

Health Handbook

2025



KUAS Nurse's Office

京都先端科学大学
保健室

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I . Role of the Nurse's Office

The following services are provided at the Nurse's Office.

- Medical examination by a school doctor
- Regular medical examination and follow-up guidance (screening, health guidance, and health counseling)
- First aid and emergency response
- Referral to a medical institution
- First aid kit rentals
- Maintenance and management of pharmaceuticals and medical devices
- Measurement of height, weight, body fat, blood pressure, body temperature, vision, and hearing
- Health management (prevention and control of diseases, dietary, lifestyle guidance, etc.)
- Implementation of alcohol patch tests
- Mental and physical health consultation
- Counseling (including neurology and psychiatry fields)
- Rental of clothing (including sanitary products) and crutches
- Issuance of health certificates
- Procedures for medical benefits (injuries during the regular curricular activities, university events and extracurricular activities)
- Personal Accident Insurance for Students Pursuing Education and Research
- Survey, research and provision of information on student health
- Smoking cessation support
- Publication of periodicals "Health Handbook"
- Lending of health and medical related books
- AED lectures

<Consultation with a School Doctor>

○Kyoto Uzumasa Campus

Specialization	Days and Times
Internal Medicine	1st Tuesday of every month, 13:00 - 15:00
Psychiatry	2nd Thursday of every month, 13:30 - 15:30
Orthopedic	2nd Wednesday of every month, 15:00 - 17:00

○Kyoto Kameoka Campus

Specialization	Days and Times
Internal Medicine	2nd Tuesday of every month, 13:30 - 15:30
Psychiatry & Neurology	1st and 3rd Wednesday of every month, 14:00 - 16:00
Orthopedic	4th Wednesday of every month, 15:00 - 17:00

- ・Consultation with a school doctor is not only about illness or injury, but can be also about the pathology of the human body and mind or about sports medicine.
- ・It is possible to consult with a school doctor to get a second opinion regarding the treatment you are receiving or a visit to a medical institution.

○When you are injured or sick

The Nurse's Office has a wide variety of medical supplies and hygiene materials on hand. If you are injured or feel sick, without hesitation, please come to the Nurse's Office.

After providing first aid, if medical consultation is necessary, we will arrange an appointment on your behalf. If necessary, staff will accompany you to a hospital.

We also offer recuperation areas separately for men and women in the Nurse's Office.

*If you get injured on campus, you may be able to receive medical expense assistance. For more details, refer to page 11.

○Referral to a medical institution

Depending on the situation, we refer you to an appropriate medical institution.

We provide information on medical institutions that respond to various requests such as the following, so please consult with us.

●I have moved, and I need a help to find a family doctor.

●Which hospital is near from my home and easy to go to?

●Where can I find a hospital that is open for 24 hour a day?

●I want to find a hospital where I can see a doctor in the evening.

●I want to find a hospital where I can get a special treatment.

* Refer to the list of medical institutions from p.41 onwards.

3

○Mental and physical health consultation

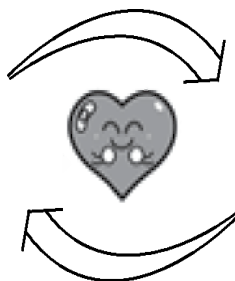
The Nurse's Office provides various mental and physical consultations.

Reservation is not

required, so feel free to come anytime.

The details of the consultation are strictly protected.

Mental consultation
•I'm worried about living alone.
•Feeling anxious and restless
•Being overly self-conscious
•Feeling irritable
•I can't sleep.
•Suffering from relationships in general
•Trouble getting along with teachers
•Trouble in a relationship, etc.



Physical consultation
•Various health consultations
•Internal medicine? Surgeon?
Which department should I go to?
•Hospital and Clinic information
•I feel tired and irritable recently.
•About diet.., I don't want to gain weight...
•What kind of food should I eat?
•Consultations on friends and family, etc.

○ For your health management

We have a sphygmomanometer, a height meter, a weight scale, and a body composition meter in the Nurse's Office. Please feel free to use them for your own health management.

○ We offer a place where you can spend time to relax.

Nurse's Office is not only a place to visit when you get injured or sick, but also when you just want to relax. To prevent infection, space may not be available in some cases.

<Please come to the Nurse's Office in the following situations.>

- When you want to be alone
- When you want to spend time in a quiet place
- When you don't want to eat in a crowded place such as the school cafeteria
- When you want to talk to someone

○ Reading and lending of health and medical books

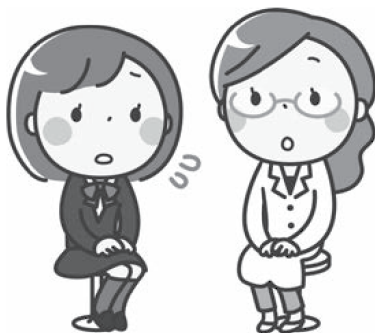
We have several health and medical magazines, etc. You can look at them as you like and borrow them as well if you want.

A few examples of magazines we have in the Nurse's Office;

LDK (Useful information magazine for daily life)

Leaf (Local information magazine in Kyoto and Shiga)

Monthly Kyoto (Information magazine in Kyoto)



Annual health care event schedule (2025 Academic Year)

Month	Planned matter
April	Regular Medical Examinations for Students (Early April) Freshman Health Survey
May	Start of issuance of "Health Certificate" Regular Medical Examination Screening and Management Interview and guidance for students with abnormal findings: Physical examination, urine test, chest X-ray, and blood test Enrollment Application for Personal Accident Insurance for Students Pursuing Education and Research
June	Sports Club Medical Examinations (Mid-June) Blood pressure, electrocardiography, blood tests and physical examination Distribution of medical examination results ... (The date of distribution will be posted on the Sentan Navi.) Regular Medical Examinations for Faculty and Staff Holding of the Nurse's Office Management Committee
July	Sports Club Medical Examination Screening and Management Interview and guidance for students with abnormal findings: Physical examination, electrocardiography and blood test Contacting and guidance for students who have not taken a medical examination Health consultation and guidance for faculty and staff with abnormal findings
August	Statistical Processing of Medical Examination Rate and Screening Results, preparation of the report
September	Health Surveys and Medical Examinations for Fall Enrollment Students
October~ December	Influenza vaccination Reporting the results of Regular Medical Examination for Faculty and Staff to Sonobe Labor Standards Inspection Office
January~ March	Preparation of the health management reports (Students, Faculty and Staff) Preparation of the health management plans for the next academic year (Student, Faculty and Staff) Prepare the next academic year events Holding of the Nurse's Office Management Committee

II. About Regular Medical Examinations

1. Purpose and Significance of Regular Medical Examinations

The purpose of school health management is to maintain and promote the health of students and contribute to the smooth implementation of education and the securing of its achievements, as stated in the “Articles 1, 13 and 14 of the School Health and Safety Act.” Regular medical examinations play an important part of school health management, and it is mandatory for all students to have checkups every year.

2. Items for regular medical examinations

2025 Academic Year Student Medical Examination Items

	Health and Sports Science 1st yr.	Nursing 1st yr.	Speech and Hearing Science and Disorders 1st yr.	Nursing, Speech and Hearing Science and Disorders All grades	1st & 4th yr.	2nd yr.	3rd yr.	Faculties of Bioenvironmental Sciences & Engineering 3rd yr.	Faculties of Bioenvironmental Sciences & Engineering 4th yr.	Grad Students	Bioenvironmental Science & Engineering Grad students
Height measurement	●	●	●		●	●	●	●	●	●	●
Weight measurement	●	●	●		●	●	●	●	●	●	●
Vision tests	●	●	●		●		●	●	●	●	●
Physical Examination	●	●	●		●				●	●	●
Urine tests (protein, sugar, occult blood)	●	●	●		●	●	●	●	●	●	●
Chest X-ray	●	●	●	●	●				●	●	●
Blood pressure										●	●
Electrocardiogram	●										
Blood test		●	●					●	●		●

3. What happens if you do not get a Regular Medical Examinations

If you do not get a regular medical examination, you cannot participate in SLS, and athletic club activities.

- * Detection of physical abnormalities or chronic diseases without apparent subjective symptoms such as tuberculosis, kidney disease, anemia, and diabetes may be delayed.
- * You may not be able to take SLS courses.
- * We cannot issue your health certificates (necessary when applying for employment, scholarship, higher education, transfer, part-time job, internship, teaching and nursing care practices, etc.) and medical certificates for participating in away games or training camps.

4. What to do if you did not get a Regular Medical Examinations

*If you are unable to get a regular medical checkup at the designated date, due to unavoidable circumstances, use one of the following methods as soon as possible and submit a medical examination result to the Nurse's Office.

- ① Receive the examination at the designated medical institution by the specified date.
(Report to the Nurse's Office by the health checkup date scheduled for your faculty/department)
- ② Get a medical examination at the public health center.
- ③ Get a medical examination at a general medical institution.

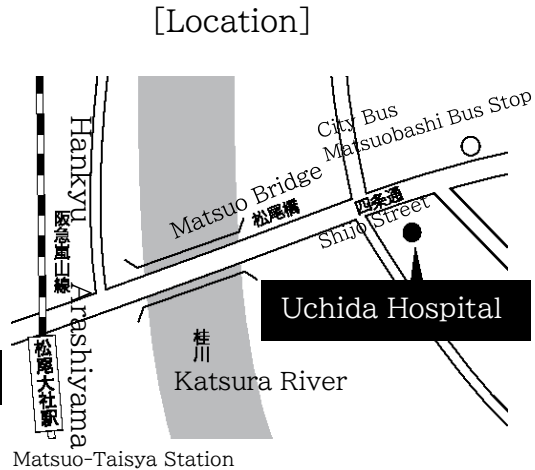
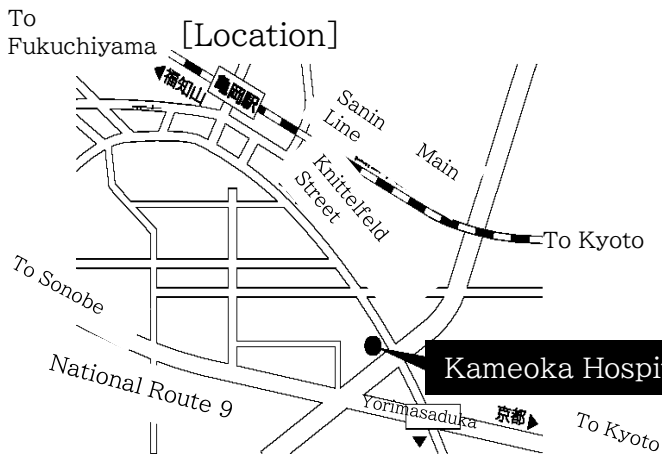
※When you get a medical checkup appointment outside of university, you need to contact with Nurse's Office first and receive a "consultation form," before visiting a medical institution for the checkup.

In case of ① above, the medical examination fee is paid by the school, and in cases of ② or ③, it is paid by the student.

[KUAS designated institutions]

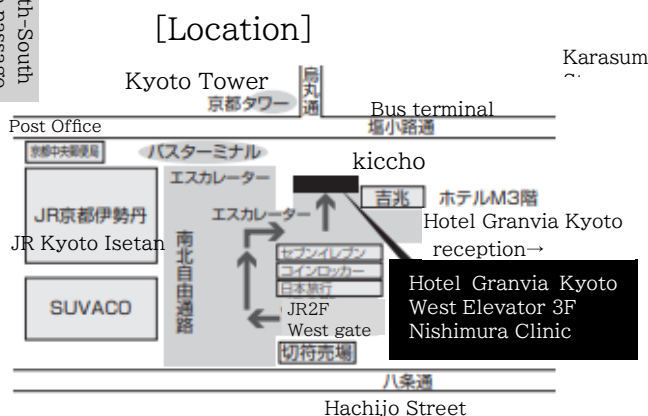
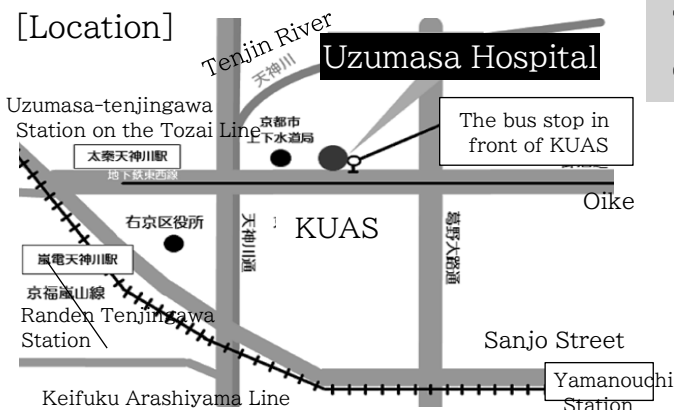
Kameoka Hospital
Tel 0771-22-0341
〒621-0815
3-21-1, Kose-cho, Kameoka City

Uchida Hospital
Tel 075-882-6666
〒615-0925
6-9, Onawaba-cho, Umezu, Ukyo Ward, Kyoto City

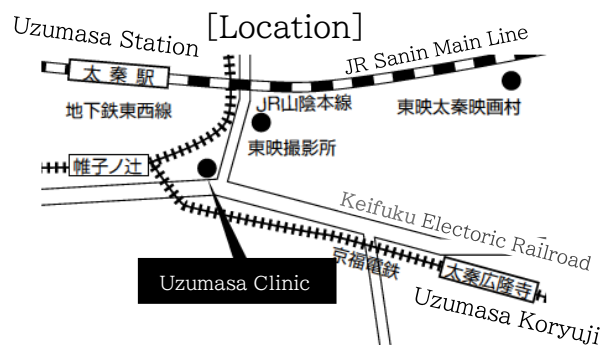


Uzumasa Hospital
Tel 075-811-7711
〒616-8083
4-13, Yasuinishizawa-cho,
Uzumasa, Ukyo Ward, Kyoto City

Nishimura Clinic
Tel 0120-109-215 or 075-365-3339
〒616-8083 901 Higashi Shiokoji-cho, Karasuma-dori
Shiokoji-sagaru, Shimogyo Ward, Kyoto City



Uzumasa Clinic
Tel 075-863-6152
(*Only primary checkup) Checkup Center
Tel 075-863-5553
〒616-8151
30-4, Katabiranotsuji, Uzumasa, Ukyo
Ward, Kyoto City



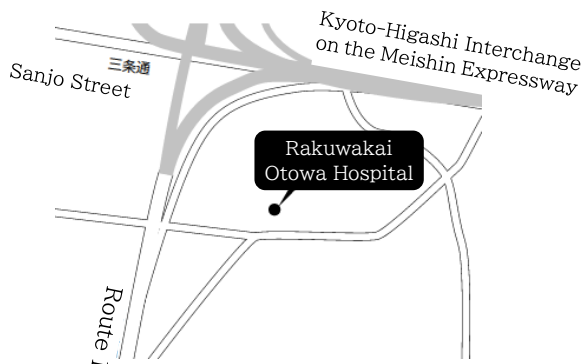
Sakabe Clinic
 Tel 075-231-1624
 〒600-8216 435, Yamamoto-cho, Gokomachi
 Nijo Sagaru, Nakagyo Ward, Kyoto City

[Location]



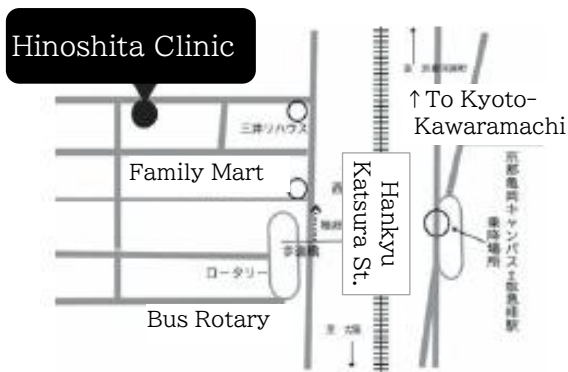
Rakuwakai Otowa Hospital
 Tel 075-593-4111
 〒607-8062
 2 Chinji-cho, Otowa, Yamashina Ward,
 Kyoto City

[Location]



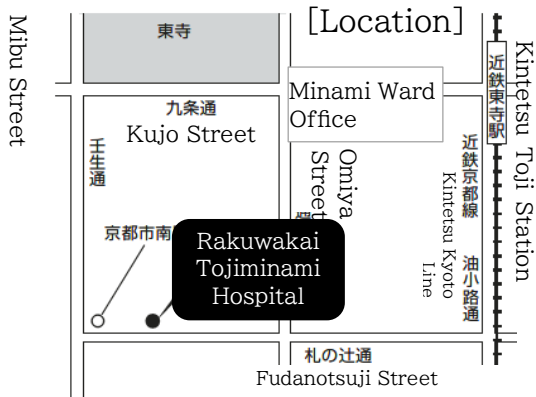
Hinoshita Clinic
 Tel 075-383-1555
 〒615-8074 91-4 Minamitatsumi-cho,
 Katsura, Nishikyo Ward, Kyoto City

[Location]



Rakuwakai Tojiminami Hospital
 Tel 075-672-7500
 〒601-8441
 1 Nanden-cho, Nishikujo, Minami Ward, Kyoto City

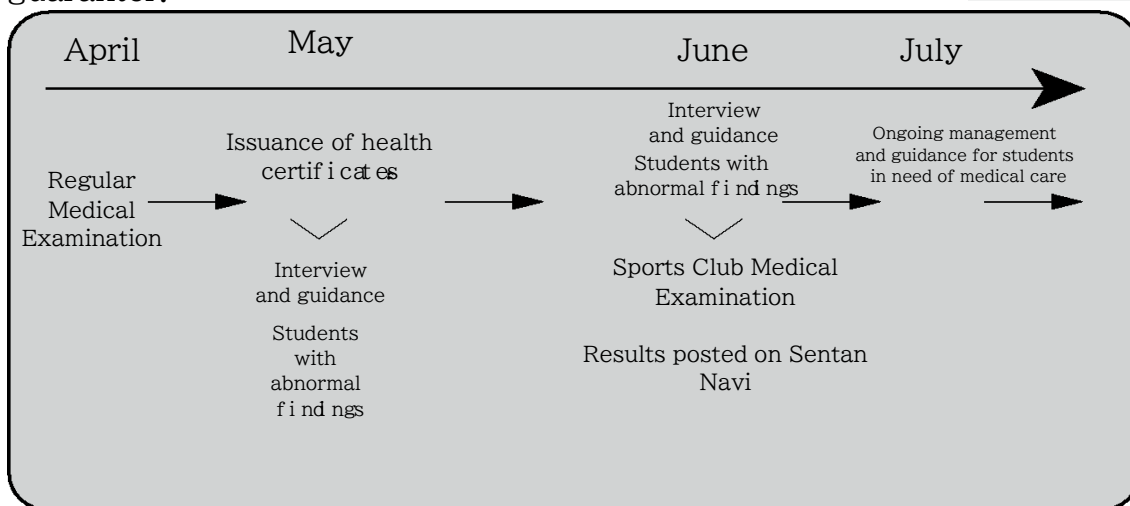
[Location]



5. Please check your result on the Sentan Navi.

* We will notify you (by Sentan Navi or telephone) if you need to undergo any consultation or guidance after the medical examination. If you receive notification, please come to the Nurse's Office immediately.

