



# KAMEDA MEDICAL CENTER

*“Kameda has been a family-run hospital for more than 350 years, but lately the complex of 11 buildings has started to turn heads around the world for its cutting-edge approach to hospital care.”*

—BNET, September 2002



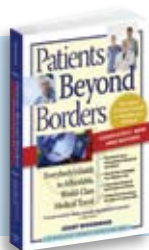
**SHRINES AND TEMPLES, ARTFULLY ARRANGED SUSHI**, terraced rice fields, deep hot tubs for soaking—these are the images that come to my mind when I think of traveling to Japan. Kamogawa City, about 50 miles (80 kilometers) from Narita International Airport in Tokyo, offers all of these and much more. Kamogawa is a mecca for seafood-dining and flower-gathering, a charming resort city blessed with a mild climate, beautiful coastline, and classic agricultural villages.

True to the Janus-like character of today’s Japan, where the traditional and the ultramodern coexist, Kamogawa is also home to Kameda Medical Center, well known as one of the nation’s top hospitals. Japan has long had a reputation for high-quality products and services, so it is not surprising that a world-class medical facility would emerge here.

Japan remains one of the safest countries in the world, and the combination of security, sanitation, and high technology makes Japan a great choice for medical travelers. In this edition of *Focus On*, the authors and editors of *Patients Beyond Borders*® introduce Kamogawa City’s natural beauty, historic treasures, and affordable, exceptional healthcare at Kameda Medical Center.

## CONTENTS

- » Introduction
- » About Kameda Medical Center
- » Leading Specialties
- » Internationally Recognized Doctors
- » Technology and Innovation
- » Facilities
- » Signature Services
- » Patient Stories
- » Patient and Visitor Guide
- » International Patient Resources



The *Patients Beyond Borders Focus On*™ series gives patients an in-depth look at the facilities and medical offerings of leading international hospitals and specialty centers. Visit [www.patientsbeyondborders.com](http://www.patientsbeyondborders.com) for more information and additional patient resources.

PATIENTS BEYOND BORDERS®  
FOCUS ON: KAMEDA MEDICAL CENTER

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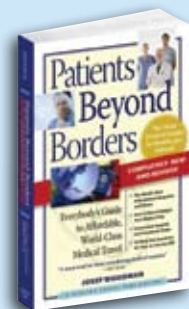
#### *Patients Beyond Borders Focus On:*

*Kameda Medical Center* is a collaboration between Healthy Travel Media and Kameda Medical Center. Special thanks to John Woche, the International Patient Services Department, and all the wonderful staff at Kameda, whose efforts have made this publication possible.



#### The *Patients Beyond Borders*®

series offers comprehensive information for patients considering medical tourism. Less about travel and all about healthcare choices, *Patients Beyond Borders* provides practical answers for the increasing number of healthcare consumers seeking access to the best, most affordable hospitals in the world.



## FOCUS ON:

# KAMEDA MEDICAL CENTER



### INTRODUCTION

**A**LTHOUGH JAPAN BOASTS SOME OF the world's longest-established and highest-quality healthcare, it is often overlooked as a medical travel destination. Costs are generally higher than at other popular destinations—though still comparative bargains—and perceived language and culture barriers, particularly among Westerners, have obscured Japan from the medical travel limelight. But one hospital stands out: Kameda Medical Center is among Japan's oldest and largest hospitals and is the only facility fully accredited by the Joint Commission International. With 50 US-trained, board-certified physicians, signage in English, translators in several languages, and both Eastern and Western cuisines, Kameda has aggressively pursued Western patients for years—whether an expat living in the region, a transplanted executive working nearby, or a savvy patient with an eye for affordable excellence.

Kameda sets the gold standard in more ways than one. I have visited hospitals all over the world—that's my profession—and while the finest offer great healthcare, many pay less attention to customer service than I would like. Kameda is a relentless and purposeful exception. Its guiding principle is to serve the patient totally, a hallmark of Japanese culture that has been integrated into Kameda's corporate mission. The staff, from the head neurosurgeon to the person who delivers your midnight snack, follows an official "Always Say Yes!" policy. They look for reasons to accommodate patients' requests, rather than for rules to deny them.

As a globe-trotting senior executive, I can also attest to the importance of regular health checkups. Unfortunately, the perfunctory nature of physical exams in the US has long been one of my pet peeves. The doctor takes my temperature and blood pressure, pokes me in a few personal places, draws a blood sample, and sends me home with a pat on the back—and, perhaps, a serious health problem undetected. But if you watched PBS *FRONTLINE*'s "Sick Around the World," you might remember correspondent T. R. Reid saying, "When I lived in Japan, my local government sent me a card every year on my birthday, urging me to get a comprehensive physical. . . . When I did it, they checked everything, and I mean everything, that a man my age might have to worry about. This was a terrific example of preventive medicine."

Regular physicals are one of the reasons why Japan boasts some of the best health statistics in the world. Sign in to Kameda for a Comprehensive Physical Examination, or Ningen Dock, and you will have a PET-CT scan, ultrasonogram, electrocardiogram, endoscopy, colonoscopy, mammogram or prostate exam, eye exam, and blood work, all using state-of-the-art equipment and techniques, with an English-speaking escort to boot.

If you are a candidate for medical treatment at Kameda, I encourage you to do your homework, beginning with the information in these pages. Hot springs, fresh seafood, and world-class healthcare combined with five-star service . . . you can't ask for much more than that.

Josef Woodman  
North Carolina, US, 2010

# ABOUT KAMEDA MEDICAL CENTER

## WHAT JCI ACCREDITATION MEANS TO YOU



When you walk into a hospital or clinic in the US and many other Western countries, chances are good

that it's accredited, meaning that it's in compliance with standards and "good practices" set by an independent accreditation agency. In the US, by far the largest and most respected accreditation agency is the Joint Commission. The commission casts a wide net of evaluation for hospitals and other healthcare facilities and services throughout the US.

Responding to a global demand for accreditation standards, in 1999 the Joint Commission launched JCI, its international affiliate accreditation agency. In order to be accredited, an international healthcare provider must meet the rigorous standards set forth by JCI. At this writing, more than 300 hospitals, laboratories, and special programs in 39 countries outside the US have earned JCI accreditation. Those who can display the gold seal of JCI have reason to be proud. They have proven their excellence in patient care and service, while at the same time gaining access to a variety of resources that connect them with the international healthcare community.

JCI accreditation is the only medically oriented seal of approval for international hospitals and clinics. Knowing that KMC is JCI-approved should give you, the medical traveler, an assurance of quality. You can learn more about JCI and its accreditation process at [www.jointcommissioninternational.org](http://www.jointcommissioninternational.org).

**VISIT IN THE TWENTY-FIRST CENTURY**, and you would never guess that Kameda Medical Center (KMC) was founded in the seventeenth, during the reign of the shogun and the samurai. Privately owned and operated in Kamogawa City, KMC directly fronts the Pacific Ocean and epitomizes today's state-of-the-art medical facility.

The KMC campus includes Kameda General Hospital, with 925 beds, more than 460 full-time physicians in specialties ranging from herbal medicine to laser surgery, units for intensive care in several specialties, and a 24-hour heliport adjacent to the level-I Emergency and Trauma Center. Kameda's 237,000-square-foot (22,000-square-meter) Outpatient Clinic features a high-tech diagnostic imaging center and averages more than 3,000 patients daily. Also onsite is the full-service, 56-bed Kameda Rehabilitation Hospital, providing physical therapy, stroke and cardiac rehabilitation, and more. KMC's newest inpatient facility, K-Tower, opened in 2005 and offers 320 private rooms with round-the-clock visiting hours and spectacular ocean views.

To develop and maintain the best possible relationships with its patients, KMC strives for openness, honesty, and transparency in healthcare. Patients are treated as full participants and decision-makers. With a worldwide reputation for excellence and its recent accreditation by the Joint Commission International (JCI), Kameda has become a prime destination for international patients, expatriates, and travelers.



