

There are a wide variety of exchange programs for young people at different levels. TMDU students and young researchers improve their skills by participating in training programs abroad.

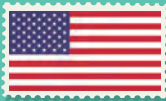


Reports of TMDU Students in the World

Report 01
Travels



Mitsuru Mukaigawara
6th year student, Faculty of Medicine
Clinical Clerkship at Harvard Medical School



STIRRING UNCERTAINTY, travels remind us of who we really are. On a beautiful sunny day when the cherry blossom season reached its peak along Boston’s Charles River, I received an email saying that a doctor who had always been kind and helpful to me had successfully entered the US’s top residency program. I was as happy as I had ever been, as if it had been I who had been given such a wonderful opportunity. She was also a graduate of this TMDU-HMS program. The connections she made during her days in Boston backed up her success, the message

continued. Happiness soon turned into impatience. In this world, the measure of power is connectedness, as Anne-Marie Slaughter noted [1]. My days in America’s best hospitals had been fruitful, but I had not been as ambitious as my doctor friend had probably been. Restless and at loss, I emailed her: “Do you have any career building tips for me during my days in Boston?” Her response was the most beautiful message I had ever received. “Appreciate opportunities given to you every day, concentrate on your daily activities, and share your



TMDU-HMS Program Class of 2012.



Prof. Grand (right), the first pediatric gastroenterologist in New England.

thoughts about what you believe is your mission at every opportunity possible. Those who feel like supporting you will be sent into your life.” Since then I have followed her advice, which made all the difference to my life in Harvard. A professor whom I met in an outpatient clinic kindly set up a chance to talk with the world’s renowned experts whom he thought I should meet in Boston. “I can break the ice for you”, he smiled to me, after listening to my stories about the mission I had in mind. A resident whom I worked with even called me after work to discuss my career development. Only with my friend’s advice could this all have been possible. Her blessed words gave me the opportunity to broaden my perspectives and to understand what my mission really was. So my advice to TMDU students, if I am entitled to give any, is to utilize a number of opportunities in front of you to study abroad and to widen your horizons. A passion for studying abroad

cannot fuel you for the entire six years, but believe me, your days in distant regions of the world will make you listen to your heart, and that is where you will find your treasure. In so doing, you must dive into uncertainty. After all, back in Tokyo, I am still stirred in uncertainty. In Boston I decided not to apply for residency programs in Japan instead, aspiring to spend a year in a resource-limited area to help provide health care as a human right.

Making such a decision was of course challenging, but that was what I found as my mission during my days in Harvard. Most importantly, as Paulo Coelho beautifully crafted: “Making a decision was only the beginning of things. When someone makes a decision, he is really diving into a strong current that will carry him to places he had never dreamed of when he first made the decision.” [2] Through my precious experience in

the TMDU-HMS program, I firmly believe that travel reminds us of who we really are. The journey ahead will not be easy, but in times of difficulties, I believe I can pave the way for the future, with my senior classmate’s advice in mind.

References
[1] Slaughter, Anne-Marie. America’s edge: power in the networked century. Foreign Affairs 2009;88(1):94-113.
[2] Coelho, Paulo. The Alchemist. New York, NY: HarperCollins, 2006.

Report 02
My stay at Imperial College London



Megumi Tanozaki
4th year student, Faculty of Medicine
Exchange program in UK



ALMOST A YEAR has passed since my stay at Imperial College London. It was a life-changing opportunity that most medical students unfortunately do not have the chance to experience. I hope this short essay will explain my precious days in London. My first experience of research took place in the Anaesthetics Department of Chelsea and Westminster Hospital. The research was concerning a nociceptive receptor called “TRPV1 channel” which is found in hot chili pepper. “Capsaicin” is a well studied ligand which provokes pain through the channel and it is known to cause depolarization in the cell. I used electrophysiological techniques to compare the role of Capsaicin and a ligand called “Anandamide” which is not yet fully understood but has potential anaesthetic benefit. My supervisor was very supportive and let me explore within the study to really get to grips with the topic. He even took me to his classes several times, and there I was treated as one of the students. I was amazed at their presentation skills and the eagerness they displayed in class discussions. The lab members were also cooperative and they were always curious to know how my experiments were progressing, and

