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2019 AUTUMN  
vol.39

**Staying active as a member of  
society is the most effective  
way to prevent dementia**

Yuta Manabe  
Professor, Department of Dementia and Geriatric Internal  
Medicine, Kanagawa Dental University Hospital

Online  
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Book



Japanese



English



Chinese

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interview

# Staying active as a member of society is the most effective way to prevent dementia

There are no standard drugs that can be used to treat the estimated 4.62 million people afflicted with dementia, which is why preventive measures are so important. We talked with Professor Yuta Manabe, who is involved in joint dementia prevention efforts together with dentistry professionals, about how to deal with dementia as a part of one's life.

How did you get your start in the field of dementia?

Around the time I finished university studies and became a resident, I developed an interest in neurology and wanted to go into that field to study Parkinson's disease, but in the end I went into general internal medicine instead. During my first year of graduate school, I approached Doctor Kenji Kosaka—the psychiatrist who discovered dementia with Lewy bodies [DLB]—to ask if I could study under him.

Later on, Doctor Kosaka told me to create a comprehensive DLB medical center that handles everything from initial examinations through to treatment, so I transferred to the Yokohamashintoshi Neurosurgical Hospital and established the Internal Medicine and Dementia Diagnosis Center, known as "Forgetfulness Clinic." I am truly grateful that I was given this opportunity.

Are numbers of dementia patients increasing?

As we grow older, we tend to become more forgetful, which is sometimes a sign of Alzheimer's disease. In some cases, it's possible to minimize the effects of the disease if the symptoms are spotted early. That's why it's important to undergo examinations rather than making arbitrary excuses, such as blaming it on old age. When those types of patients are factored in, I believe there would be more than 4.62 million dementia patients.

In regions with large elderly populations, about 80% of patients who received memory-related health checkups [to confirm brain and memory functions] were told to come in again for further testing. Not all cases are Alzheimer's, and in addition to patients clearly suffering from some form of dementia, some have mild cognitive impairment, or MCI, that serves

as a precursor to dementia. Only about 10% to 20% of patients finish these examinations without any signs of dementia.

As our lifespans grow longer, dementia numbers increase overall. Many believe that DLB is increasing in prominence, but that's only because we have become more capable of detecting it. "Dementia" refers not to a specific disease, but to a pathology, and encompasses various brain diseases including Alzheimer's, DLB, and other disorders with differing causes. Doctors at smaller, local clinics have become much more knowledgeable about these things and now write specific disease names on patient referral forms, but experts at larger institutions, myself included, carry a lot of the responsibility. I feel that our efforts to spread knowledge and awareness in this field, centering on Doctor Kosaka, have really paid off.



What kind of assistance do you offer to people who have started to experience forgetfulness symptoms?

I tell them to avoid cutting themselves off from social interactions, and explain that becoming more active as a member of society will help them improve. Conversation and other forms of communication are the best ways to preserve cognitive functions, which is why going out and talking to other people is so important. If the patient is employed in a position with considerable responsibility, I tell them to avoid quitting and stick with it. Some people tell me that because they are becoming more forgetful, at their age it's probably a good time to quit their job, but the actual solution is just the opposite.

Teeth are also important. With dementia, many people experience apathy, which reduces their desire to stay active and do things in general. The anterior cingulate gyrus is responsible for this apathy, and its function has been shown to correlate with tongue movement and pressure. A common belief you might hear in Japan is that people who chew their food thoroughly while eating are more proactive and energetic, and in this case the belief may be right on target.

In some cases, we can use ultrasonic devices and similar to stimulate the cranial area and thus improve blood flow and metabolism. Increased cranial blood flow boosts nerve cell metabolism, which im-

proves brain function—in addition to following logically, this has been proven through basic research and it is currently the subject of clinical research aimed at developing treatment methods.

