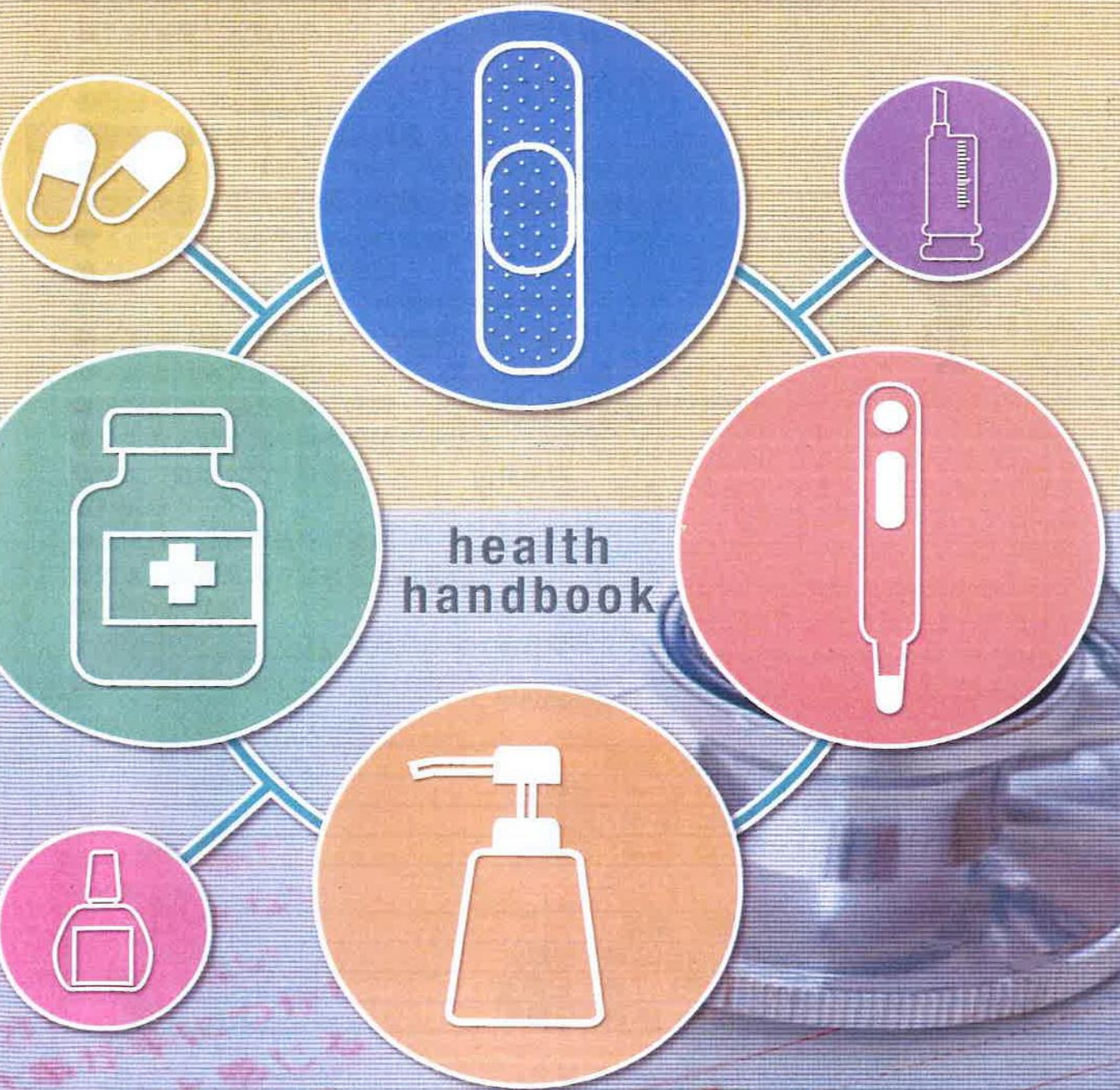


Health Handbook 健康ハンドブック

年度版
2023 Academic Year version



Kyoto University of Advanced Science
Student Affairs Center Nurse's Office

京都先端科学大学

Table of contents

I. Role of the Nurse’s Office	2
II. About Regular Medical Examinations	6
III. About Health Certificate.....	10
IV. Procedures for Injuries during Regular Curricular Activities, University Events, Extracurricular Activities, and School Commutes	12
1. Personal Accident Insurance for Students Pursuing Education and Research	
2. Liability Insurance coupled with “Gakkensai”	
3. Medical expenses benefit	
V. Emergency Response	14
1. Placement of AEDs and wheelchairs in KUAS	
2. First aid	
3. Cardiopulmonary Resuscitation and AED Usage	
4. Handling of bee stings and anaphylactic shock	
5. Common injuries and accidents	
VI. Infection and prevention measures.....	24
1. About school infections	
2. Infections to keep in mind	
♥ Tuberculosis	
♥ Measles	
♥ Influenza	
♥ STD	
♥ AIDS	
♥ Bacterial food poisoning	
♥ Norovirus	
♥ COVID-19	
VII. Precautions for going abroad.....	31
1. Things to watch out for before going abroad	
2. Things to watch out for after returning home	
VIII. About student health.....	33
1. Smoking and Health	
2. Alcohol	
3. Drug abuse	
4. Anemia	
5. Blood pressure management	
6. Diet and health	
APPENDIX ; Calorie Calculator	
APPENDIX ; LIST of Medical Institutions	

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	Tuesday (1st) pm 1: 00 ~ 3: 00
Psychiatry	Wednesday (4th) pm 2: 30 ~ 4: 30
Orthopedic	Wednesday (2nd) pm3:00~5:00

○Kyoto Kameoka Campus

Specialization	Days and Times
Internal Medicine	Tuesday (2nd) pm1:00~3:00
Psychiatry & Neurology	Wednesday (1st and 3rd) pm 2: 30 ~ 4: 30
Orthopedic	Wednesday (4th) pm 3:00~ 5: 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 and about sports medicine.
- It will be a good experience to consult with a school doctor in KUAS as a second opinion when you receive treatment or visit 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 a 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.

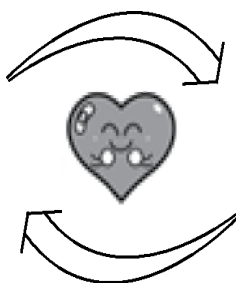
○Mental and physical health consultation

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 because I'm not used to 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?
- I need to be referred to a hospital.
- 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, the 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 take a 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 ;

Lettuce Club (Featuring easy dishes, etc.)

Leaf (Local information magazine in Kyoto and Shiga)

Monthly Kyoto (Information magazine in Kyoto)



Annual health care event schedule (2023 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 and Circle Members 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 and Circle Members 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

2023 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 yrs.	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 physical education, SLS, and athletic Club and Circle activities.



* Early detection of physical abnormalities or diseases may not be possible. The detection of chronic diseases without subjective symptoms such as tuberculosis, kidney disease, anemia and diabetes may be delayed as well.

* You may not be able to take physical training 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 Get a medical examination at a school designated institution by the designated date (Late April) (early reservations are required).
- ② Get a medical examination at the public health center.
- ③ Get a medical examination at a general medical institution.