* If you do not come to the room after contacting us, we will send the test results and information about the retest to your guarantor.



III. About Health Certificate

9

Health certificates are issued by KUAS, based on the results of annual medical examinations. Therefore, we cannot issue your health certificate if you do not get a regular medical examination every year. If you have not received a regular medical examination, please consult with the Nurse's Office.

A health certificate is required in the following cases:

- Job-hunting
- Scholarship application
- Joining away games
- Part-time job application
- Classes such as lab
- Various practices
- Higher education
- Internship
- SLS
- etc.

1. Issuing time

A certificate is issued based on the results of the annual medical examinations conducted in April and can be issued from mid-May and within the relevant academic year. It can be issued only while you are a student at KUAS, and it cannot be issued after graduation.

2. Issuance method

Issuing a health certificate costs 340 yen per copy. Refer to KUAS's website for how to use the Convenience Store Certificate Issuance Service to obtain a health certificate. If you have any unexamined items or need a re-examination because of your regular medical examination, we cannot issue a certificate. Please consult with the Nurse's Office.

3. If you need a health certificate on a prescribed form

When you apply for higher education, transfer to another school, or apply for scholarships, you may be required to obtain a certificate of your medical examination results on a prescribed form. In such cases, you may need to take checkup items other than the regular examination items at KUAS. Also, if there is a designation of a national and public hospital or a specified medical institution, it cannot be issued at KUAS, so please read the application guidelines and instructions carefully and take the necessary procedure. If you don't know any appropriate medical institutions, please consult with the Nurse's Office.

When you get an examination at a medical institution, please allow sufficient time since it may take some time to receive the result.

4. Health certificate for joining sports club/circle games and training camps

In order to obtain such a medical certificate, you need to take the Sports Club Medical Examinations as well as the regular examinations conducted in April.

Also, for the issuance of a group certificate as a club, please fill out a designated form with club members' names and other necessary information and apply to the Nurse's Office at least two weeks in advance. There is no charge for a group certificate.

IV. Procedures When Injured During the Regular Curricular Activities, University Events, Extracurricular Activities, and Commute

1. Personal Accident Insurance for Students Pursuing Education and Research

We offer the "Personal Accident Insurance for Students Pursuing Education and Research("Gakkensai")" and the "Liability Insurance coupled with Gakkensai" for all students. (University pays for enrollment fees.)

<Personal Accident Insurance for Students Pursuing Education and Research payment coverage>

① Injuries during the regular curricular activities and university events → when the actual treatment took more than 1 day

② Injuries on campus → when it took more than 4 days

③ Injuries during extracurricular activities → when it took more than 14 days of actual treatment

④ In case of hospitalization, it will be covered from the first day.

⑤ Injuries during the commute to school → when it took more than 4 days of actual treatment

* The number of days of treatment = the number of days of hospitalization/hospital visits.

* This insurance may also cover the injuries that occur outside the campus or during trips to/from extracurricular activities. Please inquire the Nurse's Office.

* Report on the details about injuries to the instructor responsible for the class, in case of the regular curriculum, and the club advisor, in case of extracurricular activities.

Scan these QR cords
for more information

Personal Accident
Insurance for Students
Pursuing Education and
Research("Gakkensai")



Liability Insurance coupled
with Gakkensai



<Insurance Claim Procedure>

Application forms and guidance for necessary procedure are available at the Nurse's Office. Please report your injury to the Nurse's Office as soon as possible.

☆For more details, refer to the "Handbook for Enrollment of Personal Accident Insurance for Students Pursuing Education and Research" distributed at the admission.

2. Liability Insurance coupled with "Gakkensai"

Course A

Subscriber: Students of all faculties except two departments (nursing, speech and hearing sciences and disorders), graduate students, exchange students, non-degree students, auditing students, and research students

Scope of activities: During regular curricular activities, school events, extracurricular activities, internships, care work experience activities, compensation for bodily injury and property damage arising during teaching practices, etc. and during round trips to and from practice facilities

Course C

Subscriber: Students of Department of Nursing and Department of Speech and Hearing Sciences and Disorders, Faculty of Health and Medical Sciences

Scope of the activities: During regular curricular activities of the medical-related faculties and departments, school events, extracurricular activities, internships, care work experience activities, compensation for bodily injury and property damage arising during teaching practices, etc. and during round trips to and from practice facilities.

<Insurance claim procedure>

The Nurse's Office serves as the contact point, but the student is responsible for contacting the insurance company and handling the claim procedures. In the event of an incident eligible for coverage, please report it to the Nurse's Office promptly.

★ For details, please refer to the "Gakkensai Liability Insurance Guide" distributed at the time of enrollment.

3. Medical Expenses Benefit

If the injury occurred under the supervision of KUAS but cannot be covered by Personal Accident Insurance for Students Pursuing Education and Research benefits, the cost of an initial treatment (a health insurance copayment) can be paid back by KUAS.

<Benefit procedure>

Application forms and guidance for necessary procedure are available at the Nurse's Office.

Original receipts from the medical institution are required for the procedure. If you visit a medical institution, make sure to obtain receipts and submit them to the Nurse's Office. (Please submit receipts for external prescriptions as well.)

* Only original copies of receipts are valid. Photocopies are not acceptable.

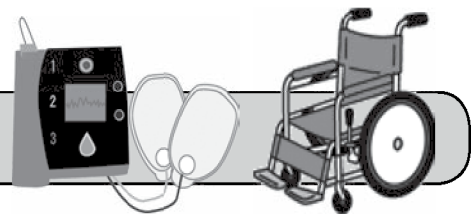
<Application and Claim>

Application forms and guidance for the procedure are available at the Nurse's Office. Please visit the Nurse's Office with original receipts and your signature stamp.

* Please complete an application within the academic year in which the injury occurred.

If you have any questions about Personal Accident Insurance for Students Pursuing Education and Research or medical expenses benefit, please contact the Nurse's Office.

V. Emergency response



1. In KUAS, AEDs, wheelchairs, stretchers are installed Kyoto Uzumasa Campus

The placement of AEDs and wheelchairs

<Locations of AED (automated external defibrillator)>

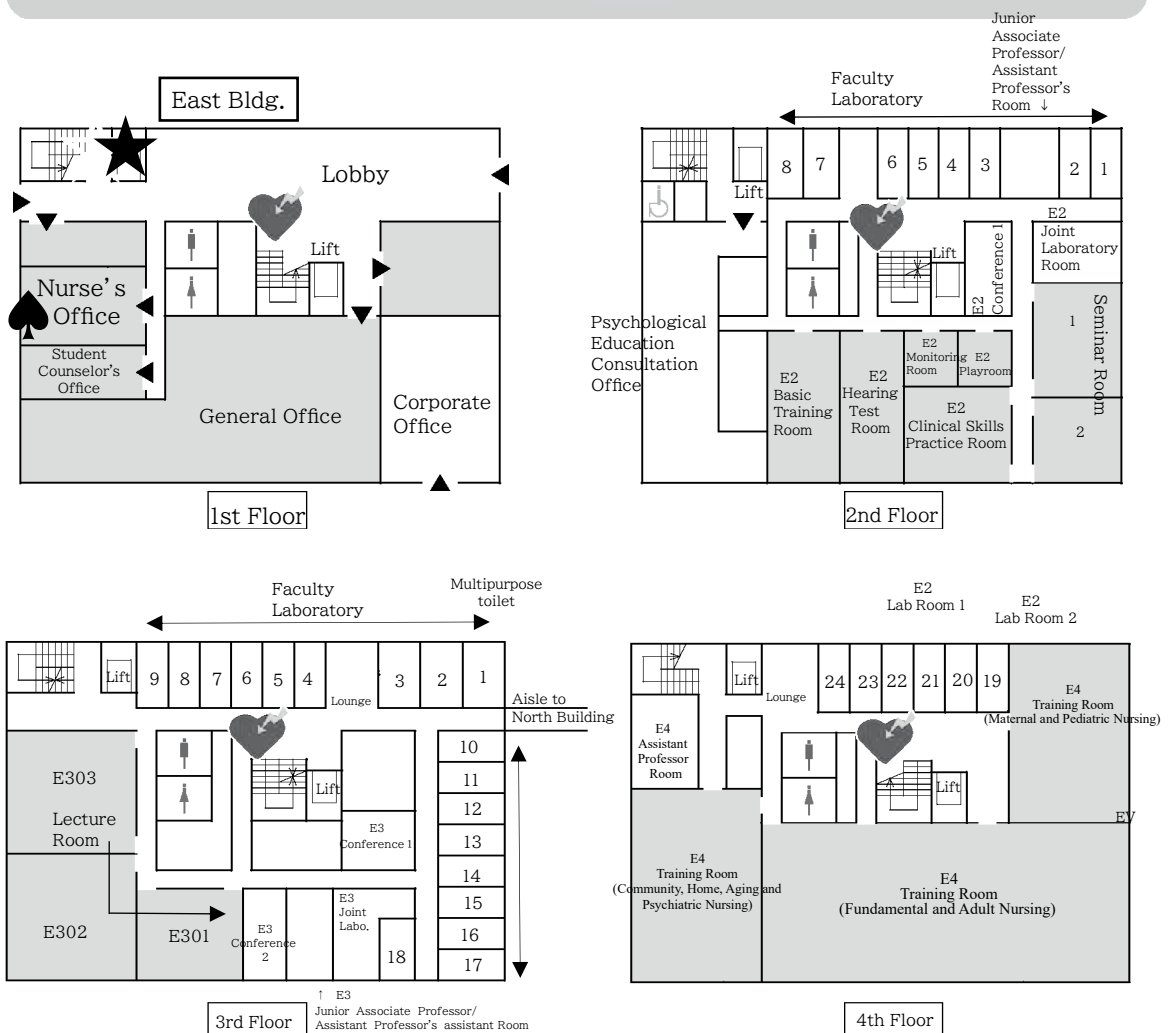
North Bldg. 1st Floor Lobby, Restaurant
 North Bldg. Central Lounge on 2nd, 3rd, 4th floors
 East Bldg. Main Stairs on 1st, 2nd, 3rd, 4th floors
 West Bldg. Elevators on 1st, 2nd, 3rd, 4th floors
 South Bldg. 1st, 2nd, 3rd, 4th, 5th floors,
 2nd floor In the Teaching Lab. 2,
 International Student Dormitory

<Locations of Wheelchair>

North Bldg. 1st Floor Under the Central Stairs
 East Bldg. 1st Floor Under the South Stairs
 West Bldg. 1st Floor W Lounge
 South Bldg. 1st Floor in front of Advanced Hall,
 beside the Guard Room

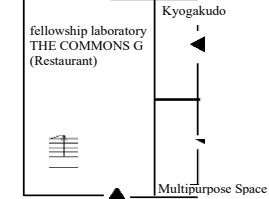
<Locations of Stretcher>

East Bldg. 1st floor Nurse's Office
 South Bldg. 1st floor beside the Guard Room

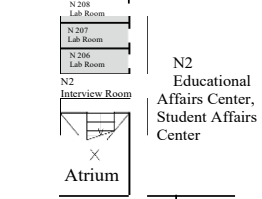


North Bldg.

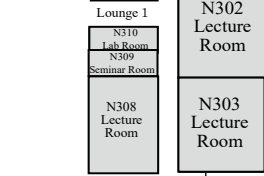
1st Floor



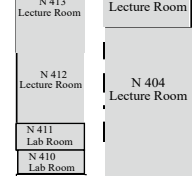
2nd Floor



3rd Floor



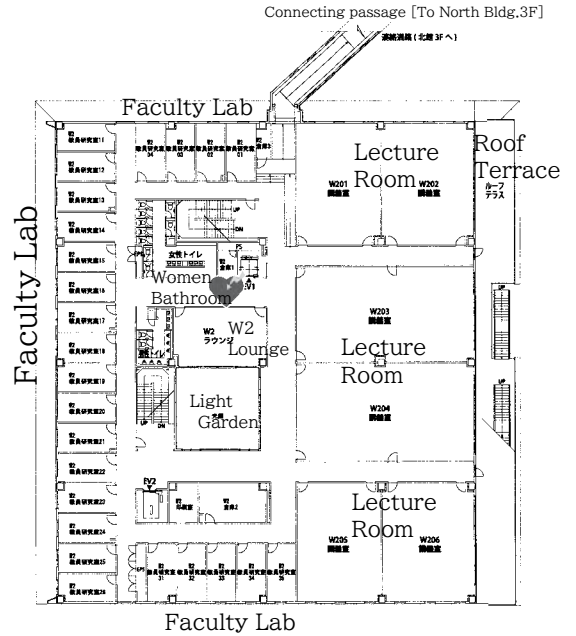
4th Floor



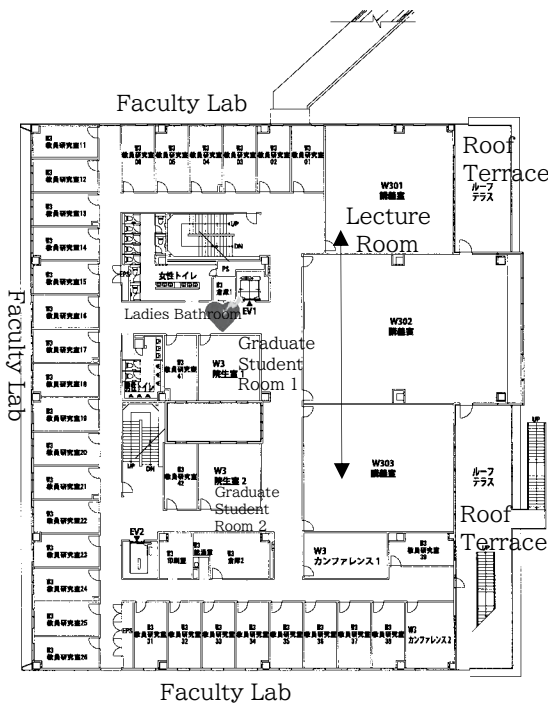
West Bldg.



