

C O N T E N T S

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Congress Overview

1

Organization

2

Congress Information

3

Program

4

Registration

10

Call for Papers

12

Hotel & Tours

13

General Information

16

Access to Yokohama

17

# Congress Overview

It is with great pleasure that we wish to invite and welcome members of the Japanese Society for Mastication Science and Health Promotion to the 1<sup>st</sup> International Congress on Mastication and Health. We extend our warm wishes toward the health and prosperity of all our members.

The Japanese Society for Mastication Science and Health Promotion is pleased to recognize the 13<sup>th</sup> anniversary of its founding. During these years, the society has focused on the steadfast progress and positive research results of its members. These members represent a broad range of creative research and faster development in numerous research fields. This research has had considerable scientific impact upon society. In particular, research relating to mastication and bodily functions has been recognized as a key element in the current field of dental medicine.

Today we are seeing many changes in illnesses relating to society. In the past, infectious diseases such as tuberculosis and epidemic diseases of the digestive tract were predominant. In the 21<sup>st</sup> century, diseases associated with lifestyles are becoming more prevalent. Malignant tumors, heart disease, cerebrovascular diseases, metabolic diseases, and other non-infectious diseases now account for approximately 70 percent of all deaths. In other words, illness is no longer the result of infections that are spread from one person to another, but rather from the impairment of health caused by the physical and mental decline that relates to one's daily lifestyle.

In order to address this growing social trend, the Japanese Society for Mastication Science and Health Promotion is pleased to sponsor the 1<sup>st</sup> International Congress on Mastication and Health. The theme of the Congress is "**Oral Health for Healthy Life - Towards the Prevention of Lifestyle Illnesses and Senility.**" The Congress will be held concurrently with the 13<sup>th</sup> Japanese Conference on Mastication. A community forum, chaired by Dr. Keisuke Tsuji, Himeji Institute of Technology, will also be held and will focus on the general public.

Presentations by plenary lecturers for the International Congress will include:

- "Humoral and Neural Regulation of Obesity" by Dr. S. C. Woods, Professor, College of Medicine, University of Cincinnati (USA); Director of the Obesity Core Center.
- "Perception and Measurement of Food Texture" by Dr. M. Bourne, Professor Emeritus, Cornell University (USA), Department of Food Science.
- "Satiety and Masticatory Function Modulated by Brain Histaminergic Neurons" by Dr. Toshiie Sakata, Professor, Nakamura Gakuen University.

Throughout the Congress's symposiums, approximately 30 presenters from Japan and over 20 international presenters will provide in-depth discussions relating to mastication and health. In addition, over 100 general research presentations will be given in the form of poster presentations.

The community forum will be held on September 16. The theme of the forum is "An Invitation to Healthy Beauty Chewing-Knowledge, Health, and Beauty Associated with Chewing in an International Age." Speakers for the forum will include His Imperial Highness, Prince Tomohito of Mikasa; Dr. S. C. Woods; Dr. Keiko Higuchi; and Ms. Agnes Chan.

Also during the Congress, the 1<sup>st</sup> "Health and Mastication Instructor" Lecture Course will be held on September 15, from 9:00 a.m. to 12:00 p.m. The goal of this lecture course will be to develop skilled individuals who will be able to enlighten and instruct the general public on the importance of mastication. Those eligible for the lecture course will primarily consist of persons supervising practical activities in fields involving mastication and health. Participants will gain expertise in the enabling the general public in pertinent and basic knowledge pertaining to mastication. They will be able to better understand the significance of chewing through advanced, scientific information. A health and mastication instructor's certificate will be granted following the continued participation of the lecture course at next year's meeting.

This international congress is unique in that the heterogeneity of its members makes it possible for such a congress to be held. Members include persons actively engaged in biological fields such as dentistry, medicine, veterinary medicine, pharmacology, physical education, and physical science. Additionally, members are also engaged in agriculture, nutritional science, food science, domestic science, robotics, architecture, biomaterial engineering, school health, school meal programs, health education, home care, and related administrative agencies. It is exciting to posit that this heterogeneity will be the driving force that may be responsible for breakthroughs that may be achieved during the 21<sup>st</sup> century.