they gave me didactic advice. I was also given a chance to encounter clinical medicine as well. The hospital held weekly grand rounds where interesting cases were discussed. One day, a Japanese tutor from another hospital took us on a hospital tour for half a day, which also helped me understand the medical system in the UK. Although it was my first experience of living alone, I never felt isolated during the stay. The exchange seniors who formerly came to TMDU took care of us and we helped the next exchange juniors from Imperial back in Japan. I was constantly intrigued by the sense that I was surrounded by such a multicultural community. Indeed, the atmosphere in London is so different from Tokyo in that wherev-



I joined many tours for international college students while I was in England.

er I went I found shops or people from all over the world! Life in the dormitories was full of exciting events and weekly English sessions in the campus were a great help for me in improving my English. I also belonged to the dance society and I cannot thank them enough for the memorable times we had. Finally I can confidently say that the tight bond I made with the people during my stay is the most precious thing I got from this experience, and I am only too happy to keep in touch with them. I would also like to thank all the people who have supported me and have given me the chance to have this wonderful experience.



My supervisor’s class.



Farewell party thrown as a surprise from the members of the dance society.

Report 03

From the antipodes of the earth—Chile



Masayasu Sega
4th year student, Faculty of Medicine
Project Semester in Chile



WE HAVE BEEN in Chile since October for our project semester, which is a part of our curriculum. I am now studying in a Laboratory of Oncology and Molecular Genetics, which belong to a hospital Clinica Las Condes (CLC). It has been a good opportunity for us to study and live in Chile, which is geographically one of the farthest countries from Japan.

Six students from TMDU have been in Chile in this program. Three of us go to CLC, and the other three students go to University of Chile. This program in which students can study here in Chile started in 2010. There is an office, the Latin American Collaborative Research Center (LACRC), in CLC. LACRC is one of TMDU's overseas activity centers and it is a product of the collaboration between TMDU, CLC, and the Chilean Ministry of Health. We are learning a lot of things and spending a great time in Chile thanks to this collaboration.

CLC is located in Las Condes, which is in the east side of Santiago. Santiago is growing larger and larger and there are many new buildings and houses in the east part. There is also a region

called Centro, where there are many historical buildings. Santiago is surrounded by mountains, so the climate changes very much by season. When we came to Santiago, it was spring and we faced some cold days after several warm days. Now it is summer with a lot of sunshine and the temperature is reaching around 35 degrees on hot days.

Under the great environment we are doing experiments in each laboratory under the supervision of the members of each laboratory. The topic of my project is about colorectal cancer (CRC). Here in Chile, CRC is one of a big health issues and people here endeavor to find a solution to improve the situation. It is very interesting for me to be involved in an ongoing field because before this project semester, most of the classes were lecture styles. Of course I



I cooked Japanese food for my host family.



I had a chance to observe endoscopic surgery at CLC.

have a lot of things to learn, I am always trying to find a way to contribute to the project. Also, before this project, I had little experience to think as a scientist who is standing very close to the clinical medicine. Now I have much clearer image of what it is like to do research activities and the way of thinking as a scientific researcher in medical field.

The research activities are very interesting, and there are also many other interesting aspects in my life in Chile. The biggest change of environment for me is the fact that Spanish is the main language spoken here. I am home staying with a Chilean family. At home, I can only use Spanish to communicate with family members. The situation is same when I go to a supermarket and have to ask a place of some merchandise. When I had just arrived, I could speak so little Spanish that I almost could not communicate without using my dictionary. After three months, I still have to use my dictionary for new words but I can feel my Spanish is improving in my daily life. To acquire new



With members of Laboratory of Oncology and Molecular Genetics.



At the research progress report meeting.

language means that we can expand one's world, so putting myself in a place only Spanish is spoken has been also a good challenge.

