

Doctor Guide for Kobeites

All doctors study English diagnosis names and at the very least should be able to write the name of your problem down for you. For a searchable-by-specialty list of English-speaking doctors in Hyogo, see



<http://web.gg.pref.hyogo.lg.jp/hyogo/ap/gg/men/pwtpmenult01.aspx>

If you're uncomfortable with a certain doctor or question their diagnosis, don't be afraid to get a second opinion. (JETs: also please remember that if you have a medical emergency or a serious medical issue CIRs can help you out.)

Finally, note that the inclusion of a doctor on this list means that someone at some time liked them – it means that it's more likely that you will too, but not a certainty.

This guide was initially created for JETs, so has a bias toward places where Kobe JETs are congregated – however, the compiler is now a Kobe JET alumni still in Kobe and decided to broaden things a little (& change the title).



Got medicine but don't know what it is and want more information in English? You can look it up at Kusuri no Shiori's English version

<http://www.rad-ar.or.jp/siori/english/>



Specialty Index

[Acupuncture](#)

Allergy [no entries]

[Dental](#)

[Dermatology](#)

Gastroenterology [no entries]

[Gynecology/Obstetricians](#)

[Hospitals](#)

[Internal Medicine](#)

[Ophthalmology](#) [eyes]

[Orthopedics](#) [muscle/skeletal issues, includes medical
massage/osteopathy]

[Otolaryngology](#) [ear nose throat]

Pediatrics [no entries]

[Psychiatry](#)

[Psychology/Counseling](#)

[STD Testing](#)

[Urology](#)

* Podiatry (feet) is not normally a specialty in Japan – most people go to an orthopedic doctor.

Acupuncture 鍼灸院 (harikyūin)



Kanda Acupuncture. Website <http://www.zenonecompany.com/>. Address 神戸市垂水区塩屋町 3 丁目 14-4. Six minutes walk from JR or Sanyo Shioya. Doctor speaks English. Tel 078-797-5451.

Allergy アレルギー (arerugii)

[no entries yet]

Dental 歯科 (しか shika)

Most dentists can do tooth removal in-house but a few will refer you to another dentist. Orthodontics is starting to become popular in Japan, and some dentists will offer it while others will refer you to a specialist clinic.



Kitano Dental. Website <http://www.kitanosika.com/foreign.html>. Address 兵庫県神戸市中央区北長狭通 1-1-1. Tel 078-331-3522. Above Hankyu Sannomiya West Exit. Doctor and one of the receptionists are fluent in English.

In Gakuentoshi:

Urano Dental. No website. Address 兵庫県神戸市西区学園東町 3 丁目 2-4. Tel 078-792-4182

Dermatology 皮膚科 (ひふか hifuka)

Many dermatologists are not well-versed in the type of skin problems non-Japanese have. They do understand that lighter-skinned non-Japanese get melanoma and skin cancers much more than Japanese people, but many of them have no clue about the rashes that many of us (of varying racial makeup) get during rainy season/summer. Our acne troubles can be a little different too...

Bitou Dermatology Clinic (びとう皮膚科クリニック). Website

<http://www.bitou-dermatology.com/>. Address 神戸市中央区旭通4丁目1-4 シティ
タワープラザ3階 Near Kobe Sannomiya station, above Hankyu Oasis. Tel
078-231-2333.

An individual says: Director Dr. Bitou (make sure you're seeing him and not
one of the others) **doesn't speak English** but if you speak Japanese he's very
personable and good for working out the often tricky situation of acne on
non-Japanese.

Nagata Dermatology Clinic (長田皮膚科医院). Website
<http://nagata-hifuka.com/>. Address 兵庫県神戸市北区南五葉2丁目1-1 リ
ーフ・ファイブ2F Near Kobe Dentetsu Suzurandai station. Tel 078-592-0116
Doctor is fluent in English.