In conclusion, we wish to express our sincere gratitude to the society directors and committee members who have put forth a great effort and provided generous cooperation in planning the international congress. We wish to also express our deepest appreciation to numerous and respected individuals, related societies, related government agencies, and private corporations for their valuable guidance and accommodations. In particular, we would like to express our appreciation to President Takeo Shigemitsu of the Lotte Company, Ltd. for his strong support and generous cooperation throughout this undertaking.

We look forward to welcoming all of our members to the Congress.

Shigeru Saito, President of the Japanese Society for Mastication Science and Health Promotion; Chairman of the Organizing Committee of the 1<sup>st</sup> International Congress on Mastication and Health

Isao Ishikawa, Executive Committee Chairperson of the Organizing Committee of the 1<sup>st</sup> International Congress on Mastication and Health

Yoshinori Kobayashi, President of the Organizing Committee of the 13<sup>th</sup> Japanese Conference on Mastication

Ikuo Morita, Secretary General, the Secretariat of the 1<sup>st</sup> International Congress on Mastication and Health

## Organizer

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Japanese Society for Masticatory Science and Health Promotion

1<sup>st</sup> International Congress on Mastication and Health

## Corporate Sponsorship

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LOTTE Co., Ltd.

## Supporting Organizations (Tentative)

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The Ministry of Health, Labor and Welfare

The Ministry of Agriculture, Forestry and Fisheries of Japan

Kanagawa Prefecture

Yokohama City

Japanese Association for Dental Science

Japan Dental Association

The Japan Medical Association

The Japan Dietetic Association

Japan Pharmaceutical Association

Japanese Society of School Health

Japan School Dentists 'Association

The Stomatological Society, Japan

The Japanese Society of Conservative Dentistry

The Japanese Society of Periodontology

The Japan Prosthodontic Society

Japanese Society of Oral and Maxillofacial Surgeons

Kanagawa Dental Association

Tokyo Dental Association

Yokohama Dental Association

The Japanese Society of Nutrition and Food Science

The Japanese Orthodontic Society

Japanese Society for Dental Health

The Japanese Society of Pediatric Dentistry

The Japanese Society for Disability and Oral Health

Japanese Society of Gerodontology

The Academy of Gnathology and Occlusion

The Nippon Academy of Dental Technology

Japan Dental Hygienists ' Association

J.A.D.R (Japanese Association for Dental Research)

Association of Oromaxillofacial Biomechanics

The Japanese Academy of Occlusion and Health

Japanese Society of Dentistry for Medically Compromised Patient

The Foundation for Prevention of Dementia

Asahi Shimbun

The Yomiuri Shimbun

The Mainichi Newspaper Co.

Kyodo News

## Organizing Committee of 1<sup>st</sup> International Congress on Mastication and Health

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Honorary President: Takeshi Hoshi

President: Shigeru Saito

Vice President: Isao Ishikawa

Kiyoshi Miake

Ikuo Morita

Secretary: Hisashi Watanabe  
Yoshiaki Ono

Financial and Fund Raising:  
Shigeru Saito

Congress Coordinating:  
Masami Matsuzaki  
Takashi Matsukubo  
Shoji Kohno

Scientific Program:  
Norihiko Maeda  
Katsuyoshi Nishinari  
Ikuo Morita

Information: Morito Akasaka  
Keisuke Tsuji  
Shogo Matsui

Exhibition: Yoshinori Kobayashi  
Tomohiko Mori  
Hiroshi Shiga

# Congress Information

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## 1.Period:

September 15 (Sun.) - September 18 (Wed.)  
(Registration will start at 2:00 pm on September 15 (Sun.) )

## 2.Venue:

Pacifico Yokohama  
1-1-1, Minato Mirai, Nishi-ku, Yokohama 220-0012, Japan

## 3.Social Events:

Opening Ceremony (Charge-free) September 16 (Mon.) 8:50 am  
Welcome Reception (Charge-free) September 16 (Mon.) 6:00 pm  
Banquet (¥ 7,000) September 17 (Tues.) 7:00 pm

## 4.Community Forum:

September 16 (Mon.) 1:00 pm - 5:00 pm at Pacifico Yokohama  
(1F Main Hall)