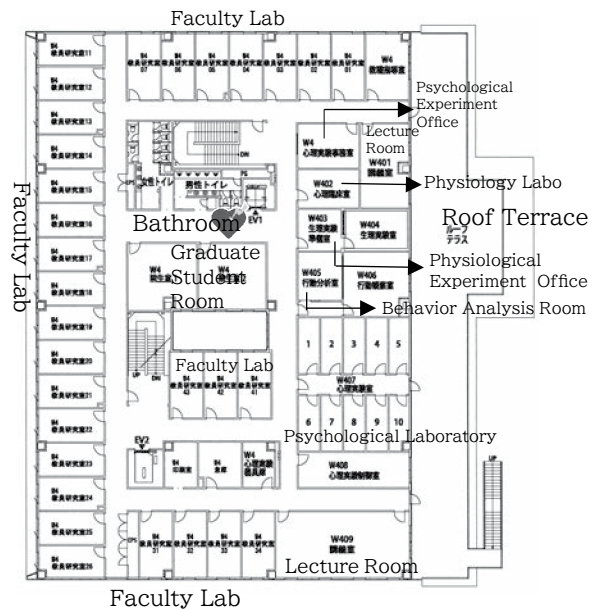
1st Floor



2nd Floor



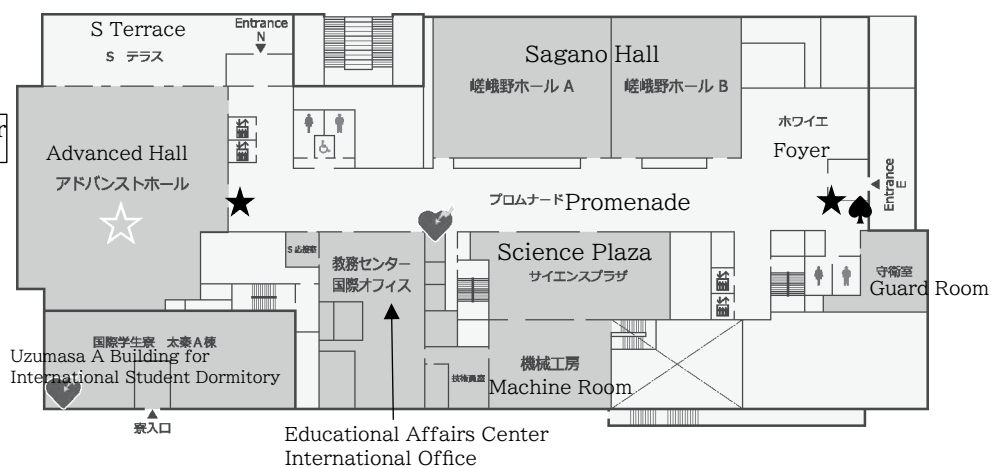
3rd Floor



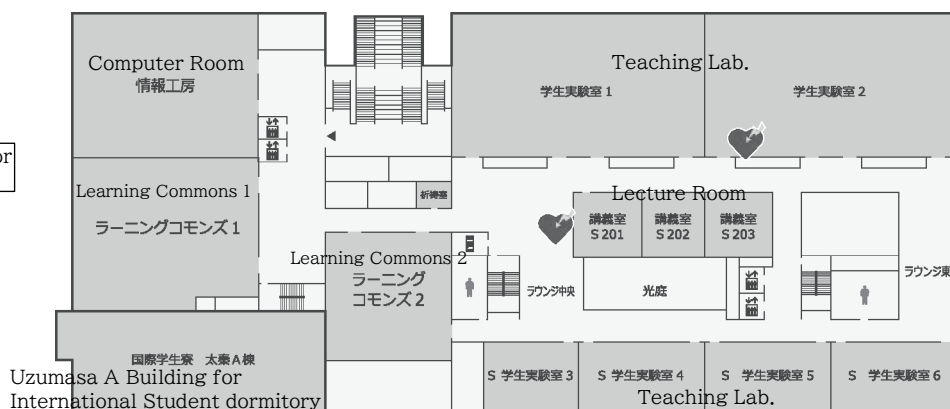
4th Floor

South Bldg

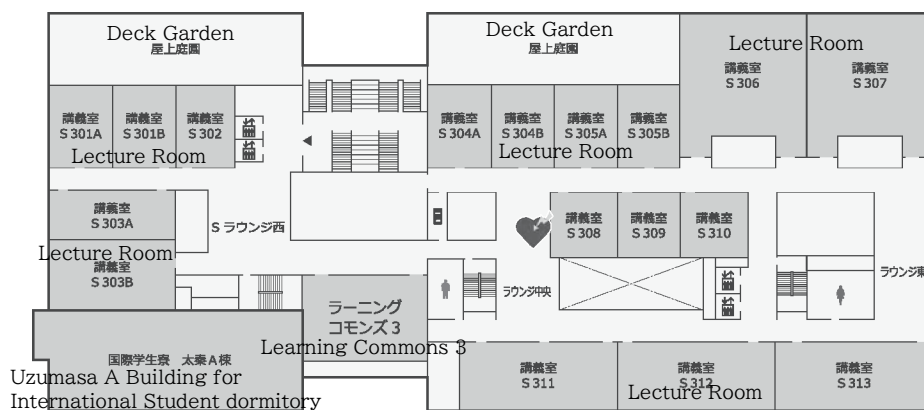
1st Floor



2nd Floor

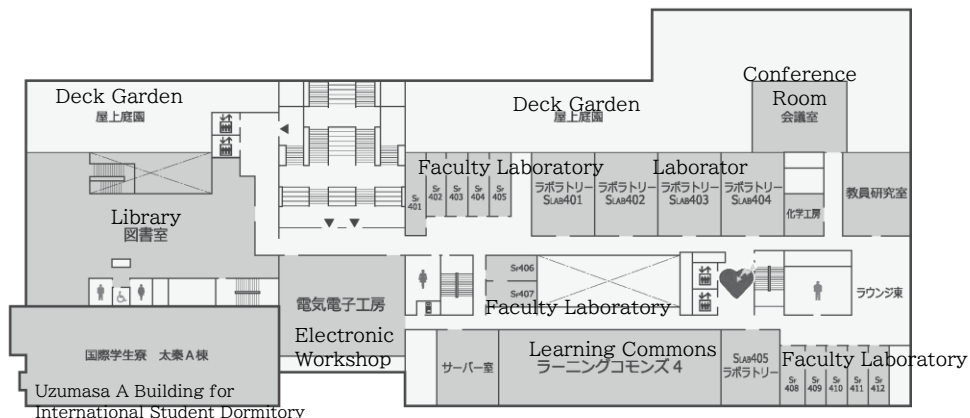


3rd Floor

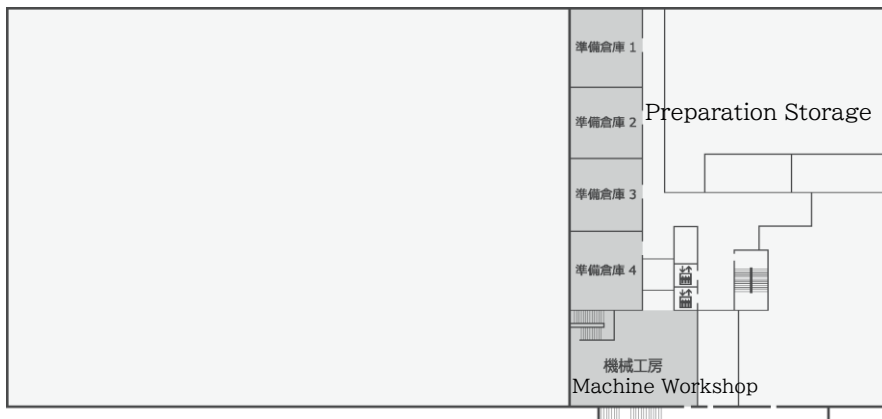
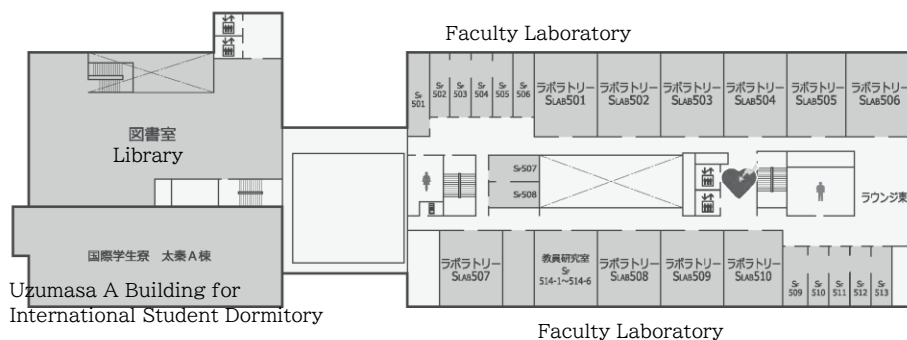


South Bldg

4th Floor



5th Floor





<Locations of AED (automated external defibrillator)>

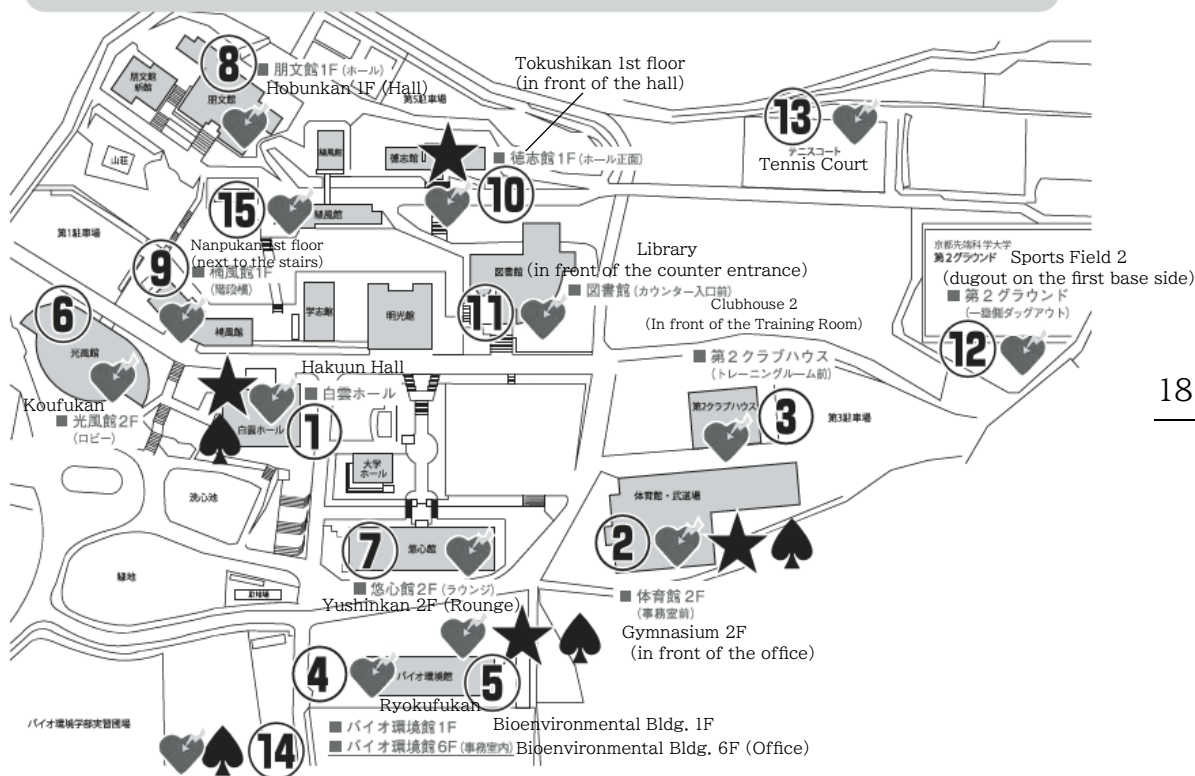
- ① In front of the Nurse's Office (Hakuun Hall)
- ② Gymnasium (in front of the office)
- ③ In front of the Training Room (Clubhouse 2)
- ④ Bioenvironmental Bldg. 1st floor
- ⑤ Bioenvironmental Bldg. 6th floor (Office)
- ⑥ Koufukan 2nd floor
- ⑦ Yushinkan 2nd floor
- ⑧ Hobunkan 1st floor ⑨ Nanpukan 1st floor (next to the stairs)
- ⑩ Tokushikan 1st floor (in front of the hall)
- ⑪ Library (in front of the counter entrance)
- ⑫ Sports Field 2 (dugout on the first base side)
- ⑬ Tennis Ground
- ⑭ Restroom beside the baseball field
- ⑮ Ryokufukan

<Locations of Wheelchair>

- ① In front of the Nurse's Office (Hakuun Hall)
- ② Gymnasium (in front of the office)
- ⑤ Bioenvironmental Bldg. 6th floor (Office)

<Locations of Wheelchair>

- ① Nurse's Office (Hakuun Hall)
- ② Gymnasium (Office)
- ⑤ Bioenvironmental Bldg. 6th floor (Office)
- ⑭ Restroom beside the baseball field



2. First Aid

When a physical abnormality occurs suddenly, the treatment to be done before calling a doctor or an ambulance is called first aid. The quality of first aid measures greatly affects how well one recovers after the injury or disease. In your school life, you have many opportunities to play sports, and as a result, it is not rare that you get involved in accidents. It is helpful to always have correct knowledge on first aid.

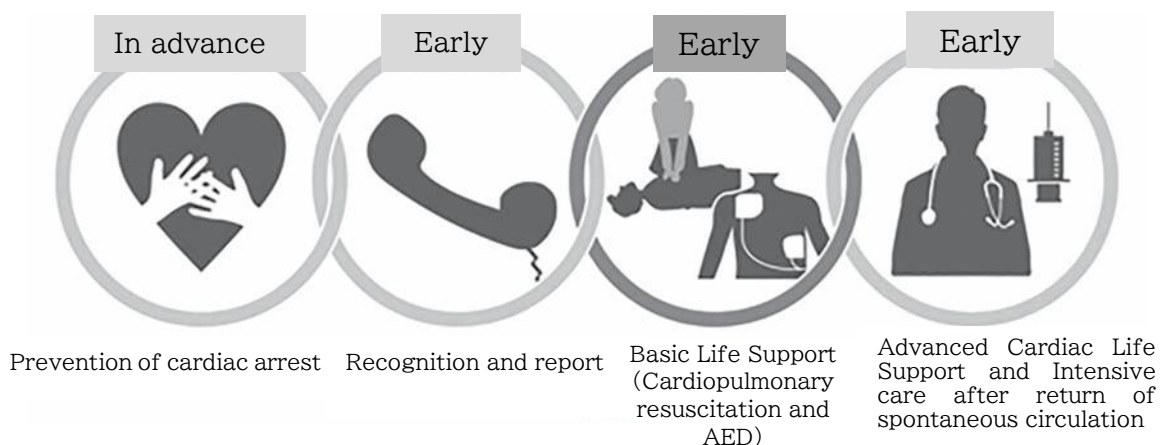
Emergency dial :

Police and emergency reports of accidents
Rescue and Fire
Marine accidents and incidents

No.110
No.119
No.118

Chain of Survival

It is important to prevent injuries and diseases that may cause cardiac arrest or respiratory arrest. If a person is found to be in cardiac arrest, call 119 as soon as possible, perform cardiopulmonary resuscitation (CPR) including chest compressions and rescue breathing as soon as possible, use an AED to deliver an electric shock, and provide medical treatment as soon as possible. This can save lives.



3. How to Perform CPR

(Response to Sickness and Injury Due to the Spread of COVID-19)

19

Performing CPR During COVID-19



4. Handling of bee stings and anaphylactic shock

<Manuals for Bee Stings and Anaphylactic Shock>



I. Take preventive measures against bee stings.

- Gather information...It's important to get information about the bees' movements in the neighborhood.
- Use protective gear.
- Take an anaphylactic antibody test.

(The examination fee for the students of the subject dealing with bees is covered by KUAS.)

II. First aid... Try to deal with it calmly.

Please carry an emergency kit (located at the Nurse's Office/Bioenvironmental Bldg. Office) with you for beekeeping and farm practice. If you are stung by a bee, contact Nurse's Office (Kyoto Uzumasa Campus 075-406-9140, Kyoto Kameoka Campus 0771-29-2273) and take the following measures.

① Immediate treatment at the site (using a portable emergency kit)

- *Try to suck out the poison from the wound with the poison suction port immediately after being stung by a bee.
- *Apply antihistamine (tact plus jelly) to the wound.
- *Wash, cool, and rest the affected area.

② Take the patient to an emergency hospital depending on their condition.

- *By ambulance... If serious symptoms are appearing. (Shock symptoms such as dyspnea, convulsions or disturbance of consciousness.)

(Ambulance TEL 119)

- * By taxi ... You can take a taxi if you have been stung by something other than wasps, or if you have no serious symptoms. Please call a taxi after confirming the acceptance of the destination.

<Kyoto Kameoka Campus>

(Kyoto Taxi TEL: 0771-25-1000)

Medical institutions in Kameoka that can handle bee stings and shock (Emergency response and Epipen prescription).

Hospital name	Emergency	Department	Epipen prescription	Phone number	Address
Kameoka City Hospital	Possible	Surgery	Possible	0771-25-7313	1-1 Shinonoda, Shino-cho, Kameoka-shi
Kameoka Shimizu Hospital	Possible	Surgery	Impossible	0771-23-0013	1-32 -15 Shinohirota, Kameoka-shi
Kameoka Hospital	Impossible		Possible*	0771-22-0341	3-21-1, Kose-cho, Kameoka City
Ueki Taka medical clinic	Possible* *		Possible	0771-29-6888	39 -1 Nakamura, Joboji, Shino-cho, Kameoka City
Yagi Clinic	Possible***		Possible	0771-24-0123	18, Kasebaramachigashira, Shino-cho, Kameoka City

*When visiting Kameoka Hospital, call them in advance.

** Ueki Taka Medical Clinic can provide an emergency response within their office hours (9: 30-12: 30/16: 00-19: 00). Closed on Tuesdays, Sundays and national holidays.

***Epipen prescription is also available at Yagi Clinic (reservation required).

Primary emergency response available. Calls will be forwarded on holidays and during off-hours.

The clinic is closed on national holidays, and open only in the morning on Thursdays, Saturdays and Sundays.

<Emergency set>

Storage Location: Nurse's Office, Bioenvironmental Bldg. 6th floor Office
Gymnasium Office, Facilities Division

Content: Poison suction port, Antihistamine ointment (Tact plus jelly)
Coolant, Extermination spray.

5. Common injuries and accidents

If there is bleeding

Calm down and try to stop bleeding by looking for the bleeding part.

Hemostatic methods:

① Cleanse

Wipe the area around the wound, and if there is sand or mud in it, cleanse with running water.

② Direct hemostasis (usual method)

Firmly press the bleeding area with a gauze or a clean towel.

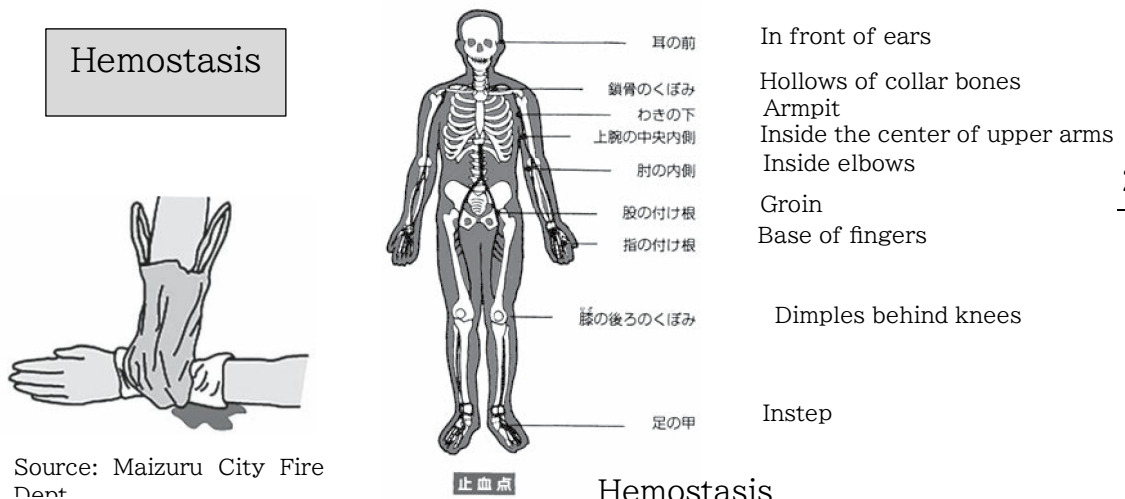
Use vinyl gloves, plastic bags, etc., and do not directly contact with blood.

If there are pieces of wood, glass, etc. in the wound, do not force it out until you see a doctor since it can break or bleed a lot.

③ Tourniquet method (for a serious wound in an emergency)

In case of limbs, tie the part that is closer to the heart than the wound with a wide cloth such as a towel.

After tying the cloth once, twist it with a stick. It tightens well and it is easy to loosen the cloth. Do not use a thin string or a rubber band.



No bleeding but severe pain or swelling

There is a suspicion of bruise, sprain, muscle strain, and sometimes bone fracture and dislocation. Basics of first aid is as follows:

R (rest): Rest. Do not rub or massage.

I (ice): Cool the affected area with ice or ice pack. (For about 30 minutes.)

C (compression): Bandage the affected area with a sandbag, pillow, or sponge.

E (elevation): Raise the affected area.

Remember "RICE." If a bone fracture or dislocation is suspected, stabilize the wounded area with a splint such as any stick or ruler, etc. available. It is harmful and should be avoided to pull your finger when you have a sprained finger.

Other common injuries and accidents

①. Burn

Rinse or immerse in cold water and cool for about 30 minutes. Do not tear blisters, and do not try to remove clothes forcefully even if they are attached to the burnt skin. If the burns are extensive, please go to the hospital.

②. Heatstroke

During a strenuous exercise under the hot summer sun, a person may get sick or suddenly fall down.

If the person is pale and get a cold sweat, carry him/her to a cool shade, replenish fluids and electrolytes (OS1, Aquarius, Pocari Sweat, etc.), and cool the body with a fan.

If the person looks red, has a fever, or is unconscious, call 119 immediately while trying to cool him/her down with water. If left unattended, it could be fatal.

Cool the neck, sides (axilla), and groin.