※ When getting a medical checkup outside of university, you first need to contact Nurse's Office 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]

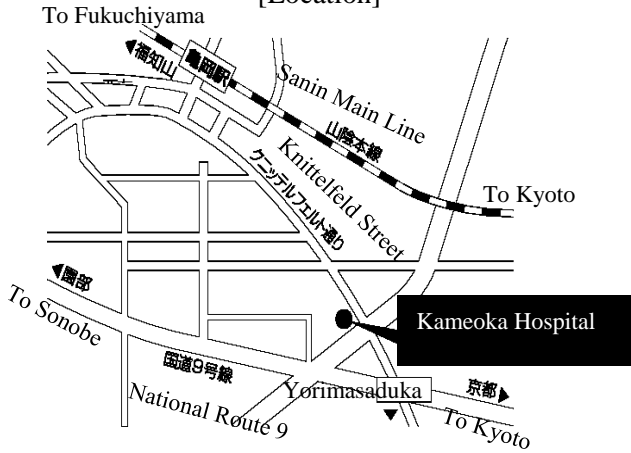
Kameoka Hospital

Tel 0771-22-0341

〒621-0815

3-21-1, Kose-cho, Kameoka City

[Location]



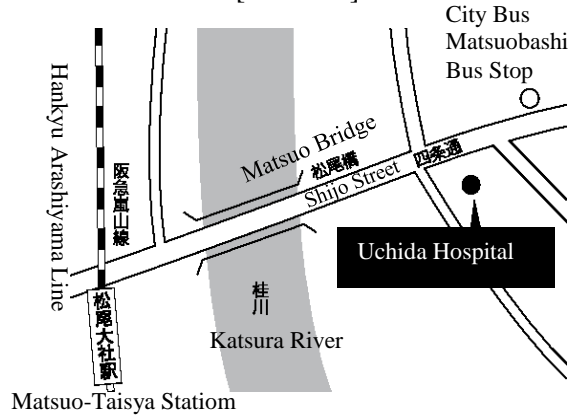
Uchida Hospital

Tel 075-882-6666

〒615-0925

6-9, Onawaba-cho, Umezu, Ukyo Ward,
Kyoto City

[Location]



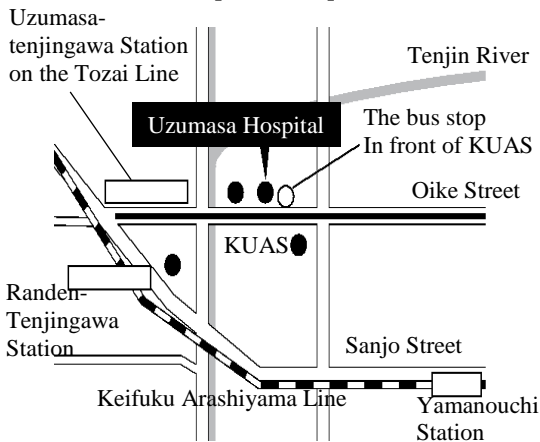
Uzumasa Hospital

Tel 075-811-7711

〒616-8083

4-13, Uzumasa-Yasuinishizawa-cho,
Ukyo Ward, Kyoto City

[Location]



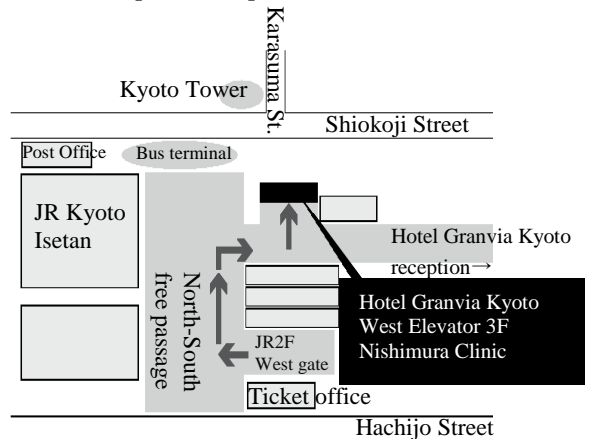
Nishimura Clinic

Tel 0120-109-215 or 075-365-3339

〒616-8083

901 Higashi Shiokoji-cho, Karasuma-dori
Shiokoji-sagaru, Shimogyo Ward, Kyoto City

[Location]



Uzumasa Clinic

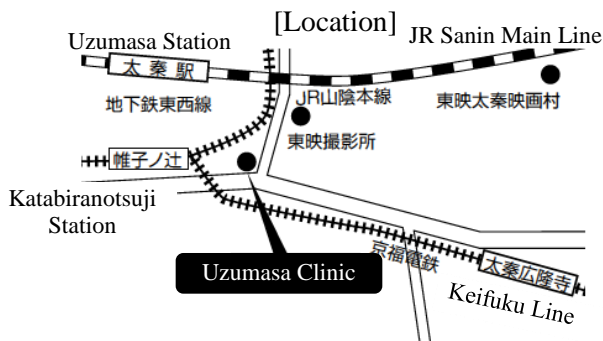
Tel 075-863-6152

(*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

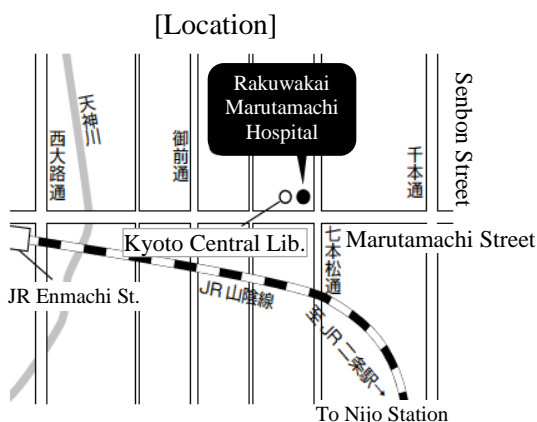


Rakuwakai Marutamachi Hospital

Tel 075-801-0351

〒604-8401

Shichihonmatsu-dori Marutamachi Agaru, Nakagyo Ward, Kyoto City

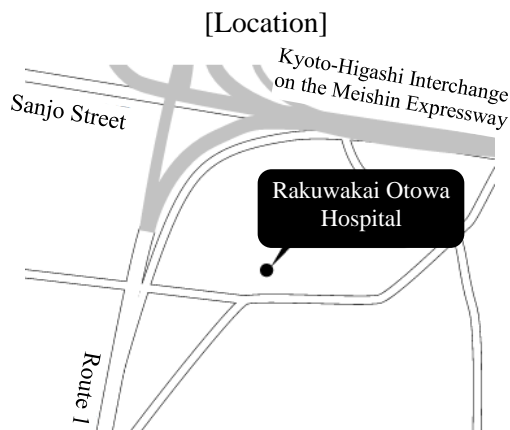


Rakuwakai Otowa Hospital

Tel 075-593-4111

〒607-8062

2 Chinji-cho, Otowa, Yamashina Ward, Kyoto City

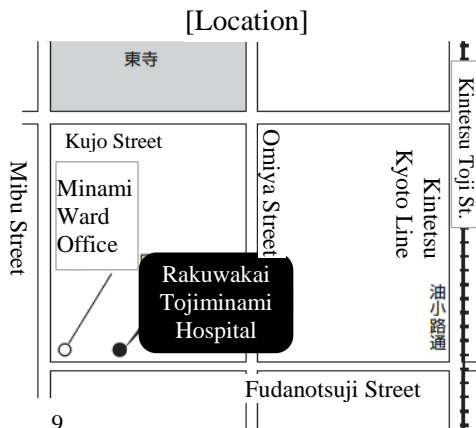


Rakuwakai Tojiminami Hospital

Tel 075-672-7500

〒601-8441

1 Nanden-cho, Nishikujo, Minami Ward, Kyoto City

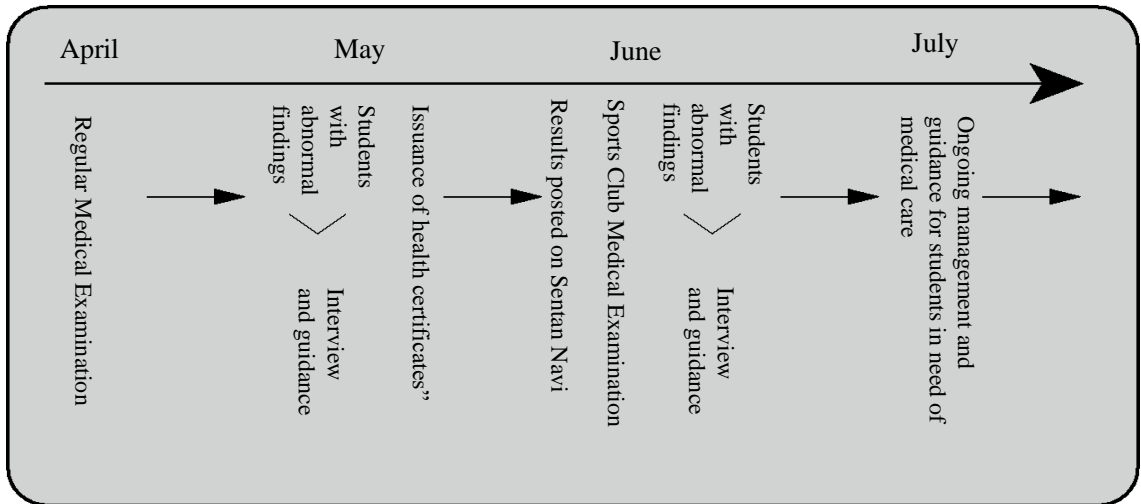


5. Please check your result on the Sentan Navi.

* We will notify you (by posting, mailing, 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.



