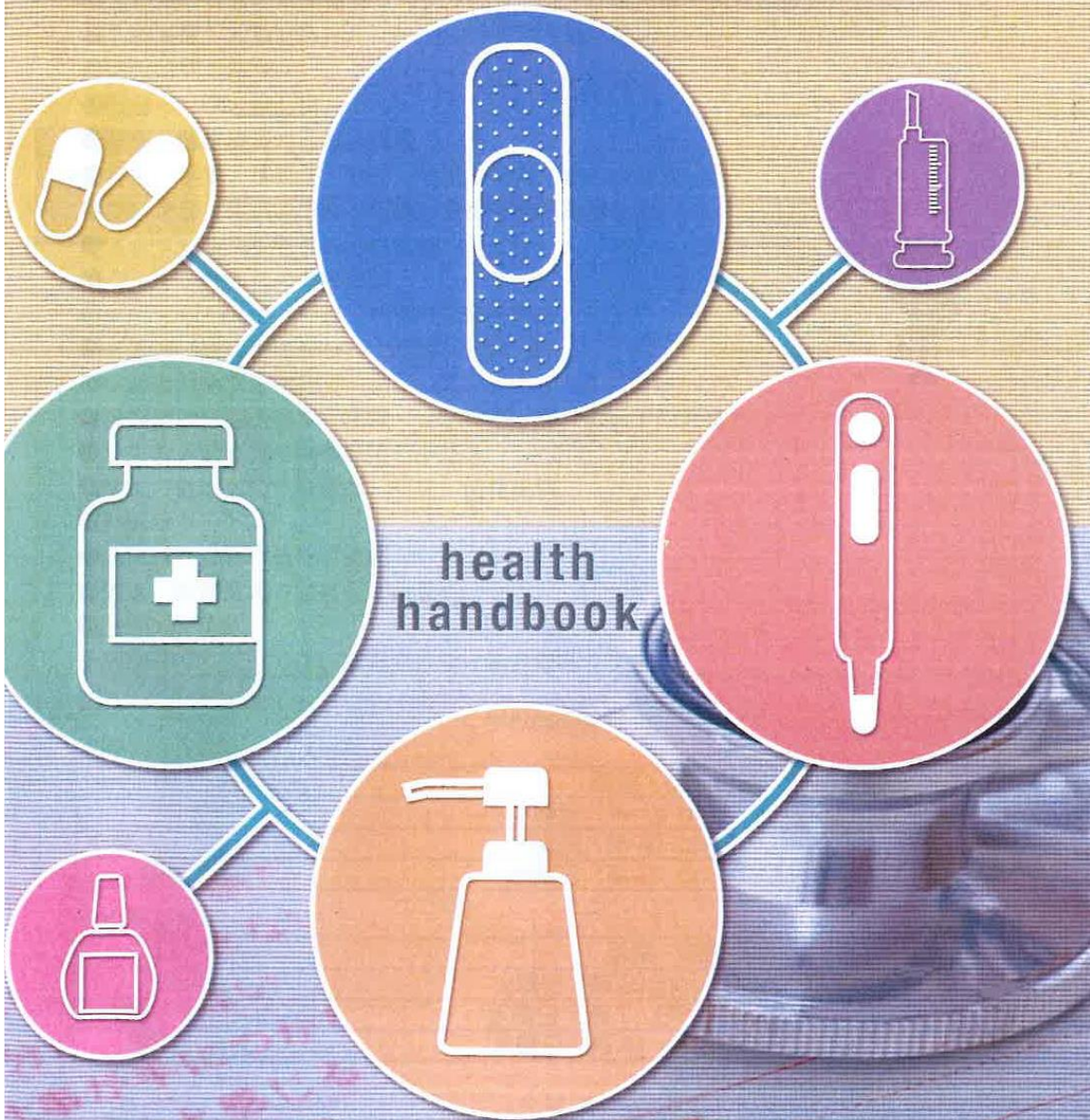


Health Handbook

健康ハンドブック

2024 Academic Year 年度版 version



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

京都先端科学大学
保健室

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I. Role of the Nurse's Office

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

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



< Consultation with a School Doctor >

○Kyoto Uzumasa Campus

| Specialization | Days and Times |
|-------------------|-----------------------------|
| Internal Medicine | Tuesday (1st) 1:00-3:00pm |
| Psychiatry | Wednesday (4th) 2:30-4:30pm |
| Orthopedic | Wednesday (2nd) 3:00-5:00pm |

○Kyoto Kameoka Campus

| Specialization | Days and Times |
|------------------------|-------------------------------------|
| Internal Medicine | Tuesday (2nd) 1:00-3:00pm |
| Psychiatry & Neurology | Wednesday (1st and 3rd) 2:00-4:00pm |
| Orthopedic | Wednesday (4th) 3:00-5:00pm |

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

○When you are injured or sick

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

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

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

*If you get injured on campus, you may be able to receive 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.

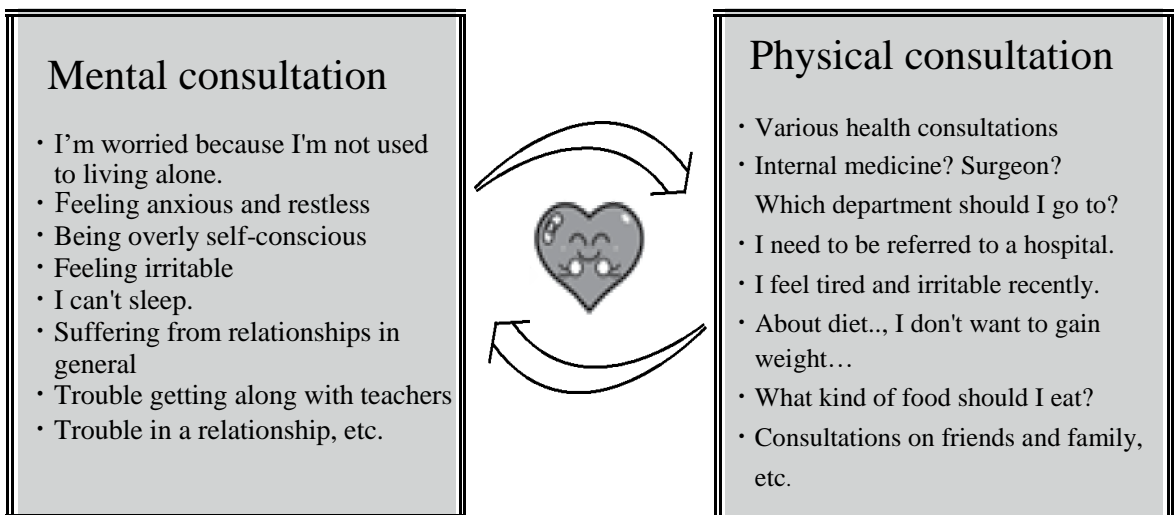
- I have moved, and I need a help to find a family doctor.
- Which hospital is near from my home and easy to go to?
- Where can I find a hospital that is open for 24 hour a day?
- I want to find a hospital where I can see a doctor in the evening.
- I want to find a hospital where I can get a special treatment.

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

○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.



○ 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 (2024 Academic Year)

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

II. About Regular Medical Examinations

1. Purpose and Significance of Regular Medical Examinations

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

2. Items for regular medical examinations

2024 Academic Year Student Medical Examination Items

| | Health and Sports Science 1st yr. | Nursi-ng 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 Bioenviron-mental Sciences & Engineering 3rd yr. | Faculties of Bioenviron-mental Sciences & Engineering 4th yr. | Grad Stude-nts | Bioenviro-nmental Science & Engineer-ing Grad students |
|--|-----------------------------------|------------------|--|--|----------------|---------|---------|---|---|----------------|--|
| Height measurement | ● | ● | ● | | ● | ● | ● | ● | ● | ● | ● |
| Weight measurement | ● | ● | ● | | ● | ● | ● | ● | ● | ● | ● |
| Vision tests | ● | ● | ● | | ● | | ● | ● | ● | ● | ● |
| Physical Examination | ● | ● | ● | | ● | | | | ● | ● | ● |
| Urine tests (protein, sugar, occult blood) | ● | ● | ● | | ● | ● | ● | ● | ● | ● | ● |
| Chest X-ray | ● | ● | ● | ● | ● | | | | ● | ● | ● |
| Blood pressure | | | | | | | | | | ● | ● |
| Electrocardiogra | ● | | | | | | | | | | |
| Blood test | | ● | ● | | | | | ● | ● | | ● |

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

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



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



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

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

- ① 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.

