウイルス	Uirusu

Weight	体重	たいじゅう	Taijyū
X-ray		レントゲン	Rentogen

● Body parts

English	Kanji	Kana	Romanization
Head	頭	あたま	Atama
Face	顔	かお	Kao
Eye	目	め	Me
Nose	鼻	はな	Hana
Mouth	口	くち	Kuchi
Ear	耳	みみ	Mimi
Tooth	歯	は	Ha
Throat	喉	のど	Nodo
Torso	胴	どう	Dō
Chest	胸	むね	Mune
Shoulder	肩	かた	Kata
Back	背中	せなか	Senaka
Abdomen	腹	おなか/はら	Onaka/Hara
Arms	腕	うで	Ude
Elbow	肘	ひじ	Hiji
Wrist	手首	てくび	Tekubi
Hand	手	て	Te
Fingers	指	ゆび	Yubi
Nail	爪	つめ	Tsume
Legs	足	あし	Ashi
Thighs	太もも	ふともも	Futo momo
Knees	膝	ひざ	Hiza
Ankle	足首	あしくび	Ashi kubi
Foot	足	あし	Ashi
Heel	踵	かかと	Kakato
Toes	足指	あしゆび	Ashi yubi
Organs	臓器	ぞうき	Zōki
Brain	脳	のう	Nō
Heart	心臓	しんぞう	Shinzō
Lung	肺	はい	Hai
Stomach	胃	い	I
Intestines	腸	ちょう	Chō
Liver	肝臓	かんぞう	Kanzō
Kidney	腎臓	じんぞう	Jinzō
Bladder	膀胱	ぼうこう	Bōkō
Other その他			
Blood	血	ち	Chi
Bone	骨	ほね	Hone
Joint	関節	かんせつ	Kansetsu
Muscle	筋肉	きんにく	Kinniku
Skin	皮膚	ひふ	Hifu

● Pharmaceutical supplies

English	Kanji	Kana	Romanization
Alcohol		アルコール	Arukōru
Antacid	胃散	いさん	Isan
Antibiotics	抗生物質	こうせいぶっしつ	Kōsei busshitsu
Antiseptic	消毒薬	しょうどくやく	Shōdokuyaku
Band-aids		バンドエイド	Bandoeido
Condoms		コンドーム	Kondōmu
Contact lenses		コンタクトレンズ	Kontakuto renzu
Cotton	脱脂綿	だっしめん	Dasshimen
Cough drops	咳止めドロップ	せきどめドロップ	Sekidome doroppu
Digestive aid	消化剤	しょうかざい	Shōkazai
Ear drops	耳薬	みみぐすり	Mimigusuri
Eye drops	目薬	めぐすり	Megusuri
Gauze		ガーゼ	Gaaze
Hydrogen Peroxide		オキシフル	Okishifuru
Maxi pads	生理ナプキン	せいりナプキン	Seiri napukin
Medicine	薬	くすり	Kusuri
Ointment	軟膏	なんこう	Nankō
Pain reliever	痛み止め	いたみどめ	Itamidome
Pharmacy	薬局	やっきょく	Yakkyoku
Prescription	処方箋	しょうほうせん	Shohōsen
Sleeping pill	睡眠薬	すいみんやく	Suimin yaku
Tampons		タンポン	Tanpon
Toothbrush	歯ブラシ	はブラシ	Haburashi
Vitamins	ビタミン剤	ビタミンざい	Bitamin zai

● Symptoms

English	Kanji	Kana	Romanization
Symptoms	症状	しょうじょう	Shōjō
Be in a haze		ぼんやりする	Bonyari suru
Blister	水ぶくれ	みずぶくれ	Mizubukure
Broken bone	骨折している	こっせつしている	Kossetsu shite iru
Bruise	打撲傷	だぼくしょう	Dabokushō
Burning sensation	しゃく熱感	しゃくねつかん	Shaku netsukan
Chill	寒気	さむけ	Samuke
Constipation	便秘	べんぴ	Benpi
Cough	咳	せき	Seki
Conjestion	詰まっている	つまっている	Tsumatte iru
Cramps/Convulsions		けいれん	Keiren
Depression	うつ病	うつびょう	Utsu byō
Diarrhea	下痢	げり	Geri
Dizziness	目まい	めまい	Memai
Faint	失神	しっしん	Shisshin
Fatigue	疲労	ひろう	Hirō
Fever	熱	ねつ	Netsu
Headache	頭痛	ずつう	Zutsū
Hives	蕁麻疹	じんましん	Jinmashin