## 5.Official Language: English or Japanese

(Simultaneous translation will be provided)

## 6.Exhibition:

Exhibition of Medical Equipment on Mastication

## 7.Secretariat:

for the 1<sup>st</sup> ICMH  
**c/o Japan Convention Service, Inc.**

2-2-1 Uchisaiwai-cho, Chiyoda-ku, Tokyo 100-0011, Japan

Tel: +81-3-3508-1214

Fax: +81-3-3508-0820

E-mail: [soshaku@convention.co.jp](mailto:soshaku@convention.co.jp)

# Program

## 1. Main Theme

"Oral Health for Healthy Life " - For Prevention of Life-style Choice Disease -

## 2. Time Table

Time	Sep 15 (Sun.)	Sep 16 (Mon.)	Sep 17 (Tues.)	Sep 18 (Wed.)
9 : 00 am		8 : 30am — 5 : 00pm	Registration	
10 : 00 am		Opening Remarks Plenary Lecture	Plenary Lecture	Plenary Lecture
12 : 00 am		Symposium 1	Symposium 4	Symposium 5
			Symposium 8	Symposium 9
				Symposium 11
1 : 00 pm			Poster Presentation	Poster Presentation
2 : 00 pm				
4 : 00 pm	Registration (2 : 00pm)	Symposium 2	Symposium 6	Symposium 10
		Community Forum (1F Main Hall)		Research Report
		Symposium 3	Symposium 7	Symposium 12
6 : 00 pm				5 : 00pm Closing
7 : 00 pm		Welcome Reception	Gala Dinner	

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### 3. Program

#### Opening Remarks

Whole Concept of Mastication for Prevention of Life-Style Choice Disease

Chairperson: Takeshi Hoshi(President, SIZUOKA Health and Longevity Association)

Speaker: Shigeru Saito (President, Japanese Society of Mastication Science and Health Promotion)

#### Plenary Lecture

##### 1. Role of Mastication in Health

Chairperson: Toshiie Sakata(Nakamura Gakuen University, JPN)

Speaker: S.C.Woods(University of Cincinnati, Obesity Core Center,USA)  
“ Humoral and Neural Regulation of Obesity ”

##### 2. Implication of Food Texture and Mastication

Chairperson: Katsuyoshi Nishinari(Osaka City University, JPN)

Tomohiko Mori(Kyoto University, JPN)

Speaker: M.Bourne(Cornell University, USA)

“ Perception and Measurement of Food Texture ”

##### 3. Neural Mechanism of Mastication

Chairperson: Toshifumi Morimoto(Osaka University, JPN)

Speaker: Toshiie Sakata (Nakamura Gakuen University, JPN)

“ Satiation and Masticatory  
Function Modulated by Brain Histaminergic Neurons ”

#### Symposia (Tentative)

##### 1. Sensing and Metabolism of Dietary Fats

Organizer: Toshiie Sataka (Nakamura Gakuen University, JPN)

Patrick Tso (University Cincinnati, USA)

###### 1. R.Mattes (Purdue University, USA)

Taste and postprandial plasma triglyceride in humans

###### 2. T.Gilbertson (Utah State University, USA)

Chemoreception for fat

###### 3. P. Tso (University Cincinnati, USA)

Lipid metabolism - its health implication

###### 4. D.Ramsay (University Washington, USA)

Oral factors related to the ingestion of food

###### 5. T. Sakata (Nakamura Gakuen University, JPN)

Lipolysis in adipose tissues controlled by hypothalamic histamine neurons

## 2. Prevention of Life-Style Related Diseases in Childhood

Organizer: Masami Nagashima (Aichi Children's Health and Medical Center, JPN)

Kiyotaka Hiraiwa (Aichi Dental Association, JPN)

1. H. Matsuda (Nagoya Bunri College, JPN)  
The improvement on the obesity by the chewing guidance
2. K. Hashimoto (Aichi Gakuin University, JPN)  
Relation of mastication on insulin
3. M. Yoshinaga (Kagoshima University, JPN )  
Trend of children for becoming overweight
4. M. Hara (Tokyo Metropolitan Hiro-o General Hospital, JPN)  
The epidemiology of obesity and cardiovascular disease risk in Japanese children: Eating behavior modification and treatment of childhood obesity
5. Shilian Li (Beijing Children Hospital, Affiliated of Capital University of Medical Sciences, PRC)  
Current status and prevention of life-style related diseases in childhood in China

