

CANCER RESEARCH INSTITUTES

OSAKA MEDICAL CENTER FOR CANCER AND CARDIOVASCULAR DISEASES



The Osaka Medical Center for Cancer and Cardiovascular Disease is the central institute of Osaka Prefectural Government with the primary purpose of prevention, diagnosis and treatment of chronic disease states. Founded in September 1959, it is presently composed of the hospital, a research institute, the Department of Cancer Control and Statistics, the School of Nursing and the Department of Administration.

Major research themes include early detection and treatment of intractable cancers, like those in the lung live and pancreas as well as basic investigations of mechanisms underlying the development of the disease. One project of particular interest is that being conducted by the Specialist Associate Editor for Intervention of the APJCP, Dr Hideki Ishikawa, looking at the impact of physical exercise and dietary improvement on disease outcome with a large cohort of adenoma patients.

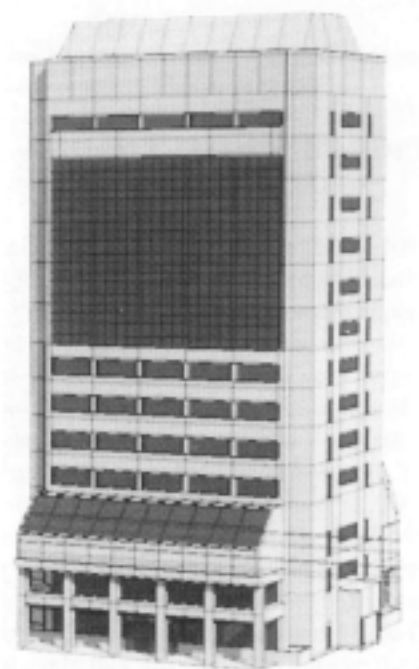
In addition to the hospital, equipped with advanced examination and diagnostic facilities, there is a newly developed mobile unit with spiral computed tomography for early detection of lung cancer. Using the latest diagnostic procedures, multiphasic health check-ups and mass screening for colon and liver cancer as well as cardiovascular disease is being conducted in a special wing. Dr Masakazu Nakamura, one of the editorial board members is very active in tobacco control.

The Department of Cancer Control and Statistics itself conducts epidemiological studies on risk factors impacting on occurrence and progression of chronic diseases and is very active in providing training courses for medical staff from other institutions. It also maintains a comprehensive library for all the staff of the Center.

Osaka Medical Center for Cancer and Cardiovascular Disease has a List of Ten Items which it emphasizes to Prevent Illness

1. Eat a variety of foods regularly
2. Have a balanced diet
3. Avoid using too much salt:
4. Eat a variety of vegetables
5. Do not drink alcohol excessively
6. Do not smoke cigarettes
7. Control you weight
8. Have a daily rhythm
9. Create a comfortable envirnment
10. Get a health check-up once a year.

To the success of their efforts!



New Research Building