Gastroenterology 胃腸科 (いちょうか ichouka)

[no entries yet]

Gynecology/obstetricians (産婦人科 さんふじんか
sanfujinka)

Different clinics carry different birth control pills and can charge whatever
they want for them. STD tests and birth control are in most cases not covered by
insurance. Many clinics now require an initial counseling session for birth control,
but after that you won't have to see the doctor again for a while.

Not every clinic carries emergency contraception – even some that carry birth
control won't carry EC.

See the blog *Surviving in Japan Without Any Japanese* on how to find a clinic
that carries EC or birth control pills:

<http://www.survivingjapan.com/2012/05/how-to-find-clinic-or-hospital-that.html>

(For folks that read Japanese, the search site is at <http://www.ifpa-clinic.org/index.php>)

Gynecologists (for everything besides giving birth):

Kawaguchi Ladies' Clinic (川口レディースクリニック). Website <http://www.klady-clinic.gr.jp/>. Address 兵庫県神戸市灘区水道筋 5-2-17 Tel 078-861-4351. Close to JR Nada station. Doctor speaks some English. Also offers insurance-covered Chinese medicine for ailments such as severe PMS/PMDD, bad circulation, bad cramps, menopause (ask about this). **Wait times can be very long – make an appointment.**

Nonogaki Ladies' Clinic (野々垣レディースクリニック). Website <http://nlc-hyogo.net/e/index.html>. Address 神戸市兵庫区駅南通 1丁目 2-3 4 兵庫駅前クリニックビル 5F. Tel 078-681-4103. Across from JR Hyogo station south exit.

An individual says: doctor has great English.

Palmore Hospital (パルモア病院). Website <http://www.palmore.or.jp/>. Address 兵庫県神戸市中央区北長狭通 4-7-20. Close to JR/Hanshin Motomachi station. Tel 078-321-6000. A pediatrics and women's health hospital. Most doctors speak English.

Yamabe Ladies' Clinic (山辺レディースクリニック). Website <http://yamabeclinic.com/>. Address 神戸市中央区三宮町 2-5-1 三宮ハートビル 5F. Tel 078-335-0555. Close to subway/Hanshin/Hankyu/JR Sannomiya station.

Individual 1 says: There is one doctor who is OK with English. Will dispense birth control in a 3 month supply (with the exception of Yaz which is 1 month at a time only) and emergency contraception (for about ¥10000).

Individual 2 says: the director can be full of himself.

Obstetricians (for giving birth):

Any gynecologist can do the initial pregnancy test and some other associated well-being tests, but you'll need to find a clinic where you can have your baby the way you want – and sooner is better. Don't forget to register your pregnancy at your ward office soon after week 8 – you'll receive the necessary Maternal and Child Health Handbook and coupons for doctors' visits.



Resources for being pregnant in Japan:

Surviving in Japan (without any Japanese) – Anything under the “Pregnant in Japan” tag <http://www.survivingnJapan.com/search/label/Pregnant%20in%20Japan>

Japan Times – Pregnancy and Birth in Japan: a cultural primer for foreign mothers

<http://www.japantimes.co.jp/community/2015/06/03/issues/pregnancy-birth-japan-cultural-primer-foreign-mothers/#.VZkopvmqakp4>

Clinics/hospitals:

Most people, Japanese and not, give birth in a hospital or small clinic, and that's all I received recommendations for. However, a small amount of Japanese women choose to give birth in a midwives' clinic, or at home with the support of a midwife.

A list of midwives in Hyogo is here

http://hyogo-iosanshikai.com/?page_id=400. **Note the column that indicates which help with birth (some only specialize in breastfeeding).** If you want to look outside Hyogo the Japan Midwives' Association has a searchable list <http://www.midwife.or.jp/index.html>

Asagiri Hospital (あさぎり病院). Address 兵庫県明石市朝霧台 1120-2. (In Akashi.) Website <http://www.asagiri-hp.or.jp>. Tel 078-912 -7575. From JR/Sanyo Akashi station, take bus 80、81、82、87、60、or 62 and get off at 朝霧小学校前 (Asagiri Shougakko-mae) or take bus 84 or 85 and get off at あさぎり病院前 (Asagiri byouin-mae).