## 3. Effects of Mastication on General Health and Function

Organizer: Minoru Nakata (Kyushu University, JPN)

Kimie Okimoto (Kyushu University, JPN)

1. N. Takei (The Lion Foundation for Dental Health, JPN)  
Relationship between diet habits and obesity
2. T. Fujise (Kyushu University, JPN)  
Effects of mastication on satiety and obesity
3. H. Miyazaki (Niigata University, JPN)  
Do masticatory disorders influence physical disability, dementia and mortality in elderly people?
4. T. Hirai (Health Sciences University of Hokkaido, JPN )  
Occlusal -masticatory function and the higher brain function in rats  
- Immunohistochemical, biochemical and behavioral studies -
5. R. Sakai (University of Cincinnati, USA)  
The importance of fluid intake during meals: the concept of homeostatic and non-homeostatic drinking

## 4. Mastication and Nutrition

Organizer: Keisuke Tsuji (Himeji Institute of Technology, JPN)

1. Y. Matsumura (National Institute of Health and Nutrition, JPN)  
Epidemiological aspect of nutrition in Japan
2. M. Sugano (Prefectural University of Kumamoto, JPN )  
Dietary fiber and intestinal immunology
3. K. Tsuji (Himeji Institute of Technology, JPN )  
Physiological function of dietary fiber and mastication

## 5. Masticatory Function: Its Role in Prevention of Senile Dementia

Organizer: Minoru Onozuka (Gifu University, JPN)

Yasushi Fukami (Washington University, USA )

Takashi Miyata (Organization of International Support for Dental Education, NPO)

1. G. Nordenram (Karolinska Institute, Sweden)  
Mental impairment and oral function
2. Y. Shimazaki (Kyushu University, JPN)  
Influence of dentition status on physical disability, mental impairment, and mortality in institutionalized elderly people
3. K. Watanabe (Gifu University, JPN)  
A possible link between molarless condition and senile processes in the hippocampus: Experimental evidence using senescence accelerated mice
4. M. Onozuka (Gifu University, JPN)  
Effects of chewing on brain activities and memory acquirement in humans

## 6. Mastication and Food Texture

Organizer: Katsuyoshi Nishinari (Osaka City University, JPN)

Tomohiko Mori (Kyoto University, JPN)

1. K. Nishinari (Osaka City University, JPN)  
Introductory-Rheology, food texture and mastication
2. P.W.Lucas (Hong Kong University, PRC )  
Food physics and physiology
3. L.Mioche (INRA, France )  
Electromyography and its implication in the mastication and texture
4. K.Hiemaee (Syracuse University, USA)  
Mechanisms of food reduction, transport and deglutition:  
How the texture of food affects feeding behavior
- 5.F.Bosman (Utrecht University, The Netherlands )  
Neuromascular control of chewing movements
6. T. Mori (Kyoto University, JPN )  
Closing remarks

## 7. Exercise Muscle Mass and Strength, and Mastication and Health Promotion

Organizer: Masashige Suzuki (Tsukuba University, JPN)

1. Y. Yoshino (Kamakura Women's University, JPN )  
The relation between biting force and grip strength?  
- Two thousands data from children to elderly person in Japan -
2. Y. Ono (Tokyo Medical and Dental University, JPN )  
Promotion of masticatory performance with the chewing gum
3. A. Abe(The University of Tokyo Faculty of Medicine, JPN)  
Functional neuroanatomy of gum chewing using H<sub>2</sub><sup>15</sup>O -PET
4. T. Rantanen (University of Jyvaskyla, Finland)

Muscle strength and health status in elderies

5. M. Suzuki (Tsukuba University, JPN )

Health promotion by light-resistance exercise - Dumbbell exercise -

## 8. Mastication and Robot

Organizer: Atsuo Takanishi (Waseda University, JPN)

Hideaki Takanobu (Kogakuin University, JPN)