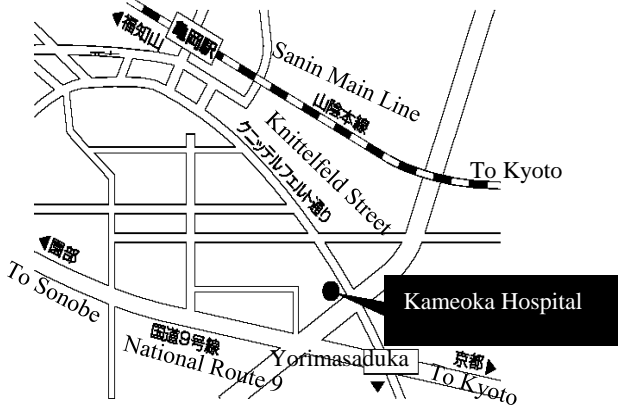
[KUAS designated institutions]

Kameoka Hospital

Tel 0771-22-0341

〒621-0815 3-21-1, Kose-cho, Kameoka City

To Fukuchiyama [Location]

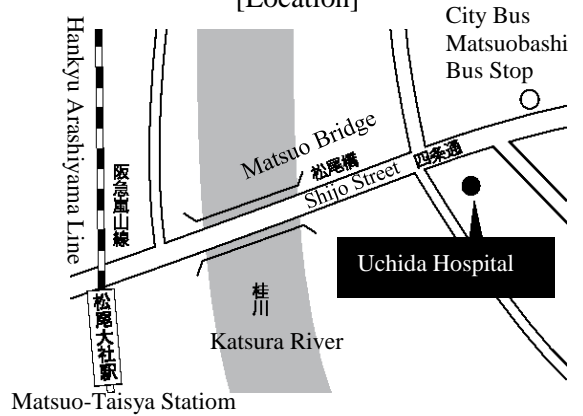


Uchida Hospital

Tel 075-882-6666

〒615-0925 6-9, Onawaba-cho, Umezu,
Ukyo Ward, Kyoto City

[Location]

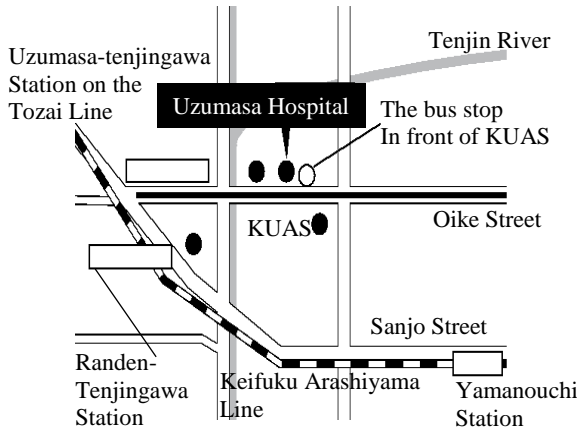


Uzumasa Hospital

Tel 075-811-7711

〒616-8083 4-13, Yasuinishizawa-cho,
Uzumasa, Ukyo Ward, Kyoto City

[Location]

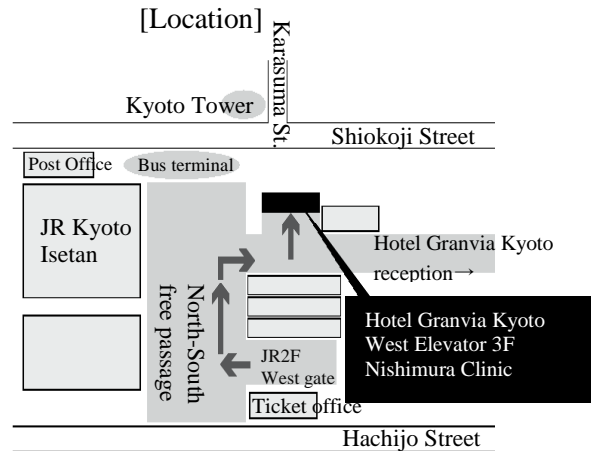


Nishimura Clinic

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

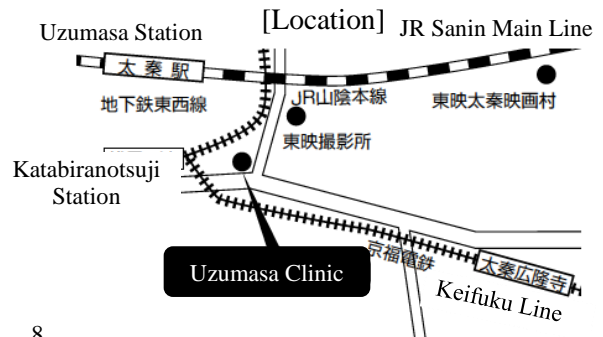
Tel 075-863-6152

(*Only primary checkup) Checkup Center

Tel 075-863-5553

〒616-8151 30-4, Katabiranotsuji,
Uzumasa, Ukyo Ward, Kyoto City

[Location]



Sakabe Clinic

Tel 075-231-1624

〒600-8216 435, Yamamoto-cho,
Gokomachi Nijo Sagaru, Nakagyo Ward,
Kyoto City

[Location]

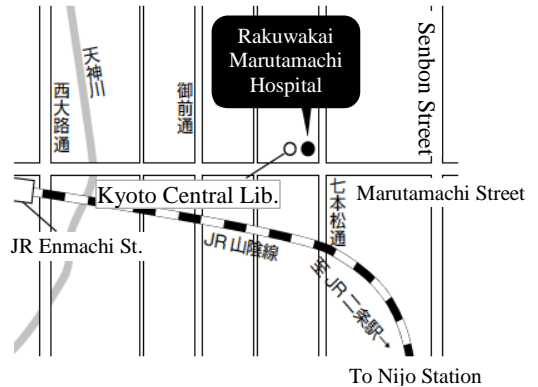


Rakuwakai Marutamachi Hospital

Tel 075-801-0351

〒604-8401 Shichihonmatsu-dori
Marutamachi Agaru, Nakagyo Ward, Kyoto City

[Location]

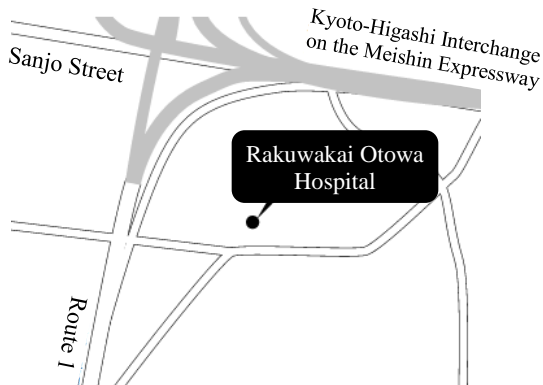


Rakuwakai Otowa Hospital

Tel 075-593-4111

〒607-8062 2 Chinji-cho, Otowa,
Yamashina Ward, Kyoto City

[Location]

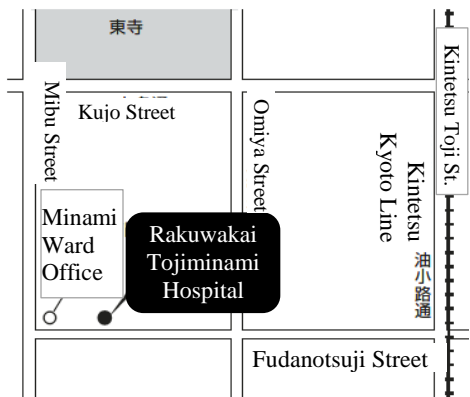


Rakuwakai Tojiminami Hospital

Tel 075-672-7500

〒601-8441 1 Nanden-cho, Nishikujo,
Minami Ward, Kyoto City

[Location]

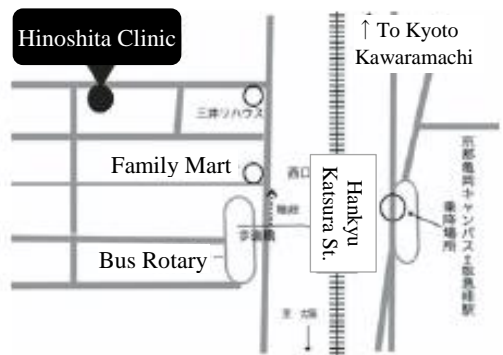


Hinoshita Clinic

Tel 075-383-1555

〒615-8074 91-4 Minamitatsumi-cho,
Katsura, Nishikyo Ward, Kyoto City

[Location]

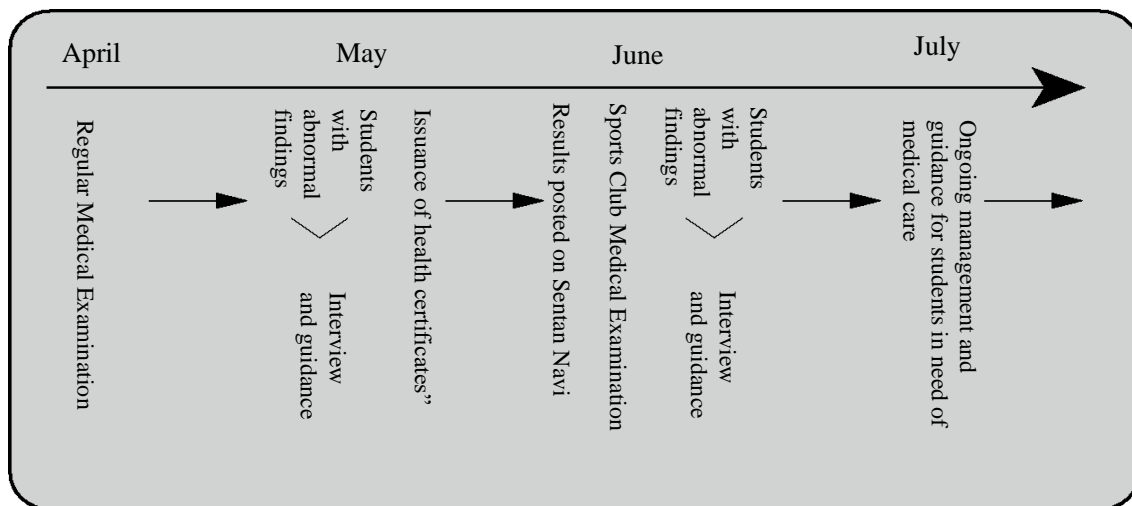


5. Please check your result on the Sentan Navi.

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



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. Therefore, we cannot issue your health certificate if you do not get a regular medical examination every year. If you have not received a regular medical examination, please consult with the Nurse's Office.

Health certificate is required in the following cases:

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

1. Issuing time

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

2. Issuance method

Issuing a health certificate costs 340 yen per copy. Refer to KUAS's website for how to use the Convenience Store Certificate Issuance Service to obtain a health certificate. If you have any unexamined items or need a re-examination 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 take the Sports Club Medical Examinations as well as the regular examinations conducted in April.

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

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

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), graduate students, exchange students, non-degree students, auditing students, and research students

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

Course C

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

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

<Insurance claim procedure>

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.