## The Medical Center's History

KMC was founded around 1650, during Japan's Edo period. Dr. Takaaki Kameda, the current CEO, is the eleventh generation of Kameda-family physicians to operate healthcare establishments in Japan. Throughout its history, KMC has kept pace with developments in medicine, evolving into a leading international hospital with cutting-edge facilities. Today, KMC produces its own electricity, heating, air-conditioning, and other utilities, allowing both energy conservation and the continuation of full operation during natural disasters.

Facilities and treatments have changed dramatically during its 360-year history, but KMC's focus on excellent patient care has not. According to John Woche, the medical center's executive vice president and director of International Patient Services, "We are not interested in patient or visitor *satisfaction*. That is too easy. Kameda's goal is to *delight* our patients, their families, and their visitors in a comfortable and safe healing environment."

## Environment, Medical Services, and Competitive Pricing

Take an express train from Narita International Airport or Tokyo, get off at quiet Awa-Kamogawa station, and hop into one of the taxis waiting for tourists. Head down a long, winding road to a rocky beach, turn left at the heliport, and you have arrived at KMC. The award-winning architecture by Architects Hawaii, Limited, presents a sunny, inviting exterior; the gardens and public areas are oases of Asian serenity. Patients arriving in the sunlit atrium are greeted by English-speaking hostesses—trained by Japan Airlines—and guided by English-language signs. Many physicians and others on KMC's staff speak English; others speak Chinese, Korean, French, or German. (Outside of daytime working hours, it might take a little time to locate someone with a specific language capability.)

Throughout your stay, you will experience a level of service comparable to a five-star hotel—fresh coffee in the lobby, concierge service, cafés and shops, even salons offering hairstyling, manicures, foot massages, and more. You can share a gourmet Japanese- or Western-style meal with family in the Kirakutei Restaurant, celebrate your successful treatment with a cocktail in the lounge, and enjoy an ocean-view *teppanyaki/tempura* seating in the evenings. Along with access to massage, aromatherapy, and gourmet alternatives to "hospital food," patients in K-Tower are allowed to have a visitor stay overnight on an in-room sofa bed. Other accommodations for family or travel companions can also be arranged, for a nominal fee.

KMC's goal is to exceed your expectations—to meet far more of your needs and wants than merely your clinical treatment requirements. Most importantly, international patients will benefit from Kameda's world-class medical care and competitive pricing. KMC's 460 physicians and surgeons boast training and experience in all medical specialties, and offer services



## JCQHC ACCREDITATION— JAPAN'S ASSURANCE OF QUALITY HEALTHCARE

As in the US and most Western countries, the government of Japan has established regulations to ensure that hospitals and other medical facilities meet certain standards. The standards set by the Japan Council for Quality Health Care (JCQHC), however, extend far above and beyond government regulations.

JCQHC was founded in 1995 as an independent, third-party organization dedicated to improving the quality of healthcare in Japan. JCQHC's goal is to survey each hospital every five years and to conduct more than 1,000 onsite surveys annually. The surveyors evaluate approximately 600 aspects of hospital function, including quality of treatment, nursing care, the therapeutic environment, patient services, patient rights and safety, and management.

Of the approximately 9,000 hospitals in Japan, less than 20 percent have been awarded JCQHC accreditation; Kameda was one of the first. Continued accreditation assures that, as an international patient at KMC, you will receive the highest-quality healthcare in a safe, pleasant, and efficient environment.

## THE PRINCIPLES OF KMC PUT YOU IN GOOD HANDS

Kameda's mission is to contribute to the happiness and well-being of everyone involved by providing the highest level of medical service. To achieve this goal, KMC staff are guided by the following principles:

### ***We exist for the benefit of patients.***

We offer the most appropriate and efficient healthcare to patients. We provide our patients healthcare with the greatest comfort available. We will endeavor to fulfill patient needs beyond expectation.

### ***Employees will always engage in medical service with trust and respect.***

Our patients will receive treatment with dignity. We seek to maintain the highest ethical standards in dealing with the hospital community, our patients, and the community at large.

### ***Our goal is to constantly lead the world in healthcare delivery.***

We aim to contribute to people's happiness by aggressively working on the development of new technologies. We are ever-mindful of ensuring patient privacy.



and treatments of equivalent or higher quality than those in the US but at prices as much as 30 percent lower.

Among KMC's six centers of excellence are the Oncology Center (nearly 1,000 breast cancer surgeries annually), Cardiology Center (about 2,000 surgeries annually), and Spine Center (more than 200 patients annually), with outcomes that compare favorably to the best US hospitals.

## Accreditation

In August 2009, KMC became the first hospital in Japan to be accredited by JCI, a US-based organization that seeks to improve healthcare for the worldwide public. JCI standards focus on the areas that most directly impact patient care: access to care, assessment of patients, infection control, patient and family rights, education, safety, and staff qualifications. According to Mr. Woher, "KMC sought accreditation because we want to provide the best care possible for our patients. Earning JCI accreditation is another step toward excellence while continuously improving quality and patient safety."

Kameda was among the first hospitals to undergo voluntary accreditation by JCQHC and continues to be accredited by that organization. KMC is also certified by the British Standards Institution and is a member of the American Hospital Association.

## Awards and Achievements

KMC's modern configuration has garnered national and international recognition. In 1998 Health Asia Publishing chose KMC as "Asian Hospital of the Year." After Nikkei Business Publications ranked Kameda ninth among Japan's top 100 hospitals in 1997, it climbed to fourth in 2001, as well as third best in terms of information disclosure. In 2007, KMC received the Bertelsmann Foundation's "Best Hospital" award, specifically citing the medical center's healing environment and advanced use of Internet technology.



## Dos and Don'ts for the Smart Health Traveler

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### *Before Your Trip*

#### **Do plan ahead.**

The farther in advance you plan, the more likely you are to get the best doctors, the lowest airfares, and the best availability and rates on hotels.

#### **Do be sure about your diagnosis and treatment needs.**

Do work closely with your local doctor or medical specialist, and make sure you obtain an exact diagnosis and recommendations—in writing, if possible.

#### **Do research your KMC doctor thoroughly.**

Don't be afraid to ask questions, lots of them, until you feel comfortable that you have chosen a competent physician.

#### **Don't rely on a single source of information.**

Get second opinions on medical questions. Don't stop with an Internet search. Obtain information from print references, newspapers, magazines, and health travel agencies.

#### **Do consider traveling with a companion.**

Your travel companion can help you every step of the way. With luck, your companion may even enjoy the trip!

#### **Do consider engaging a good health travel planner.**

Health travel agencies or facilitators provide knowledge, experience, and in-country support. They arrange transportation and medical services as well as flight schedules and accommodations. Do some research to make sure you select a good one.

#### **Do get it in writing.**

Whether it's cost estimates, appointment schedules, treatment recommendations, second opinions, or airline and hotel reservations, the more you get in writing, the less chance of a misunderstanding. KMC will provide an estimate, specific to the patient's unique needs, of total anticipated costs. But bear in mind that this is prior to onsite examination at KMC; and additional required tests, or repeated tests to update old or poor-quality diagnostic images, can increase the ultimate total.

#### **Do insist on using a language you understand.**

If the doctors and staff don't speak your language, ask for interpreter services.

#### **Don't plan your trip too tightly.**

Allow an extra day for every five days you anticipate for consultation, treatment, and recovery.

#### **Do alert your bank and credit card companies.**

To avoid card cancellation or unexpected rejections, inform financial institutions of your travel plans prior to your trip.

#### **Do learn a little about your destination.**

Spend a little time getting to know something about Japan's history and geography. Your hosts will appreciate your interest.