Shoji Kohno (Niigata University, JPN)

1. A. Takanishi (Waseda University, JPN )

H. Takanobu (Kogakuin University, JPN)

State of the art and future of robotics

2. T. Hayashi (Niigata University, JPN )

Development of autonomous jaw-movement simulator JSN with a physiological control mechanism

3. K. Maki (Showa University, JPN )

Evaluation of biomechanical effect of mastication by using humanoid robotic

4. Y. Yanagisawa (Wayo Women's University, JPN )

Analysis food texture by robot (Texturobot)

## 9. Biomechanical Influence of Mastication on Body Morphology and Functions

Organizer: Sadami Tsutsumi (Kyoto University, JPN)

1. Y. Nyashin (Perm Technical University, Russia)

Human dentofacial system as a biochemical system of an organism

2. E. Steinhauser (Technical University of Munich, Germany)

Experimental structure analysis of the human mandible

3. M. Yamashita (Dokkyo University School of Medicine, JPN )

Functional morphology of primate masticatory apparatus

4. S. Tsutsumi (Kyoto University, JPN )

Biomechanical simulations on morphological influences of mastication

## 10. Taste, Saliva and The Functional Interaction

Organizer: Norihiko Maeda (Hiroshima University, JPN)

Yuzo Ninomiya (Kyushu University, JPN)

Kazuo Hosoi (Tokushima University, JPN)

1. M. Hoon (National Institute of Dental and Craniofacial Research, National Institute of Health Bethesda, USA)

Taste receptors

2. R. Margolskee (Howard Hughes Medical Institute, Mount Sinai School of Medicine, USA)

Insights into taste transduction from transgenic and biochemical studies

3. Y. Ninomiya (Kyushu University, JPN )

Induction of salivary proteins by oral chemical stimulations

4. K. Hosoi (Tokushima University, JPN )

Acute phase protein induction by experimental inflammation in the salivary gland

5. A.Hand (University of Connecticut Health Center, USA)  
Secretory protein expression during salivary gland development
6. A.Spielman (New York University, USA)  
Saliva- Taste interaction

## 11. Oral Diseases and Systemic Health

Organizer: Isao Ishikawa (Tokyo Medical and Dental University, JPN)

1. S.Grossi (New York State University at Buffalo, USA)
2. K. Inagaki (Aichi Gakuin University, JPN )  
Periodontal disease and osteoporosis: association and mechanisms
3. H. Watanabe (Tokyo Medical and Dental University, JPN )  
Effect of a novel masticatory product on oral and immunological functions
4. T. Yanagisawa (Tokyo Dental College, JPN )  
Caries prevention by saliva on remineralization and its enhancement
5. A. Suzuki (The Nippon Dental University, JPN )  
Xylitol chewing gum and oral health

## 12. Eating Problem and Oral Care in the Elderly

Organizer: Ryutaro Takahashi (Tokyo Metropolitan Institute of Gerontology, JPN)

1. S. Gueldner (The Pennsylvania State University, USA)  
Attention to oral health, including nutritional concerns, among elders living in the United States
2. K. Ueda (Niigata University, JPN )  
The oral care for patients at a chronic stage of illness.
3. M. Yamori (Tokyo Metropolitan Komagome General Hospital )  
The feature of geriatric dysphagia and the rehabilitation
4. A. Kanemaru (Tokyo Metropolitan Geriatric Medical Center, JPN )  
Alternative alimentation for dysphagic patients: Intermittent oropharyngeal tube feeding

## Research Report

Mastication and Brain Function in The Human Evolutionary and Developmental Processes

Speaker Kinziro Kubota (Prof. Emeritus, Tokyo Medical and Dental University, JPN)  
Toshimitsu Momose (The University of Tokyo Faculty of Medicine, JPN)  
Atsushi Abe (The University of Tokyo Faculty of Medicine, JPN)  
Noriyuki Narita (Nihon University School of Dentistry at Matsudo, JPN)  
Kuni Ohtomo (The University of Tokyo Faculty of Medicine, JPN)  
Shunsuke Mizuguchi (Tokyo Medical and Dental University, JPN)  
Masaya Funakoshi (Asahi University, JPN)

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## Poster Presentation

The organizing committee welcomes the submission of original contributions for poster presentation on the congress.