Insect Bite	虫刺され	むしさされ	Mushi sasare
Inflammation	炎症を起こした	えんしょうをおこした	Enshō wo okoshita
Injury	怪我	けが	Kega
Insomnia	不眠症	ふみんしょう	Fuminshō
Itch		かゆい	Kayui
Lethargy	無気力	むきりょく	Mukiryoku
Listlessness	体がだるい	からだがだるい	Karada ga darui
Menstrual cramps	生理痛	せいりつう	Seiritsū
Nausea	吐き気	はきけ	Hakike
Night sweats	寝汗	ねあせ	Nease
No appetite	食欲不振	しょくよくふしん	Shokuyoku fushin
Numbness		しびれ	Shibire
Pain in...	__が痛い	__がいたい	__ga itai
Pregnant	妊娠	にんしん	Ninshin
Runny nose	鼻水	はなみず	Hanamizu
Sharp pain	鋭い痛み	すどいいたみ	Surudoi itami
Sneeze		くしゃみ	Kushami
Sore throat	咽喉炎/のどの痛み	いんこうえん/のどの痛み	Inkōen/ Nodo no itami
Stuffy nose	鼻づまり	はなづまり	Hanazumari
Sunburn	日焼け	ひやけ	Hiyake
Swollen	腫れている	はれている	Harete iru
Upset stomach	胃がおかしい	いがおかしい	I ga okashii
Vomit	吐く	はく	Haku

● Dental

English	Kanji	Kana	Romanization
Dentist	歯医者	はいしゃ	Ha isha
Cleaning		クリーニング	Kuriiningu
Crown	歯冠	しかん	Shikan
Cavity	虫歯	むしば	Mushiba
Filling	詰め物	つめもの	Tsumemono
Gum	歯茎	はぐき	Haguki
Loose tooth	歯がぐらぐらする	はがぐらぐらする	Ha ga guragura suru
Mouth sore	口内炎	こうないえん	Kōnai en
Nerve	神経	しんけい	Shinkei
Pull a tooth	歯を抜く	はをぬく	Ha wo nuku
Straighten	矯正する	きょうせいする	Kyōsei suru
Tooth	歯	は	Ha
Toothache	歯痛	しつう	Shitsū

● Dermatology

English	Kanji	Kana	Romanization
Dermatologist	皮膚科の医者	ひふかのいしゃ	Hifuka no isha
Allergy		アレルギー	Arerugii

● Ear, Nose and Throat

English	Kanji	Kana	Romanization
Ear, Nose, and Throat Doctor	耳鼻科の医者	じびかのいしや	Jibika no isha
Cold	風邪	かぜ	Kaze
Eardrum	鼓膜	こまく	Komaku
Hoarse throat	喉がぜいぜいする	のどがぜいぜいする	Nodo ga zeizei suru
Nose bleed	鼻血	はなぢ	Hanaji
Runny nose	鼻水	はなみず	Hanamizu
Sore throat	喉が痛い	のどがいたい	Nodo ga itai
Stuffy nose	鼻つまり	はなつまり	Hana zumari
Sinusitis	副鼻腔炎	ふくびくうえん	Fukubi kūen