Of course I think we have to find ways to make use of all our experiences after we go back to Japan, and I am thus sure that what we have seen and learned are

going to be valuable experiences and broaden our capabilities. Here, I would like to thank everyone who supported us for this program.

Report 04

Studying in a country far removed from Japan



Sayaka Oki
4th year student, Faculty of Medicine
Project Semester in Chile



I HAVE BELONGED to the laboratory of Cellular and Molecular Neurobiology of the University of Chile from last October. It is not easy to explain my study, but to put it simply our group has been trying to discover how genes contribute to the development of neurons in human brains.

As you know, there are numerous neurons in a brain and each neuron has a different projection target. It is the combination of transcription factors expressed in each cell that decides this projection target. There are many kinds of transcription factors, but different cells have different expression levels of them.

I do immunofluorescence with brains of young mice and try to determine the populations of cells which have a unique combination of expression of transcription factors. The theme is not easy for me to understand, but I have been interested in neuroscience and neurobiology and I'm glad to be part of this lab.

Chilean people are very kind. My colleagues in the lab explain things to patiently when I have questions. In my lab, many people can speak English fluently. Sometimes their pronunciation sounds like Spanish, but it's not a big problem now. I feel the importance of English in the science field as a common language. My lab mates sometimes bring me to the Chilean restaurants. In Chile, lunch and dinner times are later than in Japan (they always eat lunch around 13:00 and dinner around 8:00 to 22:00) So I am worried about my weight a little, but I enjoy Chilean food.

We have some friends who are studying Japanese at University of Santiago. They took us to Vina del Mar, which is a resort city near Santiago, and we spent New Year's Eve there. In Chile, on New Year's Eve fireworks are set off in some places. My friend told me that the fireworks in Vina del Mar were ranked as the second most beautiful fireworks all over the world and over two million people came there to see it



Chilean friends at the Flower Clock in Vina del Mar, a resort city near Santiago.

every year. We watched wonderful fireworks over the sea and danced after that. This is the common way to celebrate the New Year in Chile. I think the New Year's Day is a quiet day in Japan, so I was surprised with the difference but we enjoyed the night.

Through my experiences in Chile, I have come to think about Japan more seriously and frequently. For example, the Chilean economy is now good because they export copper to foreign countries. But people in my lab say they are short of money because money is used for other fields which are more profitable and the budget for the education is not enough.

Then how about Japan? I have heard similar complaints in Japan, too. I find that in order to improve the level of academics, we need not only brilliant people but also a supportive environment. I think we should not try to gain only an immediate profit and must consider what really works for the further developments of our country. Until I came to Chile I had not thought about Japan so seriously. I think it is one of the good points of studying abroad to be able to get a new viewpoint on your home country.

Living in Chile, I sometimes face difficulties but I believe they will help me mature. I hope I can make use of these experiences in the future. Finally I would like to thank everyone who has helped organize this project for their wonderful support.



My presentation in the research progress meeting with Chilean and Japanese teachers.

Report 05

Study at Seinajoki University of Applied Sciences in Finland



M. Kobayashi, S. Ito
3rd year students, Faculty of Medicine
Study program in Finland



STUDENTS OF THE School of Health Care Sciences have an opportunity to take part in a program held at Seinajoki University of Applied Sciences (SeAMK) in Finland. Since starting this program, students who are interested in the studying abroad have visited Seinajoki and learn a lot of things, for example, the Finnish health care system, their culture and so on. This year, eight of us participated in the program, staying at SeAMK for two or three weeks in September, 2012. All of us are majoring in nursing or medical technology.

Written By Momoko Kobayashi
3rd year student, Nursing Science

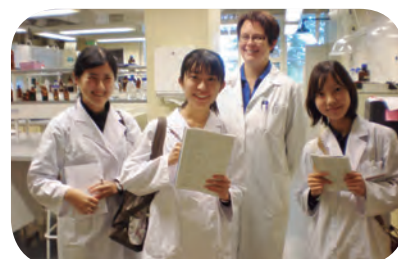
From 2 to 22 September, 2012 I participated in the intensive program at Seinajoki University of Applied Sciences (SeAMK), School of Health Care and Social Work. I visited there with my classmates, Haruka Ishihara, Aki Echizenya, Akari Nakamura and Chihiro Honma. Chihiro and I received a scholarship from TMDU for our studies.