It is also important for dementia patients to avoid believing information provided by popular media without first doing their own research to confirm. For example, the widespread beliefs that caffeine and alcohol can worsen dementia is not only wrong, but contrary to the truth—in the case of caffeine or alcohol consumed in reasonable amounts, that is. Many also believe that loosening up the contents of canned mackerel, a popular food, after removing it from the can, or else heating it, eliminates EPA [eicosapentaenoic acid] and DHA [docosahexaenoic acid] content and thus destroys the antioxidant effects—again, this is not true. It's important for everyone to develop a reasonable amount of reliable knowledge on the topic of dementia.

So communication is most important, correct?

Yes, dementia patients should engage in conversation and other communication in general. Furthermore, staying active prevents muscle strength deterioration, and also lowers the risk of sarcopenia [loss of muscle mass caused by factors such as aging and illness, leading to deteriorating bodily functions] as well as the risk of general frail-

ty [brought on by age].

Currently, we're preparing an event in which we will set up a booth offering vegetables from the Miura Peninsula, gather elderly people together, and use the opportunity to engage in interpersonal communication. In short, talking with people and moving around are important. For those who don't like leaving the house, nursing-care and rehabilitation personnel can make home visits, or patients can invite friends to come over to their house.



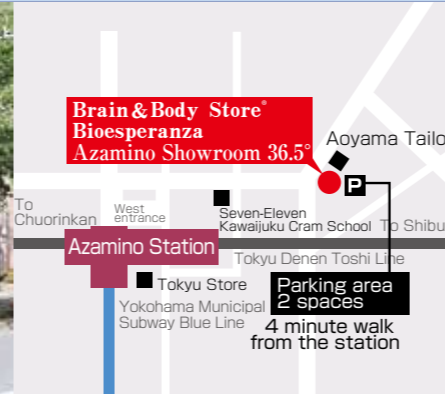
## PROFILE

Yuta Manabe

Professor, Department of Dementia and Geriatric Internal Medicine, Kanagawa Dental University Hospital; Doctor of medicine and visiting professor, Emergency & Critical Medicine Department, Fujita Health University Hospital; Medical specialist and instructor, Japan Society for Dementia Research; Recommended doctor, Research Society for Dementia with Lewy Bodies; Tokyo consulting physician, Dementia with Lewy Bodies Support Network

Professor Yuta Manabe

Department of Dementia and Geriatric Internal Medicine, Kanagawa Dental University Hospital



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- Member of the Rare Sugar Promotion Association
- Member of the Dementia with Lewy Bodies Research Association
- Member of the Japan Society for Dementia Prevention
- Japan Self Care Research Society member

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**BIOESPERANZA® Meguribi Vest**



All-season Clothing  
Unisex and Women's Models Available.

### Physical Health Promoting Apparatus Certification Framework

Certification of physical health promoting apparatus is carried out by the Japan Home-Health Apparatus Industrial Association, who inspects home-use devices and other apparatus to determine suitability in terms of safety, functionality and other factors and certifies those that meet predetermined standards. The goal of this framework is to ensure customers that the items they purchase will meet their personal needs.



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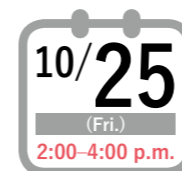
This stretchable band, a quality-of-life improvement item, comes with a feature that gently warms the body. It can be wrapped around the body, stretched out, fixed in place, and used in various other ways.

Supervision by Yoshinori Oyama, Osaka University professor emeritus and doctor of medicine  
**BIOESPERANZA® All-Purpose Band**

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Stretchable Material with Vacuum-flask Heat-retaining Effect



## Presentation by Tomizo Yamamoto, President and CEO of Yamamoto Corporation Co., Ltd. and Father of the BIOESPERANZA® Series



### Physical Health Promoting Apparatus Beautification and Health Improvement Methods Using the BIOESPERANZA® Series

(Presentation topic and contents are subject to change)  
Venue: BIOESPERANZA Azamino Showroom 36.5° (capacity: 20)  
Price: Free of charge  
Contact Point: BIOESPERANZA Azamino Showroom 36.5° (tel. 045-905-3365)