Kameda Clinic (亀田マタニティ・レディースクリニック). Website <http://www.kameda-c.com>. Address 神戸市灘区八幡町 1-8-15. Tel 078-822 -4188. Near Hankyu Rokko station. Lead doctor and some staff and some midwives speak English.

An individual says: Lead doctor is very kind. Their philosophy is about as close to a midwives' clinic as you can get without being at a midwives' clinic (kneeling births OK, husbands OK).

Kanzaki Ladies Clinic. (In Nishinomiya). Website <http://www.kanzaki-lc.com/clinic/>. Address 兵庫県西宮市門前町 2-18. Tel 079-868-0088. Doctor speaks a little English. Near Hankyu Mondoyakujin station.

Kenritsu Nishinomiya Hospital. (In Nishinomiya). Website <http://www.nishihosp.nishinomiya.hyogo.jp/>. Address 兵庫県西宮市六湛寺町 13-9. Tel.0798-34-5151. Staff friendly and tried to get around language barrier. The individual who used this hospital was going to Kanzaki but had to transfer to a bigger hospital due to unexpected issues. From JR Nishinomiya station, take the Hanshin bus to 県立西宮病院前 (Kenritsu Nishinomiya byouin-mae) or Hankyu bus to 西宮市役所前 (Nishinomiya shiyakushomae) or 県立西宮病院前 (Kenritsu Nishinomiya byouin-mae).

Oka Ladies' Clinic (オカレディースクリニック). Website <http://www.oka-lc.jp>. Address 神戸市北区大原 3-8-1. Tel 078-586-2626. Tel 078 586 2626. From JR/Hankyu/Hanshin/subway Sannomiya take bus 64 toward Kobe Kitamachi (神戸北町行) and get off at Ohara 1-chome (大原 1 丁目) or take bus 158 toward Shiawase no Mura (しあわせの村行) and get off at Ohara chuugakkoumae (大原中学校前),

An individual notes: Can decide to get an epidural mid-labor (talk to the doctor about your potential decision in advance though). Doctor speaks good English.

Ueda Hospital (上田病院). Website <http://ueda-hp.jp> Address 神戸市中央区国香通 1-1-4. Tel 078 241 3305. Close to Hankyu Kasuganomichi station.

An individual notes: Doctors do not speak English, but has a nurse/midwife who speaks English called Naomi. Epidurals available but must be booked far in advance.



Hospitals 病院 (びょういん byouin)

Kobe Kaisei Hospital (神戸海星病院).



Website <http://www.kobe-kaisei.org/english>. Address 神戸市灘区篠原北町 3 丁目 11 番 15 号. A medium walk or a short bus ride from JR Nada or Hankyu Rokko station. Tel 078-871-5201. Many doctors and technicians here speak some level of English and volunteer interpreters are on staff to help. The International Internal Medicine doctors are a good idea if you're having a problem that no one can figure out. There are some problems that are more prevalent in non-Japanese, and these doctors trained to think about them during diagnosis.

Kobe General Hospital (神戸市立医療センター中央市民病院). Website <http://chuo.kcho.jp/> Address 兵庫県神戸市中央区港島南町 2-1-1. Tel 078-302-4321. Close to Port Liner station Iryo Center.

Kobe University Hospital (神戸大学医学部附属病院). Website <http://www.hosp.kobe-u.ac.jp/e/index.html>. Address 兵庫県神戸市中央区楠町 7-5-. Tel 078-382-5111. Close to subway Okurayama station.

An individual notes: Most doctors can speak some English. **You must have a referral for this hospital or pay an extra ¥5400.**

Internal Medicine (or general practice) 内科 (ないか
naika)

Ogawa Clinic (おがわ内科クリニック). Website <http://ogawa-clinic.info/english/index.html>. Address 神戸市灘区灘北通 10 丁目 1-3-101. Near JR Nada station. Tel 078-805-3282. Doctor is fluent in English.

