

Messages from Graduates

Dr. Miho OSAKO

**Neurologist / Clinical geneticist,
Tokyo Metropolitan Kita
Medical and Rehabilitation Hospital for the Disabled**

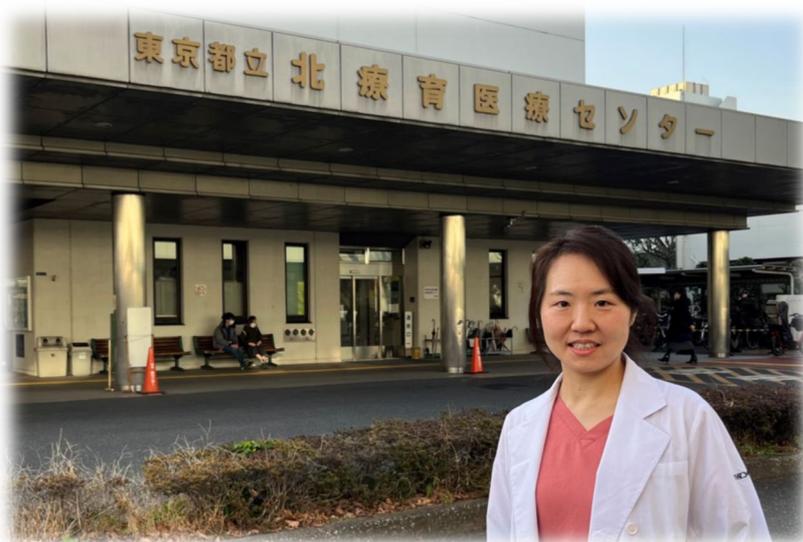
Graduated in September, 2021

Why did you enter the MPH course?

As a neurologist, I saw many people with disabilities due to neurological diseases. In Japan, the number of people with disabilities is rising despite the decreasing population. It is because of the aging population and progress in prenatal medicine. It is also said that these circumstances are testing the healthcare system in Japan. Under these circumstances, I joined the MPH course in order to contribute to building a sustainable society that is inclusive of people with disabilities.

What kind of work do you currently do?

I am involved in caring for people with disabilities and genetic diseases. I manage chronic conditions for people with disabilities and provide genetic counseling.



What is worthwhile about your current work?

Many neurological and genetic diseases cannot be cured completely. However, I am happy when patients with disabilities can enjoy their lives with a sense of purpose, their physical condition stabilizes, and their families' quality of life improves as a result of treatment and the interventions we provide.

How has what you learned at MPH help you in your current work?

I learned how to conduct a clinical study at MPH, which is an important skill for clinicians. I am currently studying pediatric-to-adult health care transition for people with childhood-onset conditions, a common challenge in developed countries.

Please give a message to the MPH students.

It's never too late to try!
MPH will open up many possibilities for you!

TMDU TOPICS

Center for Well-being Research Advancement Kick-off Symposium was held on 29th March, 2023.

On March 29, 2023, Tokyo Medical and Dental University held the Center for Well-being Research Advancement (CWRA) kick-off symposium.

Dr. Benjamin Rosare, former Director for Training and Capacity Building at the Johns Hopkins University Center for Communication Programs (CCP), was invited to participate in this kick-off symposium, which was held for those interested in the issue of well-being and to commemorate the founding of the Center. He gave a special lecture on crisis communication, a critically important issue in corona and post-corona societies.



In 2022, Tokyo Medical and Dental University established CWRA with the aim of solving SDG-related issues in corona and post-corona societies.
Official website: <https://cwra.jp/>



- Q1** Why did you enter the MPH program at TMDU?
- Q2** What did you study (or what did you learn) during the program? What kind of research did you do?
- Q3** What do you want to do in the future? Or, what is your future goal after graduation?
- Q4** What were the good things about the program?
- Q5** Please give a message to those who are considering applying for the MPH program at TMDU.

01 AIPERI ASANBEK KYZY

Q1 I chose to enter the Master's in Public Health (MPH) program at TMDU because of the university's excellent reputation in the field of public health and its commitment to addressing global health challenges. The program's curriculum and faculty expertise aligned closely with my academic interests, particularly in the areas of infectious disease prevention and control and health policy. Furthermore, TMDU's MPH program offers a unique combination of theoretical and practical training, including opportunities for research projects. I was particularly drawn to the program's emphasis on interdisciplinary approaches and the opportunity to work alongside students from diverse backgrounds and cultures.