# Registration

## 1. Registration fee (including a fee to participate in the 13th Annual Meeting of the Japanese Society of Masticatory Science and Health)

Category	Early registration No later than August 31, 2002	Late registration or On-site registration
Doctor/Dentist	¥25,000	¥30,000
Medical Staff/Co-Medical	¥15,000	¥20,000
Student (*)	¥10,000	¥15,000
Accompanying Person(s)	¥10,000	¥10,000
Banquet (**)	¥7,000	¥7,000
<small>(the 13th Annual Meeting of the Japanese Society of Masticatory Science and Health)</small> only	¥5,000	¥6,000

(\*) The followings are defined as students: undergraduate students, graduate students, vocational college students and nursing school students. Students are required to enclose a copy of a student ID.

(\*\*) Application for the banquet will be first - come, first - served basis.

The followings are included in the registration fees:

### 1. Doctors/dentists/medical staffs/co-medicals/students

- A fee to participate in the scientific program (including the community forum)
- A fee to participate in an opening ceremony and a welcome reception
- Scientific program and abstracts

### 2. Accompanying Person(s)

- A fee to participate in an opening ceremony and a welcome reception

## 2. Application

Please fill in the registration form (Form A) enclosed and return to the secretariat for the registration section by mail or facsimile. Every applicant has to fill in the form individually. If more than one person wishes to apply, please photocopy the form or ask the registration section for additional copies.

As soon as the secretariat confirms the receipt of payment, a receipt and a registration certificate will be sent to the applicant. Please remember to bring the registration certificate with you when you pick up your materials upon arrival at congress site.

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### 3. Remittance Procedures

Please pay the registration fees according to the following:

1. By credit cards (the following credit cards are acceptable)

JCB, Visa, MasterCard, American Express, Diners

2. By wire transfer

If you wish to pay by wire transfer, please remit money to the following bank account:

Bank: Sumitomo Mitsui Banking Corporation, Hibiya-dori Branch

Account No.: 2959755

Account holder: 1<sup>st</sup> ICMH

3. By check: Payable to 1<sup>st</sup> ICMH

Please be informed that we will not accept personal checks.

### 4. Deadline

For early registration, the registration forms must arrive no later than August 31, 2002. Please be informed that any registration forms arrived on September 1, 2002 or later will not be handled as the early registration.

### 5. Cancellation Policy

Cancellation should be made to the registration section in writing either by letter or fax or e-mail. The amount of refund will depend on the date of cancellation as follows; Cancellations received on or before August 31, 2002 ... 50 percent of the fees will be refunded.

Cancellations of received on or after September 1, 2002 ... No refunds will be made. Refunds will be made after the Congress.

### 6. Please send the registration form or inquiries to the following:

Registration section, 1<sup>st</sup> ICMH

c/o Japan Convention Services, Inc.

Asakawa Bldg. 10F, 6-12-13, Minami-oi, Shinagawa-ku, Tokyo 140-0013

Tel: +81-3-5767-2652

Fax: +81-3-5767-2655

E-mail: [icmh@convention.co.jp](mailto:icmh@convention.co.jp)

# Call for Papers

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## 1. Application

Please fill in the abstract form (Form B) enclosed and return by mail to the secretariat for the abstract section.

Please make separate abstract form for each subject. If you wish to apply for more than one subject, please photocopy the form or ask the secretariat for additional copies.

1. The languages you use: Please make a presentation in English. Those who wish to submit papers in Japanese, please refer to Japanese Circular.

\*The abstract should not exceed 250 words in length.

(not included title names, affiliations)

2. For further information, please refer to the details given on the back of the abstract form.

## 2. Documents to be presented

Please attach the following to your abstract form

- Three copies of the abstract form

- Data of your script\*

\* Please send data prepared by either Microsoft Word 98 or 2000 (either Windows or Macintosh version is acceptable) in the 3.5HD floppy disk. Otherwise, please supply us the above in rich text format.

## 3. Deadline

Not later than August 14, 2002,

## 4. Adoption/Rejection

You will be notified of whether your application is accepted or not by mail by the middle of August.