③. Nosebleed.

When a nosebleed does not stop quickly, have the person sit leaning slightly forward on a chair or similar, and pinch the nose to stop the bleeding. Avoid stuffing tissues into the nose, as this can cause injury and make it harder to stop the bleeding.

● How to stop a nosebleed

(1) Tilt the chin down and firmly pinch the soft part of the nose with your fingers for 5–10 minutes.

(2) Spit out any blood that flows into the throat.

● If you can't stop a nosebleed by pinching your nose

If the bleeding does not stop for more than 15 minutes, go to the hospital.

We have explained here the first aid methods for common accidents around us, but as a matter of fact, it is not easy to practice them in real situations. However, there is a big difference between having even a little knowledge and not having it at all. In addition, if you train yourself by actually going over the procedures with your friends as well as gaining knowledges, you will be ready to provide more appropriate first-aid treatments.

<Prepare a first-aid kit to be ready for emergencies.>

A kit should include... ☐ Cold medicine (combination cold remedy)

☐ Medicine for heat and pain (antipyretic analgesic) ☐ Antidiarrheal

☐ Medicine for worms ☐ Thermometer ☐ Scissors

☐ Adhesive bandages and adhesive plasters.

It is also good to have...

☐ Eye drops ☐ Poultice ☐ Ice pack ☐ Hot pack ☐ Disposable gauze

(☐ Disinfectant → It is effective to use disinfectant to prevent the wound from suppurating, but it is most important to wash the wound well with running water first.)

VI. Infection and prevention measures

1. About school infections

School Health and Safety Act and School Health and Safety Law Enforcement Regulations specify the types of infectious diseases to be prevented and the period of suspension from attending school.

Call the Educational Affairs Center and the Nurse's Office immediately after you have been diagnosed with one of these diseases. Do not come to the university but recuperate in a hospital or at home until your doctor permits that you can attend school.

School infectious diseases and mandatory absence periods		
	Infectious Disease	Mandatory Absence Period
Type 1	Ebola hemorrhagic fever, Crimean-Congo hemorrhagic fever, smallpox, South American hemorrhagic fever, plague, Marburg's disease, Lassa's fever, Acute poliomyelitis, diphtheria, Severe acute respiratory syndrome (limited to SARS coronavirus), Middle East Respiratory Syndrome, Specific avian influenza (Limited to the cases where the pathogen is influenza A virus belonging to the genus Influenza, and the serosubtypes thereof are H5N1 and H7N9)	Until cured. *In addition to the diseases in the left column, the "Novel Influenza Infection," "designated infection," and "new infection" specified in Paragraphs 7 through 9 of Article 6 of the "Act on Prevention of Infectious Diseases and Medical Care for Patients with Infectious Diseases" shall be regarded as Class 1 Infectious Diseases.
Type 2	Influenza (Excluding avian influenza (H5N1))	Until 5 days after the onset AND 2 days after defervescence (Three days for a toddler.)
	Pertussis	Until the specific cough resolves OR 5 days of appropriate antimicrobial therapy is completed
	Measles (measles)	Until 3 days after defervescence
	Mumps (mumps)	Until 5 days after the onset of swelling of the parotid gland, the subcostal line, or the sublingual line, AND until the patient is in good general condition
	Rubella (Three days.)	Until the rash disappears
	Varicella (chickenpox)	Until all rashes have crusted
	Pharyngoconjunctival fever (pool fever)	Until 2 days after resolution of major symptoms
	COVID-19 (novel coronavirus)	Until 5 days after symptom onset and another additional day after the symptoms are resolving
	tuberculosis	Until the risk of infection is eliminated
Class 3	Cholera, shigellosis, enterohemorrhagic E. coli infection, typhoid fever, paratyphoid fever, epidemic keratoconjunctivitis, Acute hemorrhagic conjunctivitis, *others (infectious gastroenteritis, Mycoplasma pneumonia and streptococcal infection)	Until the doctor recognizes that there is no risk of contagion.

2. Infectious diseases to keep in mind

Tuberculosis

Tuberculosis (TB) is an infection caused by *Mycobacterium tuberculosis*. The incidence of tuberculosis has decreased due to the development of chemotherapy, and it was once almost forgotten. However, in recent years, the number of tuberculosis patients is increasing worldwide due to the population growth and the spread of AIDS. On the other hand, it is the disease that is attracting attention anew, because of the outbreak of mass infections due to changes in lifestyles, and the increase in the incidence of disease caused by drug-resistant bacteria due to antibiotic abuse. Therefore, regular health checkups and chest X-ray checkups, which are preventive measures at KUAS, are necessary for all students to undergo.

-If cough continues for longer than 2 weeks, consult with a medical institution.

-If you are diagnosed with tuberculosis, contact the Nurse's Office.

Major symptoms Prolonged cough, sputum, fever, chest pain, and malaise

Infection routes Droplet infection or airborne infection

Prevention BCG vaccination, chest X-ray

(10 ~ 20% of the infected people are TB patients)

Maintaining and improving physical strength



結核の5大症状				
Cough	Sputum	Fever	Bloody sputum	Chest Pain
				

※May generate heat
only at night.

Other symptoms include lassitude, night sweats,

Measles

Measles is an infection caused by the measles virus, and it is transmitted from person to person. It is a highly contagious infection with severe symptoms and a high rate of complications, but a measles vaccine can provide a high level of protection.

Symptoms: Nasal discharge, fever, and spots in the mouth

Influenza

There are 3 main types of influenza viruses: A, B, and C. Among these, influenza A and B viruses commonly cause epidemic.

Influenza A is more mutable and highly infectious, causing seasonal epidemic worldwide.

Influenza B is not as mutable and is more preventable with vaccination.

In addition, those with pre-existing medical conditions (see notes below), pregnant women, infants, and the elderly need to be careful as they may become seriously ill.

Notes: medical conditions that require special care:

Chronic respiratory diseases (asthma, etc.), Chronic heart disease, Diabetes, Persons undergoing artificial dialysis, and Compromised immune system, Persons taking corticosteroids (steroids)

Typical symptoms

Fever of 38 °C or higher	Cough	Sore throat	General malaise
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Infection routes

The main routes of infection are droplet infection and contact infection.

Droplet infection occurs when a healthy person inhales the virus released by an infected person's cough, sneeze, or sputum.

In the case of contact infection, the virus may adhere to other objects (doorknobs, etc.) when an infected person touches them after coughing or wiping their runny nose with their hands. If a healthy person touches the attached virus and then touches the eyes, nose or mouth, the virus can be transmitted through the mucous membrane or conjunctiva.

If symptoms appear

You should seek medical attention especially in the following cases.

1. Those with pre-existing medical conditions (see the bottom of page 25)
2. Those with symptoms suggestive of serious illness (persistent high fever, difficulty breathing, persistent cough, etc.)

[Caution in using antipyretics]

You may use any antipyretics that are commercially available. However, you should consult with a doctor or pharmacist in a drug store if you have any pre-existing conditions, such as asthma, and have never used antipyretics before.

When you see a doctor

When you visit a medical institution, call them in advance, and go to the hospital wearing a mask.

If you do not have a primary care provider or a family doctor, consult with one of the followings.

- Nurse's Office (Kyoto Uzumasa Campus 075-406-9140 / Kyoto Kameoka Campus 0771-29-2273)
- Public Health Center (Ukyo Ward Health and Welfare Center, Medical and Hygiene Corner 075-366-0115, Nantan Public Health Center 0771-62-4751)

If you are diagnosed with influenza

Under the direction of a doctor, in order to prevent the infection from spreading to others, students are not allowed to attend school until 5 days have passed since the onset of illness and 2 days have passed since the fever has broken. Please report to the Nurse's Office.

Duration of attendance of suspension: 5 days after onset and 2 days after fever-reducing

Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Fever	Fever-reducing	×	×	×	×	✓		
Fever	Fever	Fever-reducing	×	×	×	✓		
Fever	Fever	Fever	Fever-reducing	×	×	✓		
Fever	Fever	Fever	Fever	Fever-reducing	×	✓	✓	
Fever	Fever	Fever	Fever	Fever	Fever-reducing	×	×	✓

If there is a possibility of infection

You may be infected if:

- * My roommate was diagnosed with influenza or is showing symptoms of flu.
- * You talked to a person infected with influenza within a distance of 2 meters for more than 10 minutes.
- * You spent a long time with an infected person in a closed space such as a classroom

If there is a possibility of infection, please observe the following

- * Refrain from going out and avoid contact with people
- * When going out, wash your hands and gargle frequently, and wear a mask
- * Keep an eye on the appearance of symptoms while measuring body temperature
- * If symptoms appear, monitor them at home, and if they worsen, contact a medical institution

To prevent influenza

- * Get vaccinated every year. Vaccinations are effective for about 3 to 6 months.
- * Gargle, wash and sanitize hands (alcohol-based sanitizers are effective and available at school)
- * Wear a mask (a non-woven mask with a nose wire recommended)
- * Well-balanced diet
- * Adequate sleep and rest

COVID19 (novel coronavirus) infection spreads through fine droplets, called aerosol, as well as usual airborne droplets and contact.

Refer to the influenza section for what to do when experiencing symptoms or when there is a possibility of infections, how to visit a medical institution, or how to prevent infection.

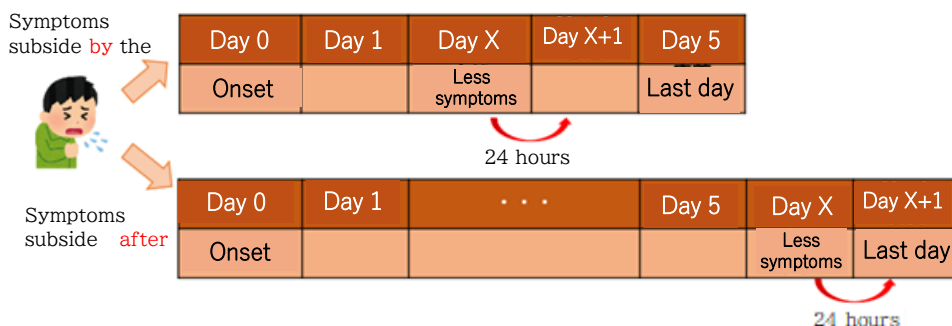
Typical symptoms

In addition to the symptoms of influenza, distinctive symptoms shown below will appear:

Loss of taste	Loss of smell	Shortness of breath	Extremely sore throat
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If you are diagnosed with COVID19

Under the direction of a doctor, in order to prevent the infection from spreading to others, students are not allowed to attend school until 5 days have passed since the onset of illness and 24 hours have passed since the fever breaks. Please report to the Nurse's Office.



Sexually Transmitted Diseases (STD)

Sexually transmitted diseases refer to all diseases transmittable through sexual contact. For example, "AIDS" is not a venereal disease but is a sexually transmitted disease. Sexually transmitted diseases include the followings.

Sexually Transmitted Diseases

Disease..	Primary pathogen [※]
1) Gonorrhea..	Phosphorus bacterium..
2) Syphilis..	Treponema pallidum..
3) Genital herpes simplex virus infection..	Herpes simplex virus type 2..
4) Hepatitis B..	Hepatitis B virus..
5) Trichomonas vaginitis..	Trichomonas vaginalis..
6) AIDS..	HIV..
7) Adult T cell leukemia..	HTLV-I..
8) Chlamydia infection..	Chlamydia I..

} Classical venereal diseases..

To prevent sexually transmitted diseases

- * Avoid high-risk sexual behaviors

Sexual activity with unspecified persons is dangerous. There are multiple partners on each side, and the infection spreads one after the other.

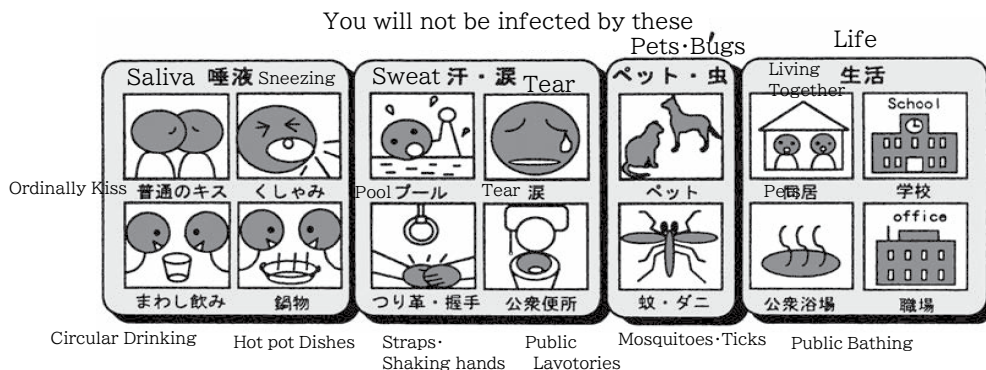
- * Use condoms correctly from the beginning to the end of a sexual contact.

- * Get a sexually transmitted disease treated.

If you get infected, make sure your partner gets tested and treated at the same time.

HIV antibody test

Any medical institutions can conduct tests, but at a public health center, tests are for free and anonymous. However, since it takes 6-8 weeks for the antibody to become positive, you should wait for more than 3 months after a high-risk sexual behavior to take a test.



Where you can take an HIV test and consult with

There are public health centers in other areas as well to get tested and consult with.

Contact the Nurse's Office for more details.

Sat, Sunday) Kyoto Works Health Association 67 Nishinokyo Kita Tsuboi-cho, Nakagyo-ku Ward, Kyoto City

0120-636-040 Nearest Station: JR Enmachi

Nantan Public Health Center

Phone: 0771-62-4751

Address: 21 Fujinoki, Koyamahigashi-machi, Sonobe-cho, Nantan-shi

Shimogyo Public Health Center

Phone: 075-371-7292

608 -8 Higashi Shiokoji-cho, Shiokoji Agaru, Nishinotoin-dori, Shimogyo Ward

Department of Health and Welfare, Health and Sanitation Promotion Office, Health and Safety Division

Phone: 075-222-3411

Address: 65 Yanagi Hachiman-cho, Yanaginobanba-dori, Oike sagaru, Nakagyo Ward, Kyoto City

AIDS (Acquired Immunodeficiency Syndrome)

AIDS is an emerging infectious disease that is difficult to deal with because it declines human immune system. However, recently treatments and preventions have begun to develop drastically. In Japan, the number of reported cases and infections is increasing.

Pathogen..... HIV (Human Immunodeficiency Virus)

Infection routes..... 3 major routes of infection (blood-borne, mother-to-child transmission, and sexual activities)

Symptoms..... After the early symptoms similar to those of a cold such as fever, diarrhea, swollen throat, headache, malaise, and joint pain, a long incubation period (average of 7-8 years), it causes chronic ill health or opportunistic infections, malignant tumors, and neuropathy.

Prevention..... No injection equipment to be shared or reused, an issue of medical error (HIV contamination of blood transfusion and blood products), Safe sexual activity, and early antibody testing.

Bacterial Food

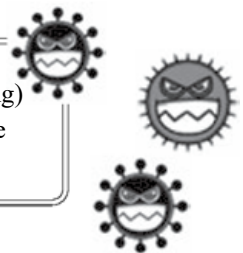
Infection type food poisoning includes *Vibrio parahaemolyticus*, *Salmonella*, *Escherichia coli* (O-157 etc.), *Bacillus cereus*, and *Clostridium perfringens* (*Campylobacter*, etc.). In order to prevent O-157 and other food poisoning, we would like you to keep the following three principles in mind.

3 Principles for Food Poisoning Prevention

*Avoid contact with germs...colonization test, cleanliness (hand wash, gargling)

*Avoid increasing germs.....food management, cooking method, food storage

*Killing germs disinfection (sun, drying and drug disinfection)



Norovirus

This is the main pathogen of food poisoning from autumn to winter. Noroviruses infect only human and do not multiply in other organisms or foodstuffs. However, it is highly contagious and easy to infect collectively, so you should wash your hands and gargle to prevent infection.

▼Norovirus symptoms.....nausea, diarrhea, vomiting, abdominal pain, fever.

Major routes of infection

1. From human through food..... Infected through the food contamination by cooking and serving with hands carrying norovirus
2. From food..... Norovirus-contaminated bivalves (oysters, etc.) and undercooked foods
3. Person-to-person transmission... Cases where the infected person's stool or vomit gets into the mouth or inhales noroviruses that become airborne after drying.

If you get food poisoning from norovirus...

- Rest enough
- If vomiting, let the person vomit into a washbowl, etc. without trying to hold back.
- If having severe diarrhea or vomiting, seek medical attention immediately (difficulty in hydration tends to lead to dehydration).
- When feeling cold, use an electric blanket or a hot-water bottle to warm up.
- Do not take an antidiarrheal or an anti-nausea drug with no careful consideration.

If diagnosed with norovirus (infectious gastroenteritis)

To prevent infecting others, stay and rest at home under a doctor's direction until permitted to attend school.

<<Prevention of norovirus>>

- ① Avoid raw food as much as possible, and cook for more than 1 minute at 85 °C.
- ② Make sure to wash your hands with soap before and after cooking, using the toilet, or touching your pet to wash away the virus.
- ③ Disinfect cooking utensils occasionally by soaking them in sodium hypochlorite (kitchen bleach or chlorine bleach).
- ④ Dispose vomit or feces, wearing a mask, a plastic gown and gloves, quickly. Disinfect the area with sodium hypochlorite.

VII. Precautions for going abroad

1. Things to watch out for before going abroad

- ☆Collect enough information beforehand.
 - Acquisition of hazard information: make sure to confirm the safety of the destination.
- ☆Confirming the prevalence of infectious diseases and the necessity of vaccination
 - Check the prevalence of infectious diseases, and plan your travel in accordance with the situation.
 - Some countries require vaccination.
 - When planning to get vaccinated, confirm the date and the place where it is conducted. The date and time are often limited, so take it early with plenty of time.

Overseas Safety Information Service

- Ministry of Foreign Affairs Overseas Safety Website:
(URL: Japanese only)
<http://www.anzen.mofa.go.jp/>
- (Contact:)
Consular Service Center, Consular Affairs Bureau, Ministry of Foreign Affairs
(Overseas Safety Consultation Group)
Tel: 03-3580-3311
9:00 - 12:00, 13:30 - 17:00

Be careful of infections from the food!

The first step to prevent infection is to avoid raw food. Be especially careful when traveling to tropical or subtropical areas.