#### **Do inform your local doctors before you leave.**

Your local healthcare providers need to know what you're doing, so they can continue your care and treatment once you return home. KMC will cooperate with your referring physician before, during, and after treatment.

### *While in Japan*

#### **Don't be too adventurous with local cuisine.**

Prior to treatment, avoid rich, spicy foods and exotic drinks. Bottled water may be safest for your stomach, although all water sources in Japan are safe to drink.

#### **Don't scrimp on lodging.**

Unless your finances absolutely demand it, avoid hotels and other accommodations in the "budget" category. You don't want to end up in uncomfortable surroundings when you're recuperating from major surgery.

#### **Don't stay too far from KMC.**

Make sure your lodgings are close to the hospital or your doctor's office.

#### **Don't settle for second best in treatment options.**

While you can cut corners on airfare, lodging, and transportation, always insist on the very best healthcare your money can buy. Focus on quality, not just price.

#### **Do befriend the staff.**

Nurses, nurse's aides, paramedics, receptionists, clerks, and maintenance people are vital members of your health team! Treat them with friendship and respect.

### *Going Home*

#### **Don't return home too soon.**

Your body needs time to recuperate, and your KMC physician needs to track your recovery progress.

#### **Do set aside some of your medical travel savings for a vacation.**

If not now, later. You and your companion deserve it!

#### **Do get all your paperwork before leaving KMC.**

Get itemized receipts for every payment and copies of all your medical records.

### *Above All, Trust Your Intuition*

Your courage and good judgment have set you on the path to medical travel. Rely on your instincts. Thousands of health travelers have beaten a well-worn path abroad, using good information and common sense. You can, too! Safe travels!



## Staff and Management Team

KMC's impeccable medical care and service are attributable to the high standards set by upper management. The staff of 2,600 is guided by the principles of patient-centered care and an "Always Say Yes!" policy. This policy was inspired by Dr. Shinsuke Kameda, president of Kameda General Hospital, who felt that rigid rules restrict flexibility and staff empowerment and are not patient- or visitor-friendly. KMC staff members look for reasons to accommodate patients' requests, rather than reasons to deny them. A constant supply of nurses familiar with the Kameda approach is guaranteed by KMC's affiliated nursing school; each year, many of these nurses travel abroad to observe the practices and personnel at some of the world's best hospitals.

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**CEO and Chairman of the Board:  
TAKAAKI KAMEDA, MD, PHD**

As the eleventh generation of Kamedas in healthcare, Dr. Kameda follows proudly in a longstanding family tradition. He trained at Nihon Medical School and specialized in thoracic and cardiovascular surgery at Juntendo University School of Medicine. Previously a board member and director of medical science at Tokyo Medical and Dental University, he is currently an affiliate professor and has 30 years of experience as a surgeon. Dr. Kameda is also among a group of industry leaders who advise Japan's Ministry of Finance.

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**Medical Director:  
TAKASHI NATSUME, MD**

An internist and cardiologist by training, Dr. Natsume is a graduate of Tokyo University's College of Medicine. His professional career has included stints as a professor of medicine, a researcher at the Alton Ochsner Medical Institute in New Orleans, and the CEO of a municipal hospital. At KMC, Dr. Natsume oversees the management of the medical staff, including determination of physician credentials and privileges, analysis of treatment outcomes, development of patient safety initiatives, and improvement of clinical quality. An active member of myriad medical societies, he chairs most of KMC's quality-related committees and served as the physician leader in the medical center's successful JCI accreditation.



**Executive Vice President for Administration,  
Director of International Services:  
JOHN WOCHER, MHA, FACHE**

Mr. Wocher's path to KMC began with his undergraduate degrees from the University of Maryland in Japanese studies and Asian studies and his master's degree in healthcare administration from Baylor University. He first came to Japan in 1964, as a healthcare administrator in the US Navy Medical Service Corps. In 1991 he joined forces with the Kameda family, and this collaboration helped to make KMC a world-class medical facility. A fellow of the American College of Healthcare Executives, Mr. Wocher is affiliated with graduate programs at the University of Iowa, the University of Muenster, and the Frankfurt School of Finance and Management. He has authored numerous articles on healthcare and has published two books on hospitalization and patient safety. Mr. Wocher's primary goal at KMC is to draw people to the medical center from all over the globe.



# LEADING SPECIALTIES

## SPECIALTIES AND CENTERS OF EXCELLENCE

KMC offers a full range of specialties and six centers of excellence:

- Anatomic pathology
  - Anesthesiology
  - Cardiac and vascular surgery
  - Cardiology
  - Dentistry
  - Dermatology
  - Digestive diagnosis
  - Emergency and trauma
  - Endocrinology
  - Family medicine
  - Gastroenterology
  - General medicine
  - General surgery
  - Gynecology
  - Hematology and oncology
  - Home-care medicine
  - Interventional neuroradiology
  - Medical oncology
  - Nephrology and hypertension
  - Neurology
  - Neurosurgery
  - Obstetrics
  - Ophthalmology
  - Oriental medicine
  - Orthopedics
  - Otolaryngology
  - Palliative care
  - Pediatrics and neonatology
  - Plastic and cosmetic surgery
  - Psychiatry and psychosomatic medicine
  - Pulmonology
  - Radiology
  - Rehabilitation
  - Rheumatology
  - Spine surgery
  - Sports medicine
  - Urology
- 
- Dental Center
  - Emergency and Trauma Center
  - Health Appraisal Center
  - Oncology Center
  - PET-CT Center
  - Spine Center

**IN ADDITION TO A COMPREHENSIVE RANGE** of medical specialty departments, Kameda boasts several centers of excellence, each with English-speaking staff. Among KMC's international patients, the most frequently sought services are breast cancer treatment, spine surgery, comprehensive physical examinations, and second opinions.

## Breast Cancer and Oncology

Kameda's Department of Medical Oncology, in collaboration with several other departments and onsite centers, handles cancers and other malignant diseases with treatments including surgery, state-of-the-art chemotherapy and radiotherapy, bone marrow transplants, and peripheral vascular cellular transplants. The Breast Center (part of the Oncology Center opened in 2010) performs about 2,500 mammograms and 1,000 surgeries each year; the Radiology Clinic develops treatment plans for 700 patients annually; and to date, the team of specialists in the Department of Hematology and Oncology has performed more than 200 hematopoietic stem cell transplants.

## Cardiology

KMC's Department of Cardiology treats almost 2,000 inpatients and more than 40,000 outpatients annually for a variety of acute and chronic heart diseases, including effort angina, heart failure, valvular disease, cardiomyopathy, arrhythmia, hypertension, coronary artery/aortic disease, peripheral arterial/venous disease, and pulmonary thrombo-embolism.

The inpatient cardiology ward has 27 private rooms in K-Tower, a cardiac rehabilitation room, and seven rooms devoted to cardiac intensive care. Services include all available modern technologies, such as percutaneous coronary stenting, rotational coronary atherectomy, pacemaker and cardioverter-defibrillator implantation, catheter ablation for arrhythmia, and cardiac resynchronization therapy for severe heart failure. In 2008 KMC's cardiac surgeons performed 258 surgeries on the heart and great artery, and achieved a mortality rate of zero for elective coronary artery bypass and valve surgery.

## Ten “Must-Ask” Questions for Your Candidate Physician

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Make the following initial inquiries, either of your health travel agent or the physician(s) you’re interviewing:

**What are your credentials?** Where did you receive your medical degree? Where was your internship? What types of continuing education workshops have you attended recently? The right physician should be happy to email you a complete résumé.

**How many patients do you see each month?** Doctors should be in touch with their customer base and have such information readily available.

**To what associations do you belong?** Your practitioner should be keeping good company with others in the field.

**How many patients have you treated who have had my condition?** Ask how many of your specific treatments for your specific condition your candidate doctor has personally conducted.

**What is the fee for your initial consultation?** Answers will vary, and you should compare prices to those of other physicians you interview.