Q2 During my MPH program, I studied a wide range of topics related to public health. The program's core curriculum covered areas such as epidemiology, biostatistics, health systems and management, and environmental health, which provided me with a comprehensive understanding of the foundations of public health. In addition to the core courses, I had the opportunity to specialize in immunization, which is an area of public health that I am deeply passionate about. The specialization covered topics such as immunization program planning and evaluation, vaccine acceptance and demand, as well as the epidemiology and control of vaccine-preventable diseases. I also gained practical skills in immunization program management, monitoring, and evaluation through a research project.

Q3 My future goal after graduation is to pursue an academic career in public health, particularly to collaborate with TMDU and Osh State University to establish a joint research project in Kyrgyzstan. I am passionate about using my knowledge and skills to make a positive impact on the health of communities in low-income settings. I am committed to continuous learning and professional development to achieve my goals, and I believe that pursuing a career in global health will allow me to make a meaningful difference in the lives of people around the world.

Q4 One of the great things about the MPH program that I attended was the opportunity to participate in lecture series by prominent public health professionals and researchers from renowned institutions such as Harvard and Johns Hopkins. These lectures provided a valuable opportunity for me to learn from experts in the field, gain new insights, and stay up-to-date with the latest research and trends in global health.

Q5 The MPH program at TMDU is a golden opportunity for students to receive a top-notch education in public health while soaking up the vibrant culture of Tokyo. On top of that, the program will offer students the opportunity to collaborate with the newly opened Center for Well-being Research Advancement and professors from Johns Hopkins University.

I am confident that this collaboration will open the door to unique experiences and allow students to gain a deeper understanding of global health issues.

04 YASUSHI TAKAHASHI

Q1 As a scientist and full-time worker in the global pharmaceutical industry, having an international learning environment like this program in Japan was very attractive. Unlike other MPH programs, this one focuses on a "global" perspective. The team of professors was also very diverse and had professionals in each field, from research to business. To be a global leader in healthcare, I believed this was the program worth spending two years on.

Q2 In honesty, I have learned about a variety of global public health perspectives that I was not aware of. The program made me realize that creating a healthier world requires not just the medicinal or clinical approach but more weight on the social system, environment, logistics, communication, and politics.

Q3 With inspiration from the program, I will continue to pursue my career in the pharmaceutical industry. Although medicine and vaccines are only one component of the public health system, they are a critical driver in the fight against or prevention of disease. Focusing on preventive medicine and its eco-system development with a mix of global public health and industry perspectives will be my near-term ambition.

Q4 Obviously, the diversity of colleagues from all over the world. Just through discussion among students, I have learned so much and realized how the norms of health and its systems are different country by country.

Q5 This is a fantastic program to understand "global" public health. You will have the opportunity to interact with professionals who works across the world and to acquire the skills to create a "healthy" world.

02 FLORET MAAME OWUSU

Q1 After working outside the city as a medical doctor in Ghana, I realized the need to solve health-related issues right in the community and not only in the consulting room. Health promotion and advocacy gradually became a passion, and I knew studying public health was going to give me the tools needed to make this a reality. Having done a medical internship at TMDU in the past and learning so much, I knew I had to do my MPH there.

Q2 The first year kept us occupied with lectures from very knowledgeable professors. We had multiple presentations in class which required extensive research, and this made me realize how much my country lacks in terms of public health research. I also learned about the health systems of various countries, especially Japan, which I found enlightening. For my thesis, I did a qualitative study on the factors that affected the well-being of Ghanaians in Japan during the COVID-19 pandemic.

Q3 In the future, I would like to work as a public health physician and improve health systems and access in Africa through research.

Q4 My MPH class had students from very diverse occupational backgrounds and from different countries, and this helped us learn from each other and see things from perspectives we never thought of.

Q5 The courses in the MPH program have been carefully selected, and every single one of them provides so much insight on public health research and global issues related to health. This will help you succeed wherever you find yourself after graduation. Joining this program will also give you the rare opportunity to meet and connect with renowned professors from different parts of the world.

