

# EXPERIENCE REPORT

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Endocrinology and Diabetes

It was a great honor and joy to participate in the Summer Program 2025 at Nagoya University Graduate School of Medicine.

This one-week program focused on community medicine in practice. In just one week, I gained a concise yet comprehensive overview of Japanese community health care and some of the measures Japan has adopted to meet the challenges of population aging.

Our first stop was Nagoya University Hospital. We toured the outpatient building, the historical museum, and the operating rooms. Everything was strikingly modern, spotlessly clean, and meticulously organized. Although we could only observe the OR staffs through a small window, the glimpse was fascinating. We also visited the hospital's helipad and learned that Japanese citizens can receive both ground-ambulance and helicopter transfers free of charge—clear evidence that Japanese healthcare insurance really does a good job.

After the hospital tour, we split into small groups to visit laboratories. I chose the Endocrinology and Diabetes Lab. My first impression was, again, of immaculate orderliness. More interestingly, I discovered that the same department can branch into markedly different research directions. For instance, the endocrinology department at our hospital mainly studies immune- and inflammation-related diabetes, whereas the Nagoya lab focuses on neuroendocrinology. This subtle but significant difference was eye-opening. We had an in-depth conversation with Professor Iwama, who kindly outlined the lab's structure and his latest projects, giving us fresh insights.

Next, we explored the XR Center, where medical students use VR and AR to practice basic surgical maneuvers. With such cutting-edge technology, future physicians are sure to receive better training and become even more skilled.

We also studied Kampo. In class we decocted our own formulas—my group drew Coptis (huang lian), which was so bitter that no one dared swallow it! We were even braver with acupuncture, trying it on ourselves—yet another first in my life.

The centerpiece of the program was our visit to Kagayaki Clinic in Gifu Prefecture. Here we learned the theory behind community-based medicine and then accompanied local physicians on home visits. A nurse drove us to the patient's house, where the doctor conducted a thorough history and physical exam. Japan's community-based healthcare is truly cutting-edge and has broadened our horizons. It was a completely new experience for me. During the visit the physician provided not only medical care but also emotional support; at one point we even watched a short Ed Sheeran live performance together with the patient.

Beyond academics, we immersed ourselves in Japanese culture. We strolled through Mino City in yukata and took a cormorant-fishing cruise on the Ukai River. We also had friendly, in-depth exchanges with American and Japanese medical students, giving many presentations, comparing health-care systems, insurance models, and medical education in China, the United States, and Japan. These conversations broadened our international outlook

and forged cross-border friendships.

This was indeed an invaluable experience. And it has deepened my resolve, as a medical student, to contribute to building a Healthy China.