**May I call you on your cell phone before, during, and after treatment?** Many KMC physicians stay in close, direct contact with their patients, and cell phones are their tools of choice.



### **What medical and personal health records do you need to assess my condition and treatment needs?**

Most physicians require at least the basics: recent notes and recommendations from consultations with your local physician or specialists, x-rays or scans directly related to your condition, perhaps a medical history, and other health records.

**Do you practice alone or with others?** Look for a physician who practices among a group of certified professionals with a broad range of related skills.

### *For Surgery:*

**Do you do the surgery yourself, or do you have assistants do the surgery?** You want assurance that your procedure won’t be performed by your practitioner’s protégé.

**Are you the physician who oversees my entire treatment, including pre-surgery, surgery, prescriptions, physical therapy recommendations, and post-surgery checkups?**

For larger surgical procedures, you want the designated team captain. While that’s usually the surgeon, check to make sure.



## Spine Surgery

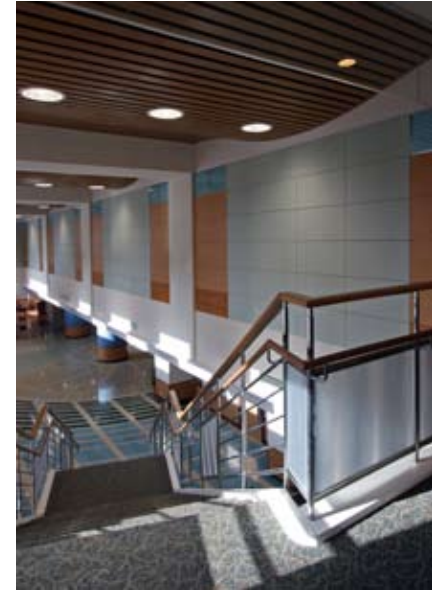
Kameda's Spine Center is staffed by six neurosurgeons specializing in spine surgery, who conduct more than 200 operations annually. The center offers state-of-the-art surgical treatments, including microscopic and endoscopic surgery, for conditions ranging from disc herniation and spinal canal stenosis to compression fractures, spinal tumors/vascular disorders, and carpal canal syndrome. Feedback from the foreign community has been extremely positive, and the center is often used by US military personnel in Japan (as their medical facilities lack spine specialists).

## Comprehensive Physical Examinations

About 7,000 outpatients annually come to KMC's Health Appraisal Center for comprehensive physical examinations, or Ningen Dock. These exams use state-of-the-art medical equipment and diagnostic techniques to detect diseases in their early stages, enabling rapid and effective treatment. A typical one-day Ningen Dock includes positron emission tomography and computed tomography (PET-CT) scanning, ultrasonography, electrocardiography, endoscopy, mammogram or prostate exam, eye exam, blood work, and numerous other tests. A two-day Ningen Dock, with even more breadth and depth, includes an overnight stay at the Outpatient Clinic.

Both programs include multiple consultations with physicians and are conducted in a relaxing environment with good meals and warm staff service. International patients are provided with a bilingual escort (English or Chinese). Patients receive immediate feedback from physicians, along with any test results that are finalized before their departure. Within two





weeks, they receive a comprehensive, four-page analysis of the complete results (in English, Chinese, or Japanese).

Comprehensive physicals at Kameda are customizable, and costs compare favorably with similar health screenings elsewhere. Packages range from a core-services exam for 100,000 yen (about US\$1,130) to a full VIP package on Fridays for 400,000 yen (about US\$4,500), which is chosen by most international patients who do not speak fluent Japanese. The VIP package's Executive Physical, specifically designed for the medical traveler from abroad, offers a broad range of tests, including endoscopy and PET-CT, and features a bilingual escort, translated consultations and results, and a gourmet meal afterward. Considering that the cost of full-body PET-CT scanning in the US approaches \$7,000, this package is extremely reasonable. Visit the KMC website ([www.kameda.com](http://www.kameda.com)) for current pricing and details on the various health screening options.

## Total Body Cancer Examination

KMC created the Total Body Cancer Examination to better detect cancers in early stages, when treatments are more successful. This specialized screening utilizes PET-CT scanning, blood and serological tests, and other diagnostic procedures. At Kameda's PET-CT Center, the radiologists are highly trained in the use of this technology and interpret PET-CT images exclusively. A Total Body Cancer Examination is recommended to people with a family history of cancer or intestinal polyps, as well as people who wish to avoid colonoscopy or endoscopy or those who desire cancer screening regardless of family history. For patients interested in regular preventive screenings, KMC recommends annual alternation of Ningen Dock (previous page) and Total Body Cancer Examination.



## Additional Departments of Special Interest

Kameda also offers several other medical departments and centers of excellence of particular interest to international patients. The Dental Center, for example, evaluates and treats more than 300 outpatients and six inpatients daily, from infants to the elderly. In addition to general dentistry, the center offers oral and maxillofacial surgery, orthodontics, periodontics, implants, aesthetic dentistry, and treatment of temporomandibular disorders.

The Department of Psychiatry and Psychosomatic Medicine treats both inpatients and outpatients for mood, neurotic, and psychotic disorders, including depression, schizophrenia, alcoholism, drug dependence, eating disorders, dementia (e.g., Alzheimer's disease), sleep disorders, and psychosomatic conditions. (Because language is so important in this specialty, outpatient services are limited to patients with Japanese language fluency.)

KMC's Pain Clinic initiated an innovative Pain Management Program in 1990, treating both acute and chronic pain. The Kameda Institute of Sports Science and Medicine and the Sports Medicine Clinic are world leaders in the diagnosis and treatment of orthopedic and sports medicine injuries and illnesses; over 97 percent of their annual 150–200 surgeries are arthroscopic, with more than 95 percent achieving good-to-excellent results.

Kameda's Department of Ophthalmology, chaired by a physician trained at Duke University in the US, also welcomes foreign patients. With the exception of LASIK surgery, this department provides a full range of ophthalmology services.





## Continuity of Care—Critical to Success

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Continuity of care can be a challenge for patients who travel for medical procedures. Don't make the mistake of too little communication—either with your hometown doctors or with KMC. Make sure your local doctors understand your plans before you schedule your travel. Make sure, also, that your physician at Kameda has access to all your medical records. Complications and misunderstandings can arise if information is missing or incomplete. Be proactive! At home and in Japan, make sure that your physicians know anything and everything that is relevant to your case.

### Have Your Most Current Medical Records

Once you have established contact, provide your KMC physician with any medical records that are requested. If necessary, visit your local physician to obtain up-to-date laboratory tests or scans—whatever your KMC doctor needs. Medical records can be transmitted in two ways: you can send paper copies or disks by postal service, or you can send electronic documents via a secure online service.

### Collaboration Among Doctors

Transferring your medical records will get your local doctor communicating with your physician at KMC. You may think your case is closed when you return home—but in fact, you'll continue to be in contact with KMC, and you'll continue your care under the watchful eye of your local healthcare provider(s). KMC will notify your local physician of the details of your treatment and your aftercare protocol.

### Complete Documentation

Too often, patients return home lacking the complete documentation their local physician needs to oversee ongoing care. The absence of information compromises the physician's effectiveness and threatens the patient's health. Make sure you take copies of your treatment records with you when you return home. Make sure also that your local physician is fully informed about your treatment at Kameda. Good continuity of care is essential for a successful outcome.

Remember, as a patient, you need to take responsibility for the quality and consistency of the care you receive. If you don't, no one else will!

# INTERNATIONALLY RECOGNIZED DOCTORS

**KMC EMPLOYS 460 FULL-TIME PHYSICIANS AND SURGEONS.** More than 10 percent have undergone postgraduate training abroad, mostly in the US; some hold medical licenses in both Japan and the US; and many more are fluent in English. The following brief biographical sketches exemplify the expertise and international standing of Kameda's doctors.