Results of Medical Examinations and Management Flow



III. About Health Certificate

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

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
- Physical training courses 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 as a result 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 a 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 get the Sports Club and Circle Members 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

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 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.

<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) and graduate 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>

Educational Affairs Center is in charge of insurance claims. Please report your injury to the Educational Affairs Center. The student needs to contact the insurance company mentioned in "Handbook for Enrollment of Personal Accident Insurance for Students Pursuing Education and Research" by themselves.

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.

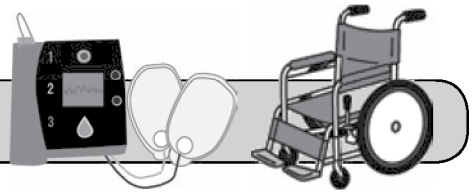
<Application and Claim>

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 and wheelchairs 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

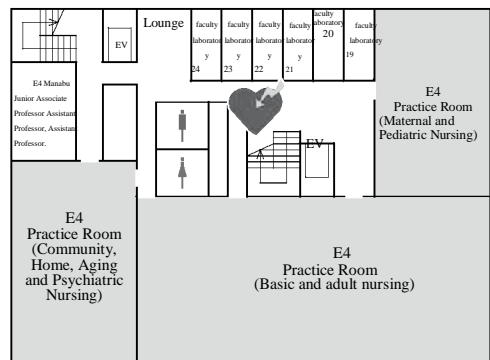
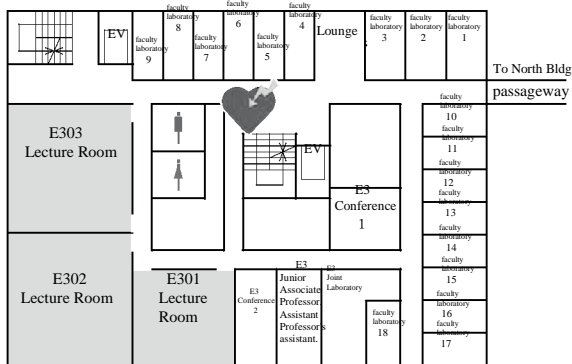
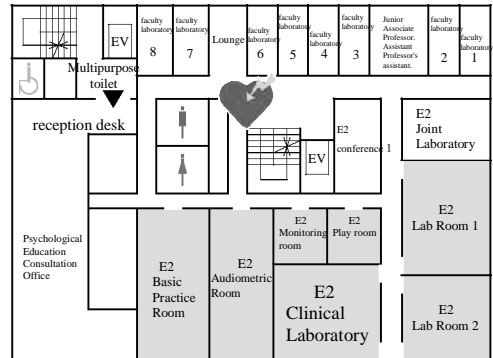
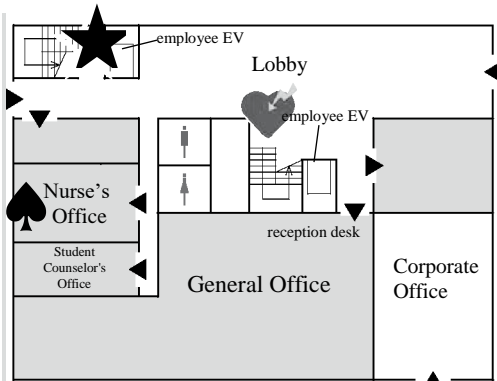
<Locations of Wheelchair>

- 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 and beside the Guard Room

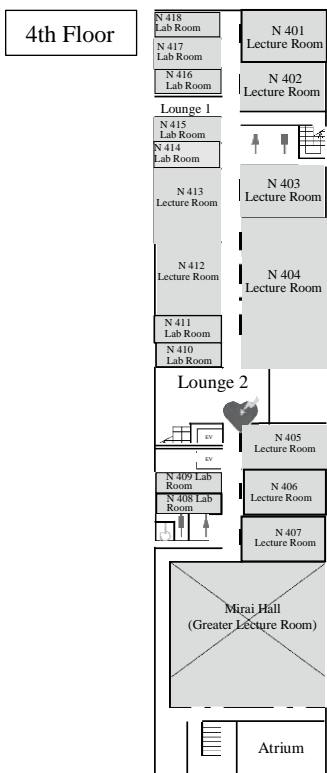
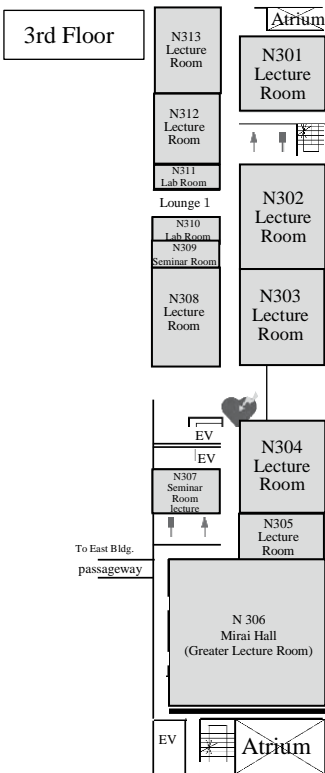
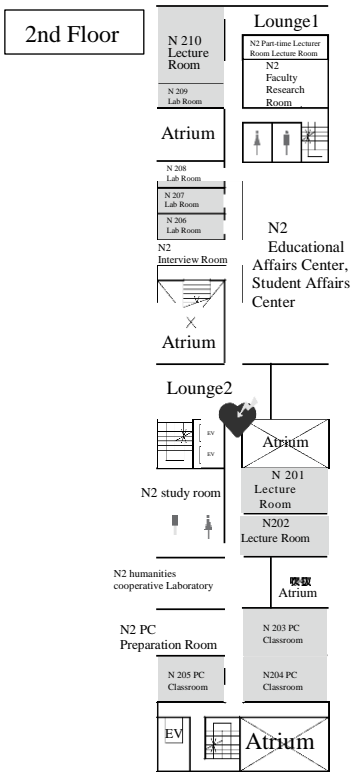
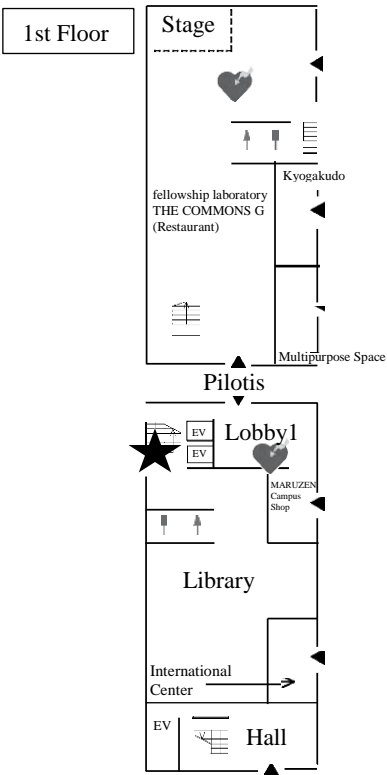
<Locations of Stretcher>

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

East Bldg.



North Bldg.

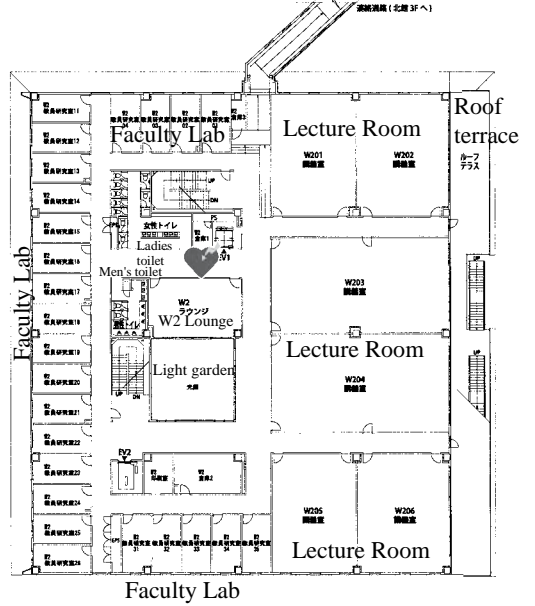


West Bldg.