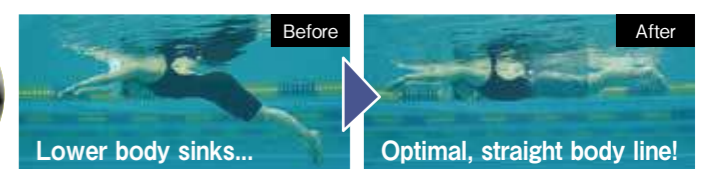


Presenter: President Tomizo Yamamoto

## Workout Assistance with a Swimsuit that Supports Correct Form

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Introducing the "Zero Position" series of Japan Swimming Federation-recommended products



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Junior sizes: 120-150; Adult sizes: XXS, XS, S, M, L, O (Same sizes available for both Masters and Professional)

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We have a clinic, nursing-care facility, and dedicated business-meeting space for sports association representatives. We hope you will come and visit us! Please make a reservation in advance.

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## Full Body Care Without Strenuous Exercise

The Brain & Body Store® BIOESPERANZA Azamino Showroom 36.5° offers a variety of "passive exercise" programs to promote better head and overall-body health.

The user remains passive while equipment gently moves their body, providing a great workout option for customers who dislike exercise, don't like changing clothing or reapplying makeup after working out, and other such users.

Workouts for wheelchair users are available as well. Come in and try it out for yourself!

### Self-Care Club

Beauty Five

Bi V - Unlimited use at a set price "Self Care Club"

Women only

No reservation required

Even users who dislike exercise can improve their beauty and health through passive means! Membership is available until all member slots are filled.



Admission fee ¥2,000 (tax included)

Member type	Monthly members	〈Times available〉	
		Weekdays 10:00~14:00	Weekdays 14:00~17:00
<b>Full members</b> (Limited to 5 persons)	¥10,800	○	○
<b>Weekday members A</b> (Limited to 10 persons)	¥5,400	○	-
<b>Weekday members B</b> (Limited to 10 persons)	¥5,400	-	○

(Price will change following October consumption tax increase)

### Special Discount Coupon

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**Free 60-minute Trial Session**