## 5. Please send abstract forms or inquiries to the following

Abstract section, 1<sup>st</sup> ICMH

c/o Japan Convention Services, Inc.

Asakawa Bldg. 10F, 6-12-13, Minami-oi, Shinagawa-ku, Tokyo 140-0013

Tel: +81-3-5767-2653

Fax: +81-3-5767-2655

E-mail: [icmh@convention.co.jp](mailto:icmh@convention.co.jp)

# Hotel & Tours

## OFFICIAL TRAVEL AGENT

JTB Corp. (JTB) has been appointed as official travel agent for the Congress and will handle hotel accommodations and tours  
JTB Corp.

International Travel Division Convention Center (CD100739 - 141)2 - 3 - 11 Higashi - Shinagawa, Shinagawa - ku,  
Tokyo 140 - 8604 Japan Fax: +81 - 3 - 5495 - 0685 Phone: +81 - 3 - 5796 - 5445

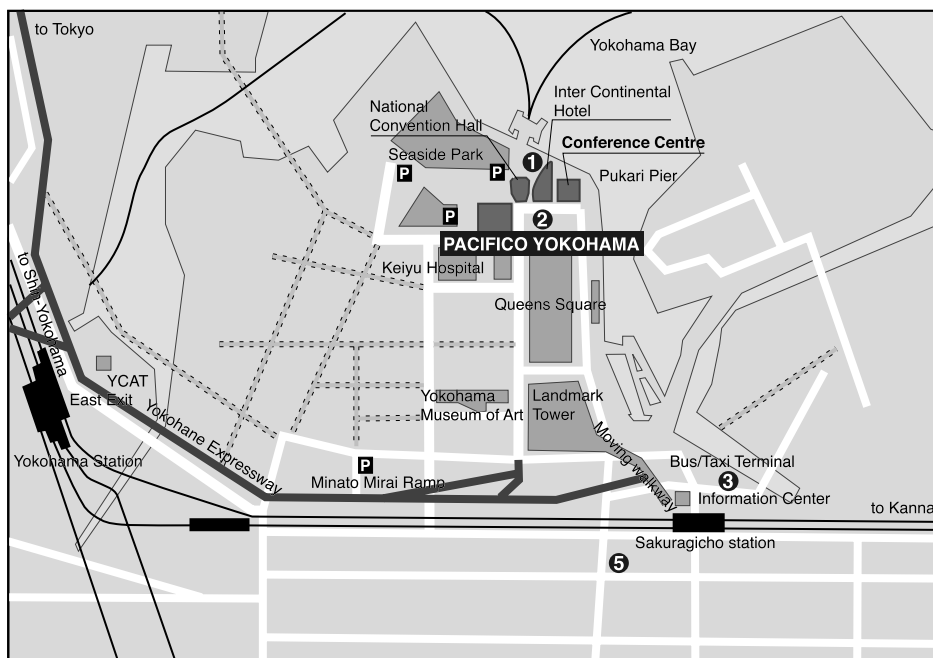
## HOTEL ACCOMMODATIONS

No.	Hotel Name (Check-in & out time)	Room Rates		Address Phone Access to the Site or the nearest station
		Single with bath	TWIN WITH BATH	
	Yokohama Grand-Intercontinental Hotel ( 2:00pm/11:00am )	* ¥ 17,600	¥ 22,000	1-1-1, Minatomirai, Nishi-ku, Yokohama, 220-8522 +81-45-223-2222 adjoining
	Pan Pacific Hotel Yokohama ( 2:00pm/11:00am )	* ¥ 17,600	¥ 22,000	2-3, Minatomirai, Nishi-ku, Yokohama 220-8543 +81-45-682-2222 3min. walk to the site.
	Yokohama Sakuragicho Washington Hotel ( 2:00pm/10:00am )	¥ 11,000	¥ 19,400	1-1-67, Sakuragicho, Naka-ku, Yokohama 231-0062 +81-45-683-3111 10 min. walk to the site.
	Breezebay Hotel ( 2:00pm/12:00pm )	¥ 9,000	¥ 15,000	1-22-2 Hanasakicho, Naka-ku, Yokohama 231-0063 +81-45-253-5555 15 min. walk to the site.
	San-ai Yokohama Hotel ( 2:00pm/10:00am )	¥ 7,500	¥ 13,000	3-95, Hanasakicho, Naka-ku, Yokohama 231-0063 +81-45-242-4411 15min. walk to the site.