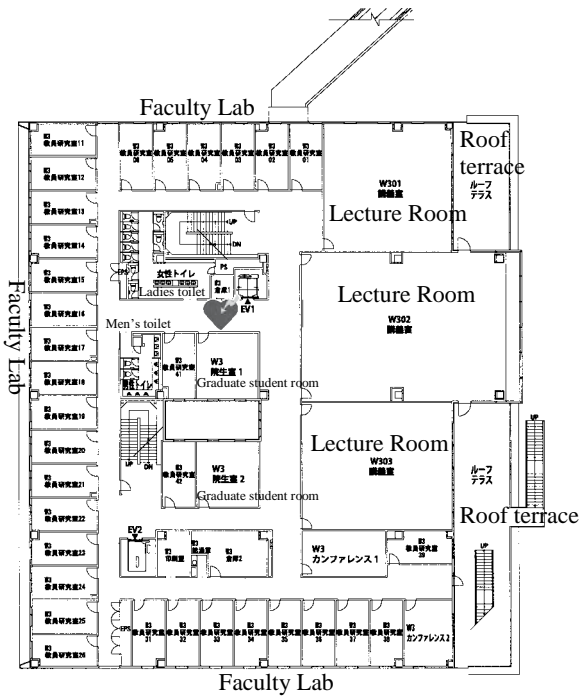


1st Floor

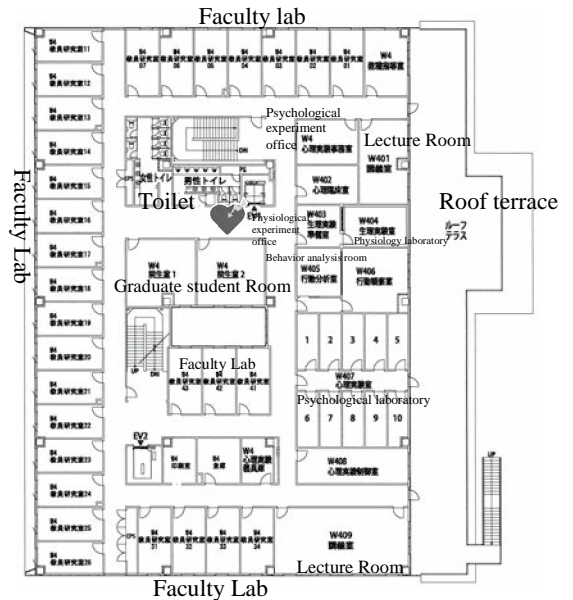
Connecting passage [To North Bldg.3F]



2nd Floor

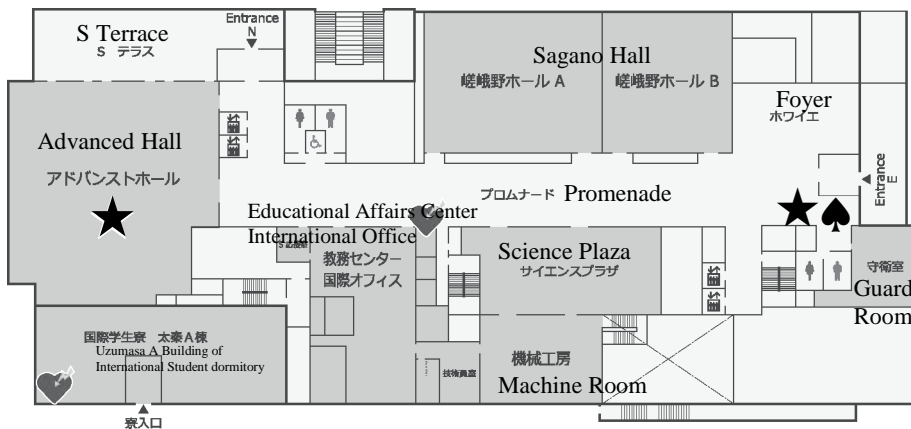


3rd Floor

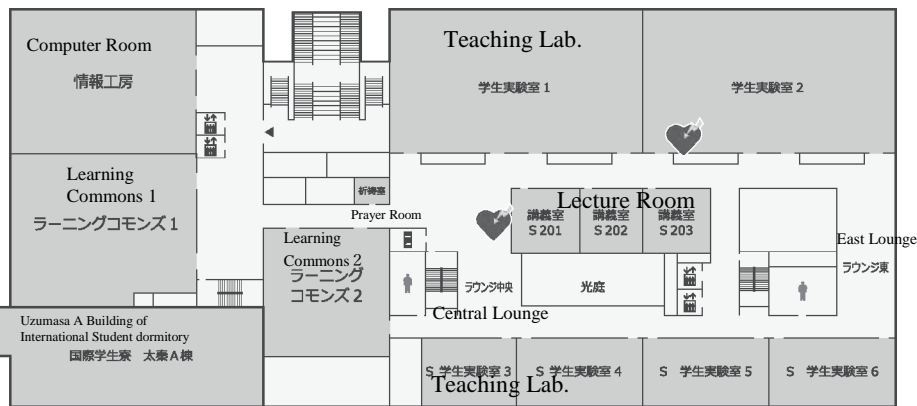


4th Floor

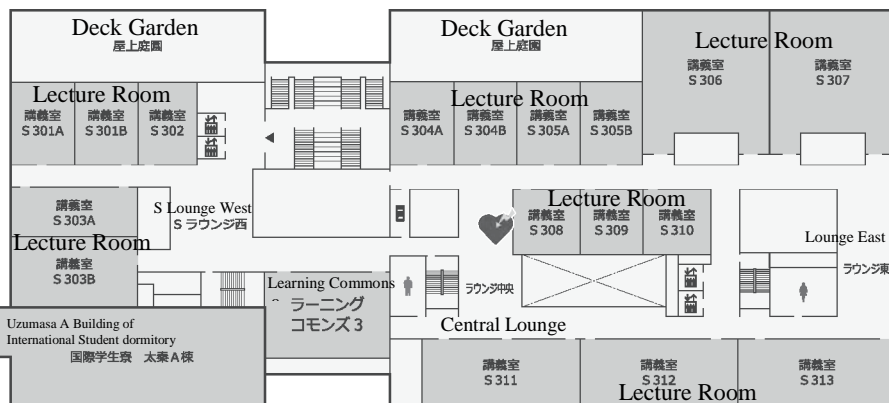
South Bldg.



2nd Floor

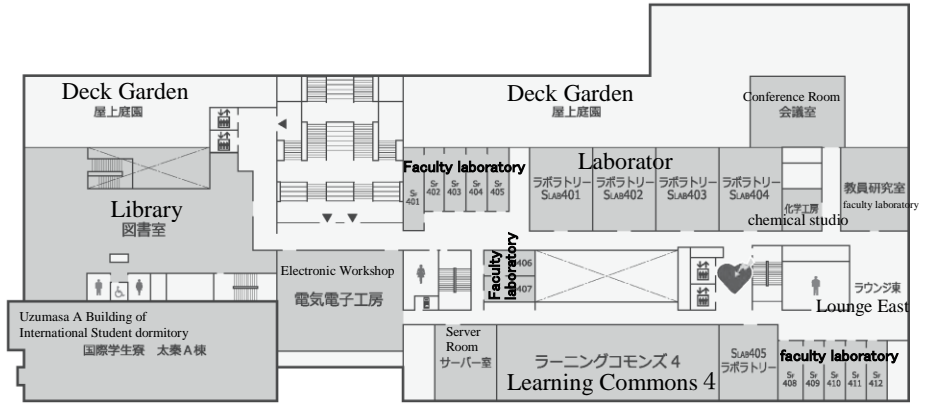


3rd Floor

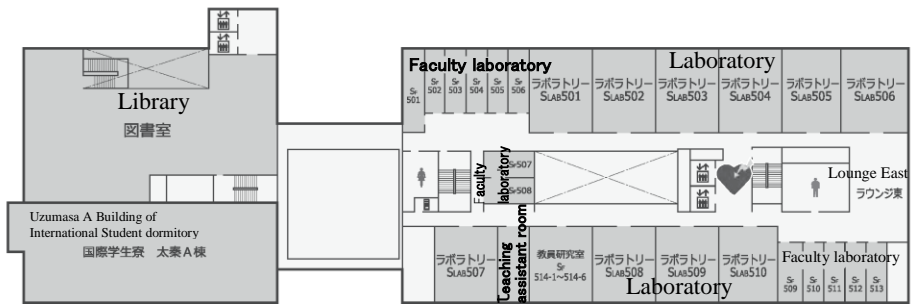


South Bldg.