Valid Until Saturday, November 30, 2019

## Services

Cranial care using ultrasonic waves

### Ultra-Ma (cranial)



**Self-Care Club** 20 min.  
**30 day paid rental plan** ¥48,000  
**Showroom trial** ¥1,000 / 20 min.

Delivers ultrasonic vibrations to the cranial area

### Ultra-Ma (body)



**Self-Care Club** 20 min.  
**30 day paid rental plan** ¥120,000  
**Showroom trial** ¥2,000 / 20 min.

Simply open the ears and relax

### Brain activation



**Self-Care Club** 30 min.  
**30 day paid rental plan** ¥30,000  
**Showroom trial** ¥500 / 30 min.

Comfortable vibrations provide gentle massaging action

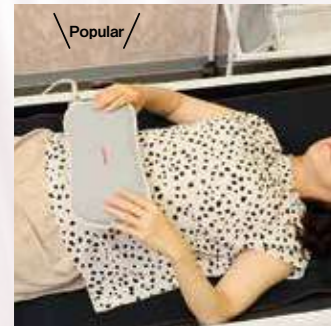
### Tap Master



**Self-Care Club** 15 min.  
**Showroom trial** ¥500 / 15 min.

Spinal care for improved health

### Ceragem Master V3



**Self-Care Club** 30 min.  
**Showroom trial** ¥1,000 / 30 min.

Easy intake of high-concentration hydrogen

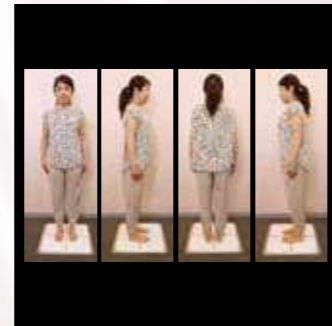
### La Briller LUXE Hydrogen Inhaler



**Self-Care Club** 15 min.  
**Showroom trial** ¥500 / 15 min.

Analyze bone-structure distortions and muscle hardening and shrinkage

### peek a body



**Self-Care Club** 15 min.  
**Showroom trial** ¥2,000 per checkup 15 min.

Ultrasonic waves for clearer vision every day

### Futawa Sonic



**Self-Care Club** 10 min. per eye

## Ultrasonic device that helps maintain cranial and overall-body health

The 30-kilohertz ultrasonic waves emitted by the Ultra-Ma are at a frequency inaudible to human ears, and these waves provide gentle stimuli to help preserve bodily health. Just like when dolphins communicate with each other underwater using ultrasonic waves, the Ultra-Ma emits low-frequency vibrations that place no stress on the body.



### Ultra-Ma ultrasonic irradiation device (cranial)

A pair of 30-kilohertz ultrasonic acoustic vibration devices are affixed to the sides of the frontal cranium area (forehead), and musical vibration devices are affixed to the left and right sides of the head.



### Ultra-Ma ultrasonic irradiation device (body)

This version of the device, which has about ten times the output strength of the cranial device, is affixed to the abdomen. Strength can be adjusted as required, from zero to the maximum.

Ueyama Seisakusho President Yoshio Shimotori, developer of the Ultra-Ma, was featured on Chiba Television's show "Successful Men: Kiyoshi Nakatake's 1-2-3 Perfect Form." (Episode 144, aired on July 27, 2019.)

Watch the show online for little-known product development stories, information on usage methods and more.

Visit the following website for further details.

<http://www.chiba-tv.com/program/detail/1060>

## Showing at JSDP 2019

Based on the theme of dementia prevention focused on oneself and one's family, The 9th Annual Meeting of the Japan Society for Dementia Prevention (JSDP 2019) is a source for the latest developments and information related not only to dementia prevention, but prevention of disease progression in existing dementia cases.

■ 9th Annual Meeting of the Japan Society for Dementia Prevention (JSDP 2019)

Event Period: Friday, October 18 to Sunday, October 20, 2019

Venue: Nagoya Congress Center

URL: <http://jsdp2019.umin.jp/>



## Japan Self Care Research Society Website Completed

The Japan Self Care Research Society website has been completed. This site features various information on health, self-care, physical health promoting apparatus and more.

<http://www.japan-selfcare-ijp/>



## WPC 2019 Exhibition Report



Numerous scholars, doctors, patients and accompanying family members from Japan and abroad attended the 5th World Parkinson Congress (WPC 2019), with all participants actively gathering information via seminars, informational booths and other sources throughout the event. We were particularly impressed by the energy and drive of patients visiting from overseas, which included visitors from other parts of Asia, North America, Europe, and places as far as South America.



## Now Hiring Physical Therapists

The Brain & Body Store® is now hiring physical therapists! To inquire or apply, contact the Brain & Body Store® BIOESPERANZA Azamino Showroom 36.5°.

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## Magnesium-powered Bathing and Clothes Washing that is Gentle on the Body and Environmentally Friendly

- Deodorizes** Offers even more effective odor-breakdown performance than synthetic laundry detergents!
- Sterilizes** Offers quick, highly effective bacteria reduction and elimination!
- Cleanses** Removes adhering sebum, dirt, contaminants and foreign matter! Use when doing laundry for a clean washing machine drum!



**Bath Mag**  
Simply add Bath Mag to the water before getting in the bath to create a magnesium-generated, low-alkaline-ion hydrogen bath in your tub. Magnesium is an all-natural ingredient, making this product safe to use even with infants and people with sensitive skin.

Mag-chan uses high-purity (99.95%) magnesium. Placing this product in the water harnesses the unique properties of magnesium to generate hydrogen bubbles, creating alkaline hydrogen water. Try this new method of bathing and washing clothes, which is gentle on the body and safe for the natural environment.