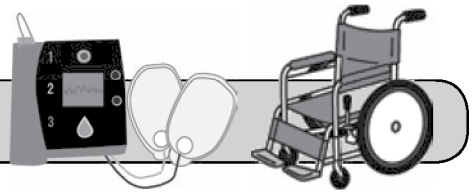
<Application and Claim>

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, wheelchairs, stretchers are installed

Kyoto Uzumasa Campus

The placement of AEDs and wheelchairs

<Locations of AED (automated external defibrillator)>

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

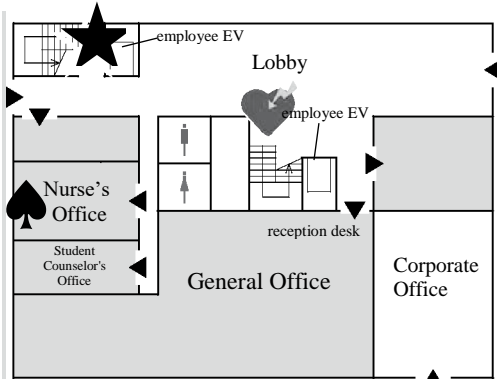
<Locations of Wheelchair>

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

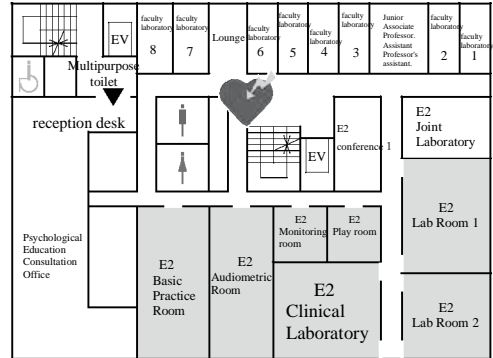
<Locations of Stretcher>

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

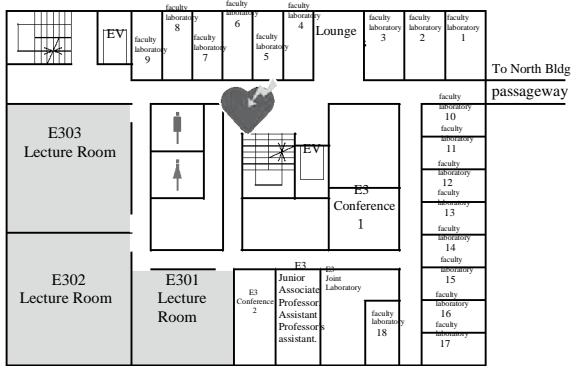
East Bldg.



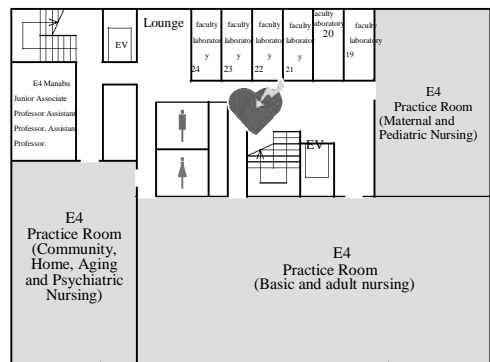
1st Floor



2nd Floor

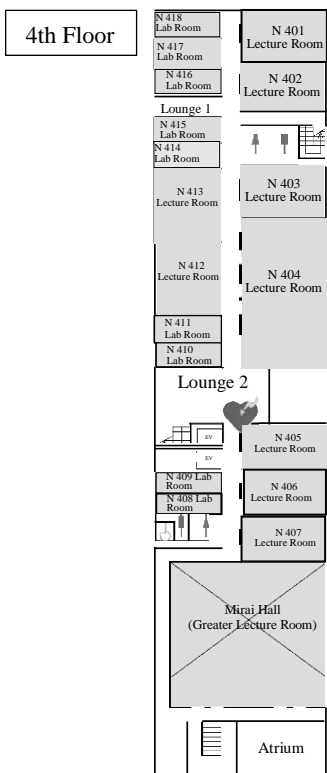
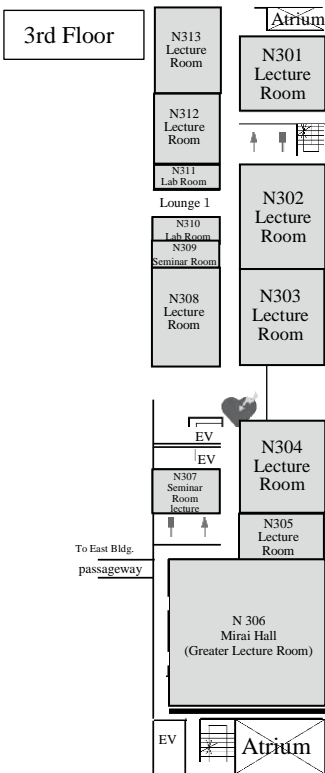
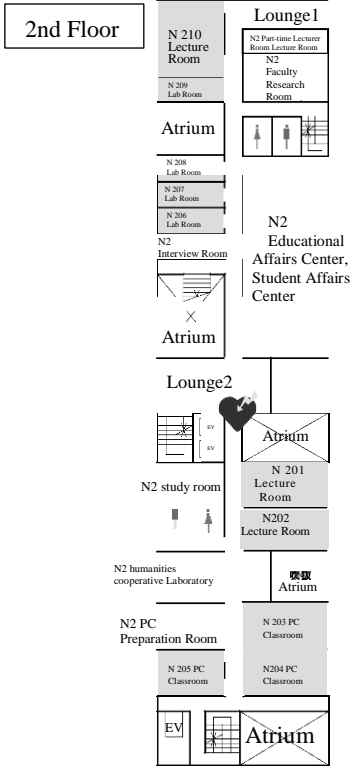
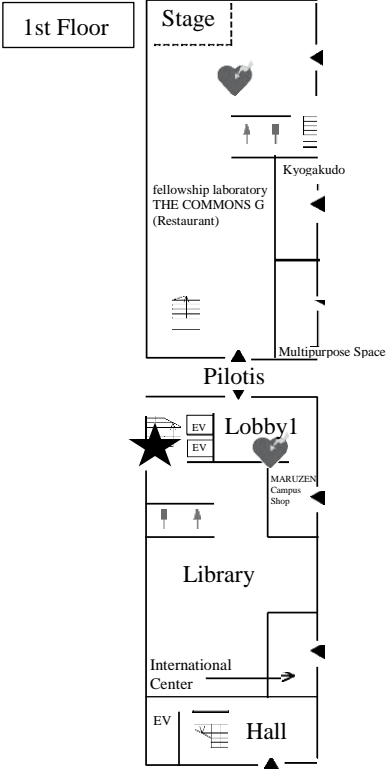


3rd Floor



4th Floor

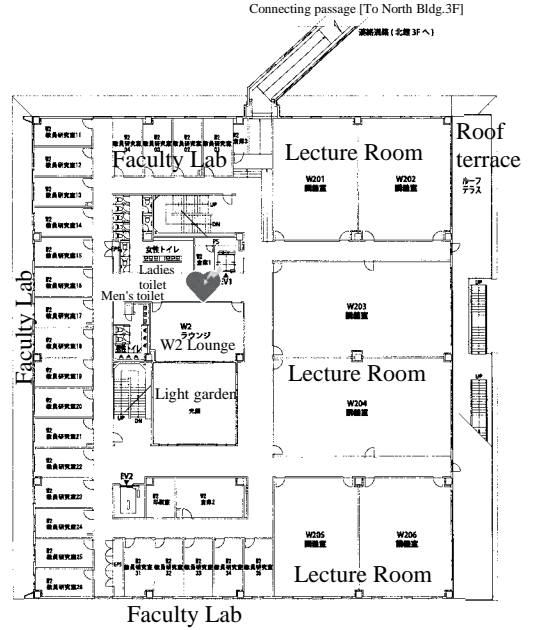
North Bldg.



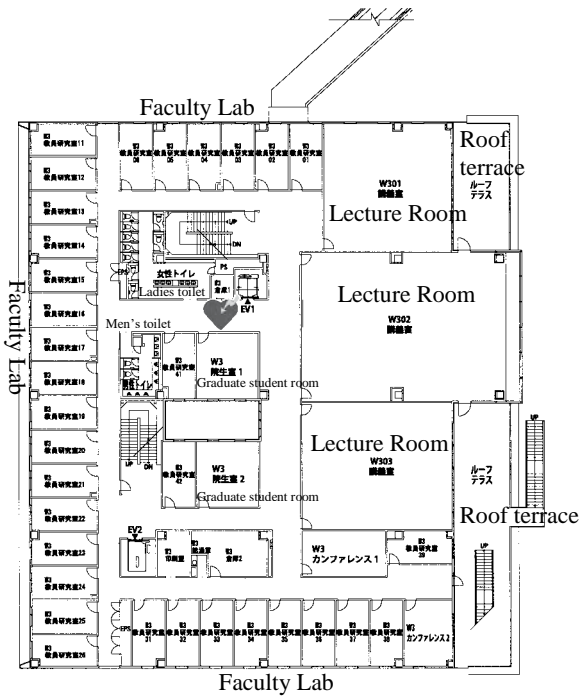
West Bldg.