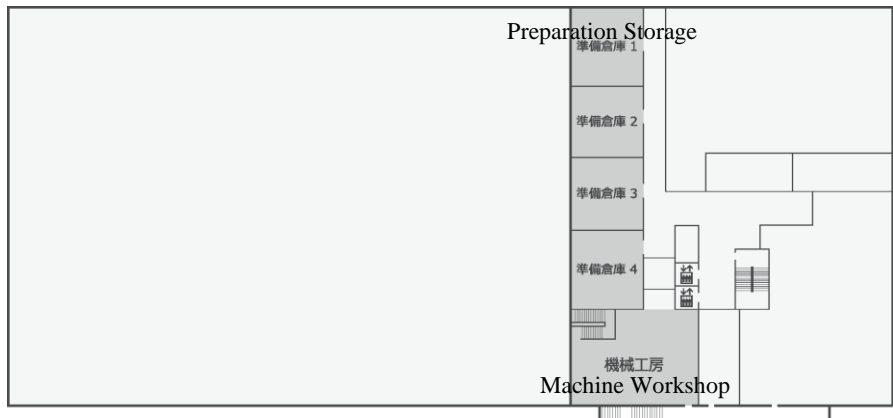
4th Floor



5th Floor



1st Basement



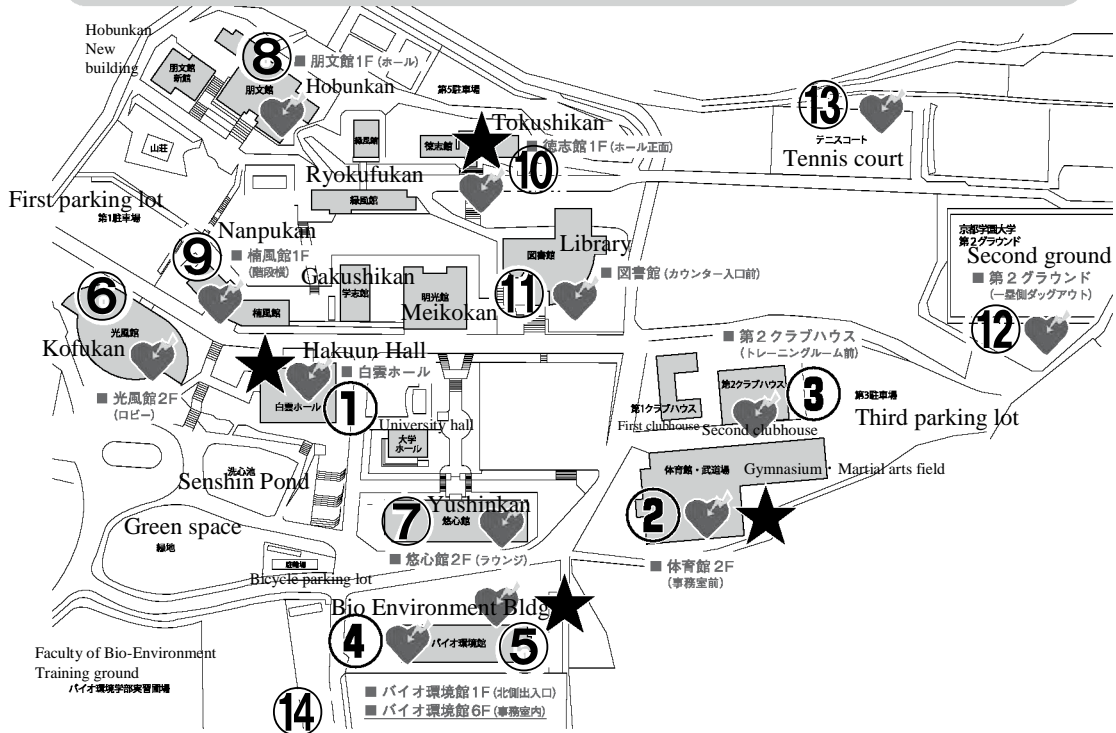
The Placement of AEDs and wheelchairs

<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 Kofukan 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 courts
- ⑭ Bathroom 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)



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

No.110

Rescue and Fire

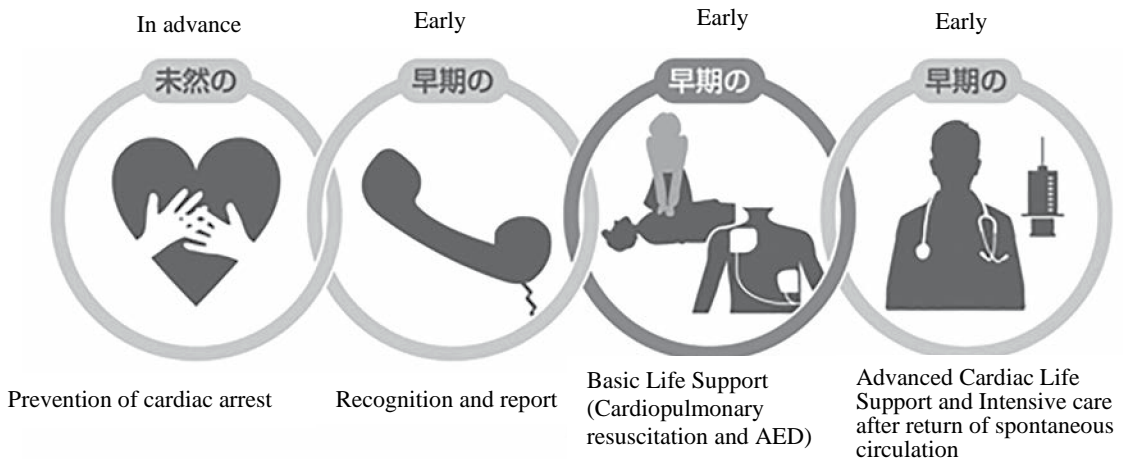
No.119

Marine accidents and incidents

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)

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.

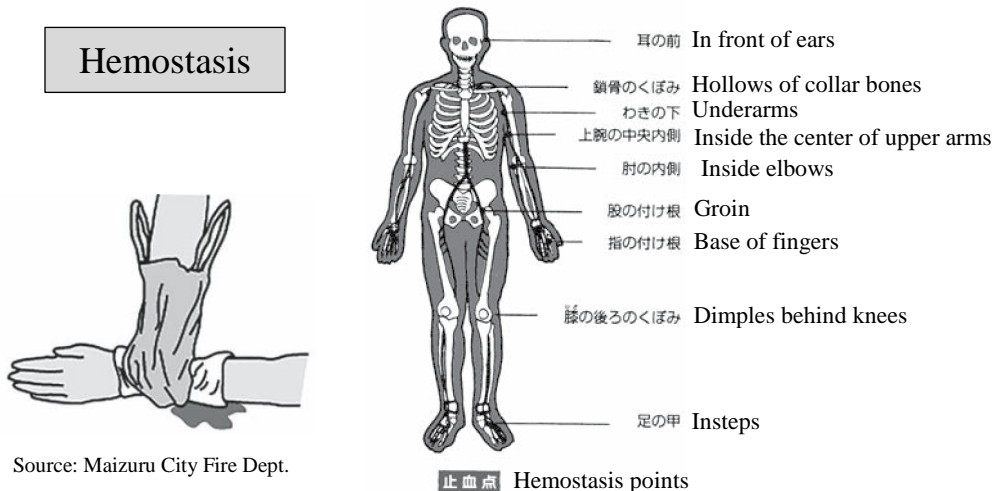
Use vinyl gloves, plastic bags, etc., and do not directly contact with blood.

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.



Source: Maizuru City Fire Dept.

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.

If bleeding does not stop immediately, you should sit and lean on a chair, and try to stop bleeding by pinching or cooling the nose.

●How to stop a nosebleed

(1) Pull your chin, pinch and press your nostrils firmly with fingers.

(2) Cool your nose with a cold towel.

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

After stuffing your nose with gauze or absorbent cotton, firmly pinch 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 that are suspended

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 (N5N1))	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 heat)	Until 2 days after resolution of major symptoms
	novel coronavirus (COVID-19)	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.

School Health and Safety Law Enforcement Regulations
(Partially Revised on May 8, 2023)

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

5 major symptoms of tuberculosis



※May generate heat only at night. ほかにだるさ、寝汗などの症状が現れます。

Other symptoms include lassitude, night sweats, etc.