Food & Drinks	Method of preventing infection
Water	Do not drink unboiled water (tap water etc.). Tap water should be boiled or chlorinated. Buy bottled or canned mineral water. Ice made from tap water can also cause diarrhea, so be careful of drinks with ice in them. The bacteria will not die even if the drink contains alcohol.
Seafood Meat	Cook them well and eat while it's hot. Japanese people tend to prefer raw or half-cooked meat, but the risk of infection increases.
Vegetable	Avoid raw vegetables. Cook them before eating.
Dairy products, Egg	Unhygienic or old food are easily perishable and should be avoided.
Fruits	Fruits are clean until they are peeled, but as soon as peeled, bacteria start to increase on their surface. Eat immediately after peeling. Do not eat cut fruits that seem to have been left for some

★Precautions for infectious

Long incubation period

Many infections have an incubation period and do not develop quickly. There are not many common diseases with a long incubation period in Japan, but there are many diseases with a long incubation period overseas, mainly in the tropics.

Such foreign diseases usually do not exist in Japan, so even if a doctor sees a doctor at a hospital because he or she is not feeling well, he or she will not think of a disease acquired in a foreign country, and the diagnosis will be delayed, which may be life-threatening.

For about 2 months after returning from overseas travel, if you have any problems with your physical condition, please go to a medical institution as soon as possible and consult with your doctor after telling him that you went abroad.

2. Things to watch out for after returning home

- ☆If you have symptoms such as fever or gastrointestinal disorders (especially diarrhea) after returning to Japan, be sure to report them to the quarantine when you enter Japan.
- ☆Pay particular attention to your physical condition for about 2 months after returning to Japan. Some infections have long incubation periods, and you may be infected even if there is no symptom when you return to Japan.
- ☆If you experience any problem in your physical condition after returning to Japan, make sure to visit a medical institution and report where and how long you traveled to.
- ☆If you are suspected to be infected with an infectious disease such as Ebola hemorrhagic fever, consult with a medical institution or public health center by phone and follow their instructions.



VIII. About student health

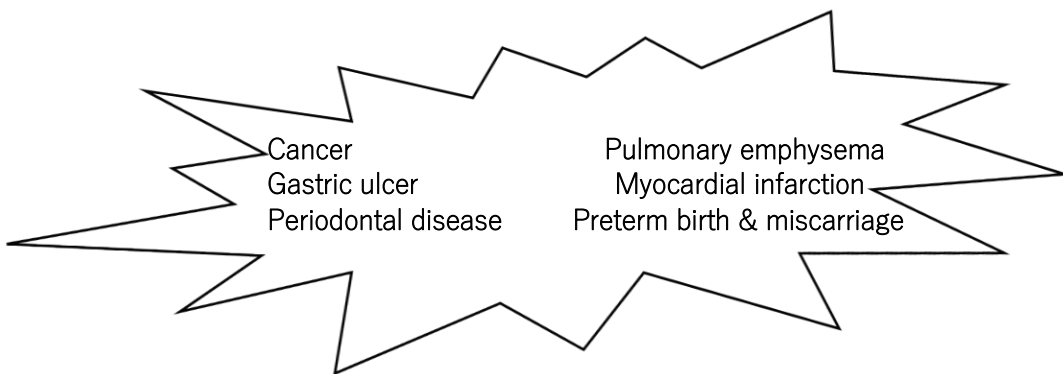
1. Smoking and Health

The effects of smoking for your body

Cigarette smoke contains more than 4,000 kinds of chemical substances, and it is said that 200 kinds are hazardous chemical substances. There is also a substance called nicotine that is addictive, so once you start smoking, it is hard to stop smoking because of addiction.

There are nearly 100 kinds of carcinogens and promoting agents of carcinogenesis alone, and they cause many health problems. New type of tobaccos such as heated cigarettes and vapes contain many harmful substances as well. New types of tobacco products (such as heated tobacco and e-cigarettes) also contain many harmful substances, just like regular cigarettes.

Health problem examples caused by smoking



Problem of passive smoking

Cigarette smoke includes mainstream smoke that smokers directly inhale and secondhand smoke that people around them inhale indirectly.

It is known to that secondhand smoke contains more harmful substances because it is not filtered. You should know that your cigarette smoke can cause health problems to your friends, loved ones, and others.

Smoking is becoming
a disadvantage for job hunting

Smoking cessation class

The Nurse's Office sets up a smoking cessation class, and help you quit smoking.

Smoking is strictly prohibited throughout the university premises. To prevent unwanted secondhand smoke, do not smoke anywhere on campus, and absolutely avoid smoking outside the campus grounds except in designated smoking areas.

We can support your smoking cessation!

Why do not you think about tobacco?

Are you having a hard time quitting smoking?

Can't you make it alone? Do you want to try with others?

Nurse's Office will support you.

Smoking Cessation Class can help your success of quit

Nurse's Office provides smoking cessation programs.

Application : Kyoto Uzumasa Campus, East Bldg. 1F Nurse's Office

Kyoto Kameoka Campus, Hakuun Hall 2F Nurse's Office

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<Course I>

"Quit Smoking Marathon course"

You can join the "University Smoke Free Project" which is cooperation with other universities. After following that link, you will receive follow-up services. These services will ensure that free nicotine patches, free student text message registration instruction, long-term care and follow-up by experts.

*The main office is Nara Women's University.
Application is at KUAS Nurse's Office.

We can give you information
about smoking cessation clinics

<Course II>

"Behavioral Therapy Smoking Cessation course"

Smoking cessation support program organized by KUAS Nurse's Office.

It is carried out using nicotine gum, behavioral therapy and group therapy.

We cooperate with NPO Kyoto Smoke Cessation Promotion Study Group (Tanaka Clinic, Sanjo Omiya).

*Location: KUAS Nurse's Office

2. Alcohol

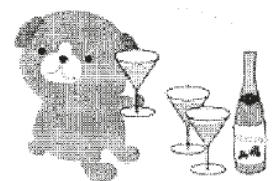
When you drink alcohol, almost of all alcohol is absorbed from the stomach and the small intestine, and it dissolves into the bloodstream and travels all over the body. It is closely related to the "drunkenness" that the level of alcohol dissolved in the bloodstream. Thus, the "drunkenness" depends on how quickly alcohol is absorbed and how much alcohol you drink.

Although there are individual differences, it is said that 0.4% to 0.5% of blood alcohol concentration (BAC) is the fatal amount of alcohol. In many of the cases of death from alcohol, it happens 3-4 hours after drinking, and drunkards are often found already dead. So, you should take your friends to a safe place, if they do not wake up even with a strong stimulation. And you can call for an ambulance, when you or your friend feel serious.

		Blood levels(%)	Amount of booze
Blood levels of alcohol and the degree of drunkenness	exhilarating period	0.02~0.04	Japanese Sake/~1 glass(180ml) A large bottle of beer/~1 bottle Whiskey Single/~2 glasses
	early stage of tipsy	0.05~0.10	Japanese Sake/1~2 glasses A large bottle of beer/1~2 bottles Whiskey Single/2~5 glasses
	before getting drunk	0.11~0.15	Japanese Sake/3 glasses A large bottle of beer/3 bottles Whiskey Single/6~7 glasses
	drunkenness period	0.16~0.30	Japanese Sake/5 glasses A large bottle of beer/5~7 bottles Whiskey Double/5 glasses
	wasted period	0.31~0.40	Japanese Sake/7~10 glasses A large bottle of beer/8~10 bottles Whiskey bottle/1 bottle
	coma stage	0.41~0.50	Japanese Sake/over 10 glasses A large bottle of beer/over 10 bottles Whiskey bottle/over 1 bottle

Alcohol patch test

We conduct patch-testing for alcohol at the Nurse's Office. The test takes about 20 minutes. You can check whether you have a high or low alcohol tolerance. To prevent harm from drinking, it is important to know your tolerance in advance.



"Five Responsibilities" for organizers and participants at drinking parties

1 Eliminate Alcohol Harassment.

Do not harass or violate human rights related to drinking. As a consideration for non-alcohol drinkers, prepare some non-alcoholic drinks.

2 No one should vomit.

It is very dangerous idea that "As long as you vomit, you can drink as much as you want". Do not let anyone drink beyond their limit.

3 If someone gets drunk, take care for that person well.

Never leave drunkards alone, and arrange for an ambulance or medical appointment.

4 Do not allow to drink alcohol under the age of 20.

Remember that under 20-year-old people are physically and mentally underdeveloped and can be greatly affected by alcohol.

5 Do not let a person who is going to drive a car drink alcohol.

Not only alcohol drinkers, but also those who let them drink are punished legally. Understand that drunk driving leads to tragedies.

NO drinking
under 20 years old

Do not chug, and
do not let anyone dangerous chug

3. Drug abuse

The dangers of drugs are surprisingly just around the corner.

The greatest danger of drug abuse is addiction. Once you're addicted to a drug, your brain will not return to the original state. It will be irremediable state both physically and mentally.

Never touch drugs. This is absolutely important!!

Once you use drugs, you cannot quit by your own will. Drugs have a strong unintended potential for addiction

Drugs

You will be severely punished by law

Don't use them

Don't even own hem

Don't give it to others

Don't plant

or make them yourself

Do not accept these words

Everyone is doing it!

You can be smart!

Why do not you try little amount?

It is great to feel better!

It's good for losing your weight

It's okay, just one

- Say "No!", even if you are encouraged to take a drug.
- Keep away from dangerous places. Running away is also a "courage".
- A friend or lover who encourage you to take drugs do not take care about you.

Enjoy Drug-Free Campus and Community!

4. Anemia (KUAS has an anemia test at the Sports Club Health Checkup.)

Anemia is a problem of the number of red blood cells and of hemoglobin (Hb) in the peripheral blood decreasing. The WHO (World Health Organization) defines the criteria for the diagnosis of anemia as shown in Table 6. At KUAS, Sports Club Health Checkup contains an anemia blood test. After the Health Checkup, make sure to receive the result and check it to make use of for your self-management.

(Table 6) Diagnostic Criteria for Anemia (WHO)

Sex \ Items	Red blood cell count (10/mm)	Hemoglobin (g-dl)	Hematocrit (%)
adult male	478 ± 50	16.0(13.0--17.5)	45--47(42--52)
adult female	430 ± 54	14.7(12.0--15.0)	40--42(35--45)

About anemia

- With a slight case of anemia, there are usually no subjective symptoms. Therefore, it is possible to get used to being anemic while leading the same daily life, which is the danger about anemia.
- Although anemia is caused by various factors and causes, iron deficiency anemia is the most common type of anemia.
- Iron deficiency anemia is often caused by dietary habits such as unbalanced diet and weight loss. With females, it is often caused by menorrhagia, abnormally heavy or prolonged menstruation. With males, it is often caused by gastrointestinal bleeding.
- People who continue strenuous exercise for a long time may develop sports anemia.

Sports anemia

When you do strenuous exercise, the blood will concentrate due to dehydration, but the dehydration will improve temporarily by hydration. However, if exercise is habitually continued for a long time, the concentrated blood may be diluted, creating a physiologic adaptation that facilitates peripheral circulation. In such a temporary adaptation with a low red blood cell count, the motor function also deteriorates due to the reduced oxygen transport function.

Management of anemia

If you are diagnosed with anemia, you need to have a thorough examination at a medical institution and receive appropriate treatment. Since a slight case of anemia can improve with dietary therapy, try to eat foods high in iron.

5. Blood pressure management

Blood pressure refers to the pressure in the blood vessels of the body arteries from the heart to the periphery. Blood pressure is mainly related to cardiac contractile force, vascular resistance (caliber, elasticity), blood flow, and blood viscosity. In many lifestyle-related diseases, blood pressure is an important sign of a medical condition, so daily efforts to control blood pressure are very meaningful to prevent diseases.

We have a blood pressure monitor in the Nurse's Office, so you can use it feel free. Among students' measurements, many students have low blood pressure (maximum blood pressure being lower than 99 mmHg), and they express their subjective symptom of fatigue. Lack of sleep due to staying up late and not eating well seem to be the causes. Thus, blood pressure is a health sign that sensitively reflects the state of mind and body.

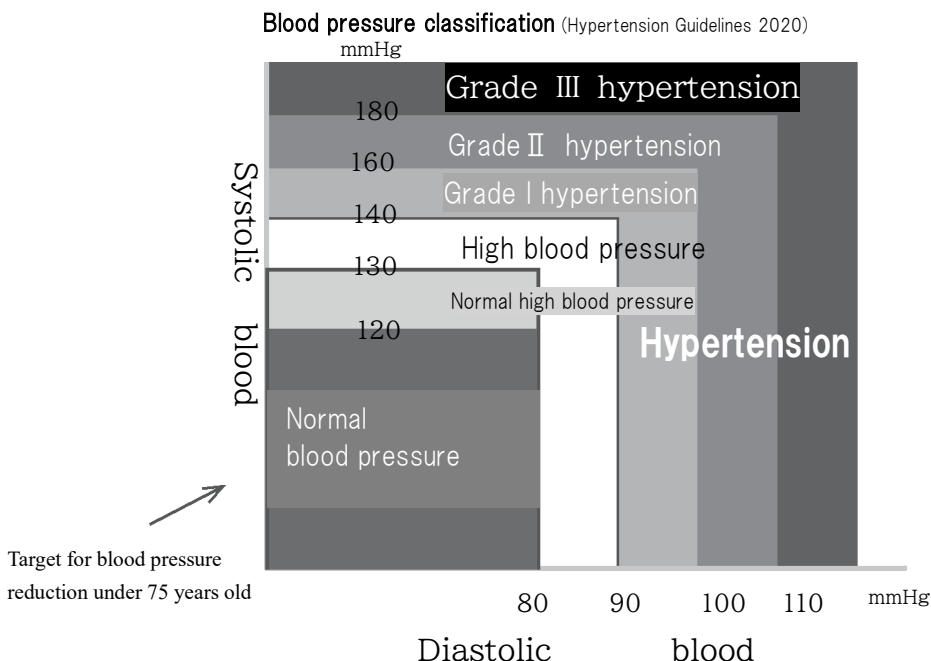
Systolic and diastolic blood pressure

When the heart contracts, blood suddenly enters the arteries, and blood vessels are at their highest level of tension, blood pressure is at its highest, which is called systolic blood pressure. Also, the blood pressure when the heart dilates is called diastolic blood pressure. Blood pressure is determined mainly by the cardiac power output and the elastic resistance of large blood vessels.

The baseline blood pressure is

Maximum blood pressure 130mmHg or less
Minimum blood pressure 80 mmHg or less

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(Source: "Hypertension Guidelines 2019" drawn from the Japanese Society of Hypertension, 2019.4. 25)

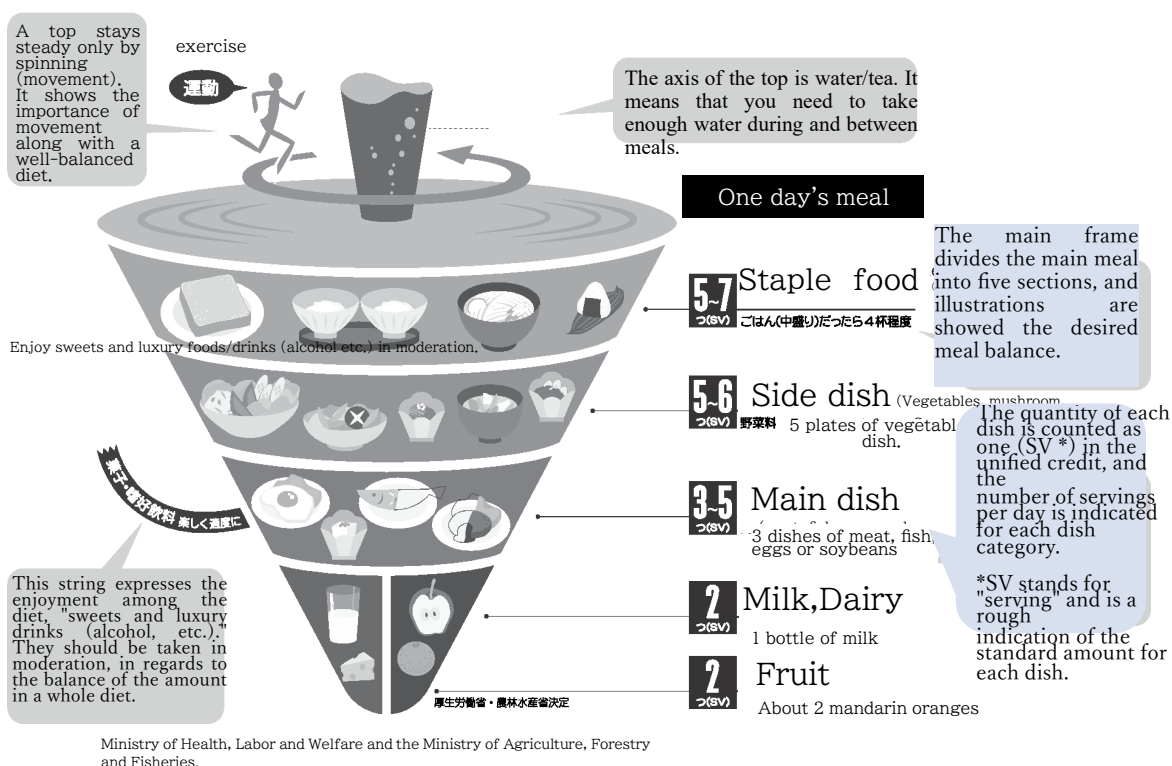
6. Diet and health

In modern society, improper or unbalanced eating habits such as "eating only what you like" and "eating late at night" are becoming a problem. How is your diet?

It is important to have a balanced diet in order to maintain a healthy body and life. However, many people may wonder what kind of food is "well-balanced diet." To show this good "balance" easier to understand, the "Meal Balance Guide" below was made to illustrate "what" and "how much" you should eat per day.

It clearly shows how to take a desirable meal and the approximate amount and learn the "basics

Meal Balance Guide



The illustration of the top shows a meal for one day, indicating that you will fall if you lose the balance of meals. Is your top spinning well?

Check your calorie

Height(m)²×22(BMI index) = Standard weight
 Standard weight×30=Energy requirement



【Calculation example】●For a person with a height of
 1.65m×1.65m×22(BMI index) = 59.9kg (Standard weight)

Your approximate energy requirement is……

m × m × 22 (BMI) = kg (Standard weight)
 kg × 30kcal = kcal (Energy requirement)

*Some wise tips to eat healthy when you eat out…

- ① Choose 1/3 (600-700 kcal) of daily total energy as a rough idea.
- ② The Japanese set meal with a wide variety of dishes and low calories is ideal.
- ③ Choose high calorie Western foods only once every three days.
- ④ Adjust your own proper amount of staple food.
- ⑤ Choose one dish at least with protein (meat, fish, eggs, and soy products) in it.
- ⑥ Try to choose dishes using vegetables.
- ⑦ Avoid oily or fried foods as much as possible.
- ⑧ Try not to use butter, dressing, or mayonnaise.
- ⑨ Choose noodles with other ingredients and leave as much soup as possible.
- ⑩ It is desirable to eat out only once a day.
- ⑪ It is safe to choose a dish which you can tell what kinds of ingredient are in.
- ⑫ Try to control the nutritional balance in 3 meals a day. If you can't control the balance within a day, try to arrange it within three days to a week, and don't be too strict.