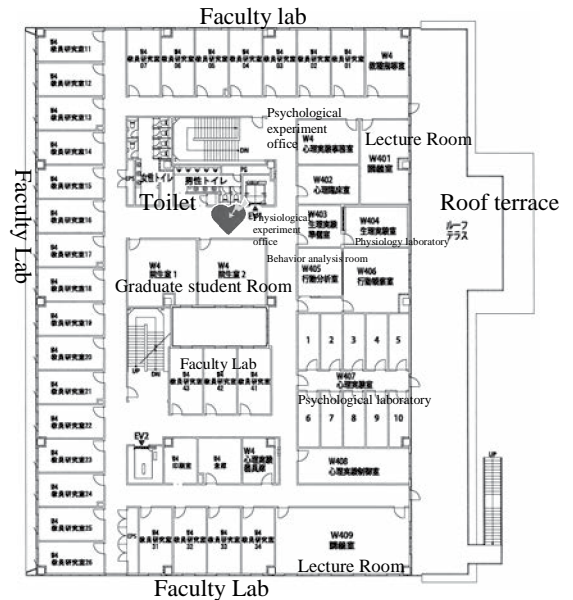
1st Floor



2nd Floor

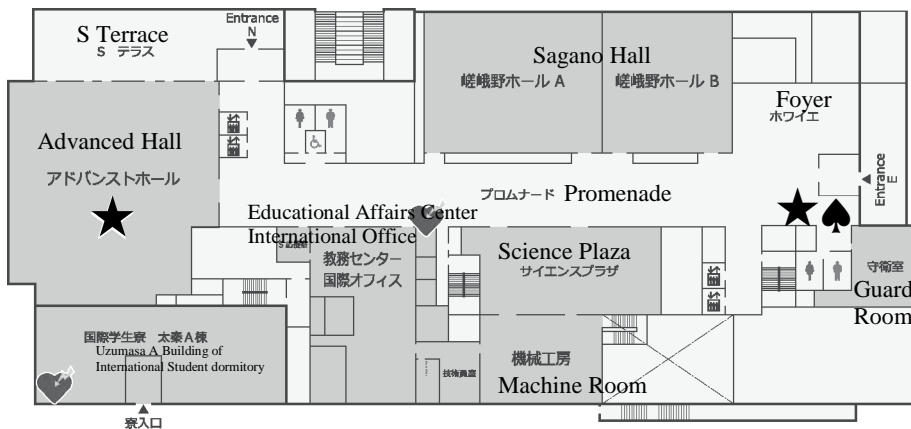


3rd Floor

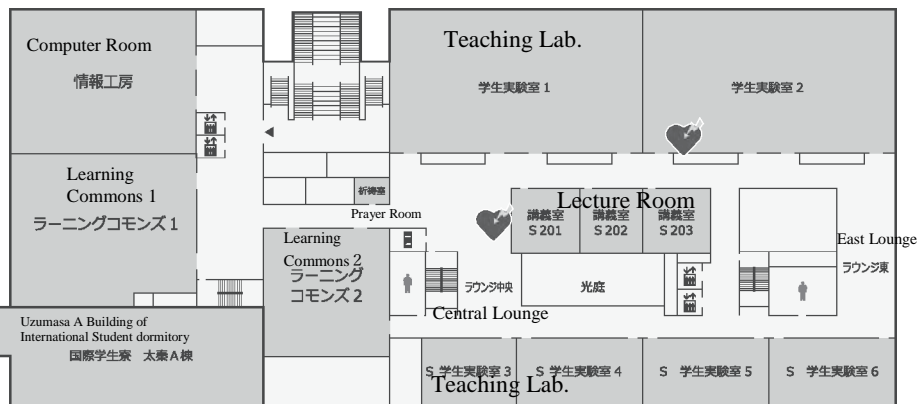


4th Floor

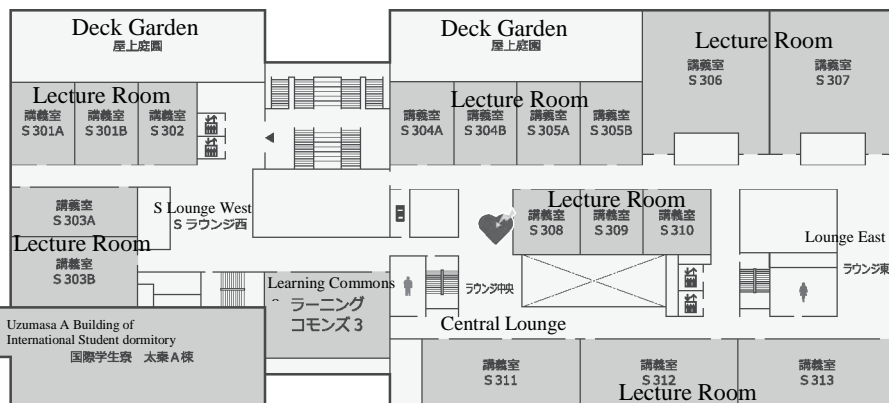
South Bldg.



2nd Floor

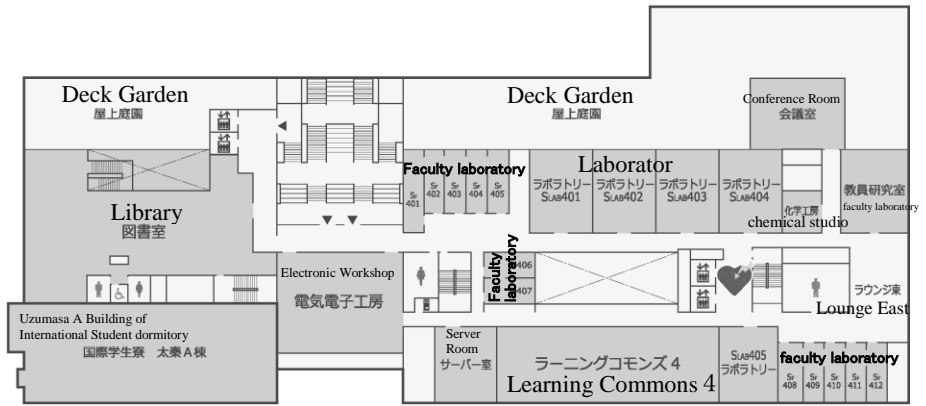


3rd Floor

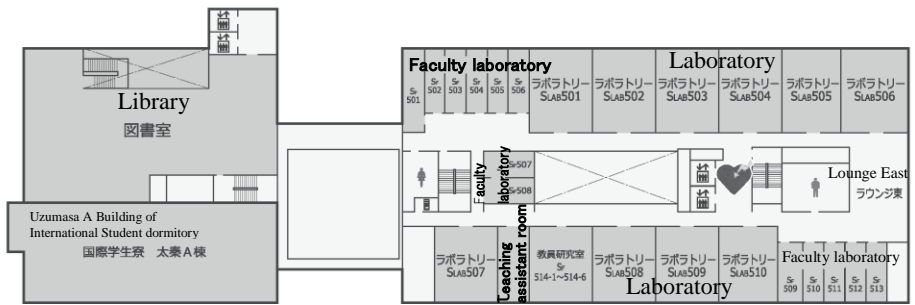


South Bldg.

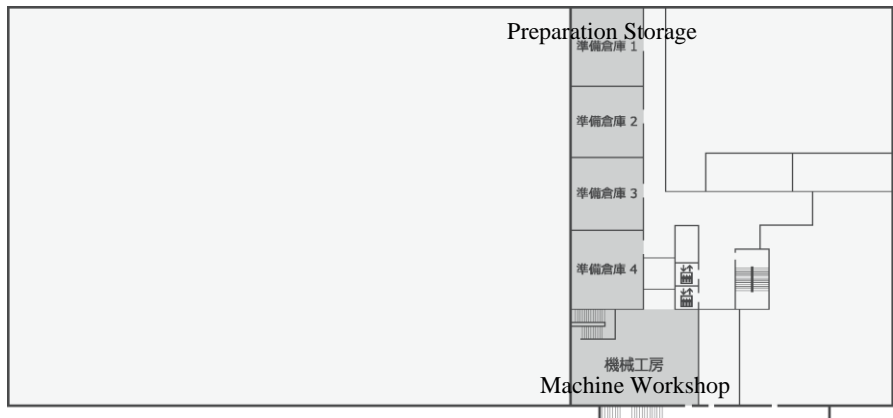
4th Floor



5th Floor



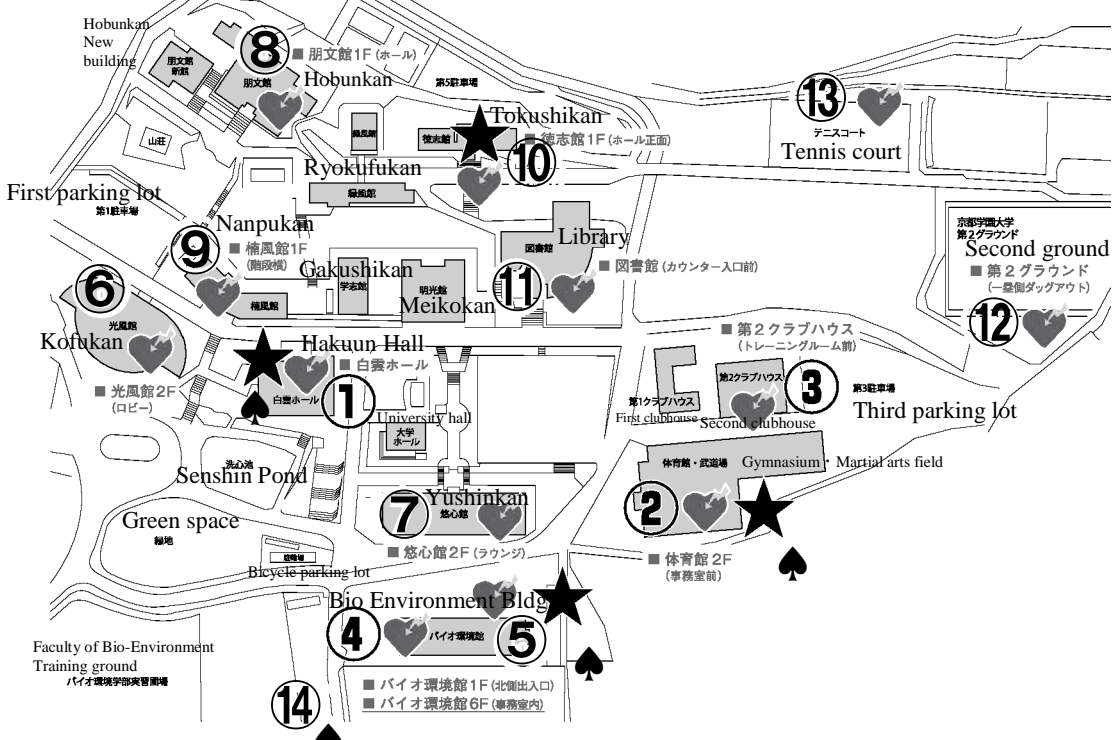
1st Basement



The Placement of AEDs, wheelchairs, and stretchers

★ : AED

| | |
|---|--|
| <p><Locations of AED (automated external defibrillator)></p> <ul style="list-style-type: none"> 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 | <p><Locations of Wheelchair></p> <ul style="list-style-type: none"> ① In front of the Nurse's Office (Hakuun Hall) ② Gymnasium (in front of the office) ⑤ Bioenvironmental Bldg. 6th floor (Office) <p>♠</p> <ul style="list-style-type: none"> ① Nurse's Office (Hakuun Hall) ② Gymnasium (Office) ⑤ Bioenvironmental Bldg. 6th floor (Office) ⑭ Restroom beside the baseball field |
|---|--|