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

Influenza (Influenza A/H1N1) is not necessarily highly toxic at present, but because no one is immune, it is more likely to spread than normal influenza.

Therefore, it is necessary to take adequate measures to prevent the spread of infection.

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
--------------------------	-------	-------------	-----------------

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

If the symptoms are mild, it is not necessary to seek medical attention. However, you should seek medical attention 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]

If you use antipyretics, it is recommended that you use **acetaminophen**.

Shelf brand names: Norshin, Sedes

*** Do not use aspirin-containing drugs. (Buffarin, etc.) or diclofenac sodium (Voltaren, etc.) or Loxonin.**

They can lead to serious complications if used during the flu.

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.

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
- * Wash your hands and gargle frequently
- * 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

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

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	} Classical venereal diseases
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	

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.

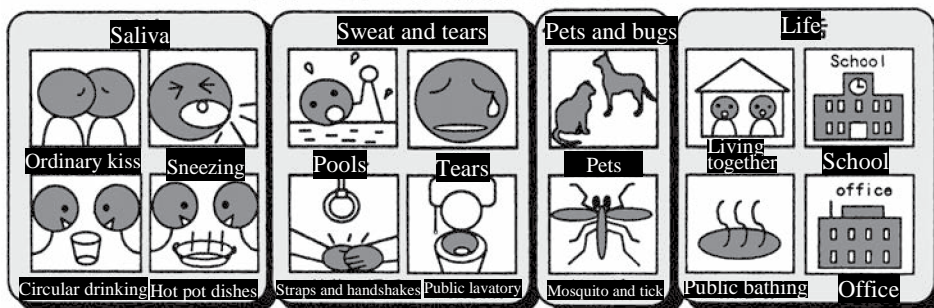
- * Use condoms correctly from the beginning to the end of a sexual contact.
- * Get a sexually transmitted disease treated.

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.

こんなことでは感染しません You will not be infected by these:



Where you can take an HIV test and consult with

	Address	Nearest station	Phone Number
Nantan Public Health Center	21 Fujinoki, Koyamahigashi-machi, Sonobe-cho, Nantanshi	Sonobe Station	0771-62-4751
Shimogyo Public Health Center	608 -8 Higashi Shiokoji-cho, Shiokoji Agaru, Nishinotoin-dori, Shimogyo Ward	Kyoto Station	075-371-7292
Department of Health and Welfare Health and Sanitation Promotion Office Health and Safety Division	65 Yanagi Hachiman-cho, Yanaginobanba-dori, Oike sagaru, Nakagyo Ward, Kyoto City	KarasumaOike Station	075-222-3411

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

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.

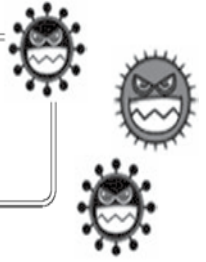
Prevention..... No injection equipment to be shared or reused, an issue of medical error (HIV contamination of blood transfusion and blood products), Safe sexual activity, and early antibody testing.

Bacterial food poisoning

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.


We post the latest information about KUAS's response to COVID-19 infection on Sentan Navi and KUAS website. Please check them on a regular basis.

- To prevent COVID-19 infection to spread, avoid the “Three Cs (Closed spaces, Crowded places, Close-contact settings)” and observe the basic infection prevention measures such as cough manners and hand sanitizing.
- To decrease the risk of infection as much as possible, try to avoid any of the “Three Cs.”
- Be cautious with crowded places and close-contacts even in outdoor settings. Avoid nearing a crowd of people and speaking loudly.

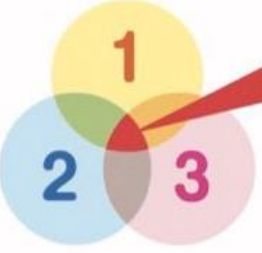
Important notice for preventing COVID-19 outbreaks.

Avoid the “Three Cs”!

- 1. Closed spaces** with poor ventilation.
- 2. Crowded places** with many people nearby.
- 3. Close-contact settings** such as close-range conversations.





One of the key measures against COVID-19 is to prevent occurrence of clusters.
Keep these “Three Cs” from overlapping in daily life.



The risk of occurrence of clusters is particularly high when the “Three Cs” overlap!

In addition to the “Three Cs,” items used by multiple people should be cleaned with disinfectant.



MHLW COVID-19 Search 

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.

◆Vaccins you can take in Japan (as of April 2023)

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
- Infectious disease information (FORTH)
Information on the prevention of infectious
diseases provided by the Ministry of Health,
Labour and Welfare
(Searched on Narita International Airport
official website)
(URL:) <http://www.forth.go.jp>
Ministry of Health, Labour and Welfare,
Quarantine Station, Overseas Infectious
Diseases Information

Main vaccination			
Disease	Content	Valid period	Preventive result, Remarks
Yellow Fever	Live vaccine	For a lifetime from day 10 after vaccination	Yellow card
Cholera	Inactivated vaccine		Have no effect
Tetanus	toxoid	Vaccination every 10 years	Prophylactic effect 100%
Hepatitis A	Inactivated Vaccine	Effective for maintenance for at least 3 to 5 years	Prophylactic effect 100%
Hepatitis B	Inactivated Vaccine	Valid for 3 years	Prophylactic effect of 95%
Rabies	Inactivated Vaccine	Effective once every 1-2years for maintenance	Enabled
Japanese encephalitis	Inactivated Vaccine	Effective once every 3-4 years for maintenance	have a high protective effect
Diphtheria	Toxoid	approximately 10 years for maintenance	have a high protective effect

Watch out for infections through 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 time.

★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

Smoking and the effects on your body

Cigarette smoke contains more than 4,000 kinds of chemical substances, and 200 of which are said to be harmful. There is also a substance called nicotine that is addictive, so once you start smoking, you cannot stop because of addiction.

There are nearly 100 kinds of carcinogens and promoting agents of carcinogenesis alone, and there are many health problems caused by tobacco.

Examples of health problems caused by tobacco



Cancer
Gastric ulcer
Periodontal disease
Pulmonary emphysema
Myocardial infarction
Preterm birth & miscarriage

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 that secondhand smoke contains more harmful substances because it is not filtered.

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.

Have courage to take the first step and come to the Nurse's Office.

Kyoto University of Advanced Science separates smoking and non-smoking areas. Smoking outside the smoking area or smoking while walking is against manners. Please observe your manners and have a healthy university life.

We support smoking cessation!

Thinking about quitting smoking?

Having a hard time quitting smoking?

Can't make it alone? Want to try with others?

Nurse's Office will support you.

Smoking Cessation Class which can help you successfully 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



We can give you information on smoking cessation clinics.

<Course I>

"Quit Smoking Marathon course"

Join the "University Smoke Free Project" in cooperation with other universities, and receive follow-up services. Free nicotine patches and free student text message registration will ensure expert instruction and long-term care and follow-up.

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

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

Although it varies from person to person, 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 they are often found already dead. So, be aware that if you feel even a slight danger, you should take them to a safe place. And if they do not wake up even with a strong stimulation, you should call for an ambulance.

	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" by organizers and participants of drinking parties

1 Eliminate Alcohol Harassment.

Do not harass or violate human rights related to drinking. As a consideration for those who cannot drink alcohol, prepare some non-alcoholic drink.

2 No one should vomit.

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

3 If a person becomes drunk, care for and protect them.

Never leave them alone, and arrange for an ambulance or medical attention.

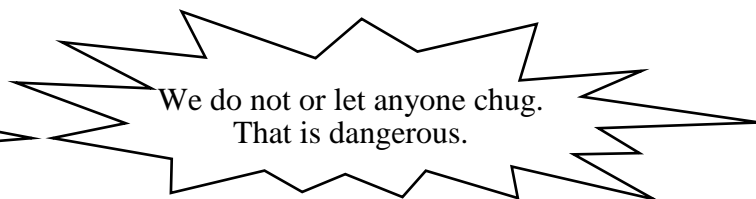
4 Do not allow minors to drink alcohol.

Remember that people under the age of 20 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 those who drink alcohol, but also those who let them drink are punished legally.

Understand that drunk driving leads to tragedies.



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. The mind and body fall into the beyond recovery state.

Never touch drugs. This is absolutely important!!

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



You will be severely punished by law.

