

Obihiro Pioneer

Tourism and Goodwill Exchange Section Newsletter

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Types of Japanese Medical Departments

診療科の種類

Unlike in some countries where you always start with a family doctor, in Japan you usually go straight to the department/hospital/ clinic that matches your symptoms. Going to the wrong one often ends with them just sending you off without even seeing you. Here are some of the most common departments you will see in Japan along with explanations.

General/Internal Medicine—内科 (Naika)

This is the closest Japan has to general medicine. Doctors here can be primary physicians and can handle colds, flu, stomachaches, headaches, high blood pressure, vaccines, and a number of other simple procedures. If you have a particularly bad issue that requires a specialist, they can refer you to the right clinic and provide a letter of introduction, or 紹介状 (shōkaijō). If you need help and have no idea what is wrong, this should be your first stop. Take note of either your closest naika clinic or your favorite one to know exactly where to go in times of trouble.



If you break your arm, cut yourself deeply, or are in an accident, go here. It's also the place for things that may require surgery like hernias. This is also a general category like naika, so the doctors here can refer you to a specific department if they can't help you.

Pediatrics—小児科 (Shōnika)

This is a department that you want to make the general practitioner for your child. They give medicine, vaccinations, and checkups for children. If your child has a high fever, a cough, a rash, ear infection, or any issue really, shōnika is the first place to go. If your child needs specialized treatment, they can refer you to a specialist just like a naika or geka doctor.



Obstetrics and Gynecology—産婦人科 (Sanfujinka)

This department is for women's health and hygiene, pregnancy, childbirth, reproductive issues, birth control, and more. For example, if you have painful menstruation or just need a checkup, this is the right choice. It is a good idea to have your go-to sanfujinka clinic, since it's better to have a doctor who you know take care of you when sensitive issues arise.

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Types of Japanese Medical Departments

診療科の種類

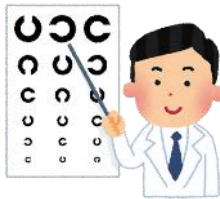
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Ear, Nose, and Throat—耳鼻咽喉科 (Jibiinkōka)

If you have earaches, hearing problems, sinus infections, or a sore throat, this is the place to go. These doctors are more specialized than a general naika doctor, so many people just go straight to one of these clinics when they already know their issue rather than to naika or shōnika.

Ophthalmology—眼科 (Ganka)

The eye doctor. For eye problems, such as vision checks, eye issues from allergies or disease, glasses, etc. If you simply want an eye exam for glasses, you can do so at any glasses shop, but you should only do so if you already have an issue diagnosed by a ganka doctor.



Dermatology—皮膚科 (Hifuka)

If you have rashes, acne, eczema, burns, insect bites, hives from an allergic reaction, or your child has severe rash, hifuka will treat it. This is different than plastic surgery, however. That will require consultation at a 形成外科 (keisei geka) clinic.

Orthopedics—整形外科 (Seikei Geka)

This department handles treatment of bones, joints, muscles, and the spine. If you sprain your ankle, hurt your back, or develop knee pain, this is the right place. This is generally for less “severe” issues that don’t require heavy treatment or surgery, which geka will take care of.

Psychiatry—精神科 (Seishinka)

Seishinka deals with mental health problems such as depression, anxiety, panic attacks, and mental disorders and these doctors can prescribe medicine and provide care and consultation. Since there are so few psychiatrists in Japan in general, they are often crowded and require a letter of introduction.

Psychosomatic Medicine—心療内科 (Shinryō Naika)

Whereas seishinka deals with mental issues, shinryō naika deals with illnesses where the body and mind are connected, like stomach pain and insomnia due to stress, chest tightness, etc. They often work together with seishinka doctors to provide psychiatric help and also usually require a letter first.

Urology—泌尿器科 (Hinyōkika)

This department treats urinary and kidney problems, kidney stones, or prostate issues, want an STD check, or have male infertility concerns. It’s good to get checkups here when you are older as they check your urine for common urological issues.

Respiratory Medicine—呼吸器科 (Kokyūkika)

For breathing-related illnesses such as asthma, pneumonia, or chronic coughs. For example, if you have trouble breathing, wheezing, or a cough that won’t go away. Good to go here if you need help dealing with asthma or bronchitis.

Cardiology—循環器科 (Junkankika)

This department handles heart and blood circulation problems. For example, if you have chest pain, irregular heartbeat, or high blood pressure, suspected heart disease, and so on.



Gastroenterology—消化器科 (Shōkakika)

This is for stomach, intestines, and digestion problems. If you have long-term stomach pain, diarrhea, constipation, or liver issues, heartburn, or get severe food poisoning, this is where you go.

When in doubt, consult your naika practitioner or simply inquire at any clinic or hospital that you think might help. The staff will do their best to guide you on the right path and even connect you to a suitable clinic. Stay healthy, pioneers!

Japanese Corner: Yojijukugo #1

Kanji are...hard. However, they are an essential part of the Japanese language. So vital, in fact, that they are used to represent deep, cultural thoughts in compact literary form. As you know, kanji can be strung together to make a new word, such as 学校 (gakkō, “school”), combining “study” and “school” to make a new word.