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**Chief, Breast Center:  
EISUKE FUKUMA, MD**

Dr. Fukuma is a board-certified surgeon with degrees from Iwate Medical University and St. Luke's International Hospital in Japan. He practiced general surgery at the University of Melbourne, specialized in breast surgery, subspecialized in both breast cancer treatment and mammography, and has over 30 years of surgical experience. His English is excellent. Dr. Fukuma frequently trains visiting surgeons from abroad and is highly sought internationally as a renowned lecturer on minimally invasive breast surgery techniques.

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**Chief, Department of Medical Oncology:  
YU OYAMA, MD**

After studying internal medicine, hematology, pulmonary medicine, and critical care medicine at Nihon University and St. Luke's International Hospital, Dr. Oyama was a resident in internal medicine at Philadelphia's Thomas Jefferson University Hospital and then pursued his subspecialties—hematology, oncology, and stem cell transplantation—at Northwestern University Medical School. Fluent in English, he served as clinical director of immunotherapy and assistant professor and attending physician in medicine at Northwestern University before coming to KMC. Dr. Oyama is a member of the American Board of Internal Medicine, the American Board of Hematology, and the American Board of Medical Oncology.



**Chief, Department of Interventional Neuroradiology:  
MICHIHIRO TANAKA, MD**

Dr. Tanaka is board certified in neurosurgery and neuroendovascular therapy, with subspecialties in interventional neuroradiology, cerebrovascular surgery, neuroanatomy, functional vascular anatomy, cerebral blood flow, and metabolism. After training at Yamanashi University, Yokohama City University Hospital, and the National Cardiovascular Center in Osaka, he became a clinical fellow and then an associate professor in Zurich, at University Hospital's Institute of Neuroradiology. Dr. Tanaka communicates with international patients in both English and German.

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**Chief, Spine Center:  
MOTOO KUBOTA, MD**

Dr. Kubota has 30 years of experience in neurosurgery and is fluent in English. He trained and then practiced at Chiba University, Kawatetsu Chiba Hospital, Chiba University Hospital, Chiba Rosai Hospital, and Chiba Emergency Medical Center, and also practiced neurosurgery for several years at Goettingen University Hospital. He subsequently became chief of neurosurgery and then chief of spine surgery at KMC. Board certified by the Japan Neurosurgical Society and the Japan Stroke Society, Dr. Kubota is also a councilor of the Japan Medical Society of Spinal Cord Lesion.

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**Chief, Department of Sports Medicine and  
Institute of Sports Science and Medicine:  
HIROSHI O'UCHI, MD**

Athletes receiving treatment at KMC will want to meet Dr. O'uchi. Dedicated to the prevention of sports injuries, he spends his weekends conducting medical checkups for school teams with his group of sports medicine physicians, physiotherapists, and athletic trainers. Dr. O'uchi graduated from the Tokyo Medical and Dental University and completed an international fellowship at the Taos Orthopedic Institute in New Mexico. Maintaining memberships in the American Orthopedic Society for Sports Medicine and the Arthroscopy Association of North America, he also serves as a medical staff member for the Ski Association of Japan and the Japan Swimming Federation, head physician for the All Japan Winter Sports College, and team physician for the Chiba University of Commerce American Football Team.

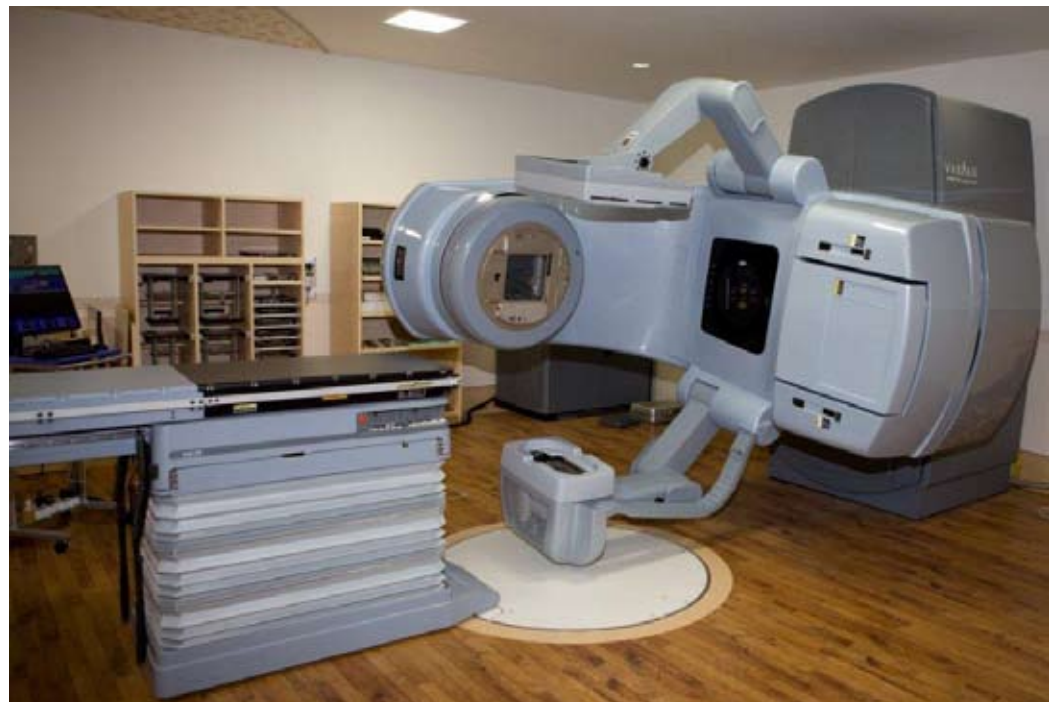
# TECHNOLOGY AND INNOVATION

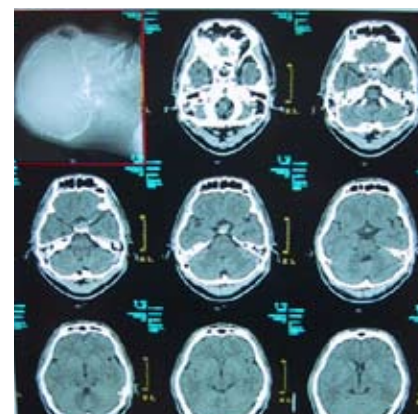
**IF YOU ARE A PROSPECTIVE INTERNATIONAL PATIENT**, you will want to pay particular attention to the state-of-the-art medical technology available. KMC is fully outfitted for high-resolution diagnostic imaging, with the latest magnetic resonance imaging (MRI), PET, and CT equipment. Other examples of specialized technologies in use at KMC include the Oncology Center's Varian Clinac linear accelerators for radiotherapy, as well as polymerase chain reaction (PCR) methods for genetic diagnoses in the Department of Hematology and Oncology.



## PET-CT Center

By identifying lesions with high glucose consumption, PET scanning is extremely effective for detecting cancer. CT scanning provides minute anatomical details. When combined in one machine, the advanced imaging modality of concurrent PET-CT enables three-dimensional data acquisition and fused images of function and anatomy. Surpassing older technologies, PET-CT scanning can find previously undetectable small cancers—80 percent of growths greater than a third of an inch (1 centimeter) in diameter—and help to determine whether the growth is benign or malignant. Catching early-stage cancers leads to more successful treatment.





PET-CT scanning and interpretation requires specialized training in nuclear medicine and diagnostic radiology. More than 9,000 examinations have been performed at Kameda's PET-CT Center since it opened in 2006. The clinical and diagnostic skills of KMC's radiologists are the key to the successful implementation of this outstanding new medical technology.