**Laundry Mag-chan**  
Removes odors, cleans the washing machine, and eliminates bacteria, leaving both your clothes and the washer clean! Simply add Laundry Mag-chan in with your load of laundry to fully prevent unpleasant odors that occur when hanging laundered clothes up to dry indoors. Furthermore, this product gradually removes mold, grime and other contaminants from the drum, hose and other parts of the washing machine.



**Baby Mag-chan**  
This product is designed to provide clean laundry that is gentle enough on the skin for infants to use. It doesn't contain the chemicals found in surfactant-type detergents, aromatic agents and other washing products, and is designed to reduce the harmful skin effects of residual chlorine in tap water.



**Laundering Bag Mag-chan**  
This product uses high-purity magnesium in place of laundry detergent and softener to remove dirt, odors and more. Boasting approximately ten times the odor-breakdown performance of synthetic laundry detergents, this laundering bag is perfect for washing organic cotton clothing, and for use by customers with sensitive skin!

Advice from a Certified Nutritionist

### Simple Fall Nutrition Tips



**Dietitian Mari Tomoyasu**  
Qualifications: Dietitian, nutritionist

Autumn is the season of delicious foods, when chestnuts, persimmons, Japanese pears, mushrooms and a wide variety of other foods and cooking ingredients come into season. As for fish, most people think of Pacific saury when fall rolls around, but I'm going to focus on another seasonal fish instead: autumn salmon. This fish contains a red pigment called astaxanthin that provides 6,000 times the antioxidant effect of vitamin C. This strong antioxidant stimulates increased metabolic activity in the eyes to help mitigate eye fatigue, proving highly effective against eyestrain which people experience often these days due to frequent smartphone and computer use. Astaxanthin's antioxidant effects also reduce active oxygen, which is one factor behind aging, and thus serve in an anti-aging capacity as well. Salmon is packed with vitamin D to help the body absorb calcium, and also has plenty of collagen which has beautifying effects. I recommend trying salmon simmered in cream sauce, which uses salmon with the skin still attached and offers all of the benefits I have just described. By cooking salmon in cream sauce together with milk, which is also rich in calcium, as well as vegetables like broccoli that contain vitamin C—an ingredient that enhances the effects of collagen—you can enjoy the benefits of astaxanthin and these other constituents, while also taking full advantage of docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) present in the fish fat. Give this tasty dish a try for yourself!

## "Smart-Com" Intelligent AI Smart Display

3D sound can be used to play soothing sound effects, music and more. Experience it for yourself with the next-gen "Smart-Com" AI speaker.



Amid the growing popularity of smart speakers, iXOS has released their own next-generation, AI-based speaker:

the Smart-Com. Taking "com" from the words combo, computer, communication and (more loosely) concierge, this smart multifunctional speaker features a display in the middle, as pictured above, to enable visual confirmation of functions.

With a thin 3-centimeter design, dimensions adhering to the standard A4 document size, and a light 1.6-kilogram product weight, the Smart-Com can be used anywhere—on a desk, hanging on the wall, or in any other location!

The Smart-Com can play music and ambient sound effects with 3D sound encoding, offering enjoyable three-dimensional audio with tangible depth. Experience the sounds of nature, orchestral music and more, all of which sound just like the real thing!



### Relax and recharge with your favorite audio

Sound is an essential element in our everyday lives—not just music, but ambient sounds such as crashing waves and birds chirping. Everybody has favorite sounds that help them relax, as well as sounds from the past that recall certain memories and bring about pleasant feelings of nostalgia.

### Speaker with AI learning capabilities

The Smart-Com is a smart speaker equipped with AI, which includes learning functions. By using this product together with other services, it can be made to select music and sound effects that you like based on the current situation, and also to detect changes in surrounding noises. With the spread of 5G next-generation communication technology on the horizon, speakers with these types of AI features are sure to play increasingly central roles in our lives.

The commercial release date for Smart-Com has not yet been decided, but we plan to use crowd-funding for the project and exhibit the product in the Brain & Body Store®.

**iXOS Co., Ltd.**  
President: Koichi Nakajima  
Business Activities: Development, manufacture and sale of the Smart-Com intelligent AI smart display