Ophthalmology 眼科医 (がんかい)



gankai)

Matsuda Eye Clinic (松田眼科クリニック). Website:

<http://www.matsuda-eyeclinic-kobe.com/> Address 神戸市中央区三宮町 3-3-2.
Tel 078-333-6871. Near JR/Hanshin Motomachi or subway Kyutoryuichi-Daimarumae station. Doctor can speak English. Contact lenses available onsite.

Hayashi Eye Clinic (林眼科医院). Website:

<http://www16.ocn.ne.jp/~dr.linn/> Address 兵庫県神戸市中央区中山手通 1-23-10
モンシャトーコトブキ 1F. Tel 078-241-7511. In between subway Sannomiya and Shin-Kobe stations (close for anyone living in Kitano). A father-son doctor team, both can speak English. Not sure if contact lenses are available onsite or not, but they can give you a prescription for them.



Orthopedics (整形外科 せいけい seikei)

The doctor may choose to treat a chronic pain sufferer with non-medicinal treatments such as massage rather than painkillers.

Oota Clinic (大田クリニック)。No website. Address 兵庫県神戸市灘区岩屋北町7丁目1-29 フレンテ灘 1F. Near JR Nada Station. Tel 072-259-5300. Doctor can speak English.

Hiro Clinic (ひろ クリニック). Website <http://www.hiro-clinic-kobe.jp/>

Address 神戸市中央区京町 70 松岡ビル 2F. A small walk from Sannomiya station, closer to subway Sannomiya-Hanadokeimae. Tel 078-333-4727

An individual notes: not so good with chronic pain, go to an osteopath for that.

In Gakuentoshi:

Yamakawa Clinic (山川整形外科クリニック). Address 神戸市西区学園西町 1-1-2 神戸学園都市ビル 3F. Above McDonald's. Website <http://yamakawa-seikei.jp/>. Doctor can speak English.

Ueyama Clinic (上山外科胃腸科). No website. Address 兵庫県神戸市西区学園西町 5 - 2 - 4. Behind Daiei, next to the maternity clinic. Tel 078-791-0707.

Osteopathy

These places are good for chronic pain or injuries when you've already been to a doctor and the doctor wasn't helpful. They are not doctors but must go through years of standardized training and are licensed. Treatment methods include electromagnets and massage. Some do acupuncture, some specialize in beauty treatments but will also do the standard insurance-covered "pain treatment" course. Some also do chiropractics. Some take insurance vouchers for pain relief stemming from car accidents.

What insurance will cover is about a 15 minute massage of up to two places in pain and electromagnetic treatment.

If they have a sign outside with people with pain radiating from various body parts, it's safe to say they specialize in pain relief.

Hoji Acupuncture and Moxibustion Clinic (ほじ鍼灸接骨院). Website <http://www.hamb.jp/> Address 兵庫県神戸市須磨区飛松町 2-4-9 ヴィレッジ板宿 101. Close to subway/Sanyo Itayado station. Tel 078-735-1735. **Practitioners cannot speak English.**

In Gakuentoshi:

Gakuentoshi Acupuncture/Moxibustion/Osteopathy Clinic (学園都市鍼灸整骨院).

Website <http://www.lifeport-seikotu.com/gakuen.html>. Address 神戸市西区学園西町 1 - 1 - 2. To the right of the McDonalds/Softbank/hair salon on the first floor. Tel 078-791-3373. Some of the practitioners speak a little English.



Otolaryngology (ear, nose and throat 耳鼻咽喉 じびいん
jibíin).

An individual recommends the ENTs at Kaisei Hospital (see [hospitals](#)), available on Wednesday and Saturday mornings, saying that they have OK English and there are volunteers to translate if needed.



Pediatrics (小児科 しょうにか shouníka)

[no entries yet]

An individual with a child says: it's just easier to take them to a normal clinic in the specialty you want. The doctors don't ever seem phased.



Psychiatry (心療内科 しんりょうないか
shinryounaíka)

I have heard some internal medicine doctors will prescribe some minor psychiatric medicine but cannot confirm this.

