

Vietnam – Completion and Transfer of the Breast Cancer Awareness and Prevention Project

PHJ has implemented the breast cancer awareness and prevention project (BC Project) in Vietnam since November 2010. PHJ's task ended in December 2015 but the BC Project itself is transferred to the Vietnam organization at the transfer ceremony. This project was funded by the Yokogawa Shoji Fund of Yokogawa & Co., Ltd. (YCL) and the company's president and board member attended the transfer ceremony.



At the start of the BC Project in 2010, PHJ cooperated with CASCD, the Vietnamese NPO under the Vietnam Red Cross, for two years. PHJ's support ended in 2012, CASCD is implementing the project by themselves.

Starting January 2013, PHJ implemented the BC Project for three years in a larger scope and size under the strong request of the Vietnam Women's Union (VWU) that has 14 million women members throughout the country. This project achieved the training of the 123 trainers for breast self examination (BSE) who further trained 17,222 women exceeding the target of 15,000 women. Among the 131 women, who found abnormalities in the BSE and were referred to hospitals, 23 women were diagnosed with the breast cancer and received the appropriate treatment. (The left photo shows the BSE training.)

The reason for the strong number of women practicing BSE was the voluntary practice by the local VWU members. VWU headquarters declared to implement the BC Project as an integral part of its nationwide health program, ensuring PHJ's objective to empower the local organization to execute the project by themselves.

The BC Project transfer ceremony was held in Vietnam in January this year; with Ms. Nguyen Thi Thanh Hoa, President and Ms. DaoT. Vi Phuong, Vice President attending from VWU; Mr. Jun Yokogawa, President and Mr. Hitoshi Sakaguchi from YCL; Ms. Jeerabum Mongkondhee from PHJ Thailand; Mr. Katsuo Shiota and Mr. Masahiko Hasumi from PHJ Tokyo. (The right photo shows the participants of the ceremony. The fourth to 6th from right:



VWU President Ms Thanh, YCL President, Mr. Yokogawa and YCL Board Member, Mr. Sakaguchi))

At the ceremony, Mr. Yokogawa explained, “The key word of the BC Project is “grass roots activities. Please expand the Project wider and deeper and continue.” VWU President positively responded , “I fully agree with you and implement the Project with such spirit.”

Mr. Yokogawa also presented to the representatives of the six local WU project sites the total of 50 breast models that are useful to continue the BC Project. All participants cheered the presentation. PHJ seriously hope that the strengthened partnership among VWU, YCL and PHJ will contribute to increase the friendship and trust between Vietnam and Japan.

Comments of Mr. Hitoshi Sakaguchi, YCL Board Member:

The key success factor of this project was to have the huge organization of the Vietnam Women’s Union as our partner. I strongly felt that meeting individuals and organizations determines our course in business and volunteer activities. I am grateful that PHJ Tokyo and PHJ Thailand have extended such wonderful encounter.

Yokogawa Shoji Fund was established in October 2008 to commemorate YCL’s 70th anniversary and to be used for social responsibility. PHJ implemented the HIV/AIDS prevention education at the Hanoi Medical and Pharmaceutical University for two years with this fund. The HIV/AIDS prevention education project and the BC Project in Vietnam are the fine example of the successful transfer of the PHJ’s knowhow of both projects in Thailand.

By Jeeranun Mongkondhee, PHJ Regional Director for Thailand and Vietnam,
and Katsuo Shiota, Masahiko Hasumi, PHJ Tokyo Office

Cambodia – Kampong Cham as I Know



PHJ is implementing a Maternal and Child Health Care Service Improvement Project in Kampong Cham Province. I visited this area in January 2006, to see with my eyes the “Kizuna-bashi” (bonds of friendship bridge) constructed in 2001 with the Japanese overseas development aid. (The photo on the left shows the Kizuna-bashi over the Mekong River and the residents.)

The Kingdom of Cambodia is divided into east and west by the Mekong River. The Cambodian people long looked for the bridge to connect the both sides. Thanks to the completion of the Kizuna-bashi, the country's main trunk road No. 7 extends to the country's capital, Phnom Penh, crossing the bridge.

Presently, the banks around the Kizuna-bashi are well-guarded but back in 2006 they were made of the earth and many residents built their housings along the river. January is the dry season and the river surface was 10 meters below the banks. But in the rainy season, the river rises almost the same level as the banks. The Kizuna-bashi girders are stained brown to the level of the water in the rainy season.

Fortunately, I happened to visit the area during the Chinese new year holiday and was greeted with a loud sound of firecrackers and lion dances. I recall happily that a Chinese family invited me for the fabulous new year dinner.

There are many towns and provinces with the name of Kampong along the Tonle Sap (meaning river, lake in Khmer language) Water System and the Mekong River. Kampong is a Sanskrit word meaning *gathering* and in the Khmer language it means a port. Kampong Cham means the port of the Cham people.