Supplementary Provisions (List of medical institutions)

<What to do when you visit a medical institution>

*Be sure to bring your "Health Insurance Card."

*Check the office hours. Call in advance to check if an emergency hospital can see you or not.

◆ List of emergency hospitals

<Kyoto Uzumasa Campus Area>

Facility name	Telephone	Address/Website URL
Rakuwakai Marutamachi Hospital	075-801-0351	Marutamachi-agaru, Shichihonmatsu-dori, Nakagyo Ward, Kyoto City http://www.rakuwa.or.jp/maruta/
Kyoto City Hospital	075-311-5311	1-2 Higashi Takada-cho, Mibu, Nakagyo Ward, Kyoto City http://www.kch-org.jp/
Japanese Red Cross Kyoto Daini Hospital	075-231-5171	355-5 Harunobi-cho, Kamanza-dori Marutamachi-agaru, Kamigyo-ku Ward, Kyoto City http://www.kyoto2.jrc.or.jp/
Kyoto Min-iren Chuo Hospital	075-861-2220	2-1 Tsuchimoto-cho, Uzumasa, Ukyo Ward, Kyoto City http://kyoto-min-iren-c-hp.jp/
Kawabata Hospital	075-861-1131	16 Uzumasa-Kaminodan-cho, Ukyo Ward, Kyoto City http://www.kawabata-hp.or.jp/
Uzumasa Hospital	075-811-7711	4-13 Uzumasa-Yasui-Nishizawa-cho, Ukyo Ward, Kyoto City http://www.uzumasa-hp.jp/

<Kyoto Kameoka Campus Area>

Facility name	Telephone	Address/ Website URL
Kameoka Municipal Hospital	0771-25-7313	1-1 Shinonoda, Shino-cho, Kameoka-shi https://www.city.kameoka.kyoto.jp/hospital/
Kameoka Shimizu Hospital	0771-23-0013	1-32-15 Shinohirota, Kameoka-shi http://shimizu-hospital.or.jp/kameoka/
Kyoto Katsura Hospital	075-391-5811	17 Yamada Hirao-cho, Nishikyo Ward, Kyoto City http://katsura.com/
Shimizu Hospital (Chiyoharaguchi)	075-381-5161	11-2 Yamada Nakayoshimi-cho, Nishikyo Ward, Kyoto City http://www.shimizu-hospital.or.jp/shimizu/
Rakusai Shimizu Hospital	075-331-8778	13-107 Kutsukake Oeda, Nishikyo Ward, Kyoto City http://www.shimizu-hospital.or.jp/rakusai/
Kyoto Chubu Medical Center	0771-42-2510	25 Yagi Ueno, Yagi-cho, Nantan City http://www.kyoto-chubumedc.or.jp/

◎ Kyoto Health Care Yorozu Net

You can search emergency hospitals.

◎ Emergency Safety Center Kyoto (# 7119)

You can consult by phone 24 hours a day, every day of the year. You can consult when you have no idea about your illness or injury. For example, whether you need to call for an ambulance or not, whether you need to see a doctor or not, which hospitals are available right now.

◆ Night/Holiday Emergency Medical Care

<Kyoto City Emergency Clinic>

Address: 6 Higashi Toganoo-cho, Nishinokyo,
Nakagyo Ward, Kyoto
Phone: 075-354-6021

Department	Open Days	Office Hours
Internal medicine	Saturdays	18:00-22:00
Ophthalmology	Sundays, Holidays (8/15-16, 12/29-1/3)	10:00-17:00 18:00-22:00
Ear, Nose, Throat	Sundays, Holidays (8/15-16, 12/29-1/3)	10:00-17:00
Pediatrics	Monday to Friday	21:00-24:00
	Saturdays	14:00-17:00 18:00-8:00
	Sundays and national holidays	10:00-17:00 18:00-24:00



<Kyoto City Holiday Emergency Dentistry Central Clinic>

Address: 1 Higashi Toganoo-cho, Nishinokyo,
Nakagyo Ward, Kyoto, Kyoto Dental
Association Oral Health Center 1F
Phone: 075-812-8493
Medical hours: 10:00 ~ 17:00
(Sunday, national holidays
(8/15, 8/16, 12/29 - 1/4))



<Other/Night Medical Care>

Emergency Consultation → #7119

Medical Institution Guide

→ Emergency Information Center

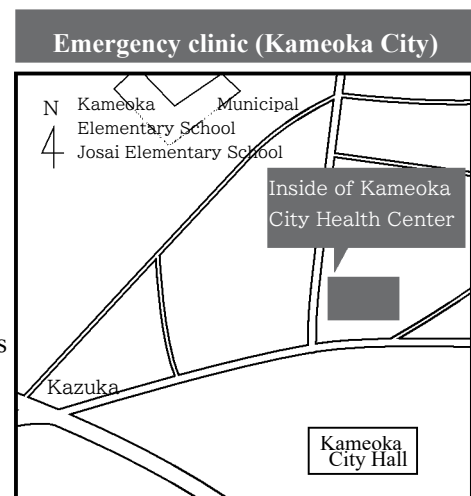
* No medical consultation available

Phone: 075-661-5599

<Kameoka City Holiday Emergency Clinic>

Address: 82 Kamaga-mae, Yasu-cho, Kameoka
In Kameoka Public Health Center
Department of Internal Medicine and Pediatrics
Phone: 0771-23-5636

Hours: 9:50-11:30/13:00-16:30 on Sundays,
National holidays (including substitute holidays),
New Year's holidays (December 30 - January 3)



<Kyoto Uzumasa Campus Area> List of Medical Institutions

Area code (075)

There may be changes in office hours, phone numbers, etc.
Check them before visiting.

Internal medicine

Facility name	Telephone	Address	Office Hours
KUAS, Uzumasa-tenjingawa station area			
Kanemitsu Clinic of Internal Medicine	873-8686	181 Shimokeibu-cho, Uzumasa, Ukyo Ward	9:00 - 12:00 (Mon - Sat) 16:30 - 19:30 (Mon/Tue/Wed/Fri)
Tamai Clinic	863-5585	Koridol Tenjingawa 1F, 3-3 Shimokeibu-cho, Uzumasa, Ukyo Ward	9:00 - 12:30 (Mon/Tue/Wed/Fri/Sat) 16:30 - 20:00 (Mon/Tue/Wed/Fri)
Uketa Clinic	872-5757	21 Moriganishi-cho, Uzumasa, Ukyo Ward	9:00 - 12:00 (Mon/Tue/Wed/Fri/Sat) 17:00 - 19:30 (Mon/Wed/Fri)
Yasui Yamanouchi Clinic	406-7189	Oike Kadono Bldg. 2F, 9-1 Gotanda-cho, Yamanouchi, Ukyo Ward	9:00 - 12:00 (Mon - Sat) 17:00 - 19:00 (Mon/Tue/Wed/Fri)
Uzumasa area			
Uzumasa Clinic (female doctors registered)	863-6152	30-4 Katabiranotsuji, Uzumasa, Ukyo Ward	9:00 - 12:00 (Mon - Sat) 13:30 - 15:30 (Mon/Tue/Wed/Fri only by reservation) 18:00 - 20:00 (Mon - Fri)
Uzumasa Second Clinic (female doctors registered)	863-5581	26-2-2 Minamino-cho, Hirosawa, Saga, Ukyo Ward	9:00 - 12:00 (Mon/Tue/Wed/Fri/Sat) 13:30 - 15:30 (Mon/Tue/Wed) 17:30 - 20:00 (Mon/Tue/Fri)
Tashiro Clinic	861-0124	3 Kumiishi-cho, Uzumasa, Ukyo Ward	9:00 - 12:00 (Mon/Tue/Thu/Fri/Sat) 18:00 - 20:00 (Mon/Tue/Wed/Fri)
Imoto Clinic	861-2646	4 Kaishoji-cho, Uzumasa, Ukyo Ward	9:00 - 12:00 (Mon - Sat) 18:00 - 20:00 (Mon/Wed)
Kanemitsu Clinic	864-7473	6-5 Higashino-cho, Tokiwa, Ukyo Ward	9:00 - 12:00 (Mon/Wed/Fri) 17:00 - 19:00 (Mon/Wed/Fri)
Hanazono station area			
Ikeda Clinic (female doctors registered)	811-1521	21-59 Kurumamichi-cho, Yasui, Uzumasa, Ukyo Ward	9:00 - 12:00 (Mon/Tue/Wed/Fri/Sat) 16:30 - 19:30 (Mon/Wed/Fri)
Izumiya Clinic	821-1612	2-16 Nijoura-cho, Yasui, Uzumasa, Ukyo Ward	9:00 - 12:00 (Mon - Sat) 17:00 - 19:00 (Mon/Wed/Fri)
Nishioji Oike station area			
Kyoto Min-iren Taishimichi Clinic (female doctors registered)	822-2660	18-1 Kohoriike-cho, Nishinokyo, Nakagyo Ward	9:00 - 11:30 (Mon - Sat) 17:00 - 19:30 (Mon/Wed/Fri)
Ogawa Internal/Respiratory Medicine Clinic	432-8448	75-1 Doda-cho, Nishinokyo, Nakagyo Ward	9:00 - 12:00 (Mon - Sat) 14:00 - 17:00 (Sat) 15:00 - 18:00 (Mon/Thu/Fri) 17:00 - 20:00 (Tue)
Nakanishi Clinic	841-9661	11 Funatsuka-cho, Nishinokyo, Onmae-dori Oike-agaru, Nakagyo Ward	9:00 - 12:00 (Mon - Sat) 17:30 - 20:00 (Mon/Wed)
Kageyama Clinic	323-6680	9-5 Nishiimada-cho, Saiin, Ukyo Ward	9:00 - 12:30 (Mon/Tue/Wed/Fri/Sat) 17:00 - 20:00 (Mon/Wed/Fri)
Fuchi Clinic of Internal Medicine	803-6060	14 Kamiotake-cho, Mibu, Nakagyo Ward	9:00 - 12:00 (Mon/Tue/Wed/Fri/Sat) 16:00 - 18:00 (Mon/Wed/Fri)
Umezu area			
Otsuka Clinic	881-3088	65-4 Maeda-cho, Umedu, Ukyo Ward	8:30 - 12:00 (Mon - Sat) 16:30 - 19:30 (Mon/Tue/Wed/Fri)
Nishio Cardiology Clinic	881-1118	7-34 Goto-cho, Umedu, Ukyo Ward	9:00 - 12:00 (Mon - Sat) 16:00 - 19:00 (Mon/Tue/Thu/Fri)
Katsura station area			
Hinoshita Clinic	383-1555	91-4 Minami Tatsumi-cho, Katsura, Nishikyo Ward	9:00 - 13:00 (Mon/Wed - Sat) 15:30 - 19:30 (Mon/Wed/Fri) 15:30 - 18:00 (Thu/Sat)

Surgery

Facility name	Telephone	Address	Office Hours
KUAS, Uzumasa-tenjingawa station area			
Uketa Clinic	872-5757	21 Moriganishi-cho, Uzumasa, Ukyo Ward	9:00 - 12:00 (Mon/Tue/Wed/Fri/Sat) 17:00 - 19:30 (Mon/Wed/Fri)
Shijo Clinic (female doctors registered)	311-2220	21-1 Shijobatake-cho, Saiin, Ukyo Ward	8:00 - 12:00 (Mon - Sat) 17:00 - 19:00 (Mon/Thu/Fri)
Hanazono station area			
Ikeda Clinic (female doctors registered)	811-1521	21-59 Kurumamichi-cho, Yasui, Uzumasa, Ukyo Ward	9:00 - 12:00 (Mon/Tue/Wed/Fri/Sat) 16:30 - 19:30 (Mon/Wed/Fri)
Otsuka Clinic	861-3262	4-13 Izumi Shikibu-cho, Uzumasa, Ukyo Ward	9:00 - 12:30 (Mon/Tue/Wed/Fri/Sat) 17:30 - 20:00 (Mon/Wed/Fri)
Izumiya Clinic	821-1612	2-16 Nijoura-cho, Uzumasa, Yasui, Ukyo Ward	9:00 - 12:00 (Mon - Sat) 17:00 - 19:00 (Mon/Wed/Fri)

Orthopedic surgery

Facility name	Telephone	Address	Office hours
KUAS, Uzumasa-tenjingawa station area			
Uketa Clinic	872-5757	21 Moriganishi-cho, Uzumasa, Ukyo Ward	9:00 - 12:00 (Mon/Tue/Wed/Fri/Sat) 17:00 - 19:30 (Mon/Wed/Fri)
Terauchi Orthopedic Clinic	881-2020	10-1 Morigamae-cho, Uzumasa, Ukyo Ward	9:00 - 12:00 (Mon/Tue/Wed/Fri/Sat) 17:30 - 20:00 (Mon/Tue/Wed/Fri)
Hishimoto Orthopedic Clinic	812-2236	19-4 Kitanokuchi-cho, Yamanouchi, Ukyo Ward	9:30 - 12:30 (Mon/Tue/Thu - Sat) 16:30 - 19:30 (Mon/Tue/Thu/Fri)
Shimizu Clinic	802-4174	1 Miyamae-cho, Yamanouchi, Ukyo Ward	9:00 - 12:00 (Mon/Wed/Thu/Fri/Sat) 17:30 - 19:30 (Mon-Fri)
Uzumasa area			
Matano Orthopedic Clinic	872-5775	11-1 Katsuragi-cho, Uzumasa, Ukyo Ward	9:00 - 12:00 (Mon - Sat) Reception by 11:30 16:30 - 19:00 (Mon/Tue/Thu/Fri)
Uzumasa Clinic	863-6152	30-4 Katabiranotsuji, Uzumasa, Ukyo Ward	9:00 - 12:00 (Mon - Sat) 13:30 - 15:30 (Mon/Tue/Thu/Fri) *Closed on the 3rd Thursday afternoon
Ikeda Orthopedic Clinic	864-3331	31 Ichinoi-cho, Uzumasa, Ukyo Ward	9:00 - 12:00 (Mon/Tue/Thu/Fri/Sat) 15:30 - 18:00 (Mon/Tue/Thu/Fri)
Hanazono station area			
Nagaoka Orthopedic Clinic	803-1881	2-9 Umazuka-cho, Yasui, Uzumasa, Ukyo Ward	9:00 - 12:00 (Mon/Tue/Wed/Fri/Sat) 16:00 - 19:00 (Mon/Tue/Wed/Fri)
Nishioji Oike station area			
Kyoto Min-iren Taishimichi Clinic	822-2660	18-1 Kohoriike-cho, Nishinokyo, Nakagyo Ward	9:00 - 11:30 (Mon/Wed/Thu/Fri/Sat) 17:00 - 19:00 (Mon/Wed)

Obstetrics and gynecology (Women's health)

Facility name	Telephone	Address	Office hours
Uzumasa area			
Kyoto Min-iren Chuo Hospital	861-2220	2-1 Tsuchimoto-cho, Uzumasa, Ukyo Ward	9:00 - 11:30 (Mon - Fri)
Kashiwagi Women's Hospital	882-3800	13-3 Tarumiyama-cho, Uzumasa, Ukyo Ward	9:00 - 12:00 (Mon/Wed/Thu/ Sat) 10:00 - 12:00 (Tue/Fri) 18:00 - 20:00 (Mon-Fri)
Nijo station area			
Hosoda Ladies Clinic	634-6123	IMPACT IKU NORTH 1F, 69 Shokushi-cho, Nishinokyo, Nakagyo Ward	9:00 - 12:00 (Mon - Sat) 17:00 - 20:00 (Mon/Tue/Thu/Fri) Check in by 30 minutes prior.
Yamamoto Hospital (female doctors registered)	801-3281	795 Miyamoto-cho, Takoyakushi-sagaru, Iwagami-dori, Nakagyo Ward	9:00 - 12:00 (Mon - Sat) 13:30 - 15:00 (Mon/Wed/Fri) 17:00 - 19:30 (Mon/Tue/Thu/Fri)
Urabe Clinic	841-2001	490 Nakatsukasa-cho, Sawaragi-cho-sagaru, Tsuchiyamachi-dori, Kamigyo Ward	10:00 - 13:00 (Mon/Wed/Fri)

Karasuma oike station area			
Tamura Hideko Gynecology Clinic (female doctors registered, no reservation required for the first visitors)	213-0523	229 Gosho Hachiman-cho, Oike Takakura Higashi-iru, Nakagyo Ward	9:30 - 12:00 (Mon - Sat) 13:00 - 15:00 (Mon - Fri) 17:00 - 19:00 (Mon - Fri)
Saiin station area			
SATOKO Ladies Clinic (female doctors registered) *Gynecological dermatology by appointment only	325-0272	13-9 Higashi Junnain-cho, Saiin, Ukyo Ward	9:30 - 12:30 (Tue/Thu/Sat) 15:00 - 18:00 (Mon/Wed/Fri)