There is a special type of combination called a 四字熟語 (yojijukugo), or “4 character compound phrase.” These phrases stem from Japanese history, come from Chinese, or are even modern inventions. Some are used in everyday speech, but even the ones that aren’t are still recognized by most people and carry much more weight to them than saying the same thing in standard speech. In this issue and in future issues, I will introduce some of these phrases and explain a bit about them. I will provide a literal translation followed by a common English equivalent quote or phrase.

にほんごコーナー:四字熟語 #1

● 一石二鳥 (isseki nichō)

“One stone, two birds”, or “killing two birds with one stone.” This phrase is very common and is heard in everyday speech.



● 十人十色 (jūnin toiro)

“10 people, 10 colors”, or “different strokes for different folks.” It’s saying if you have 10 people, you’ll have 10 personalities. Heard every now and then in daily speech. And yes, there are 8 people in the picture.



● 因果応報 (inga ōhō)

“Cause and effect, response and recompense”, or “Karma/just deserts”. Not so common, but everybody knows this concept, so it carries weight when you say it. Originally a quote coming from Chinese and Buddhism.



Movies @ Cinema Taiyo Obihiro

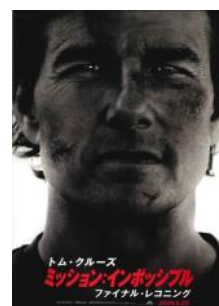
Nishi 3 Minami 11, Obihiro Tel: (0155) 20-1525



Not all movies listed. Times and movies are subject to change.
To confirm, call or check online at: www.taiyogroup.jp/movie/

Title	Lang	Dates
Wicked <i>Wikiddo Futari no Majo</i>	EN, JP	Until 5/8
A Minecraft Movie <i>Mainkurafuto Za Mūbī</i>	JP	All Month
Thunderbolts <i>Sandāborutsu</i>	EN, JP	From 5/2
Anora <i>Anōra</i>	EN	From 5/9 Until 5/22
Mission: Impossible—The Final Reckoning <i>Misshon Inposhiburu Fainaru Rekoningu</i>	N/A	From 5/22

EN = English dub with Japanese subtitles JP = Japanese dub with no subtitles



Mission Impossible—
The Final Reckoning



Did you know?

Tokachi cover
10,831 km², almost
the same size as Ja-
maica or Lebanon!
That’s big enough
to hold over 20 mil-
lion basketball
courts, or 17 Tokyos
(23 wards), making
it one of
the larger
subpre-
fectures within Hok-
kaido!



Events in Tokachi

Please be aware that these and other events are subject to changes. To find out the latest information about these events, please contact the respective organizers or check out their webpages online.

When	What	Where/Contact
5/5 (Mon) 10:00-14:00	35th Taiki Rekibune River Seiryu Koi Norobi Children's Day Event 第35回大樹町歴船川清流鯉のぼりこどもの日ミニイベント Every year, the area around Taiki Bridge is decorated with over 250 flying carp, or a koi nobori, to celebrate Children's Day. It is accompanied by activities on the day of for kids and adults alike, including mazes, carnival games, street dance and music performances, and a slew of kitchen cars and food stalls. Fee: Free (food and certain events cost money)	Taiki Bridge Area @ Taiki 大樹町観光協会
5/17 (Sat) 15:00-16:30	International Talk: Mexico インターナショナル・トーク:メキシコ International Talk is an event where guest speakers give talks about their home countries. This time, Chris from Mexico will give a talk about Mexico's history, culture, food, and much more. Fee: Free	Tokachi International Relations Center @ Obihiro 帯広市観光交流課 0155-34-0122 tirc@city.obihiro.hokkaido.jp
5/18 (Sun) 9:30-15:00	45th Hiroo Azalea Festival 第45回広尾つつじまつり The azaleas are in bloom in Hiroo! There will be fun events, including a shishamo eating contest, guest appearances by Yasu from Hokkaido HBC Car Navi Radio (famous person in Hokkaido), and a jump rope competition where you can win 70000 yen for first place. You can also go up the hillside staircase and get a spectacular view of fields of red and pink azaleas! Fee: Free Registration: [Shishamo eating contest] can register on the day of at the event. [Jump rope competition] requires early registration on the Hiroo homepage. Requires 7 people per team.	Omaruyama Shinrin Park Event Area @ Hiroo 広尾つつじまつり実行委員会 01558-2-0177
5/24 (Sat) 9:00-14:00	Midorigaoka Park New Green Festival 緑ヶ丘公園新緑まつり Explore the joys of gardening and greenery at this fun little event. You can build coasters out of wood, ride a cherry picker, practice repotting flowers, ride a dosanko horse, enjoy local food, and much more! Fee: Free Note: There isn't much seating, so please bring a picnic sheet.	Midori to Hana no Center @ Obihiro みどりと花のセンター 0155-21-3172

Obihiro Pioneer is a newsletter published monthly by the Obihiro City Tourism and Goodwill Exchange Section for residents of the Tokachi District and related parties. The contents of this newsletter do not necessarily represent the official views or opinions of the City of Obihiro.

Obihiro Pioneer can be found at the following locations: Obihiro City Hall, Tokachi International Relations Center, JICA Obihiro International Center, and Cinema Taiyo Obihiro. The digital version can be found on Obihiro City's homepage at www.city.obihiro.hokkaido.jp (search for "Obihiro Pioneer") or by scanning the QR code on the right.

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