### PLANET Medical Records System

Kameda is the responsible custodian of your medical information—but the contents of your medical record belong to you. You, your physicians, and your nurses have unlimited access to them; receptionists and clerks at KMC have access only to the scheduling portions. For the past decade, Kameda Healthcare Informatics Institute has supported the medical center with groundbreaking design in PLANET, a secure, Web-based electronic medical record (EMR) system. Patented in Japan, the US, and the European Union, this EMR system has been adopted by 20 other Japanese hospitals, clinics, and private practices.

PLANET allows authorized access via Internet to medical records, diagnostic images, lab test results, and physician notes from anywhere in the world and at the point of care, whether in an examination room, doctor's office, or inpatient room. Patients can even enter information in specially designated pages, enhancing their participation in their own healthcare. KMC patients who preregister for PLANET can also use it to learn more about their own disease, health maintenance, proper nutrition and lifestyle choices, medications, and side effects.

*Note: At present, PLANET is only available in Japanese.*



# FACILITIES

**IN ADDITION TO KAMEDA GENERAL HOSPITAL**, the Outpatient Clinic, and K-Tower, KMC offers other state-of-the-art medical facilities, including a level-I Emergency and Trauma Center, several specialized units for intensive care, and Kameda Rehabilitation Hospital.

## K-Tower

Nowhere in a hospital is a healing environment more vital than in the patient's room. The private rooms in K-Tower are bright and spacious, each offering a private bathroom, Internet access, a sleeper sofa for a guest—and best of all, a panoramic Pacific Ocean view. The warm colors, comfortable furniture, and hardwood floors create a homey atmosphere. Suites are also available.

Although great care was taken to minimize any “institutional look,” the rooms are fully functional in all clinical respects. For example, the designer fabric of the headboard conceals medical ports and outlets. Every room has a touch-screen computer monitor, which you can use to access your

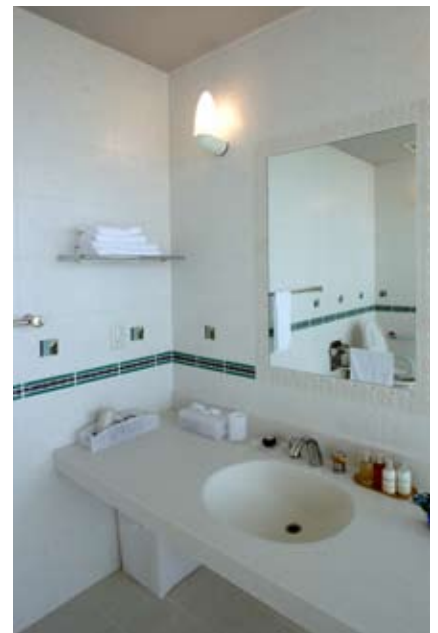




medical records via the PLANET system, as well as information about doctors, medical technologies, facilities, and services.

In addition to the General Floors, two floors are devoted to adult female patients who may be receiving breast healthcare, prenatal care, gynecology or fertility service, support during menopause, or various other medical services. Another floor is devoted to perinatal patients. Rooms on K-Tower's Executive Floor are similar to hotel suites, offering kitchenettes, minibars stocked with fresh juices, Jacuzzis, and the highest level of privacy and security.

As a patient on any floor in K-Tower, you are in control of your own room's temperature, lighting, sound, meal delivery, and visitors. K-Tower combines the finest medical care with five-star service, all at reasonable prices.



## HEALTHCARE COSTS AND PAYMENT

On average, medical care at Kameda costs about 30 percent less than comparable treatment in the US. KMC will first evaluate your needs from your physician's referral letter and copies of your test results or diagnostic images. Your prospective attending physician or surgeon will then discuss your anticipated treatment plan with you. You will be given a fixed, all-inclusive price estimate that includes room charges, meals, and any incidentals; no extra charges will be added unless you agree to a change in the anticipated treatment options. Of course, most foreign patients are not seen in advance by the attending physician. If treatment options change or unanticipated circumstances occur after arrival, these will be completely discussed as early as possible and could affect the initial estimate.

If your care is covered by private insurance, KMC will work directly with the insurer by requesting a pre-approval letter. If you are paying out of pocket, pre-payment by bank transfer of the full estimated amount is required prior to your final acceptance for treatment at Kameda. When you depart, KMC will provide you with a narrative summary and an itemized bill or receipt, both in English.

As with any insurance coverage, there may be limitations to the care that your insurance company pre-approves. Such limitations could apply to deductibles, length of stay, or drug approvals, or be contingent on the provision of translated medical records. Although KMC can provide insurance companies with narrative summaries and operation reports in English as well as category-itemized billings, the medical record itself is in Japanese; but if requested, Kameda can outsource translation of full medical records (at an additional cost).

## Emergency and Trauma Center

Heaven forbid that you will need to go there . . . but if you experience an accidental injury or sudden illness of any sort, you can head directly to Kameda's level-I Emergency and Trauma Center on foot or by car, ambulance, or medical helicopter. KMC's International Patient Services Department can arrange 24-hour taxi service from Narita and Haneda airports or elsewhere in Tokyo. Ambulance transport from Tokyo (for non-life-threatening emergencies) reaches KMC in less than 90 minutes, and Kameda's heliport is open around the clock.

Fully staffed by physicians trained in emergency medicine, the Emergency and Trauma Center handles any type of emergency care, 24/7. The center includes a 24-bed emergency care unit (ECU) and transfers patients to other medical units as appropriate; approximately 750 trauma or emergency patients are admitted to KMC as inpatients annually. Its staff members—many of whom are fluent in English—have ready access to specialists in all fields, maintaining close liaisons with surgery, plastic surgery, and other departments at Kameda General Hospital.





## QUICKGUIDE TO MEDICAL CARE IN JAPAN

If you are not a citizen of Japan, KMC strongly recommends that you bring the following items:

- Valid passport with Japan immigration entry stamp
- Visa and Alien Registration Card, if your stay in Japan will be more than 90 days
- Japanese National Insurance card, if you have one; or, proof of private medical insurance coverage, including a pre-approval letter
- A valid credit card

### Note for Medicare patients:

Medicare does not cover medical care provided outside of the US. It is strongly recommended that medical travelers purchase private insurance. Most international clinics and hospitals require payment at the time medical care is provided.

## Intensive Care

KMC has a total of 64 adult intensive care unit (ICU) beds conveniently integrated with several medical and surgical specialties. In addition to the trauma beds and step-down trauma beds in the ECU, specialized ICU beds are associated with the departments of cardiology (CCU), general surgery (ICU), neurosurgery (NCU), and obstetrics, which maintains a maternal-fetal unit (MFICU) as well as a 24-bed neonatal unit (NICU).

## Physical Therapy and Rehabilitation

Kameda Rehabilitation Hospital serves as a step-down facility, providing convenient physical therapy, occupational therapy, and speech therapy for stroke, orthopedic, and neurosurgical patients who no longer need acute care. These rehabilitation services improve outcomes and ease aftercare for patients and families alike. Rehabilitation patients at KMC also have easy access to medical attention for any condition from the specialists at Kameda General Hospital, located conveniently across the street.

### SAMPLE PRIVATE ROOM RATES IN K-TOWER

General Floors and Women's Floors	Rate
Standard 226-square-foot (21-square-meter) room	12,600 yen (US\$130)
Executive Floor	Rate
Standard 226-square-foot (21-square-meter) room	12,600 yen (US\$130)
484-square-foot (45-square-meter) room	31,500 yen (US\$340)
645-square-foot (60-square-meter) room	52,500 yen (US\$570)

Junior and senior suites are available at additional cost.  
Daily rates are applied regardless of specific times of admission and discharge.  
US\$ amounts reflect the currency exchange rate at the time of this writing.