05 PICHAYA JAROONGJITTANUSONTI

Q1 MPH at TMDU offered the course that suited my interests, especially in global health. I was looking for the MPH class in Japan that is provided in English, along with the engrossing curriculum that allows us to develop critical thinking skills.

Q2 My research was about Myanmar migrant health in Thailand during the COVID-19 pandemic. Conducting the research during the program helped me understand the basic research process, especially the biostatistics, and also allowed me to explore deeply into the topic I was interested in.

Q3 I look forward to applying for the international health organization either in Japan or other countries if the opportunities allow. I had an interest in pandemic preparedness, international health prevention, and migration. Therefore, these fields were my goals to work on in the near future.

Q4 The MPH at TMDU provided the flexible schedule so that we could spend extra time on our own research. Through collaboration with Harvard University and Johns Hopkins professors, we students get to experience lectures and deep discussions with them. More importantly, all the supervisors and Sensei in our class were really kind and guided us well through the semesters.

Q5 The program was a great opportunity to start with the basics of research coupled with healthcare knowledge. If you are looking for a class that gives you the opportunity to explore healthcare worldwide along with basic research, this will be the class for you.

03 KHAM DAMOV IKHTIYORJON

Q1 There are several reasons why I have decided to choose TMDU and the MPH program. Initially, TMDU's MPH program is designed to provide students with a solid foundation in the principles of public health, epidemiology, biostatistics, and health policy. The program aims to equip students with the skills and knowledge they need to address public health challenges around the world. Additionally, TMDU is a well-respected institution with a strong reputation for excellence in research and education, making it a desirable choice for many students interested in pursuing a career in public health.

Q2 I had the opportunity to learn about a range of topics related to public health, including epidemiology, biostatistics, health policy and management, environmental health, social and behavioral sciences, and global health. Furthermore, during the course, we were able to work on a particular area of public health, such as infectious diseases, chronic diseases, or health promotion. My research was related to environmental problems and their health impacts. With my supervisor, Takeo Fujiwara, we conducted a study to learn about the possible relationship between the shrinking Aral Sea and the prevalence of cardiovascular disease among the population of target regions.

Q3 I have decided to continue my studies in a doctoral program at TMDU. Since the leading cause of death in my home country, Uzbekistan, is cardiovascular disease. I want to investigate the main features of the diagnosis and treatment of cardiovascular disease in Japan and contribute to decreasing the mortality and morbidity of circulatory disorders in my home country.

Q4 First and foremost, the MPH program covers a broad range of topics in public health, providing students with a comprehensive education in the field. This can prepare students for a wide range of public health careers and give them a strong foundation for further study or research. Moreover, the program brings together students and faculty from diverse backgrounds and disciplines, providing opportunities for networking and collaboration. This can help students build professional connections and learn from experts in the field. Last but not least, graduates of an MPH program can make a significant contribution to public health by using their knowledge and skills to address public health challenges and improve the health and wellbeing of individuals and communities.

Q5 If you are considering applying for the MPH program at TMDU, I would encourage you to carefully consider your academic and career goals, as well as your interests and passions in the field of public health. TMDU's MPH program offers opportunities for practical experience, networking, and professional development, which can help you build the skills and connections you need to succeed in the field. If you are passionate about public health and want to make a difference in the lives of individuals and communities, then the MPH program at TMDU may be the right choice for you. I wish you the best of luck in your academic and professional pursuits!



Messages from New First-Year Students in Fall 2022

Name
SMITHA YELLAYI



Country
America

Previous affiliation
Premedical student

Comment
I joined the MPH course because I was looking for a way to combine my knowledge of Japanese with my interest in mental health. I was really happy to have found the program, and so far, the classes have been very informative. I can understand public health from not just a Japanese perspective but also a global perspective, as my classmates also provide opinions and ideas that I could have never thought of had I just continued my education in the United States.

Name
ADEWUNMI OLUWASEUN ADEBAYO



Country
Nigeria

Previous affiliation
Clinical Lead, Emergency Response Africa (ERA)

Comment
TMDU is acclaimed for stimulating and building talents in all diversities, helping them to become leaders and trailblazers with the highest scientific excellence and technological proficiency. It is why I decided to enroll in the MPH Course as I am ardent about making an impact in the healthcare space, both locally and internationally.