● Gastroenterology

English	Kanji	Kana	Romanization
Gastroenterologist	胃腸科の医者	いちょうかのいしや	Ichōka no isha
Abdominal pain	腹痛	ふくつう	Fukutsū
Appendicitis	盲腸炎	もうちょうえん	Mōchōen
Bowel movement	便通	べんつう	Bentsū
Constipation	便秘	べんぴ	Benpi
Diarrhea	下痢	げり	Geri
Digestion	消化	しょうか	Shōka
Feces	便	べん	Ben
Indigestion	消化不良	しょうかふりょう	Shōka furyō
Stomachache	胃痛	いつう	Itsū

● OB-GYN

English	Kanji	Kana	Romanization
OBGYN	産婦人科の医者	さんふじんかのいしや	Sanfujinka no isha
Back pain	腰痛	ようつう	Yōtsū
Birth control pill	避妊ピル	ひにんピル	Hinin piru
Breast lump	乳房のしこり	ちぶさのしこり	Chibusa no shikori
Menstruation	生理	せいり	Seiri
Menstrual irregularity	生理不順	せいりふじゅん	Seiri fujun
Miscarriage	流産	りゅうざん	Ryūzan
Menstrual cramps	生理痛	せいりつう	Seiritsū
Pap smear		パップテスト	Pappu tesuto
Pregnancy	妊娠	にんしん	Ninshin
Morning after pill		モーニングアフターピ ル	Mouningu afutaa piru
Uterus	子宮	しきゅう	Shikyū
Vagina (Medical term)	膣	ちつ	Chitsu
Vaginal discharge		おりもの	Orimono
Venereal disease/STD	性病	せいびょう	Seibyō
Yeast infection	真菌性膣炎	しんきんせいちつえん	Shinkinsei chitsuen

GYNECOLOGY AND OBSTETRICS ADDITIONAL VOCABULARY

pre-menstrual syndrome	<i>gekkei zen sho-ko-gun</i>
missed period	<i>mu-gekkei</i>
I missed my period	<i>kon getsu seiri / gekkei ga arimasen</i>
pregnancy test	<i>ninshin kensa</i>
fetus	<i>taiji</i>
morning sickness	<i>tsuwari</i>
labor pain	<i>jintsuu</i>
delivery	<i>osan bunben</i>
abortion	<i>ninshin-chuuzetsu</i>
contraception	<i>hi-nin</i>
oral contraceptive pill	<i>keiko hinin yaku piru</i>
condom	<i>kondoomu</i>
diaphragm	<i>pessari</i>
cervical smear	<i>shikyu-gan kensa</i>
breast cancer check	<i>nyu-gan kensa</i>
breast tumor	<i>mune no shikori</i>
infection	<i>kansen</i>
vaginal discharge	<i>taige orimono</i>
cystitis	<i>boko-en</i>
burning sensation	<i>hai-nyo-tsu, shimiru</i>
frequent urination	<i>nyo ga chikaku</i>
retention	<i>zan-nyo-kan</i>
bloody urine	<i>ketsu-nyu</i>
vaginitis	<i>chitsu en</i>

● Ophthalmology

English	Kanji	Kana	Romanization
Ophthalmologist	眼科の医者	がんかのいしゃ	Ganka no isha
Discharge from eyes	目やにが出る	めやにがでる	Meyani ga deru
Eyesight	視力	しりょく	Shiryoku
Eye strain	目の疲れ	めのつかれ	Me no tsukare
Far-sightedness	遠視	えんし	Enshi
Near-sightedness	近視	きんし	Kinshi
Squint	斜視	しゃし	Shashi
Tears	涙	なみだ	Namida

● Respiratory

English	Kanji	Kana	Romanization
Pulmonary medicine doctor	呼吸器科の医者	こきゅうきかのいしゃ	Kokyuukika no isha
Asthma	喘息	ぜんそく	Zensoku
Bronchitis	気管支炎	きかんしえん	Kikanshien
Chest pain	胸の痛み	むねのいたみ	Mune no itami
Cough	咳	せき	Seki
Hard to breathe	呼吸困難	こきゅうこんなん	Kokyū konnan
Influenza		インフルエンザ	Infuruenza
Pneumonia	肺炎	はいえん	Haien
Tonsillitis	扁桃腺炎	へんとうせんえん	Hentōsenen
Tonsils	扁桃腺	へんとうせん	Hentōsen
Windpipe	気管	きかん	Kikan