In Finland, although the citizens pay a

high rate of tax, they can get many services from the government and municipalities. So my purpose of this training was to see what differences if any, exist in health care between Finland and Japan.

During my 3-week stay, I visited health care centers, the central hospital, elderly care facilities, kindergartens and so on. I also participated in lectures for international nursing students. And over the weekend, I stayed with a Finnish family.

Not only in Japan but also in Finland, there are problems due to an aging society. In Finland, using home care nursing services, elderly people can live their homes as long as possible. And if they come to live in elderly home, they can live in the facilities that are like their own home. On the other hand, the situation about birthrate is different from Japan. It's increasing in Finland. Through the visits to child care facilities, I felt that there is a lot of support for child raising. So many women go out to work if they have children. And parents don't have to worry about education expenditures very much. Through



Ms. Meria taught us at Food WEST. From left Koyanagi, Hamada, Ms. Meria and Ito.

the visits to these facilities, I felt that Finnish people put a great deal of value on maintaining quality of life and enjoying their lives.

By this training, I learned that to think about the quality of life is very important in our life. I thought it's my subject to think about the QOL of patients and their family.

Written by Saki Ito

3rd year student, Medical Technology

I participated in this program with other two students of medical technology, Satomi Hamada and Asuka Koyanagi. Our purpose was to learn about Finnish culture and their health care system. During our stay, we visited some laboratories and health care facilities to study their scientific skills and the system for health care. We also had homestays with Finnish families and a lot of contact with SeAMK students. By discussing each country's culture, I learned a lot about their daily life and some Finnish foods. So I found many different points between two countries. Through

Aki Echizenya making a presentation about Japan for SeAMK international students.



With SeAMK students in their uniforms. From left; Echizenya, Ishihara, Homma, Kobayashi and Nakamura.

a lot of encounters, I could study about Finland and I thought we should continuously keep these traditional things in the future because each country had a unique and wonderful culture.

During our visit to Seinajoki Central Hospital, we visited four kinds of laboratories and learned about the medical technology in Finland. Most of examination methods were not so different from Japan, but I was surprised by how safe the equipment for medical technologists and patients is in Finland. Many items were disposable and expensive,



Homestay with a family in Kuortane.

but their use helps prevent medical accidents. And also I learned about how the health care system is supported by Finnish people. I understood that by supporting each other, they kept their

Report 06

Overseas Training Program in Thailand



Keitetsu Kure
4th year student, Faculty of Dentistry
Training program in Thailand



FROM SEPTEMBER 3 to 9, we took an overseas training course in Thailand, where we learned about the situation of dentistry in Thailand and conducted an oral health education class for Japanese kindergarteners living in Thailand. In addition, we visited local dental clinics and met students at Chulalongkorn University (CU) and Srinakharinwirot University (SWU). Our precious experiences there were really exciting.

Firstly, concerning the dental situation in Thailand, Dr. Thongchai at CU gave a lecture to us. According to his lecture, the number of dental offices in Bangkok is lower than that in Tokyo and the system of unified departments for dental practitioners started only 10 years ago. To our surprise, dental nurses, the profession that works there instead of oral hygienists, can support dentists in Thailand at present. In addition to normal work oral hygienists do in Japan, they can provide prevention and simple treatment to children after 2 years training. Dr. Thongchai taught us many other things about the dental situation in Thailand.

As for oral health education, we went

to Rainbow Kindergarten, which is for Japanese children living in Thailand. We put on a puppet show about the importance of washing one's hands and brushing one's teeth using characters from Snow White. After that we showed them how to wash their hands and brush their teeth as hands-on experience. They seemed to enjoy our teaching. Since that was the first time for us to do oral health education for children, it benefited us tremendously.