Although the major population of Cambodia is the Khmer people, there are other minority groups including the Cham people. The Chams are the descendants of the Champa Kingdom that ruled the southern Vietnam during the Khmer Kingdom. They are Moslems and many of them get a living from fishing, different from the Buddhists whose faith do not allow to kill the living articles. There are Moslem villages along the Mekong River and the Tonle Sap Water System, including the PHJ project site. They have fine relationship with the majority Buddhists in Kampong Cham.

By Mitsuki Sakurakoji, in charge of Cambodia projects, International Operations Dept., PHJ Tokyo

Indonesia – Sujun Village Poskesdes

PHJ has implemented a Maternal and Child Health Care Service Improvement Project in the Banteng Province, Serang District, Thirtayasa Sub-district for about 10 years. Although PHJ completed the project and transferred it to the local community in June 2015, each village in the sub-district is continuing the free monthly check of pregnant women and maternal health education. (PHJ will start the new project upon conclusion of the Memorandum of Understanding with the relevant governmental agency.)

This is the report of the usage of the Sujun Village Poskesdes before and after the project transfer

and the messages from the users. Ms. Yanthi, a midwife, is stationed at this Poskesdes and provides monthly prenatal checkups and maternal care education toward the pregnant women and the mothers of newborns. From January to October 2015, 295 women received the prenatal check-ups and 25% of them received more than four times. Thanks to these cares and the maternal education, the pregnant women find themselves comfortable and safe knowing their health conditions as well as the fetus and the maternal education makes them better informed and aware of pregnancy, childbirth, and childcare importance. During the 10 months, there were 10 childbirths at the Poskesdes, one every month, proving that the Poskesdes provides a safe delivery place.

Furthermore, traditional birth attendants (TBA) participate in these childbirths as assistants in role sharing, keeping friendly relationship with the midwife.



In addition to the pregnancy and fetus check, 227 villagers visited the Poskesdes for general medical services to consult with the midwife on common illnesses, family planning, etc. Sixteen cases of childbirth that could not be handled at the Poskesdes were referred to Sub-district Clinic and Hospital through good

coordination between the midwife and the clinic/hospital.

Poskesdes usage (January to October 2015)

General consultation	Prenatal check (more than 4 times)	Delivery	TBA assistance	Referred to clinic/hospital
227 persons	295 (73) persons	10 cases	0 case	16 cases

Two of the Poskesdes users expressed their appreciation as follows:

(1) Ms. Nuro, 23 years old, is expecting to deliver her first child and visits the Poskesdes to attend the prenatal check and maternal health education at the recommendation of health volunteers. She mentioned, “The Poskesdes is located close to my house and is well equipped with various facilities. I feel safe and comfortable to visit there and talk with the midwife Ms. Yanthi. If I have any problem, I can consult with her. Also, I appreciate the prenatal class where I learn useful information with other women.”

(2) Ms. Nihae, 32 years old, delivered her second child at the Poskesdes expressed her experience as follows: "The poskesdes is not far from my house and well-equipped. The midwife Ms. Yanthi visited my house for the prenatal check and my family agreed that the Poskesdes would be the place for the delivery. I felt very safe as Ms. Yanthi gave me frequent checks until the delivery date." The right photo shows Ms. Nihae and her newborn child.



Myanmar – A sub-center (clinic with midwife service) is under construction in two villages

In rural areas of Myanmar, there are many villages without medical care facilities. The villages of the Takton Township, PHJ project site, are not exceptions and lack such facilities. Under these conditions, pregnant women either deliver at home or at medical facilities located at distant places. The childbirth at home often bears the risk of infection from unsanitary environment, for example.



PHJ Myanmar Office decided to build sub-centers in Alekyun and Kantar villages so that the women in these villages may have safe childbirths. To proceed with the building, PHJ applied for the approval of building sub-centers in the Takton Township with the Ministry of Health and the Naypidaw Council in July 2015. Despite delay due to the nationwide election in November, difficulty to have appointments with the governmental organizations, inefficient administration,

PHJ received the approval in November and started the building process.

After the start of building, I visited the construction site periodically with the Myanmar Office staff to check the sub-center building status and schedule. Sometimes, I found a considerable gap between the schedule control in Myanmar style, in terms of time limit and work process control. Particularly, I found the difference in the construction company's impreciseness. Nevertheless, I talked with the builders and all concerned to complete the construction by the end of March 2016.

(Photo above left: the Sub-center under construction



Photo above right: the nearly completed Sub-center)

As mentioned above, it takes time to implement some projects in Myanmar. Still, there are many villages without sufficient infrastructures in the rural area of Myanmar. PHJ will continue to extend more medical facilities to the Takton Township. Your continued cooperation will be much appreciated.

By Yuichi Shingai, Country Director of PHJ Myanmar Office

East Japan Disaster Reconstruction Support – Kesen-numa

Five years have passed since the Great Earthquake and Tsunami hit East Japan. PHJ started the relief and support activities immediately after the disaster and extended the support exceeding 300 million yen that consisted of monetary and goods donation from individuals and corporations.