● Surgery

English	Kanji	Kana	Romanization
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Surgery	外科	げか	Ge ka
Anesthesia	麻酔	ますい	Masui
Bruise	打撲	だぼく	Daboku
Cut	切り傷	きりきず	Kirikizu
Dislocation	脱臼	だっきゅう	Dakkyū
Incision	切開	せっかい	Sekkai
Internal bleeding	内出血	ないしゅっけつ	Nai shukketsu
Operation	手術	しゅじゅつ	Shujutsu
Stitch	縫合する	ほうごうする	Hōgō suru

● Urology

English	Kanji	Kana	Romanization
Urologist	泌尿器科の医者	ひにょうきかのいしゃ	Hinyōkika no isha
Bladder	膀胱	ぼうこう	Bōkō
Bladder infection	膀胱炎	ぼうこうえん	Bōkōen
Blood in urine	血尿	けつによ	Ketsunyō
Painful urination	排尿痛	はいにようつう	Hainyōtsū
Pee		おしっこ	Oshikko
Penis (medical term)	陰茎	いんけい	Inkei
Urine (medical term)	尿	によ	Nyō
Urine examination	尿検査	によけんさ	Nyō kensa

● Helpful Phrases

Emergencies

It is an emergency. きんきゅうじたいです。 緊急事態です。 <i>Kinkyū jitai desu.</i>	I'm hurt. わたしはけがしてしまったです。 私は怪我してしまったです。 <i>Watashi ha kega shite shimatta desu.</i>	Someone is hurt. けがしてしまったひとがいます。 怪我してしまった人がいます。 <i>Kega shite shimatta hito ga imasu.</i>
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What to say when you get there

I would like to see a doctor. いしゃにみてもらいたいです。 医者に見てもらいたいです。 <i>Isha ni mite moritai desu.</i>	It is my first time to this clinic. ここははじめてです。 ここは初めてです。 <i>Koko ha hajimete desu.</i>
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Talking about symptoms

I don't feel well. きぶんがわるいです / しんどいです。 気分が悪いです / しんどいです。 <i>Kibun ga warui desu / shindoi desu</i>	I can't bend my ____. ____がまがりません。 ____が曲りません。 <i>____ ga magarimasen.</i>	I can't move my ____. ____がうごかせません。 ____が動かさせません <i>____ ga ugokasemasen.</i>
I think the bone is broken. こっせつしているみたいです。 骨折しているみたいです。 <i>Kossetsu shiteru mitai desu.</i>	I feel weak. からだがよわいです。 体が弱いです。 <i>Karada ga yowai desu.</i>	I feel listless. からだがだるいです。 体がだるいです。 <i>Karada ga darui desu.</i>
My__ hurts. ____がいたいです。 ____が痛いです。 <i>____ ga itai desu.</i>	I feel better. よくなりました。 良くなりました。 <i>Yoku narimashita</i>	I feel worse. わるくなってきました。 悪くなってきました。 <i>Waruku natte kimashita.</i>

What the doctor might say		
Take it every ____ hours. ____じかんごとにのんでください。 ____ 時間ごとに飲んでください。 ____ <i>jikan goto ni nonde kudasai.</i>	Take it ____ times a day. いちにちに____かいのんでください。 一日に__回飲んでください。 <i>ichi nichi ni ____kai nonde kudasai.</i>	Take it after meals. しょくごにのんでください。 食後に飲んでください。 <i>Shokugo ni nonde kudasai.</i>
Take it before meals. しょくぜんにのんでください。 食前に飲んでください。 <i>Shokuzen ni nonde kudasai.</i>	Take it in the morning. あさにのんでください。 朝に飲んでください。 <i>Asa ni nonde kudasai.</i>	Take it at night. よるにのんでください。 夜に飲んでください。 <i>Yoru ni nonde kudasai.</i>