Name
BASMA ABUHADRA



Country
Libya

Previous affiliation
Dentist

Comment
Working at a public dental center in Libya has allowed me to witness people suffering from diseases that could have been prevented or may have had a better prognosis if diagnosed earlier. Since then, it has been a dream of mine to work with WHO to be part of the change in the world by identifying the causes of several diseases, preventing them, understanding the risk and protective factors, and decreasing the burden on the medical system. I realized that pursuing a master's degree in public health would help me achieve it. TMDU has one of the best-designed MPH courses and is considered one of the most prestigious universities worldwide. So applying to this course will allow me to gain the tools and knowledge that I have been aspiring to acquire, and provide me with a global perspective on public health issues. Furthermore, my interactions with my fellow classmates, who come from diverse backgrounds, will provide me with valuable international experience.

Name
LIU KUANTING

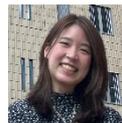


Country
Taiwan (ROC)

Previous affiliation
Taipei Medical University

Comment
It's a very good chance for me to study the master's degree in public health at TMDU. I really enjoyed the lessons and the resources at TMDU. Not only am I able to gain a great deal of knowledge and experience from the professors, but I can also discuss the public health issue with my classmates from different countries and backgrounds. The resources in school also let me learn about public health really well. I could read the journals I'm interested in and discuss them with the senior students in our seminar. I'm really glad to be here, and I keep improving.

Name
PRANGKHWAN JIARANAISILAWONG



Country
Thailand

Previous affiliation
Faculty of Medicine (Siriraj Hospital), Mahidol University

Comment
As a general practitioner, I would like to improve the health and quality of life of all people. Public health plays a critical role in helping everyone, no matter who they are, achieve a better life. So, I believe that studying in the MPH course at TMDU will help me fulfill my goal of improving community health.



Messages from New First-Year Students in Spring 2023

Name
SHINYA IIMURA



Country
Japan

Previous affiliation
Global Health, Global Public Affairs
Takeda Pharmaceutical Company Limited

Comment
I am thrilled to be starting my MPH journey at TMDU. With a Ph.D. in organic chemistry and years of experience in the pharmaceutical industry, I am excited to bring a unique perspective to the field of public health. I've always been passionate about global health, and I'm eager to learn more about the complex issues surrounding public health and to contribute to better health for all.

Name
YOSHIKO MIZOGUCHI



Country
Japan

Previous affiliation
Dietitian at a charity hospital in Cambodia

Comment
I am pleased to be one of the TMDU MPH students. As a dietitian, I have worked in Japan to provide food assistance to the poor by utilizing food loss, and in Cambodia to provide nutritional care for pediatric cancer patients, NCD patients, and pregnant and nursing mothers. I hope to contribute to a society where people can maintain good health through a proper diet.



Name
ADIMAH SANDRA ENYONAM



Country
Ghana

Previous affiliation
Kwame Nkrumah University of Science and Technology.
(St. Karol School of Nursing)

Comment
I'm very excited to join the TMDU Master of Public Health in Global Health Promotion Program. Also, I deem it an honor to learn from globally acclaimed professors and share my experiences with the global community represented by students from all across the globe. The global perspective of the TMDU MPH program holds the potential to broaden my scope of professional practice and enhance my understanding of global health policies and implementation. I am happy to join the alumni community to share my experiences.

Name
ABDULLAEVA GULNOZ



Country
Uzbekistan

Previous affiliation
Medicine

Comment
I chose TMDU after reading information about the university on its website. I was specifically interested in the MPH course, as I was impressed by the diversity of lectures, modules, and lecturers. I think this course will help me better understand the current problems and successes in the public health field.

Name
DAY ROBERT LEWIS



Country
UK

Previous affiliation
Japan Science and Technology Agency

Comment
As someone without a medical sciences background but with a keen interest in health issues, I was pleased to find a course which welcomes students from a wide range of academic fields. This particular program is also unusual within Japan for its international outlook, and I have been impressed by the rich cultural diversity among my classmates. I look forward to learning with everyone.

Birthplace & Number of MPH Course

Number of people

Date	Students	Graduates
2023.4	23	27

Birthplace of people

(Students / Graduates)
● Students ● Graduates