Dermatology

Facility name	Telephone	Address	Office hours
KUAS, Uzumasa-tenjingawa station area			
Imai Dermatology Clinic	366-6153	170 Shimokeibu-cho, Uzumasa, Ukyo Ward	9:00 - 12:00 (Mon/Tue/Wed/Fri) 9:00 - 13:00 (Sat) 16:00 - 19:30 (Mon/Tue/Wed/Fri)
Suzuki Dermatology Clinic	316-0072	WEST-1 Bldg. 1F, 4-2 Anzuka-cho, Saiin, Ukyo Ward	Temporarily closed. Scheduled to reopen after April. Please check the website for updates.
Uzumasa area			
Uzumasa Clinic (female doctors registered)	863-6152	30-4 Katabiranotsuji-cho, Uzumasa, Ukyo Ward	9:00 - 12:00 (Mon/Tue/Thu) 13:30 - 15:30 (Tue)
Yonebayashi Dermatology Clinic	873-3251	16-2 Ichinoi-cho, Uzumasa, Ukyo Ward	9:00 - 12:00 (Mon/Tue/Wed/Fri/Sat) 17:00 - 20:00 (Mon/Tue/Wed/Fri)
Hanazono station area			
Izumiya Clinic	821-1612	2-16 Nijoura-cho, Yasui, Uzumasa, Ukyo Ward	9:00 - 12:00 (Mon - Sat) 17:00 - 19:00 (Mon/Wed/Fri)
Nakayasu Dermatology Clinic	841-5990	5 Kasuga-cho, Yasui, Uzumasa, Ukyo Ward	9:30 - 12:00 (Mon/Tue/Wed/Fri/Sat) 13:00 - 16:00 (Mon/Tue/Wed/Fri)
Nishioji Oike station area			
Kyoto Min-iren Taishimichi Clinic	822-2660	18-1 Kohoriike-cho, Nishinokyo, Nakagyo Ward	9:00 - 11:30 (Mon/Tue/Thu/Fri)
Nin Clinic (female doctors registered)	050-1808-8352	18 Higashinakaa-cho, Nishinokyo, Nakagyo Ward	9:30 - 12:00 (Mon/Tue/Wed/Fri/Sat) *Online reservation
Nijo station area			
Nakamichi Dermatology Clinic	812-0702	JR Nijo Station NK Bldg. 3F, 3 Higashi Toganoo-cho, Nishinokyo Nakagyo ward	10:00 - 12:30 (Mon - Sat) 16:30 - 19:30 (Mon/Tue/ Thu/Fri)
Saiin station area			
Kawai Keiichi Dermatology Clinic (female doctors registered)	315-0222	1-2 Pandescyon Saiin, 24 Takada-cho, Saiin, Ukyo Ward	9:00 - 12:00 (Mon/Tue/Wed/Fri/Sat) 14:00 - 16:00 (Tue) 17:00 - 19:00 (Mon/Wed/Fri)

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Urology

Facility name	Telephone	Address	Office hours
KUAS, Uzumasa-tenjingawa station area			
Ito Urology Clinic	321-1141	10-1 Akayama-cho, Yamanouchi, Ukyo Ward	9:30 - 12:00 (Mon - Sat) 17:00 - 19:30 (Mon/Wed) 14:30 - 17:00 (Fri)
Nishioji Oike station area			
Kyoto Min-iren Taishimichi Clinic	822-2660	18-1 Kohoriike-cho, Nishinokyo, Nakagyo Ward	9:00 - 11:30 (Mon/Tue/Wed/Fri)

Ophthalmology/Otolaryngology (ENT)

Facility name	Telephone	Address	Office hours
KUAS, Uzumasa-tenjingawa station area			
Suzuki ENT Clinic	861-4133	Pressance Loger Uzunasa Tenjingawa Station 1F, 170 Shimokeibu-cho, Uzunasa, Ukyo Ward	9:00 - 12:30 (Mon/Tue/Wed/Fri) 9:00 - 13:00 (Sat) 16:30 - 19:30 (Mon/Tue/Wed/Fri)
Yonebayashi Ophthalmology Clinic	871-1020	21-67 Moriganishi-cho, Uzunasa, Ukyo Ward	9:00 - 12:00 (Mon - Wed/Fri/Sat) 17:00 - 20:00 (Mon/Tue/Wed/Fri)

Uketa Clinic (ENT)	872-5757	21 Moriganishi-cho, Uzumasa, Ukyo Ward	9:00 - 12:00 (Mon/Tue/Wed/Fri/Sat) 17:00 - 19:30 (Mon/Wed/Fri)
Oonishi ENT Clinic	813-0024	19-11 Tsujinouchi-cho, Yasui, Uzumasa, Ukyo Ward	9:30 - 12:30 (Mon - Sat) 16:00 - 19:00 (Mon/Tue/Thu/Fri)
Uzumasa station area			
Matsumoto Ophthalmology Clinic	863-6633	14-125 Tayabu-cho, Uzumasa, Ukyo Ward	9:30 - 12:30 (Mon - Sat) 16:00 - 19:00 (Mon/Tue/Wed/Fri)
Saito Clinic (ENT)	861-4426	14 Tayabu-cho, Uzumasa, Ukyo Ward	9:00 - 12:00 (Mon/Tue/Thu - Sat) 16:00 - 19:00 (Mon/Thu/Fri) 17:00 - 19:00 (Tue)
Hanazono station area			
Kanbe Ophthalmology Clinic	464-2615	30 Uchihata-cho, Hanazono, Ukyo Ward	9:00 - 11:00 (Mon - Sat) *Closed on the 3rd Fri/Sat 15:00 - 17:00 (Mon/Wed/Fri)
Nishioji Oike station area			
Sano Ophthalmology Clinic	821-0969	86 Higashinakaai-cho, Nishinokyo, Nakagyo Ward	10:00 - 13:00 (Mon - Fri) 17:00 - 19:00 (Mon/Wed/Fri)
Nijo station area			
Juraku Ushijima Clinic (female doctors registered)	384-0408	2F 41-2 Minami-machi, Jurakumawari, Nakagyo Ward	9:00 - 12:00 (Mon - Sat) 16:00 - 19:00 (Mon/Tue/Fri)
Saiin station area			
Tomii Ophthalmology Clinic	311-2308	11 Kozanji-cho, Saiin, Ukyo Ward	9:00 - 12:00 (Mon/Tue/Thu/Fri/Sat) 15:30 - 18:00 (Mon/Tue/Thu/Fri)* *Afternoons and 1st and 3rd Sunday mornings available by appointment only *Contact lens consultation by appointment only

Psychosomatic medicine/Psychiatry

Facility name	Telephone	Address	Office hours
KUAS, Uzumasa-tenjingawa station area			
Toshimori Clinic (School doctor) (Reservation required)	366-3784	Pressance Loger Uzumasa Tenjingawa Station 1F, 170 Shimokeibu-cho, Uzumasa, Ukyo Ward	9:00 - 12:30 (Mon/Tue/Wed/Fri/Sat) 16:00 - 19:00 (Tue/Fri)
Uzumasa station area			
Sankokai Uzumasa Clinic (Reservation required) (female doctors registered)	871-3100	12-3 Moriganishi-cho, Uzumasa, Ukyo Ward	10:00 - 13:00 (Mon - Fri) 16:00 - 18:00 (Mon - Fri)
Nishioji Oike station area			
Kyoto Min-iren Taishimichi Clinic (By reservation only) (female doctors registered)	822-2660	18-1 Kohoriike-cho, Nishinokyo, Nakagyo Ward	*By reservation only *Inquiry required in advance
Nijo station area			
Kondo Clinic	841-6141	36-1 Naka-machi, Jurakumawari, Nakagyo Ward	9:00 - 12:00 (Mon - Sat) 17:30 - 20:00 (Mon - Fri)
Kaneko Mental Clinic (Reservation required)	801-5560	Tachibana Bldg. 5F, 2-10 Kobori-cho, Nishinokyo, Nakagyo Ward	9:30 - 12:30 (Mon - Fri) 9:00 - 15:00 (Sat) 15:30 - 19:30 (Mon/Tue/Wed/Fri) *Sat 13-15 only for new patients
Kokoro-no Migiwa Clinic	334-5122	19-18 Mibubanbacho, Nakagyo Ward	10:00 - 12:00 (Mon/Wed/Fri/Sat) 14:00 - 16:00 (Mon/Wed/Fri) 17:00 - 19:00 (Wed) *Closed on the evening of the fifth Wednesday of the month.
Saiin station area			
Tanabe Mental Clinic (female doctors registered) (Tue - Sat: Reservation only)	325-2554	Afre Saiin 3F, 1-1 Higashi Junnain-cho, Saiin, Ukyo Ward, Tokyo	10:00 - 13:00 (Tue/Thu/Fri/Sat) *Morning consultations are available on the 2nd and 4th Wednesdays of the month. 15:00 - 18:00 (Tue/Thu/Fri)
Kunisawa Mental Clinic	316-4777	Cosmo 26 2F, 26 Higashi Junnain-cho, Saiin, Ukyo Ward	9:00 - 12:00 (Mon/Tue/Wed/Fri/Sat) *16:00 - 19:00 (Mon/Tue/Wed/Fri) *For evening hours, reservation required by the previous day.

Dentistry

Facility name	Telephone	Address	Office hours
Uzumasa			
Oshiro Dental Clinic	882-0046	Koridol Tenjingawa 1F, 3-3 Shimokeibu-cho, Uzumasa, Ukyo Ward	9:30 - 13:00 (Mon/Tue/Wed/Fri/Sat) 14:30 - 19:00 (Mon/Wed/Sat) 14:30 - 20:00 (Tue/Fri)
Tsutsumi Dental Clinic (Consultation in English available)	861-2886	13-12 Morigamae-cho, Uzumasa, Ukyo Ward	8:30 - 12:00 (Mon - Sat) 14:00 - 18:30 (Mon/Tue/Thu/Fri)
Murai Dental Clinic	311-5811	15-2 Nishiura-cho, Yamanouchi, Ukyo Ward	9:30 - 12:30 (Mon - Sat) 14:30 - 18:00 (Mon/Tue/Thu/Fri)
Uzumasa station area			
Nishikawa Dental Clinic	882-1270	4-42 Morigahigashi-cho, Uzumasa Ukyo Ward	9:30 - 12:30, 14:00 - 19:30 (Mon - Fri)
Nishioji Oike station area			
Tanaka Tatsuo Dental Clinic	822-7156	7 -5 Midoden-cho, Yamanouchi, Ukyo Ward	9:00 - 12:00 (Mon - Sat) 13:30 - 18:00 (Mon/Tue/Wed/Fri/Sat)
Kaori Dental Clinic	822-5171	101 Verde Kasuga, 28 Minami Kamiai-cho, Nishinokyo, Nakagyo Ward	9:30 - 13:00 (Mon - Sat) 15:00 - 19:00 (Mon - Fri) 14:00 - 17:00 (Sat)
Takamori Dental Clinic	325-1777	Crystal Grantz Nishioji Sanjo 1F, 15 Kamiimada-cho, Saiin, Ukyo Ward	9:30 - 14:00 (Mon/Tue/Thu/Fri) 16:00 - 19:00 (Mon/Tue/Thu/Fri) 9:30 - 15:00 (Sat)
Araragi Dental Clinic	822-0315	Palette Oike 1F, 56 Higashi-Nakaai-cho, Nishinokyo, Nakagyo Ward	9:30 - 12:30, 14:00 - 18:00 (Mon/Wed/Sat) 9:30 - 12:30, 15:00 - 19:00 (Tue/Fri)

<Medical Institutions that provide services in English>

Contact the medical institutions
below in Japanese before visiting.

Internal medicine

Facility name	Telephone	Address	Office hours
Sakabe Clinic (designated institution)	231-1624	435 Yamamoto-cho, Nijo-sagaru, Gokomachi-dori, Nakagyo Ward	9:30 - 12:30 (Mon - Sat) AM by reservation only 18:30 - 20:30 (Mon - Wed/Fri)
Koshiha Clinic	255-1234	3rd Floor, Koizumi Building, 188-1 Jomayokocho, Nakagyo Ward	9:00 - 13:00 (Mon - Fri) 17:00 - 19:30 (Mon/Thu) 9:00 - 12:00 14:00 - 12:00 (Sat)
Uketa Clinic	872-5757	21 Moriganishi-cho, Uzumasa, Ukyo Ward	9:00 - 12:00 (Mon/Tue/Wed/Fri/Sat) 17:00 - 19:30 (Mon/Wed/Fri)
Morooka Allergy/Pediatrics Clinic	821-2000	Oike Kadono Bldg 1F, 9-1 Gotanda-cho, Yamanouchi, Ukyo Ward	9:00 - 12:00 (Mon - Sat) 16:30 - 19:00 (Mon/Tue/Thu/Fri) *Online reservation or walk-in without reservation only. No reservation by phone.
Hinoshita Clinic	383-1555	91-4 Minami Tatsumi-cho, Katsura, Nishikyo Ward	9:00 - 13:00 (Mon/Wed - Sat) 15:30 - 19:30 (Mon/Wed/Fri) 15:30 - 18:00 (Thu/Sat)
Kamiuchi Internal Medicine Clinic	823-8686	222 Hoshiikecho, Nishinokyo, Nakagyo Ward	9:00 - 12:00 (Mon - Sat) 16:00 - 19:00 (Mon/Tue/Thu/Fri)
Ishizaka Internal Medicine and Surgery Clinic	315-0810	135-2 Ushizukacho, Nishikyogoku, Ukyo Ward	8:30 - 12:00 (Mon - Sat) 14:00 - 18:00 (Mon/Tue/Thu/Fri)
Tsukada Internal Medicine Clinic	431-6688	137 Keikaincho, Omiyadori Kamidachiuri-sagaru, Kamigyo Ward	9:00 - 12:30 (Mon/Tue/Thu - Sat) 16:30 - 19:00 (Mon/Tue/Thu/Fri)

Surgery / Orthopedic surgery

Uketa Clinic	872-5757	21 Moriganishi-cho, Uzumasa, Ukyo Ward	9:00 - 12:00 (Mon/Tue/Wed/Fri/Sat) 17:00 - 19:30 (Mon/Wed/Fri)
Nagaoka Orthopedic Clinic	803-1881	2-9 Umatsukacho, Uzumasa Yasui, Ukyo Ward	9:00 - 12:00 (Mon - Wed/Fri/Sat) 16:00 - 19:00 (Mon - Wed/Fri)
Ishizaka Internal Medicine and Surgery Clinic	315-0810	135-2 Ushizukacho, Nishikyogoku, Ukyo Ward	8:30 - 12:00 (Mon - Sat) 14:00 - 18:00 (Mon/Tue/Thu/Fri)
Komuro Orthopedic Clinic	871-0519	21 Hirakicho, Sagano, Ukyo Ward	9:00 - 12:00 (Mon - Sat) 17:00 - 19:30 (Mon - Wed/Fri)
Isshiki Orthopedic Clinic	322-7775	54-117 Mibu Matsubara-cho, Nakagyo Ward	9:00 - 12:00 (Mon - Wed/Fri/Sat) 17:00 - 18:45 (Mon/Wed/Fri)

Naka Orthopedic Clinic	950-5839	3rd Floor, Saiin Hankyu Building, 13 Takayama-dera-cho, Saiin, Ukyo Ward	10:00 – 13:30(Mon – Sat) 15:00 – 19:00(Mon – Sat)
Sankoji Orthopedic Clinic	311-3113	94-1 Goryo-cho, Nishishichijo, Shimogyo Ward	8:30 – 12:30(Mon – Sat) 16:00 – 19:00(Mon – Fri)

Gynecology (Women's health)

Tamura Hideko Gynecology Clinic (female doctors, no reservation required for the first visitors)	213-0523	229 Goshō Hachiman-cho, Oike Takakura Higashi-iru, Nakagyo Ward	9:30 - 12:00 (Mon - Sat) 13:00 - 15:00 (Mon - Fri) 17:00 - 19:00 (Mon - Fri)
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Dermatology

Nin Clinic (female doctors registered)	050-1808-8352	18 Higashinakaai-cho, Nishinokyo, Nakagyo Ward	9:30 - 12:00 (Mon/Tue/Wed/Fri/Sat) *Online reservation
Yoneda Internal Medicine Clinic *English support is available only for dermatology consultations on Thursdays.	231-2033	252 Kamihakusan-cho, Fuyacho-dori Oike-agaru, Nakagyo Ward	9:00 – 12:00(Mon/Wed - Sat) 14:00 – 16:00(Mon/Wed - Sat) 17:00 – 19:00(Mon/Wed/Fri)
Goshō Minami Hanako Clinic	231-8875	645 Otsu-cho, Ainomachi-dori Takeyamachi-agaru, Nakagyo Ward	9:30 – 17:00(Mon/Tue/Thu/Fri) 9:30 – 12:30(Sat)

Ophthalmology

Oouchi Masayuki Eye Clinic	662-5660	9-1 Ookuni-cho, Nishikujo, Minami Ward	9:00 - 12:00 (Min - Fri) 14:30 - 17:30 (Mon/Wed/Fri) *Contact lens prescription NOT available
Nakamura Eye Clinic in front of Tokiwa station	873-5060	Sugi Drug Tokiwa 2F, 15-1 Umaduka-cho, Tokiwa, Ukyo-Ward	9:00 - 12:00 (Mon - Wed/Fri/Sat) 15:30 - 18:00 (Mon/Wed/Fri)
Ouchi Eye Clinic	662-7117	47-1 Karahashirajomoncho, Minami Ward	9:00 - 12:00 (Mon - Sat) 16:00 - 18:30 (Mon - Wed/Fri)

Otolaryngology (ENT)

Nakai ENT Clinic	241-3387	Symphonia Oike 4F, 391 Kawarano-cho, Nijo-sagaru, Higashinotoin-dori, Nakagyo Ward	9:00 - 12:30 (Mon - Wed/Fri/Sat) 15:30 - 19:00 (Mon - Wed/Fri) *Online reservation
Hyo ENT Clinic	841-2049	132 Omiya-cho, Takatsuji, Shimogyo Ward	8:30 - 11:30 (Mon/Tue/Fri/Sat) 9:00 - 11:30 (Wed) 16:00 - 18:00 (Mon)

Psychosomatic medicine/Psychiatry

Kyoto Karasuma Oike Mari Mental Clinic (female doctors registered) *Reservation required	254-7575	Seiei Bldg 9F, 514 Akinono-cho, Nijo-sagaru, Karasuma-dori, Nakagyo-Ward	9:30 - 13:00 (Mon/Tue/Thu - Sat) 14:30 - 18:00 (Mon/Tue/Thu/Fri)
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Dentistry

Tsutsumi Dental Clinic	861-2886	13-12 Morigamae-cho, Uzumasa Ukyo Ward	8:30 - 12:00 (Mon - Sat) 14:00 - 18:30 (Mon/Tue/Thu/Fri)
Moriue Dental Clinic	366-8222	8-2 Oomachi, Yamanouchi, Ukyo Ward	9:00 - 13:00 (Mon - Wed/Fri/Sat) 14:00 - 19:00 (Mon - Wed/Fri)
Kano Dental Clinic	222-1207	Oike Bldg, 7F, 206 Takamiya-cho, Ainomachi Higashi-iru, Oike-dori, Nakagyo Ward	9:30 - 13:00 (Mon - Sat) 14:30 - 18:30 (Mon - Fri) 14:30 - 17:30 (Sat)
Nakai Dental Clinic	252-1020	724-1 Yohojimae-cho, Nijo-agaru, Teramachi-dori, Nakagyo Ward	9:00 - 12:45 (Mon - Wed/Fri) 9:00 - 13:15 (Sat) 13:45 - 18:00 (Mon - Wed/Fri)
Mari Dental Clinic	821-8212	17 Nagamoto-cho, Nishinokyo, Nakagyo Ward	9:00 - 13:00, 15:00 - 19:00 (Mon - Fri) 9:00 - 13:00, 15:00 - 17:00 (Sat)
Komaki Dental Clinic	384-7071	1st Floor, Moonlight Sanjo, 62-1 Nishigekkocho, Nishinokyo, Nakagyo Ward	9:00 - 13:30 (Mon/Tue/Wed/Fri) 15:00 - 18:30 (Mon/Tue/Wed/Fri) 9:00 - 14:00 (Sat)

Neurosurgery

Koshiba Clinic	255-1234	3rd Floor, Koizumi Building, 188-1 Jomayokocho, Nakagyo Ward	9:00 - 13:00 (Mon - Fri) 17:00 - 19:30 (Mon/Thu) 9:00 - 12:00 14:00 – 12:00 (Sat)
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<Kyoto Kameoka Campus Area> List of Medical Institutions

Area code (0771)

Internal Medicine/Pediatrics/Psychiatry

(There may be changes in office hours, phone numbers, etc. Check them before visiting.)

