

## EXPERIENCE REPORT

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Lab: Endocrinology and diabetes

It is a great pleasure to attend the Community Medicine Summer Camp in Nagoya this summer. The short 7-day trip has taught me a lot and will never be forgotten.

One of my biggest gains from this summer camp is to broaden my international perspective. Through conversations with medical students of the same age and senior medical professors in the United States and Japan, I learned about the common and different problems facing medicine in different countries and the current initiatives in each country. This is a great help for me to think about the advantages and disadvantages of my country's medical policy and public health system. In my opinion, at present, there is an inequity in the utilization of medical resources all over the world. With the advancement of aging and urbanization, this inequality will become more and more serious. The existence of medical insurance system and public health service system should put forward better solutions to this problem.

During the visit to the laboratory, I was very grateful to the professors of the Department of Endocrinology for their enthusiastic guidance and explanation. From the basic knowledge of endocrinology, to the new equipment currently being used in clinical practice, and the discussion on the condition of specific patients, despite the language barrier, I had a deeper understanding of the department of Endocrinology of Nagoya University Hospital.

In the warm and comfortable Gifu town, we visited the Kagayaki Clinic, which further deepened my understanding of community health care. Here, doctors and nurses will come to the house to take care of patients who cannot easily get to the hospital. In addition to treating patients, staff also educate patients about death. Here, I think we should not use the term patient, perhaps friends, acquaintances, family members and other names are more appropriate.

The visit to Camcam swallow was something I had never done before. There is an old saying in China that people depend on food, and the inability to swallow has a great impact on people's quality of life. Living on a liquid or semi-liquid diet is full of disappointment. Here, nutritionists make all kinds of food raw materials into exquisite snacks, not only to meet the nutritional needs of patients, but also to help patients maintain dignity.

The most impressive part of this trip is the time I spent interacting and playing with students from

different countries in class and spare time. I would like to thank the students of Nagoya University School of Medicine for their hospitality, which made me feel at home in a foreign country. We chatted, went to hot springs, ate Japanese food, and even went to Uniqlo together. After 20 or 30 years, looking back at the photos, it will still be a memorable time.