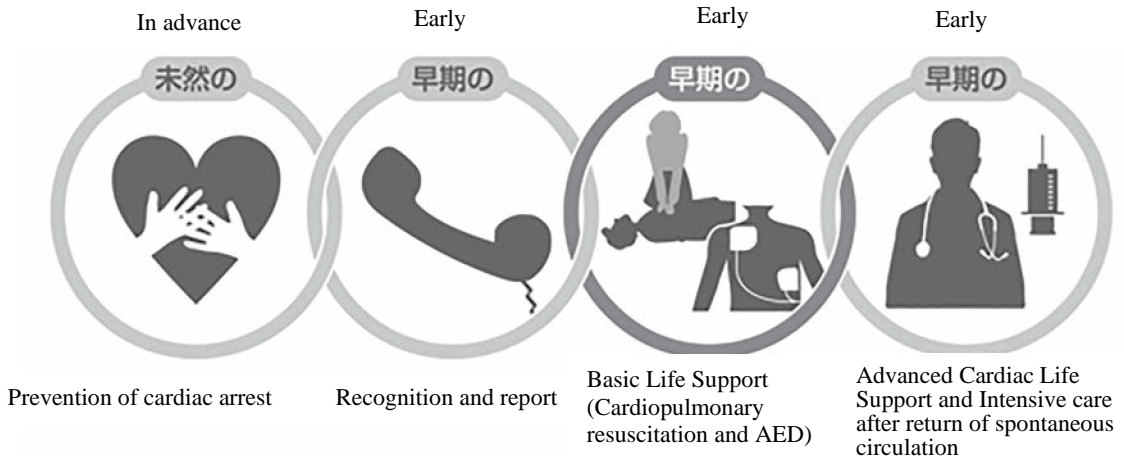
2. First aid

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

| | |
|--|----------------|
| Emergency dial : | |
| Police and emergency reports of accidents | 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.

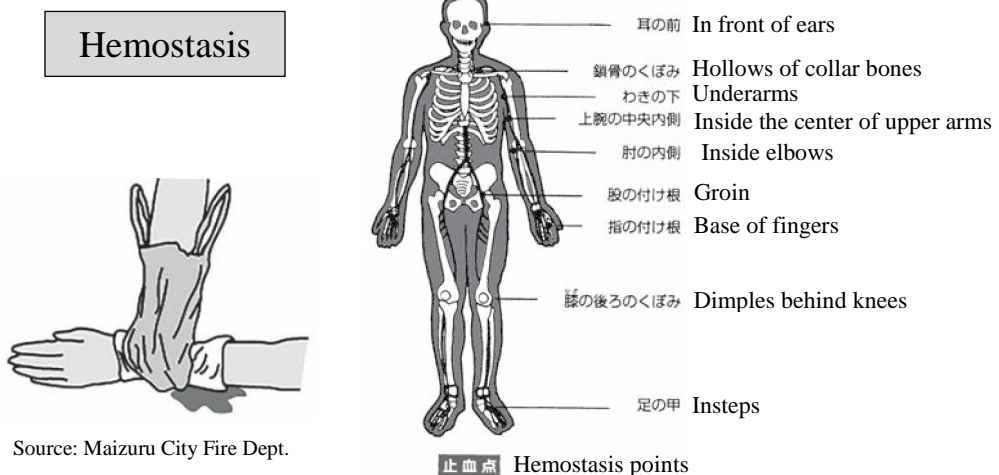
Use vinyl gloves, plastic bags, etc., and do not directly contact with blood.

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

Stuff your nose with gauze or absorbent cotton and 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 fever) | Until 2 days after resolution of major symptoms |
| | COVID (novel coronavirus) | Until 5 days after symptom onset and another additional day after the symptoms are resolving |
| | tuberculosis | Until the risk of infection is eliminated |
| Class 3 | Cholera, shigellosis, enterohemorrhagic E. coli infection, typhoid fever, paratyphoid fever, epidemic keratoconjunctivitis, Acute hemorrhagic conjunctivitis, * others (infectious gastroenteritis, Mycoplasma pneumonia and streptococcal infection) | Until the doctor recognizes that there is no risk of contagion. |

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

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

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

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

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

Notes: medical conditions that require special care:

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

Typical symptoms

| | | | |
|--------------------------|-------|-------------|-----------------|
| Fever of 38 °C or higher | Cough | Sore throat | General malaise |
|--------------------------|-------|-------------|-----------------|

Infection routes

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

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

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

If symptoms appear

You should seek medical attention especially in the following cases.

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

[Caution in using antipyretics]

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

When you see a doctor

When you visit a medical institution, call them in advance, and go to the hospital wearing a mask. If you do not have a primary care provider or a family doctor, consult with one of the followings.

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

If you are diagnosed with influenza

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

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 institution

To prevent influenza

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

COVID19 (novel coronavirus infections)

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

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

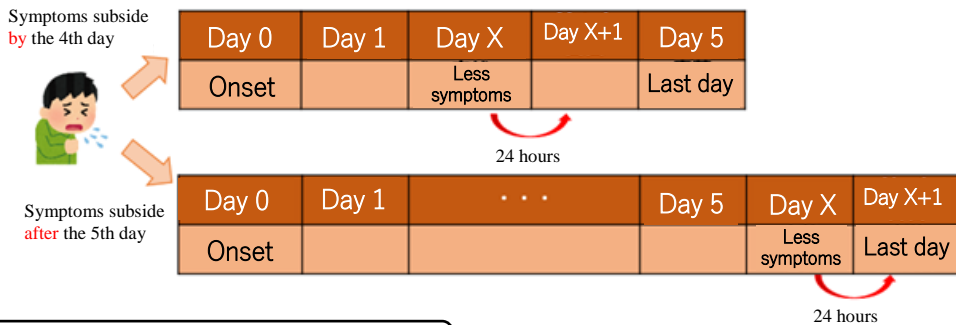
Typical symptoms

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

| | | | |
|---------------|---------------|---------------------|-----------------------|
| Loss of taste | Loss of smell | Shortness of breath | Extremely sore throat |
|---------------|---------------|---------------------|-----------------------|

If you are diagnosed with COVID19

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



Sexually transmitted diseases (STD)

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

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

} Classical venereal diseases..

To prevent sexually transmitted diseases

- * Avoid high-risk sexual behaviors

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

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

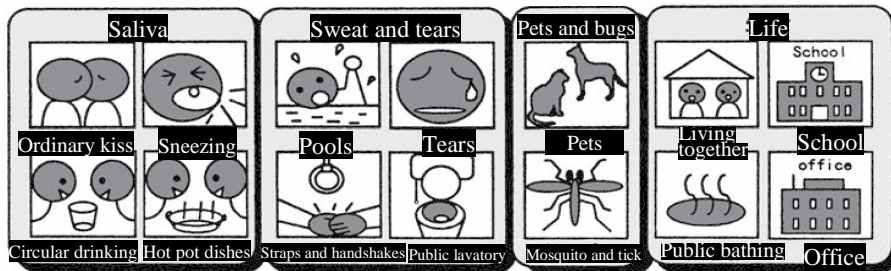
- * Get a sexually transmitted disease treated.

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

HIV antibody test

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

You will not be infected by these:



Where you can take an HIV test and consult with

Nantan Public Health Center

Phone: 0771-62-4751

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

Shimogyo Public Health Center

Phone: 075-371-7292

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

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

Phone: 075-222-3411

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

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.

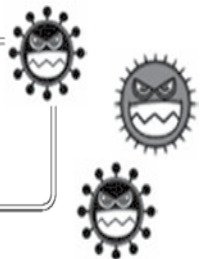
- Pathogen..... HIV (Human Immunodeficiency Virus)
Infection routes..... 3 major routes of infection (blood-borne, mother-to-child transmission, and sexual activities)
Symptoms..... After the early symptoms similar to those of a cold such as fever, diarrhea, swollen throat, headache, malaise, and joint 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 leads to dehydration).
- When feeling cold, use an electric blanket or a hot-water bottle to warm up.
- Do not take an antidiarrheal or an anti-nausea drug with no careful consideration.

If diagnosed with norovirus (infectious gastroenteritis):

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

<<Prevention of norovirus>>

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

VII. Precautions for going abroad

1. Things to watch out for before going abroad

☆Collect enough information beforehand.

- Acquisition of hazard information: make sure to confirm the safety of the destination.

☆Confirming the prevalence of infectious diseases and the necessity of vaccination

- Check the prevalence of infectious diseases, and plan your travel in accordance with the situation.
- Some countries require vaccination.
- When planning to get vaccinated, confirm the date and the place where it is conducted. The date and time are often limited, so take it early with plenty of time.