Facility name	Telephone	Address	Office hours
Uehara Clinic (Pediatrics)	22-0347	37 Nishi-machi	8:00 - 11:45 (Mon - Sat) 16:30 - 19:00 (Mon/Thu/Fri), check-in by 18:45 16:00 - 17:30 (Tue), check-in by 17:10
Tokura Yoshifumi Gastroenterology Clinic (IM)	23-5001	2-28-2 Minami-Tsutsujigaoka Obadai	9:00 - 12:00 (Mon - Thu/Sat) 9:00 - 12:00 (the 2nd & 4th Sun) 17:00 - 20:00 (Mon - Fri)
Higashihara Clinic (IM, Ophthalmology)	55-9860	57-13 Kita-machi	9:00 - 12:00 (Mon - Sat) 17:30 - 19:30 (Mon/Tue/Thu/Fri)
Kawano Clinic (IM)	25-3010	1F Asada Bldg., 21-17 Banba-dori, Oiwake-cho	9:00 - 12:00 (Mon - Sat) 17:00 - 19:00 (Mon/Wed/Fri)
Kosaka Clinic of Pediatrics and Diabetes	29-2662 55-9377	2F Rapol, 32-1 Nishiuchitsubo Kose-cho	8:45 - 12:30 (Mon - Wed/Fri/Sat) 16:45 - 19:45 (Mon - Fri)
Nishigaki Clinic	22-7573	2-6-6 Kose-cho,	9:00 - 12:30 (Mon - Wed/Fri/Sat) 17:30 - 19:30 (Tue/Wed/Fri)
Fukui Clinic (IM)	29-1291	1-6-1 Umahori-ekimae, Shino-cho	9:00 - 12:00 (Mon - Sat) 17:00 - 19:30 (Mon/Wed/Fri)
Monji Cardiology Clinic	22-8890	27-2 Maeda, Obayashi, Chiyokawa-cho	9:00 - 12:00 (Mon - Sat) Check in starts at 8:30. 17:00 - 19:30 (Mon/Tue/Thu/Fri)
Yamakawa Clinic (IM, Pediatrics) (female doctors registered)	25-0777	1-21-11 Kitakose-cho	9:00 - 12:00 (Mon - Fri) Check in by 11:45
Yonehara Gastroenterology Clinic	25-5285	107-3 Miyake-cho	9:00 - 12:00 (Mon - Wed/Fri/Sat) 17:00 - 20:00 (Mon/Wed/Fri) Closed on the 2nd & 4th Monday evenings
Yagi Clinic (IM, Dermatology, ENT, Allergy)	24-0123	18 Kasebaramachigashira, Shino-cho	9:00 - 12:00 (Mon - Sun) Closed on the Sundays which is national holidays 16:30 - 19:30 (Mon - Wed/Fri)
Seo Clinic (School doctor) *First visitor by reservation only	22-0802	1-8-3 Miharu, Shino-cho	10:00 - 12:30 (Mon - Sat) 17:30 - 19:30 (Mon/Tue/Fri) 13:30 - 16:30 (Thu) Closed on the 1st & 3rd Saturdays
Iwamoto Clinic (IM, Surgery)	21-1050	1-5-3 Chiyokawa-cho, Imazu (5-min walk from JR Chiyokawa St)	8:45 - 12:00 (Mon - Sat) 16:15 - 19:00 (Mon/Tue/Thu/Fri) Reservations available for return visits only. Check in by 15 minutes prior to the end.
Clinic "Momiji" *By reservation only	22-7516	26 1-1 Shimizu, Amarube-cho	9:00 - 13:00 (Mon/Tue/Thu/Fri) 14:00 - 18:30 (Mon - Fri) *By reservation only

Orthopedic surgery

Facility name	Telephone	Address	Office hours
Ueki Taka Medical Clinic (IM, Surgery, Proctology)	29-6888	1F Drug DACS, 40 -2 Nakamura, Joboji, Shino-cho	9:30 - 12:30 (Mon/Wed - Sat) 16:00 - 18:30 (Mon/Wed/Th/Fri)
Kamata Orthopedic Clinic	22-5068	44-1 Tsukinuke-cho	9:00 - 12:00 (Mon - Wed/Fri/Sat) 16:30 - 19:00 (Mon/Wed/Fri) 16:30 - 19:00 (2nd & 4th Tue)

Orthopedic Ando Clinic	29-1173	1-48-9 Kose-cho *In front of Amity Kameoka Shopping Center	9:00 - 12:00 (Mon/Tue/Thu - Sat) 17:00 - 20:00 (Mon - Fri) Check in by 19:30
Yoshioka Orthopedic Clinic	25-4121	192 Kawaramachi	9:00 - 12:00 (Mon/Tue/Thu - Sat) 17:00 - 19:30 (Mon/Tue/Thu/Fri)
Sato Orthopedic Surgery	25-2701	1-34-3 Obadai, Minami Tsutsujigaoka	9:00 - 12:00 (Mon/Tue/Wed/Fri/Sat)

Hayashi Orthopedic Surgery	25-6711	1F Rapol, 32-1 Nishiuchitsubo, Kose-cho	9:00 - 12:00 (Mon/Tue/Wed/Fri/Sat) 16:30 - 19:00 (Mon/Wed/Fri) *16:30 - 19:00 (Tue if a national holiday falls on Mon)
Hiraoka Clinic (IM, Surgery)	22-0260	19 Honmachi	9:00 - 12:00 (Mon - Sat) 17:30 - 19:00 (Mon/Wed/Thu/Fri)
Morito Orthopedic Clinic	23-6029	2-2-16 Ogawa, Chiyokawa-cho	8:50 - 12:15 (Mon/Tue/Thu - Sat) 17:20 - 19:40 (Mon/Tue/Thu/Fri)
Sakabe Orthopedic Clinic (School doctor)	56-9360	27-1 Kubokaichi, Nakayada-cho	9:00 - 12:00 (Mon - Sat) 16:30 - 19:30 (Mon/Tue/Thu/Fri) *First visit check in by 19:00

Obstetrics and gynecology (Women's health)/Dermatology/Urology

Facility name	Telephone	Address	Office hours
Tamura Ob & Gyn Clinic (female doctors registered)	24-3151	28 Nonogami, Yasumachi	8:45 - 12:00 (Mon - Sat) 17:45 - 19:45 (Mon/Wed/Fri) *Only gynecology on Friday morning
Yamaguchi Maternity Clinic	22-3518	2-4-7 Umahori-ekimae, Shino-cho	9:00 - 12:00 (Mon/Tue/Wed/Fri) 9:00 - 13:00 (Thu/Sat) 14:00 - 16:00 (Fri) * Gynecology by reservation only on Friday afternoon 17:00 - 19:00 (Mon/Tue/Wed/Fri)
Ishizaki Clinic (IM, Gynecology, and Cosmetic Dermatology)	25-6045	1-4-5 Kose-cho	9:30 - 12:30 (Mon - Wed/Fri/Sat) *Closed on 5th Sat 18:00 - 20:00 (Mon/Wed/Fri) *Check in by 15 min prior to the end
Kumazawa Dermatology Clinic	24-5512	2-6 Kitamachi Kon	9:15 - 12:30 (Mon/Tue/Thu - Sat) 15:00 - 18:30 (Mon/Tue/Thu/Fri)
Ochiai Dermatology Clinic	55-9536	1F Medias, Kameoka 5th Avenue, 2-3-1 Umahori-ekimae, Shino-cho	9:00 - 12:00 (Mon - Wed/Fri/Sat) 15:30 - 18:00 (Mon/Wed/Fri)
Nara Dermatology Clinic	20-8025	31-3 Higashi-jima, Kokanage, Ooi-cho	9:00 - 12:00 (Mon - Wed/Fri/Sat) 16:00 - 19:00 (Mon - Wed/Fri)
Nukui Urology clinic	29-4401	2F ABIL-II 22-8 Banba-dori, Oiwake-cho	9:00 - 12:30 (Mon - Wed/Fri/Sat) 17:00 - 19:30 (Mon/Wed/Fri)

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Ophthalmology/Otorhinolaryngology (ENT)

Facility name	Telephone	Address	Office hours
Okuzawa Eye Clinic	24-4455	2-29-8 Namikawa, Ooi-cho	9:00 - 11:30 (Mon/Tue/Fri/Sat) 17:00 - 18:50 (Mon/Tue/Thu/Fri) For the first contact lens prescription, check in by 11:15/18:30.
Minami Eye Clinic	25-2602	40-3 Nojo-Shimokawa, Shino-cho	9:00 - 12:00 (Mon - Sat) 15:30 - 18:30 (Mon/Wed/Fri)
Miyama Ophthalmology	23-5899	2F 27-4 Banba-dori, Oiwake-cho	9:30 - 12:30 (Mon - Wed/Fri/Sat) 15:30 - 18:30 (Mon - Wed/Fri) 14:00 - 17:00 (Sat)
Nagata Eye Clinic (female doctors registered)	23-1236	35-3 Nakamura, Joboji, Shino-cho	9:00 - 12:00 (Mon - Sat) 16:00 - 18:00 (Mon/Tue/Thu/Fri)
Wada Eye Clinic (female doctors registered)	25-1450	8-2 Iganotsuji, Umahori, Shino-cho (2F of Super Matsumoto)	9:30 - 12:30 (Mon/Tue/Thu/Fri) 16:00 - 19:00 (Mon/Tue/Thu/Fri) 9:30 - 13:00 (Sat) *Check in 20 min prior for contact lenses prescription
Higashihara Clinic (IM, Ophthalmology) (female doctors registered)	55-9860	57-13 Kita-machi	Ophthalmology: 9:00 - 12:00 (Mon/Tue/Thu - Sat) 13:30 - 16:30 (Mon/Tue/Thu)
Inoue ENT Clinic	25-8733	2-20-13 Hirota, Shino-cho	9:00 - 12:00 (Mon/Wed - Sat) 16:30 - 19:30 (Mon/Tue/Thu/Fri)
Yoshida ENT	25-0911	1F SY Grand Bldg., 2-1-16 Tsuchida, Ooi-cho	9:30 - 12:30 (Mon/Wed/Fri/Sat) 16:30 - 19:30 (Mon/Wed/Fri)
Hiwatashi ENT Clinic (English available)	21-3387	39-1 Nakamura, Joboji, Shino-cho	9:00 - 12:00 (Mon - Wed/Fri/Sat) 9:00 - 12:00 (1st, 3rd, 5th Sun) 15:30 - 18:30 (Mon - Wed/Fri)

Dentistry

Facility name	Telephone	Address	Office hours
Amano Dental Clinic	25-2927	2F Yamaguchi SS Bldg. 9-9 Banba-dori, Oiwake-cho	9:00 - 13:00 (Mon - Wed/Fri) 15:00 - 19:30 (Mon - Wed/Fri) 9:00 - 14:00 (Sat)
Ishikawa Dental Clinic	22-8666	4F Ishikawa Bldg, 21-12 Banba-dori, Oiwake-cho	9:00 - 12:30 (Mon - Sat) 14:00 - 19:00 (Mon - Fri)
Umahori Nishida Dental Clinic	25-7788	15-7 Shino-cho, Shinomiharu	8:30 - 12:30 (Mon/Tue/Thu/Fri) 10:30 - 12:30 (Wed) 14:30 - 18:00 (Mon - Fri) *Reservation required
Ogino Orthodontic Clinic	25-0418	2F FLAT YAGI, 17-1 Obori, Oiwake-cho	10:00 - 12:30 (Tue) 15:00 - 19:00 (Tue) 9:30-13:00 (Wed/Fri/Sat/Sun) 14:00-18:00 (Wed/Fri/Sat/Sun) Closed every other week on Mon/Thu/Sun. Open on public holidays.
Knittel Namikawa Dentistry	23-8246	2F Yoshida Bldg., 19-2 Banba-dori, Oiwake-cho	9:30 - 13:00 (Mon/Wed/Fri) 14:30 - 18:00 (Mon/Wed/Fri)
Saito Dental Clinic	25-1515	Nakamura Bldg., 37-33 Tanisuji, Oiwake-cho	9:30 - 13:00, 15:00 - 19:30 (Mon - Wed) 9:30 - 13:00, 15:00 - 18:00 (Fri) 9:30 - 13:00, 15:00 - 17:00 (Sat)
Shimamura Dental Clinic	22-0209	38 Kitamachi	9:00 - 12:30 (Mon/Tue/Thu/Fri) 14:00 - 19:30 (Mon/Tue/Thu/Fri) 9:00 - 16:30 (Wed) 9:00 - 16:00 (Sat)
Tanaka Dental Clinic	23-6480	12-3 Shimogawara, Nanjo, Sogabe-cho	9:00 - 12:30 (Mon - Wed/Fri/Sat) 14:30 - 19:00 (Mon - Wed/Fri) 14:30 - 17:00 (Sat)
Nakagawa Dental Clinic	23-3232	2-3-8 Kose-cho	9:00 - 13:00 (Mon - Sat) 14:30 - 18:30 (Mon/Tue/Thu/Fri)
Nakagawa Mikiya Dental Clinic	22-6667	121 Nakahata, Yasumachi	9:00 - 13:00 (Mon - Fri) check in by 12:30 14:30 - 18:00 (Mon/Tue/Thu/Fri) check in by 17:00
Maekawa Dental Clinic	23-1992	2-12-1 Kitakose-cho	9:00 - 12:30 (Mon - Fri) 14:30 - 17:00 (Mon - Wed/Fri) By reservation only (call by 16:30 on weekdays)
Uehara Dental Clinic	56-8344	2-34-4 Satsukidai, Nishi-Tsutsujigaoka	9:00 - 13:00 (Mon/Tue/Thu/Fri) 9:00 - 14:00 (Sat) 15:00 - 19:00 (Mon/Tue/Thu/Fri)
Nakamura Orthodontic and Dental Clinic for Children	23-3388	Rapport 3F, 32-1Nishiuchitsubo, Kose-cho	10:00 - 12:30 (Mon - Fri) 14:00 - 18:30 (Mon - Fri) 9:00 - 12:30 (Sat/Sun and Holidays) 14:00 - 17:30 (Sat) 14:00 - 16:30 (Sun and holiday)

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<Medical Institutions that provide services in English>

Contact the medical institutions
below in Japanese before visiting.

Facility name	Telephone	Address	Office hours
Tamura Ob & Gyn Clinic (female doctors registered)	24-3151	28 Nonogami, Yasumachi	8:45 - 12:00 (Mon - Sat) 17:45 - 19:45 (Mon/Wed/Fri) *Only gynecology on Friday morning
Yamaguchi Maternity Clinic	22-3518	2-4-7 Umahori-ekimae, Shino-cho	9:00 - 12:00 (Mon/Tue/Wed/Fri) 9:00 - 13:00 (Thu/Sat) 14:00 - 16:00 (Fri) * Gynecology by reservation only on Friday afternoon 17:00 - 19:00 (Mon/Tue/Wed/Fri)
Ishizaki Clinic (IM, Gynecology, and Cosmetic Dermatology)	25-6045	1-4-5 Kose-cho	9:30 - 12:30 (Mon - Wed/Fri/Sat) *Closed on 5th Sat 18:00 - 20:00 (Mon/Wed/Fri) *Check in by 15 min prior to the end
Kumazawa Dermatology Clinic	24-5512	2-6 Kitamachi Kon	9:15 - 12:30 (Mon/Tue/Thu - Sat) 15:00 - 18:30 (Mon/Tue/Thu/Fri)
Ochiai Dermatology Clinic	55-9536	1F Medias, Kameoka 5th Avenue, 2-3-1 Umahori-ekimae, Shino-cho	9:00 - 12:00 (Mon - Wed/Fri/Sat) 15:30 - 18:00 (Mon/Wed/Fri)

Nara Dermatology Clinic	20-8025	31-3 Higashi-jima, Kokanage, Ooi-cho	9:00 - 12:00 (Mon - Wed/Fri/Sat) 16:00 - 19:00 (Mon - Wed/Fri)
Nukui Urology clinic	29-4401	2F ABIL-II 22-8 Banba-dori, Oiwake-cho	9:00 - 12:30 (Mon - Wed/Fri/Sat) 17:00 - 19:30 (Mon/Wed/Fri)

Kyoto University of Advanced Science

Nurse's Office

Kyoto Uzumasa Campus

TEL 075 - 406 - 9140

Office Hours

Mon - Fri 8:30 ~ 17:00

Kyoto Kameoka Campus

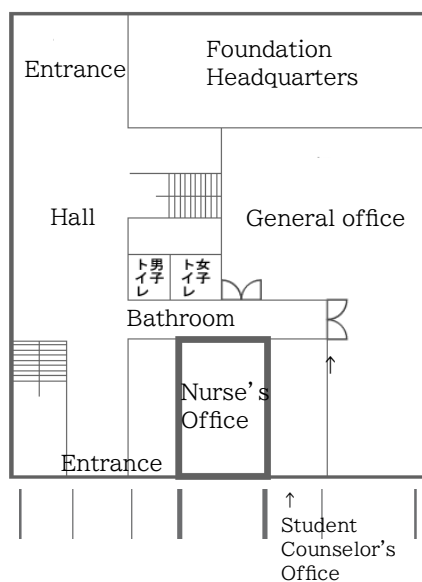
TEL 0771 - 29 - 2273

Office Hours

Mon - Fri 8:30 ~ 17:00

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1F East Building



2F Hakuun Hall