# SIGNATURE SERVICES



## COMPLEMENTARY MEDICINE

KMC's Department of Oriental Medicine conditions the patient's mind and body to support and encourage resilience, maximize spontaneous recovery and natural immunity, and reduce sensitivity to pain and allergies. Complementary approaches are particularly valuable to patients who need to recover strength before and after surgery; who wish to overcome symptoms of aging or menopause; who seek relief from side effects of chemotherapy or radiotherapy; or who suffer from conditions not fully alleviated by Western medicine, such as tinnitus, vertigo, or migraine.

Outpatient appointments are easily accommodated. Kameda's specialist in herbal medicine can prescribe from a wide variety of Chinese medicines available at the onsite pharmacy. Massage, although not recognized as a medical treatment, is offered as an out-of-pocket option to inpatients and outpatients. (KMC does not offer acupuncture at this time; acupuncture is generally not approved for reimbursement by healthcare insurance in Japan.)

AS YOU MIGHT EXPECT FROM THE HIGH LEVEL of medical services, KMC also provides every conceivable convenience that a patient or visitor might need or want, including a full-service pharmacy (open 24/7 for inpatients), a fully equipped gym, a patient library, cafés and shops, a florist, laundry and dry-cleaning, banking facilities, an onsite bus terminal, and much more. (ATM access is limited to an offsite terminal that accepts foreign credit or debit cards for cash withdrawals.)

## Full-Service Concierge

Kameda's professional concierge staff members are available to all K-Tower patients to coordinate services, accommodate requests, and minimize inconveniences. They can transport your luggage, provide stamps and phone cards, and send faxes or make paper copies. For a small fee, a concierge will even deliver merchandise from shops in Kamogawa City directly to your room.

## International Patient Services Department

Seeking and undergoing medical care can be daunting, especially in a foreign country. With this in mind, all prospective international patients are encouraged to contact KMC's International Patient Services Department when making healthcare arrangements. The department is led by executive vice president for administration and director of International Patient Services, Mr. John Wocher, who has been with KMC for almost 20 years,



and is staffed by an executive assistant fluent in English and two physicians fluent in both Chinese and Japanese.

In addition to assisting with arrangements for visas (if required), transportation, and local hotel accommodations, the staff can facilitate communications throughout KMC and assure that you receive services in a timely and hassle-free manner. If your insurance company will pay for all or part of your treatment at Kameda, the department will coordinate the pre-approval and billing process.





## Dining

No one goes hungry at KMC. At Cafeteria Kai in the Outpatient Clinic, you can savor a good meal and a beautiful ocean view. On the first floor of K-Tower, Tully's Coffee (based in Seattle) offers specialty coffees, espresso, and baked goods, and Mikomiko Bakery tempts any sweet tooth with an assortment of treats. Every floor in K-Tower has a dining room—but the thirteenth floor is a gourmet's delight. The Kirakutei Restaurant serves Japanese and Western cuisine prepared from fresh, local ingredients by some of Kamogawa's top chefs, along with breathtaking views of the city and the Pacific. You can enjoy juices, ice cream, homemade cheesecake, and other desserts in the Delica Shop or take your dessert to the oLioLi Lounge, where you can relax with a flat-screen television and take advantage of wireless Internet service.

## Salons

Patients deserve some pampering. At the Makana Relaxation Room, you can receive a body massage with special ointments to promote blood circulation, or a foot massage to relieve fatigue. On K-Tower's fourth floor, the PonoPono Relaxation Salon takes a holistic approach to the needs of female patients, offering aromatherapy, manicures, and counseling related to special undergarments following surgery. At the Nani Hair-Care and Facial Salon on the fifth floor, you can have your hair cut and styled, and even get a spa-style facial. Nani also offers wig-consultation services and counseling to patients who are concerned about the effects of medical treatments on their hair.

## Pet Lounge

Japanese culture is as pet-centric as Western cultures, and KMC recognizes how reassuring it is to have your beloved pet nearby during medical treatments. Kameda's Pet Lounge provides short stays and even grooming services for globe-trotting dogs and cats, so they can be near at hand for your comfort and theirs.



## Mark Colby, Washington, United States

**MY FEVER BROKE AT 6:00** on a dark December evening, so I decided to take a shower. In the mirror, I saw that I had spots all over my body and that the whites of my eyes were blood red. I had visited the big hospital in Tokyo earlier in the week, where I was told that I had the flu and that the boil on my leg was coincidental, and was simply prescribed some antibiotic cream.

Now, the fever and shaking had come back. My wife drove me to the Emergency and Trauma Center at Kameda Medical Center, where my temperature was taken within minutes of arrival, and I was quickly moved to an examination room. A resident told me that I was dehydrated and started an IV. Less than an hour later, another doctor came in and introduced himself in perfect English. It took him less than ten seconds to make the diagnosis: *"tsutsugamushi byo."* I had never heard of it, which is not surprising, as it is a rare tropical disease. His prognosis: if I had waited another day, I would have died.

My doctor turned out to be a US board-certified physician with a specialty in infectious diseases. Kameda is the only hospital in Japan with JCI accreditation, requiring the resident to call in a specialist. My full recovery took the better part of a year, but I survived, thanks to KMC and its well-trained staff. During my stay, I was very impressed by my beautifully appointed private room overlooking a tropical beach, and by the excellent restaurant (with some of the best wines I have found in Japan). My experience at Kameda was nothing short of fantastic—and they saved my life to boot!



## Samantha E.,\* Chiba Prefecture, Japan

**WHEN I LIVED IN COLUMBUS, OHIO,** I was spoiled by the medical care I received at nearby Riverside Methodist Hospital. But now, after nearly 15 years of living in Japan, I have nothing but praise for Kameda Medical Center. It's only 20 minutes from my home in Kamogawa City—but I would travel hours to be treated there. It's one of the top-ranked hospitals in all of Japan, and it certainly lives up to its reputation.

My family and I have been through shoulder and hip replacements and cancer treatments in Columbus, and open-heart surgery and childbirth at Kameda. My children have been treated at KMC for colds, skin and eye allergies, pneumonia, and other common illnesses. We always make a reservation, rarely wait more than an hour for the doctor's consultation, and then pick up our prescriptions in the same building. The facilities are ultramodern and Japanese-chic, with all floors, chairs, and surfaces shiny and clean. The hallways and waiting areas are uncluttered and beautifully decorated (with none of the odors usually associated with hospitals). As for communication or culture-clash problems, we've had none at all. There is always someone nearby who can provide information in English.

Most recently I was an obstetrics patient at Kameda, during my pregnancy with my fourth child. When I arranged a reservation for the birth in the newly opened K-Tower, I made a point of requesting total peace and privacy for my stay, and that's exactly what I received. My labor was induced on the first day, and I gave birth to my son by early evening; then I recovered for five days in serene comfort. Whenever I needed to leave my room for a test or doctor's visit, someone always led the way and gave me instructions—very professional, yet friendly.

I am not confident in my medical Japanese, but the medical team, especially the lead doctor, used English for any difficult terms during the consultations. I saw him again for my followup about a month later, and he was as kind and helpful as always. The staff even gave me a "celebration dinner" ticket for the restaurant on the top floor of K-Tower. (But with four children, I've been too busy to use it yet!)

The Kameda staff created a warm and peaceful experience for my son and me, even without my family there for support. And the care we received compared favorably to the best I've had in the US. I will go to KMC again, with confidence. I highly recommend it to international travelers and anyone else seeking top-notch medical treatment and facilities. I've had many hospital experiences in both Japan and America, and Kameda is one of the cleanest, most beautiful, most welcoming medical centers I've ever visited.



*\*Patient's actual name and location withheld by request.*

# PATIENT AND VISITOR GUIDE

## JAPAN AT A GLANCE

**Language:** Japanese

**Time Zone:** GMT +9

**Country Dialing Code:** 81

**Electricity:** 100 V, 50/60 Hz, plug type A

**Currency:** Yen

**Airport:** Narita International Airport (Tokyo), Haneda/Tokyo International Airport



## Accommodations

Kamogawa City has several luxury hotels that cater to international travelers, as well as Japanese visitors to this seaside resort. You can arrange accommodations through direct contact, or Kameda's International Patient Services Department can make arrangements for you.