In this report, we will introduce PHJ's support activities toward Kesen-numa, Miyagi Prefecture*. The latest support to the Kesen-numa is the fifth one and PHJ delivered medical equipment and office equipment through Kesen-numa Medical Association. PHJ's support from the first through the fifth amounts 47 million yen worth medical equipment.

Although the donation for the disaster support is getting smaller each year, there are some organizations continuing the support steadily. One of them is an IT company donating a portion of IT education seminar fee toward PHJ periodically to be used at the disaster area. The executives of this IT company visited the Kesen-numa area soon after the disaster and wished to extend support. PHJ deeply appreciates their concern and continued support and is determined to keep our commitment to help the disaster area.

We also appreciate that many new donors extended help to our activities not only for the disaster support but also the international projects.

Today, looking at the surroundings of the Kesen-numa Bay, we can see paved streets and many people walking along the port and in the fish market just as before the disaster. Nevertheless, the people living there feel it is a long way to go back to the normal. The public disaster relief residences are constructed in various parts of the city. But for the aged persons, it is a big change from a temporary housing where they have stayed during the past five years to the public housing, in terms of health and shopping daily foods and other requirements. Also many aged persons are suffering from dementia and alcoholic addiction they developed during their prolonged stay in temporary housing. These persons require a rehabilitation treatment and comprehensive care. PHJ will consult with the members of the Kesen-numa Medical Association on the best ways to help the Kesen-numa people.

Report of Disaster Donation from March 15, 2011 to December 31, 2015

Unit million yen

Income	Cash donation	138.96
	Goods donation (medical equipment/office equipment)	206.77
Expenditure	Dispatch of doctors/procurement of medical equipment	108.60
	Goods donation (medical equipment/office equipment)	206.77
	Transportation/staff activities	26.85
Balance	To be used for reconstruction support	3.51



Seramic Heater/Steamer donated to
Sanjo Pediatric Clinic



Multiple laser color printer donated to
Komatsu Clinic

By Masaru Yokoo, Responsible for East Japan Reconstruction, PHJ Tokyo Office

PHJ Square – Commencement

By Kumi Arakawa, Senior Class, School of Nursing, Keio University

I had a wonderful experience of working as an intern at PHJ for three months.

I started my university life with a dream, but as time passed, I became unsure of this dream. So I decided to challenge new fields. One of such challenges is to participate in the group activities related to HIV/AIDS through which I learned of PHJ's HIV/AIDS prevention education. I visited PHJ-Thailand's (PHJT) Office in Chiang Mai to understand their Youth HIV/AIDS Prevention Education and learned the program details.



The issue of HIV/AIDS is rooted very deep and diverse depending on the culture and counter-measures. The subject is considered a serious problem in developing countries as well as developed countries. Although the number of infected persons is increasing in Japan, many Japanese people seem to be unaware of this or indifferent. Having learned the PHJT's HIV/AIDS

activities in Thailand, I applied for the internship at the PHJ Tokyo Office to participate in their HIV/AIDS program in Japan, hoping that I can be of service to increase the awareness of this issue and come up with some solutions among the Japanese people.

At PHJ, I worked mainly on the HIV/AIDS project in Thailand and prepared the documents and exhibits for the 29th Annual Meeting of the Japan Society for AIDS Research to which I participated

as one of the PHJ staff members. Also I attended at the PHJ booth at the Global Festa 2015 Japan as well as prepared documents for the nutrition program implemented in Indonesia. I was fortunate to handle many different and interesting tasks. I learned a great deal from the staff members all of whom have rich experiences in varied fields. It was really exciting for me lacking the practical job experience to work with them.

Looking back my university life including the internship at PHJ, I could experience many different activities and found how to realize my dream. I acknowledge a great support from my family; friends, senior students, professors and instructors at the university; and all other persons I encountered. I would like to respond to their help, support and expectation by serving as a professional nurse. (From April 2016, working at a university hospital as a nurse.)

(Photo: With the PHJ Tokyo Office staff members at the Internship Completion Ceremony)

PHJ Charity Calendar Donation Report

PHJ started the charity calendar 2016 campaign on October 1, 2015. we sold out the calendar on January 5, 2016. Thanks to the donation of all persons considered, we were able to collect 3.46 million yen together with the year end donation. .

The 2016 calendar featured animal families and because of its popularity, children in three countries have enjoyed drawing very much.



The PHJ Charity Calendar 2017 features zodiac animals that differ slightly from country to country. Preparations for the 2017 calendar have started also.

(Photos: left: a Cambodia girl is drawing turtles, Left: a Thai boy is drawing a fish family.)

PHJ 20th Anniversary Magazine & Newsletter 77

The 19th General Assembly and the 21st Board of Directors Meeting will commemorate PHJ's 20th anniversary in August 2016. At this occasion, PHJ will publish the anniversary magazine. PHJ staffs

are preparing to distribute this publication to all the supporting members and concerned parties. Please look forward to this special publication.

Accordingly, the PHJ Newsletter 77 will be published in October 2016. Your understanding will be appreciated.

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