Overseas Safety Information Service

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

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

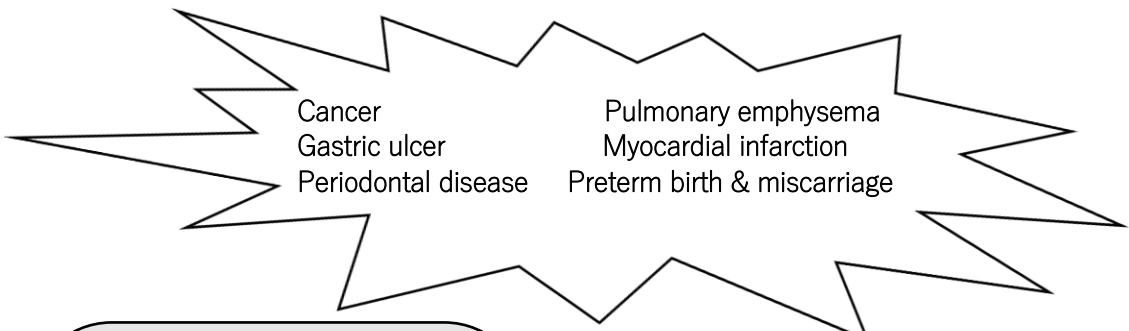
1. Smoking and Health

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



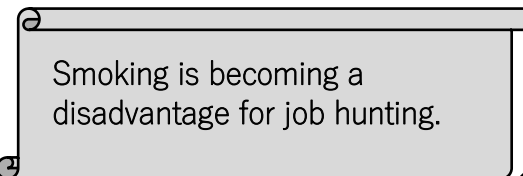
Cancer
Gastric ulcer
Periodontal disease
Pulmonary emphysema
Myocardial infarction
Preterm birth & miscarriage

Problem of passive smoking

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

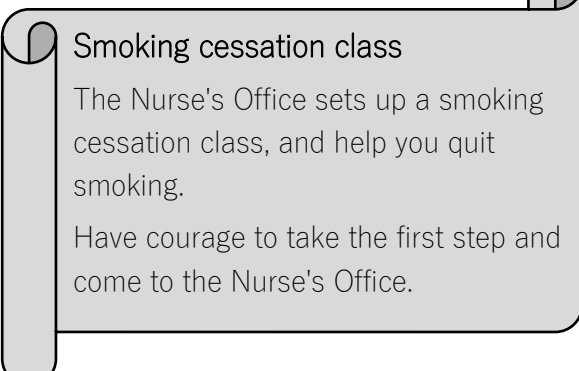
It is known that secondhand smoke contains more harmful substances because it is not filtered.

Know that your cigarette smoke can cause health problems to your friends, loved ones, and others.



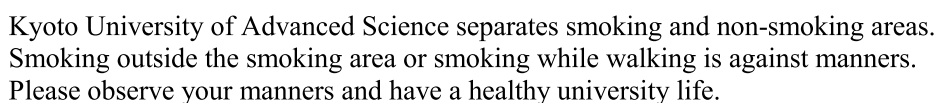
Smoking is becoming a disadvantage for job hunting.

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.

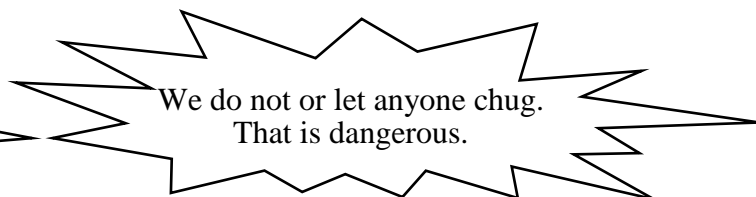
4 Do not allow those under 20 years old to drink alcohol.

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.



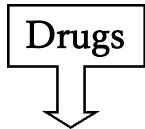
3. Drug abuse

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.

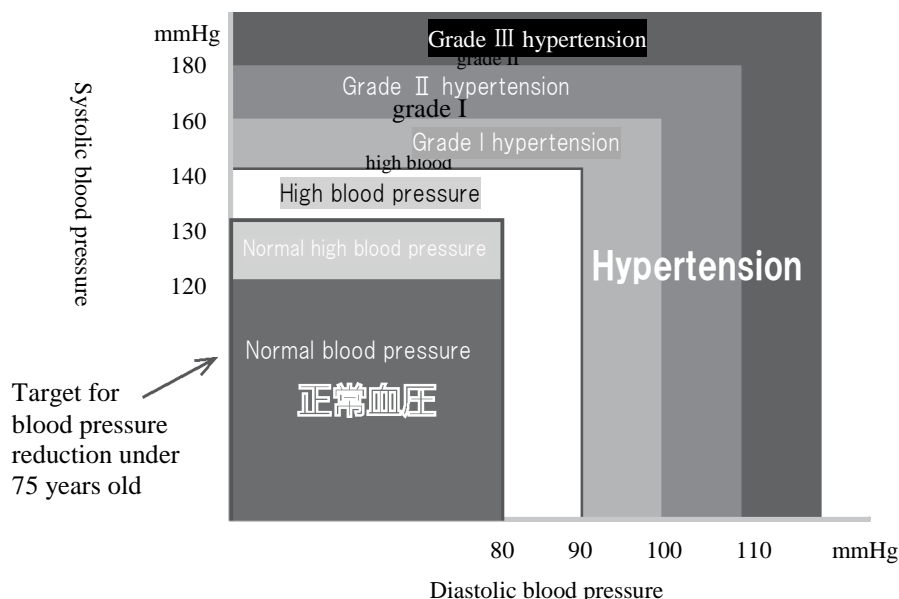
Systolic and diastolic blood pressure

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)

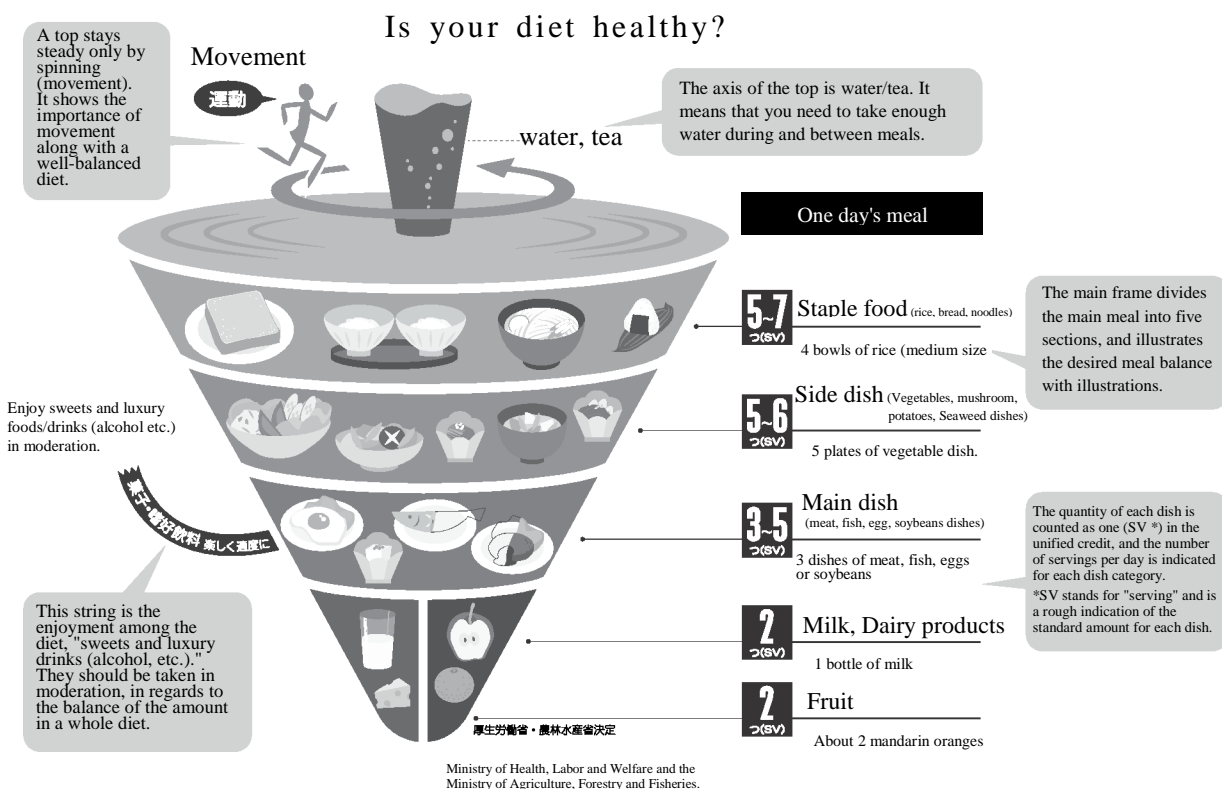
6. Diet and health

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>

Emergency Consultation → #7119

Medical Institution Guide

→ Emergency Information Center

* No medical consultation available

Phone: 075-661-5599

<Kameoka City Holiday Emergency Clinic>

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

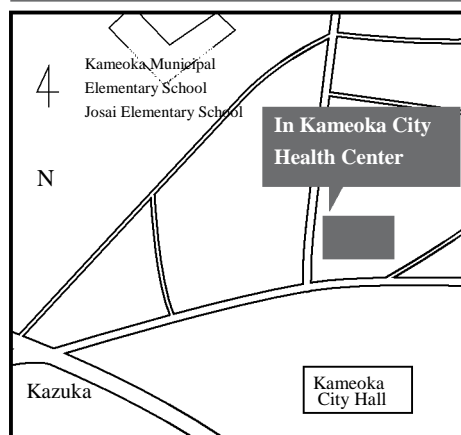
In Kameoka Public Health Center

Department of Internal Medicine and Pediatrics

Phone: 0771-23-5636

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

Emergency clinic (Kameoka City)



<Kyoto Uzumasa Campus Area> List of Medical Institutions

Area code (075)