### **Kamogawa Grand Hotel**

820 Hiroba, Kamogawa

Chiba Prefecture, JAPAN 296-0044

Tel: +81 4 7092.2111

Fax: +81 4 7092.3500

Email: [reserve04@kgh.ne.jp](mailto:reserve04@kgh.ne.jp)

Web: [www.kgh.ne.jp/04/english/](http://www.kgh.ne.jp/04/english/)

The Kamogawa Grand Hotel, within walking distance of KMC and many of the attractions of Kamogawa City, began 300 years ago as a small inn but has raised its stature considerably since then. The hotel regularly serves the royal families of Japan and is well known for friendly, well-trained staff. (English-speaking staff members are usually available.) Its oceanfront location ensures magnificent views from every room, and guests can choose between authentic Japanese *tatami*-matted rooms or Oriental-design rooms with beds. Featuring hot springs, grand baths, outdoor baths, and indoor and outdoor swimming pools, the hotel is also equipped with a fancy continental restaurant, bar, music hall, convention halls, and other amenities.

Reservations can be made by using the inquiry form on the hotel's website or by contacting KMC's International Patient Services Department.

### **Kamogawa Grand Tower**

834 Hiroba, Kamogawa

Chiba Prefecture, JAPAN 296-0044

Tel: +81 4 7093.6111

Fax: +81 4 7093.0063

Web: [www.japanican.com/hotels/accessmap.aspx?st=4216008](http://www.japanican.com/hotels/accessmap.aspx?st=4216008)

The skyscraping Kamogawa Grand Tower is a sister establishment of the Kamogawa Grand Hotel and only a two-minute walk away. Like its affiliate, the Grand Tower offers ocean views from every room and large baths. Guests can also use the hot springs at the Grand Hotel. This hotel has fewer foreign guests, with limited English spoken. Reservations can be made by using the inquiry form on the hotel's website or by contacting KMC's International Patient Services Department.

## History of Kamogawa City

Chiba Prefecture is surrounded by water—the Pacific Ocean, Tokyo Bay, and the Tone and Edo rivers—with nearly 330 miles (530 kilometers) of coastline. Its varied scenery also offers mountains as high as 984 feet (300 meters) and the peaceful farmland of the Shimosa Plateau. Kamogawa City is located to the east of the Boso Peninsula in Chiba, and lies between the Pacific Ocean and the Kiyosumi Mountains.

Originally a fishing town called Amatsu-Kominato, Kamogawa City now prospers as a natural paradise in a mild climate with abundant beaches, exceptional seafood, forests, hot springs, and other natural wonders. In recent years, it has become known as a resort getaway for the greater Tokyo area.

Kamogawa City is rich in history and cultural lore. According to one of the most well-known local legends, on the day the Buddhist priest Nichiren Shonin was born, schools of sea breams—normally deep-sea fish—were sighted jumping near the surface of the inlet. This inlet is now called the Bay of Sea Breams, and locals celebrate the miracle of the jumping fish with an annual festival on the birthday of Nichiren Buddhism's founder. (You can still see these protected sea breams in their natural habitat.)



## Local Attractions



**Kamogawa SeaWorld.** Can you imagine a more perfect setting for a marine park than Kamogawa’s Pacific shore? This popular tourist destination offers the opportunity to become intimate with killer whales, dolphins, sea lions, and penguins. Visit the coral reef exhibit and imagine diving in clear, tropical waters filled with flashing fish. The playground, complete with water guns and waterwheels, is a great place to entertain your children. When it’s time to relax, take an imaginary “cruise” while enjoying a meal on the sunny deck.



**Temples.** Seichoji Temple, or Kiyosumi-dera, is the ideal spot to spend a few serene hours. Devoted to Buddhism since AD 836, Seichoji is home to the Thousand-Year Cedar (Sennen Sugi), a Japanese Natural Monument. The bluff of Asahigamori, located within the temple grounds, features Japan’s earliest sunrise and has been nominated as one of Japan’s “Top 100 Most Beautiful Sunrise Spots.”

Tanjoji Temple was built in 1276 to commemorate the birth of the holy priest Nichiren Shonin. Over its long history, the temple has endured earthquakes, tidal waves, and a great fire that left behind nothing but the main temple gate and the wooden statue of Nichiren. The present structure features the world’s largest *onigawara* (roof end tiles), and of course, the surviving statue, housed in the Founder’s Hall.

**Hot springs.** Kamogawa is home to a number of *onsen*, or hot springs. You can enjoy the spring waters—thought to be curative—with a sea breeze at a beachside inn, or in the tranquility of the forest at a mountain hotel. After a nice, long soak in the *onsen* of your choice, feasting on locally caught seafood is the perfect treat.





***Terraced rice paddies.*** Terraced hillsides were once a common sight in the mountains of Japan, but this landscape is rapidly disappearing. Fortunately, the terraced rice paddies of Oyama Senmaida have remained in cultivation. These puzzle-like fields create curvy steps up the mountainside near Kamogawa, preserving the iconic image of traditional Japanese farming villages. Oyama Senmaida has been designated a Prefectural Landmark.

***Hana no eki.*** Not far from Kamogawa, gorgeous fields of flowers extend down to the ocean. At various “flower stations,” or *hana no eki*, you can enjoy picking or purchasing pre-cut wildflowers, such as brilliant yellow *nanohana*, fragrant freesia, and glowing poppies, any time of year.

***Marine sports.*** The local waters around Kamogawa offer sites for fishing, surfing, scuba diving, and beachcombing. Enjoy a leisurely sail on the sparkling Tai-no-Ura (Bay of Sea Breems), or catch a ferry to scenic Niemonjima Island, which was given as a reward to a fisherman, Niemon Hirano, for hiding the great shogun Minamoto-no-Yoritomo after his defeat in the Battle of Ishibashiyama.

***Golf.*** Chiba Prefecture boasts a multitude of scenic golf options. The Kamogawa Country Club (with an Accordia Golf course rating of 70.2), established in 1970, offers aficionados the chance to play 18 holes in a beautiful location nestled between the mountains and the sea. Nearby Hanao Country Club, a private championship-level course, also accepts visitors.



# INTERNATIONAL PATIENT RESOURCES

**KAMEDA MEDICAL CENTER'S MISSION IS TO PROVIDE** world-class health-care in every specialty. KMC offers internationally recognized physicians and surgeons, state-of-the-art technology, and staff who "Always Say Yes!" With accommodations and service you would expect from a five-star hotel, and a scenic location bounded by mountains and the Pacific Ocean, the time you spend at KMC will be a multifaceted healing experience.

Kameda's International Patient Services Department can help you arrange transportation, accommodations, and appointments. Contact them by phone at the number shown below, or fill out a confidential inquiry form on KMC's website.

*"I've had many hospital experiences in both Japan and America, and Kameda is one of the cleanest, most beautiful, most welcoming medical centers I've ever visited."*

—**SAMANTHA E.**,  
Chiba Prefecture, Japan



## CONTACT:

### **Kameda Medical Center**

Kamogawa City, JAPAN

[www.kameda.com/us/](http://www.kameda.com/us/)

[Intl-affairs@kameda.jp](mailto:Intl-affairs@kameda.jp)

+81 4 7092.2211 ext. 3014/3005

(Monday–Friday, 8:00 a.m.–5:00 p.m.,

Japan Standard Time)

### **Patients Beyond Borders**

Chapel Hill, NC, UNITED STATES

[www.patientsbeyondborders.com](http://www.patientsbeyondborders.com)

[info@patientsbeyondborders.com](mailto:info@patientsbeyondborders.com)

+1 919 370.7380

ISBN: 978-0-9843880-3-5

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CAN\$10.25