We visited several local dental clinics such as Fuji Japan Dental Clinic, which is for Japanese patients living in Thailand; DENTALAND, which is for native Thai patients; and Bangkok Dental

health. It was a valuable opportunity for me to feel the worth of helping each other and a role of medical technology.

Thanks to the great amount of support provided to us, I could enjoy learning about Finland and also understand the good points in Japan. I found the importance of seeing the world from different points of view, so I would like to try to realize many thoughts and improve myself. Finally, we'd like to express our sincerest thanks for the people who supported our opportunity stay in Finland.



After our lesson on oral health education at Rainbow Kindergarten.

Imaging Center, which has an up-to-date imaging machine, one of only 10 such machines in the world. The teacher at CU guided us during the tour. He gave us a feel for what it is like to work at a Thai dental clinic, such as the number of patients coming there per day, typical office hours, the systems of clinics, and so on.

With regard to the student exchange between CU and SWU, we met 6th-year dental students at both CU and SWU. They showed us around each university and it was good opportunity for us to communicate with Thai stu-



We visited the Wat Phra Kaew temple.

dents in English. All of them were very kind and generous with their time.

For our sightseeing, the CU students also showed us around the Floating Market in the suburbs of Bangkok and Wat Pho and Wat Phra Kaew, which are the most famous temples in Bangkok, on the weekends. It was a lot of fun! We really appreciated their kindness and still keep in touch with them. And what's more, we could spend a wonder-

ful time talking with students studying Japanese at SWU. We talked about Japanese culture in Japanese with them. They really love Japan.

We experienced many, many precious things at our overseas training course in Thailand. Moreover, we could know the dental situation in another country for the first time and the experience seemed to show us what to study as dentists in the future.

Thanks to our experience, we decided that we will study much harder and visit more overseas countries to drive to be dentists who can be internationally active with some global views and perspectives. We deeply appreciate to the overseas training which led us to think this way.

Lastly, we wish to thank all of the teachers and students of TMDU, CU, and SWU. Thank you ever so much!



I enjoyed the great outdoors by taking casual hikes and going horseback riding at Terelj.

and future trends in Asian countries.

I went to the suburbs on the weekend, and I enjoyed the great outdoors by taking casual hikes and going horseback riding. In the capital city, Ulaanbaatar, people have a lot of stress in their daily life. The city is crowded, has traffic jams, a lot of air pollution and joblessness as a result of the rapid development of country.

I was also able to visit the State Dental Center and a general dental clinic in Ulaanbaatar thanks to the courtesy of the HSUM teachers. Nowadays in the Ulaanbaatar, an increasing number of cavities have become a serious problem, especially among children. In rural areas, people suffer from periodontal diseases

Report 07

Newly Established Dental Hygienists in Mongolia



Rei Muroga
3rd year student, Graduate School
Training program in Mongolia



I VISITED THE School of Dentistry of the Health Sciences University of Mongolia (HSUM) for 48 days. The main purpose of my visit was to study the situation regarding dental hygiene education in HSUM, which was implemented as a four-year bachelor's program in 2010. Sometimes I presented information about dental hygienists and dental hygiene education in Japan to HSUM students and teachers. At this time in Mongolia, only HSUM has a dental hygiene school. In addition, there are only two dental schools in the country: HSUM (a national university), and Ach Medical University (a private university). There is a plan to shift the length of dental education from present five years to six years.