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

Internal medicine

| Facility name | Telephone | Address | Office Hours |
|---|-----------|---|--|
| KUAS, Uzumasa-tenjingawa station area | | | |
| Kanemitsu Clinic of Internal Medicine | 873-8686 | 181 Shimokeibu-cho, Uzumasa, Ukyo Ward | 9:00 - 12:00 (Mon - Sat) 16:30 - 19:30 (Mon/Tue/Wed/Fri) |
| Tamai Clinic | 863-5585 | Koridol Tenjingawa 1F, 3-3 Shimokeibu-cho, Uzumasa, Ukyo Ward | 9:00 - 12:30 (Mon/Tue/Wed/Fri/Sat) 16:30 - 20:00 (Mon/Tue/Wed/Fri) |
| Uketa Clinic | 872-5757 | 21 Moriganishi-cho, Uzumasa, Ukyo Ward | 9:00 - 12:00 (Mon/Tue/Wed/Fri/Sat) 17:00 - 19:30 (Mon/Wed/Fri) |
| Yasui Yamanouchi Clinic | 406-7189 | Oike Kadono Bldg. 2F, 9-1 Gotanda-cho, Yamanouchi, Ukyo Ward | 9:00 - 12:00 (Mon - Sat) 17:00 - 19:00 (Mon/Tue/Wed/Fri) |
| Uzumasa area | | | |
| Uzumasa Clinic (female doctors registered) | 863-6152 | 30-4 Katabiranotsuji, Uzumasa, Ukyo Ward | 9:00 - 12:00 (Mon - Sat) 13:30 - 15:30 (Mon/Tue/Wed/Fri only by reservation) 18:00 - 20:00 (Mon - Fri) |
| Uzumasa Second Clinic (female doctors registered) | 863-5581 | 26-2-2 Minamino-cho, Hirosawa, Saga, Ukyo Ward | 9:00 - 12:00 (Mon/Tue/Wed/Fri/Sat) |
| 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) 16:00 - 17:30 (Mon/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) |
| Katsura station area | | | |
| Hinoshita Clinic | 383-1555 | 91-4 Minami Tatsumi-cho, Katsura, Nishikyo Ward | 9:00 - 13:00 (Mon/Wed - Sat) 15:30 - 19:30 (Mon/Wed/Fri) 15:30 - 18:00 (Thu/Sat) |

Surgery

| Facility name | Telephone | Address | Office Hours |
|--|-----------|--|---|
| KUAS, Uzumasa-tenjingawa station area | | | |
| Uketa Clinic | 872-5757 | 21 Moriganishi-cho, Uzumasa, Ukyo Ward | 9:00 - 12:00 (Mon/Tue/Wed/Fri/Sat) 17:00 - 19:30 (Mon/Wed/Fri) |
| Shijo Clinic (female doctors registered) | 311-2220 | 21-1 Shijobatake-cho, Saiin, Ukyo Ward | 8:00 - 12:00 (Mon - Sat) 17:00 - 19:00 (Mon/Thu/Fri) |
| 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 | 9:30 - 12:30 (Mon/Tue/Thu - Sat) 16:30 - 19:30 (Mon/Tue/Thu/Fri) |
| Shimizu Clinic | 802-4174 | 1 Miyamae-cho, Yamanouchi, Ukyo Ward | 9:00 - 12:00 (Mon - 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 - 11:30 (Mon - 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 | IMPACT IKU NORTH 1F, 69 Shokushi-cho, Nishinokyo, Nakagyo Ward | 9:00 - 12:00 (Mon - Sat) 17:00 - 20:00 (Mon/Tue/Thu/Fri) Check in by 30 minutes prior. |
| Yamamoto Hospital (female doctors registered) | 801-3281 | 795 Miyamoto-cho, Takoyakushi-sagaru, Iwagami-dori, Nakagyo Ward | 9:00 - 12:00 (Mon - Sat) 13:30 - 15:00 (Mon/Wed/Fri) 17:00 - 19:30 (Mon/Tue/Thu/Fri) |
| Urabe Clinic | 841-2001 | 490 Nakatsukasa-cho, Sawaragi-cho-sagaru, Tsuchiyamachi-dori, Kamigyo Ward | 10:00 - 13:00 (Mon/Wed/Fri) |
| Karasuma oike station area | | | |
| Tamura Hideko Gynecology Clinic (female doctors registered, no reservation required for the first visitors) | 213-0523 | 229 Goshō Hachiman-cho, Oike Takakura Higashi-iru, Nakagyo Ward | 9:30 - 12:00 (Mon - Sat) 13:00 - 15:00 (Mon - Fri) 17:00 - 19:00 (Mon - Fri) |
| Saiin station area | | | |
| SATOKO Ladies Clinic (female doctors registered) *Gynecological dermatology by appointment only | 325-0272 | 13-9 Higashi Junnain-cho, Saiin, Ukyo Ward | 9:30 - 12:30 (Tue/Thu/Sat) 15:00 - 18:00 (Mon/Wed/Fri) |

Dermatology

| Facility name | Telephone | Address | Office hours |
|--|---------------|--|---|
| KUAS, Uzumasa-tenjingawa station area | | | |
| Imai Dermatology Clinic | 366-6153 | 170 Shimokeibu-cho, Uzumasa, Ukyo Ward | 9:00 - 12:00 (Mon/Tue/Wed/Fri) 9:00 - 13:00 (Sat) 16:00 - 19:30 (Mon/Tue/Wed/Fri) |
| Suzuki Dermatology Clinic | 316-0072 | WEST-1 Bldg. 1F, 4-2 Anzuka-cho, Saiin, Ukyo Ward | 9:00 - 12:00 (Mon - Wed/Fri/Sat) 15:00 - 18:00 (Mon/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) | 050-1808-8352 | 18 Higashinakaai-cho, Nishinokyo, Nakagyo Ward | 9:30 - 12:00 (Mon/Tue/Wed/Fri/Sat) *Online reservation |
| Nijo station area | | | |
| Nakamichi Dermatology Clinic | 812-0702 | JR Nijo Station NK Bldg. 3F, 3 Higashi Togano-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 | Pressance Loger Uzumasa Tenjingawa Station 1F, 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 - Wed/Fri/Sat) 17:00 - 20:00 (Mon/Tue/Wed/Fri) |
| Uketa Clinic (ENT) | 872-5757 | 21 Moriganishi-cho, Uzumasa, Ukyo Ward | 9:00 - 12:00 (Mon/Tue/Wed/Fri/Sat) 17:00 - 19:30 (Mon/Wed/Fri) |
| Oonishi ENT Clinic | 813-0024 | 19-11 Tsujinouchi-cho, Yasui, Uzumasa, Ukyo Ward | 9:30 - 12:30 (Mon - Sat) 16:00 - 19:00 (Mon/Tue/Thu/Fri) |
| Uzumasa station area | | | |
| Matsumoto Ophthalmology Clinic | 863-6633 | 14-125 Tayabu-cho, Uzumasa, Ukyo Ward | 9:30 - 12:30 (Mon - Sat) 16:00 - 19:00 (Mon/Tue/Wed/Fri) |
| Saito Clinic (ENT) | 861-4426 | 14 Tayabu-cho, Uzumasa, Ukyo Ward | 9:00 - 12:00 (Mon/Tue/Thu - Sat) 16:00 - 19:00 (Mon/Thu/Fri) 17:00 - 19:00 (Tue) |
| Hanazono station area | | | |
| Kanbe Ophthalmology Clinic | 464-2615 | 30 Uchihata-cho, Hanazono, Ukyo Ward | 9:00 - 11:00 (Mon - Sat) *Closed on the 3rd Fri/Sat 15:00 - 17:00 (Mon/Wed/Fri) |
| Nishioji Oike station area | | | |
| Sano Ophthalmology Clinic | 821-0969 | 86 Higashinakaai-cho, Nishinokyo, Nakagyo Ward | 10:00 - 13:00 (Mon - Fri) 17:00 - 19:00 (Mon/Wed/Fri) |
| Nijo station area | | | |
| Juraku Ushijima Clinic (female doctors registered) | 384-0408 | 2F 41-2 Minami-machi, Jurakumawari, Nakagyo Ward | 9:00 - 12:00 (Mon - Sat) 16:00 - 19:00 (Mon/Tue/Fri) |
| Saiin station area | | | |
| Tomii Ophthalmology Clinic | 311-2308 | 11 Kozanji-cho, Saiin, Ukyo Ward | 9:00 - 12:00 (Mon/Tue/Thu/Fri/Sat) 15:30 - 18:00 (Mon/Tue/Thu/Fri)* *Afternoons and 1st and 3rd Sunday mornings available by appointment only *Contact lens consultation by appointment only |

Psychosomatic medicine/Psychiatry

| Facility name | Telephone | Address | Office hours |
|--|-----------|--|---|
| KUAS, Uzumasa-tenjingawa station area | | | |
| Toshimori Clinic (School doctor) (Reservation required) | 366-3784 | Pressance Loger Uzumasa Tenjingawa Station 1F, 170 Shimokeibu-cho, Uzumasa, Ukyo Ward | 9:00 - 12:30 (Mon/Tue/Wed/Fri/Sat) 16:00 - 19:00 (Tue/Fri) |
| Uzumasa station area | | | |
| Sankokai Uzumasa Clinic (Reservation required) (female doctors registered) | 871-3100 | 12-3 Moriganishi-cho, Uzumasa, Ukyo Ward | 10:00 - 13:00 (Mon - Fri) 16:00 - 18:00 (Mon - Fri) |

| | | | |
|---|----------|--|--|
| Nishioji Oike station area | | | |
| Kyoto Min-iren Taishimichi Clinic (By reservation only) (female doctors registered) | 822-2660 | 18-1 Kohoriike-cho, Nishinokyo, Nakagyo Ward | *By reservation only *Inquiry required in advance |
| Nijo station area | | | |
| Kondo Clinic | 841-6141 | 36-1 Naka-machi, Jurakumawari, Nakagyo Ward | 9:00 - 12:00 (Mon - Sat) 17:30 - 20:00 (Mon - Fri) |
| Kaneko Mental Clinic (Reservation required) | 801-5560 | Tachibana Bldg. 5F, 2-10 Kobori-cho, Nishinokyo, Nakagyo Ward | 9:30 - 12:30 (Mon - Fri) 9:00 - 15:00 (Sat) 15:30 - 19:30 (Mon/Tue/Wed/Fri) *Sat 13-15 only for new patients |
| Saiin station area | | | |
| Tanabe Mental Clinic (female doctors registered) (Tue - Sat: Reservation only) | 325-2554 | Afre Saiin 3F, 1-1 Higashi Junnain-cho, Saiin, Ukyo Ward, Tokyo | 10:00 - 13:00 (Tue/Thu/ Fri/Sat) 10:00 - 13:00 (2nd & 4th Wed) 15:00 - 18:00 (Tue/Thu/Fri) |
| Kunisawa Mental Clinic | 316-4777 | Cosmo 26 2F, 26 Higashi Junnain-cho, Saiin, Ukyo Ward | 9:00 - 12:00 (Mon/Tue/Wed/Fri/Sat) *16:00 - 19:00 (Mon/Tue/Wed/Fri) *For evening hours, reservation required by the previous day. |