Seiryō Clinic Kobayashi (精療クリニック小林). Website <http://seiryō-clinic.jp/> Address 神戸市中央区元町通2丁目 8-14 オルタンシア (HORTENSIA)ビル9階 Near JR/Hanshin Motomachi station. Tel 078-333-9800.

An individual notes: The director & Dr. Urabe speak English.

Terauchi-Takahashi Clinic. Website <http://terauchi-takahashi-clinic.com/> Address 兵庫県芦屋市船戸町4-1 Near JR Ashiya station. Tel 0797-31-0888.

An individual notes: Dr. Takahashi has excellent English.

Psychology/counseling (カウンセリング
kaunseringu)

Counseling is not covered under Japanese public health insurance at all. However, English-speaking practitioners exist.



Emergency counseling:

Options for JETs:

AJET Peer Support group. Staffed by fellow JETs for after-hours counseling and talk from **8pm to 7am, every day**. Website <http://ajet.net/resources/counselling/ajet-peer-support-group/>. Tel 050-5534-5566.

Options for everyone:

Tokyo English Life Line (TELL). Available for counseling and information from **9am-11pm, every day**. Website: <http://telljp.com/lifeline/>. Tel 035-774-0992.

Another option is Skyping emergency counseling services in your home country.

Finding a short or long term counselor:

TELL's counseling services directory is here:

<http://www.bluejava.com/tell/index.html?gid=1396&screen=prefectureSelect&module=-1581215855&catId=1544>

The International Association of Mental Health Professionals in Japan's directory is here <http://www.imhpi.org/find-a-therapist.html>

Kobe JET CIRs would like to note that they have access to additional counselors that accept new patients by referral only – please talk to them if you are a Kobe JET and would like a referral. Here is additional information from a previous CIR:

Kaisei Byouin, which is located close by in Rokko (Nada-ku), has an international counseling centre. Their website is www.icckobe.com I believe that I have met one of the staff members there through the Prefectural Advisor training with the JET program, so I feel most comfortable recommending them.

[An individual notes as of 2015 the ICC's email isn't working and they're not answering their phone.]

There is a British lady with a private practice in Kobe as well: <http://www.englishcounselling.com/index.htm>. I have not met her or spoken with anyone who has used her, but the credentials on her website are solid, the location is good, and it seems to be worth checking out.

[An individual notes that said doctor's name is Lil Wills and that the individual had a good experience with her.]

Counseling is not covered by our insurance, but both places offer a sliding fee scale based on your income.

Jim McRae, a clinical psychologist based in Tokyo, is associated with the JET program and very good. He offers Skype counseling at a special rate for JETs. Phone: 042-636-5426 email: <mailto:jmcrae@aol.com>

Joanna Sato is a psychologist based in Tokyo who can do Skype counseling. She occasionally comes to Kobe/Osaka and can do face-to-face sessions then. Her email is joanna.sato@forest.ocn.ne.jp IMHPJ page is <http://www.imhpi.org/sato-joanna.html>

STD Testing

Gynecologists and some internal medicine doctors can perform these tests as well, but they are mostly not covered by insurance and can run for up to ¥20,000 for a full set of tests.

However, Kobe city offers free and anonymous testing for HIV, hepatitis B, chlamydia and syphilis every Wednesday from 6-8 PM. It's on the sixth floor of Center Plaza West Building. The week after your test, you return and pick up the results.

I suspect services are in Japanese only. If you can confirm, let me know.

Website with more info:

<http://www.city.kobe.lg.jp/life/health/infection/aids/aidsyakan.html> (Japanese only)



urology (泌尿器科 ひんようきか hinyoukika)

Harahinyoukika Hospital. Website <http://www.harahospital.jp/>. Address 神戸市中央区北長狭通5丁目7番17号. Tel 0783711203. 2mins from subway Kenchomae, 4 from JR/Hanshin Motomachi. Some limited English.



Compiled by Amanda Hahn (hahnamanda@gmail.com) – last updated August 28th, 2016. Thank you to everyone who has contributed! E-mail me if you want something added.