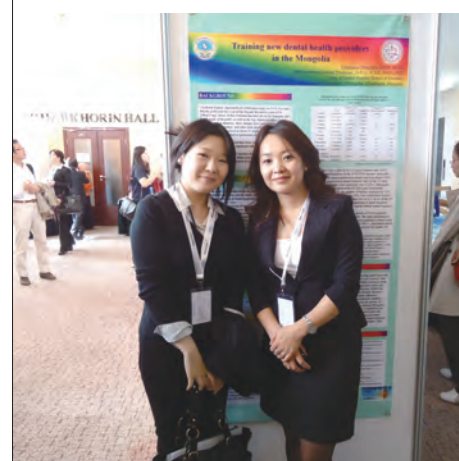
The number of registered dentists in Mongolia is 1,318, but only 650 are active dentists now. Also, 485 dentists work in Ulaanbaatar, mostly at dental clinics. In rural areas, dentists mainly work in hospitals. Other dental health care providers are dental technicians (three-year program) and dental nurses. To be a dental nurse, you have to take a special course after becoming a nurse.

In addition, I joined the "10th International Conference Asian Academy of Preventive Dentistry (ICAAPD)" and "International Conference Dedicated to the 70th Anniversary of Health Sciences University of Mongolia." I was able to share information about the education of dental care providers and preventive dentistry, in terms of current practice



At a lecture room in HSUM with dental hygiene students. We exchanged information and opinions concerning dental hygienists in each country.

At the ICAAPD poster session, with an HSUM dental hygiene teacher (right).



rather than cavities. In response to these situations, Mongolian government has implemented a "National Oral Health Program." At the State Dental Center, dentists and other dental care providers work hard to treat many patients who stand in line in front of treatment rooms.

In the Department of Preventive Dentistry, dentists often apply diammine silver fluoride to early decayed teeth of children, and dental nurses educated children and mothers how to brush teeth and have good daily habits, etc. But the supply of dental products does not stable, because almost every product is imported.

In other departments, there were many cases of tooth extraction of children and adults. After losing a tooth, in many cases they left off without continuing to see a dentist.

So I understood there were many differences in the environment surrounding dental care from Japan. I really felt citizen's health and hygienic concept were delayed, so I thought that public health education might benefit from an initiative such as a tobacco cessation campaign.

Hereafter in Mongolia, their system might change from a standardized health education to case-by-case health

education, and regular dental check-ups will become more important. Under these conditions in Mongolia, the position of dental hygienists will also become very important.

In the fall of 2014, dental hygiene students of the inaugural class will graduate (the class had 18 students when I visited). I hope that we will be able to continue to exchange information with each other and cultivate the friendship and cooperation between our universities. I greatly appreciate the support of all the people. I met in Mongolia for their hospitality and kindness and those that made my trip possible.

Report 08

Overseas exchange session: A helpful method to expand my view



GU, Bin
4th year student, Faculty of Dentistry
Study Abroad Program in USA



IT WAS A honor to have been chosen for this special overseas externship. During the summer exchange session, from 18 August to 16 September, I visited two esteemed dental schools in the United States: the School of Dental Medicine, University of Pennsylvania (August 20 to 24), and the Harvard School of Dental Medicine (September 4 to 14).

Because the school year in America starts from September, I did not have chance to attend lectures or labs at UPenn. Instead, I had a rotation in five different departments, including Endodontic, Periodontic, Orthodontic, Admission & Emergency Clinic and Pediatrics. Thus, I had a chance to see the medical environment and how it is different from Japan, and how staff or students do their jobs as well. I think that dentists work quite the same as they do in Japan. They see patients, listen to the patients talking about their medical histories carefully, do a routine examination, make treatment plans after diagnosis, and do the treatment. However, the

medical environment is much more severe. Without dental insurance, it is almost impossible for patients to afford treatment such as composite resin fillings or crowns. Therefore, to some extent, it seems that good oral care and treatment are available only for rich people.

During my visit to Harvard Dental School, I attended lectures, did lab work and saw patients in clinics together with the 3rd year students. Although the education system of dentistry is so



At Penn Dental School, with the dean of Penn's Dental School, Professor Denis F. Kinane.