Dentistry

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

<Medical Institutions that provide services in English>

Internal medicine

Contact the medical institutions
below in Japanese before visiting.

| Facility name | Telephone | Address | Office hours |
|---|-----------|--|--|
| Sakabe Clinic (designated institution) | 231-1624 | 435 Yamamoto-cho, Nijo-sagaru, Gokomachi-dori, Nakagyo Ward | 9:30 - 12:30 (Mon - Sat) AM by reservation only 18:30 - 20:30 (Mon - Wed/Fri) |
| Uketa Clinic | 872-5757 | 21 Moriganishi-cho, Uzumasa, Ukyo Ward | 9:00 - 12:00 (Mon/Tue/Wed/Fri/Sat) 17:00 - 19:30 (Mon/Wed/Fri) |

| | | | |
|-----------------------------------|----------|---|--|
| Morooka Allergy/Pediatrics Clinic | 821-2000 | Oike Kadono Bldg 1F, 9-1 Gotanda-cho, Yamanouchi, Ukyo Ward | 9:00 - 12:00 (Mon - Sat) 16:30 - 19:00 (Mon/Tue/Thu/Fri) *Online reservation or walk-in without reservation only. No reservation by phone. |
| Hinoshita Clinic | 383-1555 | 91-4 Minami Tatsumi-cho, Katsura, Nishikyo Ward | 9:00 - 13:00 (Mon/Wed - Sat) 15:30 - 19:30 (Mon/Wed/Fri) 15:30 - 18:00 (Thu/Sat) |

Surgery / Orthopedic surgery

| | | | |
|--------------|----------|--|---|
| Uketa Clinic | 872-5757 | 21 Moriganishi-cho, Uzumasa, Ukyo Ward | 9:00 - 12:00 (Mon/Tue/Wed/Fri/Sat) 17:00 - 19:30 (Mon/Wed/Fri) |
|--------------|----------|--|---|

Gynecology (Women's health)

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

Dermatology

| | | | |
|--|---------------|--|---|
| Nin Clinic (female doctors registered) | 050-1808-8352 | 18 Higashinakaai-cho, Nishinokyo, Nakagyo Ward | 9:30 - 12:00 (Mon/Tue/Wed/Fri/Sat) *Online reservation |
|--|---------------|--|---|

Ophthalmology

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

Otolaryngology (ENT)

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

Psychosomatic medicine/Psychiatry

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

Dentistry

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

<Kyoto Kameoka Campus Area> List of Medical Institutions

Area code (0771)

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

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

Orthopedic surgery

| Facility name | Telephone | Address | Office hours |
|--|-----------|---|--|
| Ueki Taka Medical Clinic (IM, Surgery, Proctology) | 29-6888 | 1F Drug DACS, 40 -2 Nakamura, Joboji, Shino-cho | 9:30 - 12:30 (Mon/Wed - Sat) 16:00 - 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/Tue/Thu - Sat) 17:20 - 19:40 (Mon/Tue/Thu/Fri) |
| Sakabe Orthopedic Clinic (School doctor) | 56-9360 | 27-1 Kubokaichi, Nakayada-cho | 9:00 - 12:00 (Mon - Sat) 16:30 - 19:30 (Mon/Tue/Thu/Fri) *First visit check in by 19:00 |

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

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

Ophthalmology/Otorhinolaryngology (ENT)

| Facility name | Telephone | Address | Office hours |
|---|-----------|--|---|
| Okuzawa Eye Clinic | 24-4455 | 2-29-8 Namikawa, Ooi-cho | 9:00 - 11:30 (Mon/Tue/Fri/Sat) 17:00 - 18:50 (Mon/Tue/Thu/Fri) For the first contact lens prescription, check in by 11: 15/18: 30. |
| Minami Eye Clinic | 25-2602 | 40-3 Nojo-Shimokawa, Shino-cho | 9:00 - 12:00 (Mon - Sat) 15:30 - 18:30 (Mon/Wed/Fri) |
| Miyama Ophthalmology | 23-5899 | 2F 27-4 Banba-dori, Oiwake-cho | 9:30 - 12:30 (Mon - Wed/Fri/Sat) 15:30 - 18:30 (Mon - Wed/Fri) 14:00 - 17:00 (Sat) |
| Nagata Eye Clinic (female doctors registered) | 23-1236 | 35-3 Nakamura, Joboji, Shino-cho | 9:00 - 12:00 (Mon - Sat) 16:00 - 18:00 (Mon/Tue/Thu/Fri) |
| Wada Eye Clinic (female doctors registered) | 25-1450 | 8-2 Iganotsuji, Umahori, Shino-cho (2F of Super Matsumoto) | 9:30 - 12:30 (Mon/Tue/Thu/Fri) 16:00 - 19:00 (Mon/Tue/Thu/Fri) 9:30 - 13:00 (Sat) *Check in 20 min prior for contact lenses prescription |

| | | | |
|--|---------|--|---|
| Higashihara Clinic (IM, Ophthalmology) (female doctors registered) | 55-9860 | 57-13 Kita-machi | Ophthalmology: 9:00 - 12:00 (Mon/Tue/Thu - Sat) 13:30 - 16:30 (Mon/Tue/Thu) |
| 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, 15:00 - 19:00 (Tue) 9:30-13:00, 14:00-18:00 (Wed/Fri/Sat/Sun) Check the website for hours for Mon/Thu/Sun Open on public holidays |
| Knittel Namikawa Dentistry | 23-8246 | 2F Yoshida Bldg., 19-2 Banba-dori, Oiwake-cho | 9:30 - 13:00 (Mon/Wed/Fri) 14:30 - 18:00 (Mon/Wed/Fri) Wed afternoon closed irregularly |
| Saito Dental Clinic | 25-1515 | Nakamura Bldg., 37-33 Tanisujji, Oiwake-cho | 9:30 - 13:00, 15:00 - 19:30 (Mon - Wed) 9:30 - 13:00, 15:00 - 18:00 (Fri) 9:30 - 13:00, 15:00 - 17:00 (Sat) |
| Shimamura Dental Clinic | 22-0209 | 38 Kitamachi | 9:00 - 12:30 (Mon/Tue/Thu/Fri) 14:00 - 19:30 (Mon/Tue/Thu/Fri) 9:00 - 16:30 (Wed) 9:00 - 16:00 (Sat) |
| Tanaka Dental Clinic | 23-6480 | 12-3 Shimogawara, Nanjo, Sogabe-cho | 9:00 - 12:30 (Mon - Wed/Fri/Sat) 14:30 - 19:00 (Mon - Wed/Fri) 14:30 - 17:00 (Sat) |
| Nakagawa Dental Clinic | 23-3232 | 2-3-8 Kose-cho | 9:00 - 13:00 (Mon - Sat) 14:30 - 18:30 (Mon/Tue/Thu/Fri) |
| Nakagawa Mikiya Dental Clinic *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

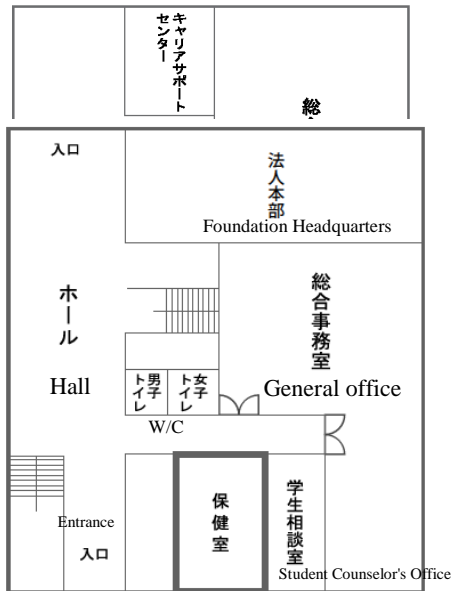
Kyoto Kameoka Campus

TEL 0771 - 29 - 2273

Office hours

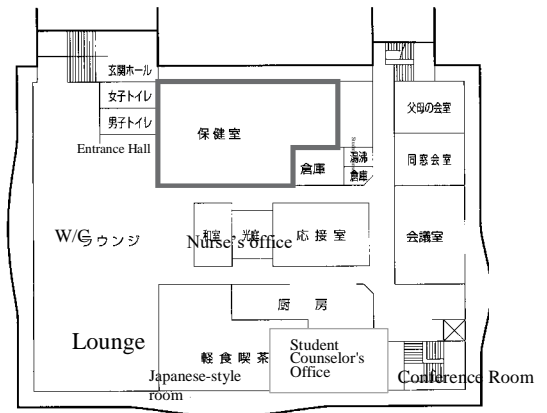
Mon - Fri 8:30 ~ 17:00

1F East Building



Nurse's office

2F Hakuun Hall



Cafe

Kitchen

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