Don't use it Don't even own it Don't give it to others Don't plant or make it yourself

Don't take this invitation.

Everyone's doing it!

I'm so smart that I can study hard.

Why don't you give it a try?

I feel better. It's great.

It's good for losing weight.

It's okay. It's only once.

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

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 make use of it. Among students' measurements, many are found with low blood pressure (maximum blood pressure being lower than 99 mmHg), and they express their subjective symptom as "feeling heavy." 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.

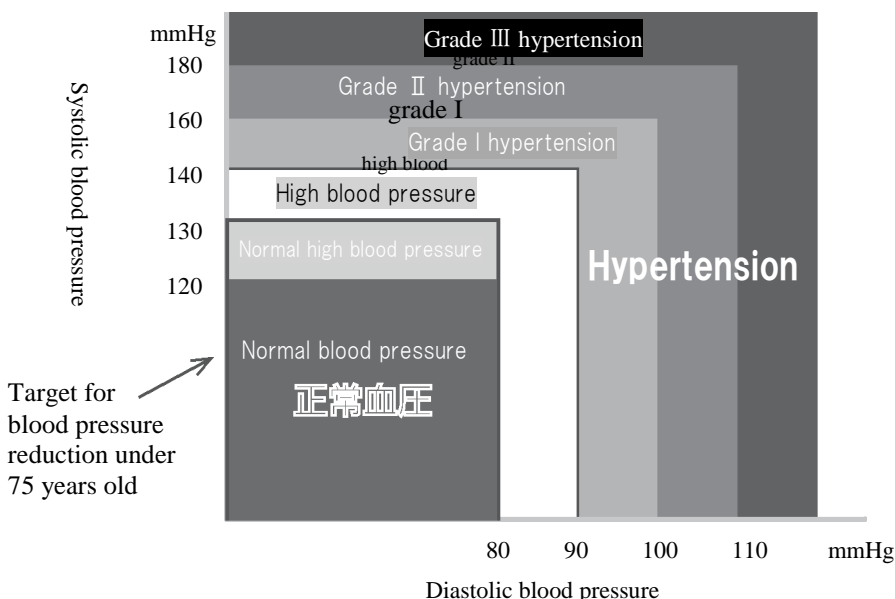
Systolic and diastolic blood pressure

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 130 mmHg or less
Minimum blood pressure 80 mmHg or less

Blood pressure classification (Hypertension Guidelines 2020)



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

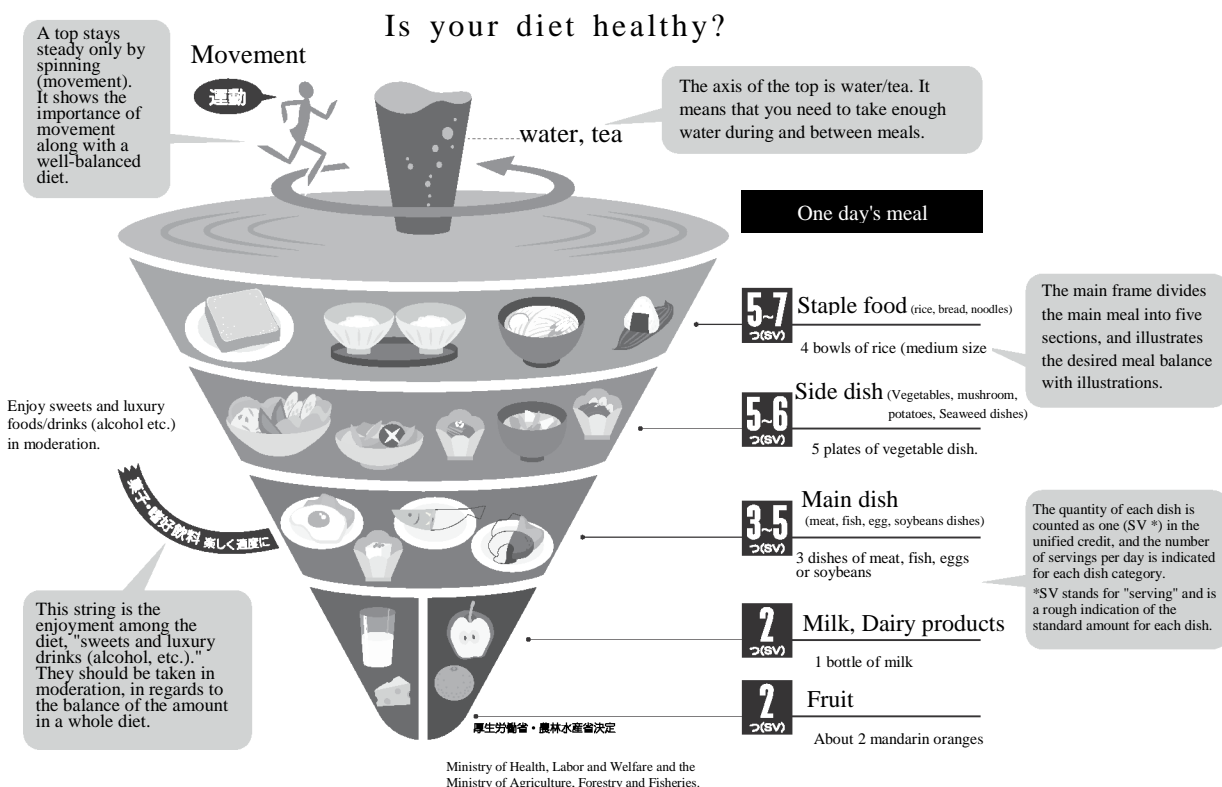
6. Diet and health

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 of healthy diet".

Meal Balance Guide



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

Supplementary Provisions (calorie calculation)

Check your calorie

■ How many calories should you eat per day?

It depends on the amount of exercise and daily activities, but in general, it is calculated by multiplying 1 kg of body weight by 30 kilocalories.

$$\text{Height(m)}^2 \times 22(\text{BMI index}) = \text{Standard weight}$$

$$\text{Standard weight} \times 30 = \text{Energy requirement}$$



[Calculation example] ● For a person with a height of 165 cm

$$1.65\text{m} \times 1.65\text{m} \times 22(\text{BMI index}) = 59.9\text{kg} (\text{Standard weight})$$

$$59.9\text{kg} \times 30\text{kcal} = 1,797\text{kcal} (\text{Energy requirement})$$

Your approximate energy requirement is.....

$$\boxed{} \text{ m} \times \boxed{} \text{ m} \times 22(\text{BMI index}) = \boxed{} \text{ kg} (\text{Standard weight})$$

$$\boxed{} \text{ kg} \times 30\text{kcal} = \boxed{} \text{ kcal} (\text{Energy requirement})$$

*Some wise tips to eat healthy when eating out...

- ① Choose 1/3 (600 ~ 700 kcal) of daily total energy to get 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 the proper amount of staple food for yourself.
- ⑤ Choose one dish 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, if at all.
- ⑪ It is safe to choose a dish which you can tell what kinds of ingredient are in.
- ⑫ Try to eat so that the nutritional balance is controlled in 3 meals a day. If you can't control the balance within a day, try to control it within three days to a week, and don't be too strict.

Supplementary Provisions (List of medical institutions)

<What to do when visiting 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 are in trouble due to illness or injury such as whether to call for an ambulance, whether to visit a hospital, which hospital to visit, etc.