When I was at Harvard's dental school, this lovely girl Lauren took care of me.

different, the curriculum is not so different. At TMDU, I take the same subjects and do very similar lab works from 4th year, and see patients from 5th year, just as dental students do in America. What I cherished the most is that we became friends through this visit. We shared our ideas, had very good communications, and I had a quite enjoyable time there. I find that the students in America behaved so differently from those in Japan. They tend to be more open, willing to express themselves directly and don't feel uncomfortable if they are unique. Besides that, sometimes they would feel totally another way towards the same issue. It is allowed to eat and drink in the class, and I found that most of the students felt very free just like at home. However, I also noticed that they listened to the lecture very carefully, followed every word that professors said and discussed about the points they felt confusing with great zeal. I never saw anybody sleeping in class. Instead, they

were highly concentrated on their studies.

There is no good or bad between these two patterns of behavior, but I believe it is so helpful to go out and see people in other countries and talk to them, and experience the culture. Trying to understand others is an effective way for learning, not book knowledge, but the humanity. As a dentist, before treating a patient, having a pleasant communica-

tion and getting useful information is indispensable. Each individual would probably act and think distinctly. Therefore, having the ability to understand and sympathize as well as showing consideration is required.

Both Boston and Philadelphia played important roles on American history. Therefore, besides visiting these two schools, I also visited some historical spots, such as Independence Hall and

Freedom Trail, took the local delicious food and met some of my friends who are studying in America. I had a very good time and enjoyed it very much.

In a word, it was a really good experience to absorb new things or concepts, expand my views and form new ideas. I also became aware of things that I have never thought about and I believe this experience will be very helpful for my future studies and career.

Report 09

Possibility for Dental Hygienists in Japan as learned from Finland



Kanako Toda
4th year student, Faculty of Dentistry
Study Abroad Program in Finland



FROM SEPTEMBER 5 to 25, I visited Helsinki, Finland, and I experienced very special days. Finland is famous for its system of preventative dentistry. Many educated parents choose such products for their children. I had hoped to how they take care of their oral health. In Finland, the status of Dental Hygienists (DH) is very high, in fact it is equal to that of dentists. Dentists can leave their patients to DH with trust that they will provide oral health care and promote maintenance of health.

The Metropolia University of Applied Sciences was where I did my studies. When I visited the university for first time, the teachers warmly welcomed me. Especially I have to say “Thank you” to Ms Eeva Lindoor, a professor who specializes in elderly care.



At Metropolia University.

I took many kinds of classes. Students in Finland take classroom lectures in Finnish, so mainly I attended practical lectures. In clinical training, a student has a patient, decides on the reservation time, and takes charge of the patient to the last, fundamentally. For this, I believe that students can build up a strong relationship with their patients. However, it was in this situation where the opportunity for a teacher to guide the student about how to use an instrument decreases sharply and thus it is difficult for them to give clinical advice to actual patients easily.

Oral hygienists in Finland can do infiltration anesthesia. This practice is illegal in Japan. I was also surprised that when student succeeded in anesthesia 10 times or more under instruction of a tutor in a clinic, they are then able to perform infiltration anesthesia freely.

In Finland, medical care at public facilities for children aged 18 and below is free of charge by law. Medical expenses for adults (aged 18 and over) are 70% of the total amount, a very large sum as compared to Japan. People are thus very aware of the importance of preventing a disease, and there are many directions which the maintenance by an oral hygienist also receives posi-



With Ms. Eeva at Metropolia University.

tively. Therefore, I understood why oral hygienists have such a high social position.

In order to establish the importance of a patient’s comprehensive care and of the oral hygienists, contributions that can be made by cooperation with various professionals, including dentists is needed in Japan.

In recent years, at the Metropolia University of Applied Science, the curriculum was recognized and training at an elder-care institution for about one week newly was included. Northern Europe is aging, and it is important to consider the social security of elderly people. Those of us in the field of dentistry need for consider the importance of providing health care for elderly people. I think that oral care intervention for elderly people by an oral hygienist or a linguistic therapist will be needed as a subject of the oral field in future Finland. The oral care for elderly people is highly advanced in Japan, and there are many opportunities for a Japanese oral hygienist to play an active part in the world in this area.

Finally, I would like to express my whole-hearted gratitude to all the people who supported my visit and gave me such a precious opportunity.