◆ 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
	Sundays, Holidays (8/15-16, 12/29-1/3)	10:00-17:00 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 (8/15-16, 12/29-1/3)	10:00-17:00 18:00-24:00



Central Clinic (Nakagyo Ward)

<Kyoto City Holiday Emergency Dentistry Central Clinic>

Address: 1Higashi 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>

Contact Kyoto Emergency Medical Information Center

Phone: 075-694-5499

<Kameoka City Holiday Emergency Clinic>

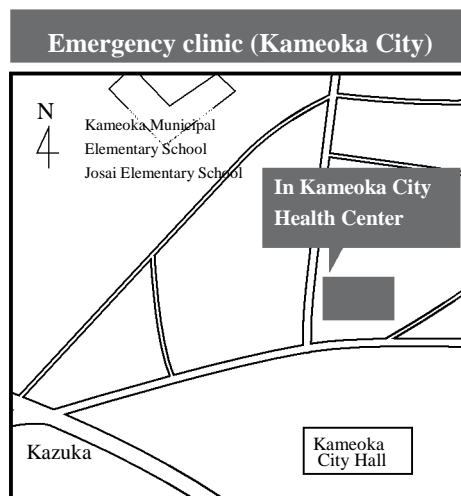
Address: 82 Kamaga-mae, Yasu-cho, Kameoka

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	1F Koridol Tenjingawa, 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	2F Oike Kadono Bldg., 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, Hirotsawa, Saga, Ukyo Ward	9:00 - 12:00 (Mon/Tue/Wed/Fri/Sat)
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)
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/Tue/Wed/Fri)
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) 17:00 - 18:30 (Mon/Tue/Wed/Fri)
Umezu area			
Otsuka Clinic	881-3088	65-4 Maeda-cho, Umedu, Ukyo Ward	9:00 - 12:00 (Mon - Sat) 17:00 - 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)

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)

Uzumasa area			
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)
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	9:00 - 12:00 (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 - Sat) 17:30 - 19:30 (Mon/Tue/Wed/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) 17:00 - 19:30 (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 - Sat) 16:00 - 19:00 (Mon/Tue/Thu/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 - 10:30 (Wed) 9:00 - 11:30 (Mon/Tue/Thu/Fri) 17:00 - 19:00 (Mon/Wed/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) 17:00 - 19:00 (Tue/Wed) 18:00 - 20:00 (Mon/Fri)
Nijo station area			
Hosoda Ladies Clinic	634-6123	1F IMPACT IKU NORTH, 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)
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)
KUAS area			
Miyamoto Ob & Gyn Clinic	321-1112	1-11 Shijobata-cho, Saiin, Ukyo Ward	9:00 - 12:00 (Mon/Tue/Wed/Fri/Sat) 17:00 - 19:30 (Mon/Tue/Thu/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	1F WEST-1 Bldg., 4-2 Anzuka-cho, Saiin, Ukyo Ward	9:00 - 12:00 (Mon/Tue/Wed/Fri) 9:00 - 13:00 (Sat) 16:00 - 19:00 (Mon/Tue/Wed/Fri)
Uzumasa area			
Uzumasa Clinic (female doctors registered)	863-6152	30-4 Katabiranotsuji-cho, Uzumasa, Ukyo Ward	9:00 - 12:00 (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)	812-5250	18 Higashinakaai-cho, Nishinokyo, Nakagyo Ward	9:30 - 12:00 (Mon/Tue/Wed/Fri/Sat)
Nijo station area			
Nakamichi Dermatology Clinic	812-0702	3 F JR Nijo Station NK Bldg., 3 Higashi Toganoo-cho, Nishinokyo Nakagyo ward	10:00 - 12:00 (Mon - Sat) 9:00 - 12:00 (Sat) 13:00 - 15:30 (Mon/Tue/Thu/Fri/Sat) 17:00 - 19:00 (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)

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) 16:00 - 18:30 (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	1F Pressance Loger Uzumasa Tenjingawa Station, 170 Shimokeibu-cho, Uzumasa, 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, Uzumasa, Ukyo Ward	9:00 - 12:00 (Mon - 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	9:00 - 12:00 (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/Fri/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	311-2308	11 Kozanji-cho, Saiin, Ukyo Ward	9:00 - 12:00 (Mon/Tue/Thu/Fri/Sat) *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	1F Pressance Loger Uzumasa Tenjingawa Station, 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			
Matsura Clinic (By reservation only) (female doctors registered)	813-1022	69-1 Shokushi-cho, Nishinokyo, Nakagyo Ward	9:30 - 14:00 (Mon/Tue/Thu/Fri)
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	5F Tachibana Bldg., 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

Saiin station area			
Tanabe Mental Clinic (female doctors registered) (Tue - Sat: Reservation only)	325-2554	3F Afre Saiin, 1-1 Higashi Junnain-cho, Saiin, Ukyo Ward, Tokyo	10:00 - 13:00 (Tue/Thu/ Fri/Sat) 10:00 - 13:00 (2nd & 4th Wed) 15:00 - 18:00 (Tue/Thu/Fri)
Kunisawa Mental Clinic	316-4777	2F Cosmo 26, 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 day before

Dentistry

Facility name	Telephone	Address	Office hours
Uzumasa			
Oshiro Dental Clinic	882-0046	1F Koridol Tenjingawa, 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	1F Crystal Grantz Nishioji Sanjo, 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	1F Palette Oike, 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)

<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	IM: 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)
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)	22-0802	1-8-3 Miharu, Shino-cho	9:00 - 12:00 (Mon - Sat) 17:30 - 19:30 (Mon/Tue/Fri) 13:30 - 16:30 (Thu) Closed on the 1st & 3rd Saturdays
Migiwa Clinic	29-1029	32-5 Oobori, Oiwake-cho	10:00 - 12:00 (Mon/Tue/Thu/Fri) 10:30 - 12:00 (2nd & 4th Sat) 16:00 - 17:30 (Mon/Thu)
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 - Fri) 15:00 - 19:00 (Mon - Fri) 14:30 - 18:00 (Thu) *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 - 19:00 (Mon/Wed - Fri) 16:00 - 17:45 (Sat)
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 - Sat) 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 - 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)

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	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) Contact lenses prescription available	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) Contact lenses prescription available	55-9860	57-13 Kita-machi	Ophthalmology: 9:00 - 12:00 (Mon/Tue/Thu - Sat) 13:30 - 16:30 (Mon/Tue/Thu)
Abe ENT Clinic	22-8797	3F Yamaguchi SS Bldg., 9-9 Banba-dori, Oiwake-cho	10:00 - 12:30 (Mon - Wed/Fri/Sat) 16:00 - 20:00 (Mon - Wed/Fri)
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	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	9:00 - 12:30 (Mon/Tue/Thu - Sat) 14:30 - 18:30 (Mon/Tue/Thu/Fri) 14:00 - 16:00 (Sat) *Reservation required May be closed irregularly
Ogino Orthodontic Clinic	25-0418	2F FLAT YAGI, 17-1 Obori, Oiwake-cho	10:00 - 12:30 (Tue/Fri) 15:00 - 19:00 (Tue/Fri) 9:30 - 13:00 (Wed/Sat/Sun) 14:00 - 18:00 (Wed/Sat/Sun) Closed on every other Sunday 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) Wed afternoon closed irregularly
Saito Dental Clinic	25-1515	Nakamura Bldg., 37-33 Tanisuji, Oiwake-cho	9:30 - 13:00, 15:00 - 19:30 (Mon/Tue/Wed) 9:30 - 13:00, 15:00 - 18:00 (Fri) 9:30 - 13:00 (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 *Reservation required	22-6667	121 Nakahata, Yasumachi	9:00 - 13:00 (Mon - Fri) check in by 12:30 15:00 - 18:30 (Mon/Tue/Thu/Fri) check in by 18:00 15:00 - 17:30 (Wed) 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 - 19:00 (Mon - Fri) 9:00 - 12:30 (Sat and Holidays) 14:00 - 18:00 (Sat) 14:00 - 17:00 (holiday) *Only orthodontic and oral care on Sun

Kyoto University of Advanced Science

京都先端科学大学

Nurse's Office

Kyoto Uzumasa Campus

TEL 075 - 406 - 9140

Office hours

Mon - Fri 8:30 ~ 17:00

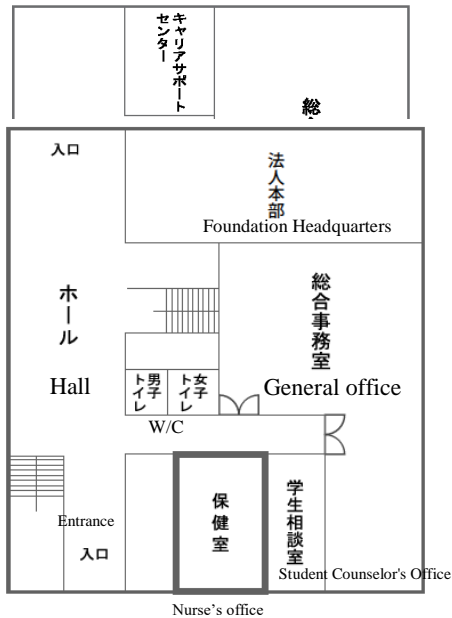
Kyoto Kameoka Campus

TEL 0771 - 29 - 2273

Office hours

Mon - Fri 8:30 ~ 17:00

1F East Building



2F Hakuun Hall