### Notes:

Room rates include service charge. A 5% tax will be added to your bill. Room rates include no meals.

\* indicates single occupancy of a twin or double room.



## OPTIONAL TOUR

### OP-1: YOKOHAMA 1 DAY

Date: September 16, Monday 09:30 - 17:00

Fare: JPY 12,000 per person (Lunch included)

Tour Highlights;

Sankeien Garden: A beautiful park landscape with trees, ponds and historic buildings. Accenting the main garden is an impressive Three-story Pagoda and graceful garden bridges. An inner garden contain several old houses and farm buildings as well as important cultural properties.

China Town: The largest and most famous in Japan with over 200 restaurants and shops bustling with visitors from all over the world.

Motomachi Shopping Street: This street is a shopper's paradise in Yokohama and is lined with many chic and fashionable clothing shops, interior goods stores, accessory shops, famous restaurants, coffee shops and bakeries.

### OP-2: TOKYO DOWN TOWN

Date: September 17, Tuesday 9:00 - 17:15

Fare: JPY 12,500 per person (Lunch included)

Tour Highlights;

Edo Tokyo Museum: Edo Tokyo Museum houses various displays which enable visitors to learn history, lifestyle and culture in Tokyo, including Edo Tokyo.

Asakusa Kannon Temple: This ancient temple is one of the major symbols of old Tokyo with its two great gates and rows of traditional family shops and stalls, called "Nakamise".

Imperial Palace Plaza: This place comprises the spacious plaza and the moats between the office buildings and the east side of the Imperial Palace. The plaza was planted in 1889 with pine trees which still remain. To the south stands a bronze statue of a 14th century "samurai" royal to the Emperor, Kusunoki Masashige.

### OP-3: KAMAKURA 1 DAY

Date: September 18, Wednesday 8:30 - 18:00

Fare: JPY 14,000 per person (Lunch included)

Tour Highlights;

Tsurugaoka Hachimangu Shrine: Kamakura's most important Shinto shrine. Founded in 1063 in nearby Yuigahama by Minamoto-no-Yoriyoshi (988-1075), it was moved in 1191 to its present location by the first Shogun Yoritomo although the existing buildings only date from 1828. During the New Year holidays, the shrine is packed with masses of people in their fine attire.

Kotokuin Temple: The great image of Buddha is a principal attraction for all visitors to Kamakura and a photographer's delight. Situated in the precincts of Kotokuin Temple, the Daibutsu is a bronze image depicting Buddha in a seated meditative pose. It measures 11.4 m in height. A small stairway inside leads upward to a small platform near the shoulder.

Hase Kannon Temple: On Kannonzan Hill stand the Kannondo, Amida and Kyakuden Halls. The main hall houses a famed 11-headed gilt statue of Kannon, a goddess of mercy. This 9.3-m figure, seemingly carved in 721, is the tallest wooden image left in Japan. Another major feature is a gigantic temple bell cast in 1264.

\* All tours may be canceled when the number of participants fail to reach 30.

\* Places to visit are subject to change with or without notice.

## POST-CONGRESS TOUR

### PC-1 KYOTO 2 DAYS

Date: September 19 (Thu.) - 20 (Fri.)

Fare: JPY 49,000 per person ( double occupancy)

JPY 55,000 per person ( single occupancy)

September 19, Thursday YOKOHAMA - KYOTO

Morning, transfer to Shin-Yokohama Station to take a "Bullet" train for Kyoto, viewing Mt. Fuji en route (weather permitting).

After lunch, Sightseeing in Kyoto which was the capital (794-1868), visiting vermilion Heian Shrine, Sanjusangendo Hall with its 1,001 impressive images of Buddha, and Kiyomizu Temple noted for its wooden veranda. Overnight at a hotel in Kyoto.

September 20, Friday KYOTO

Half-day sightseeing in Kyoto, visiting Nijo Castle noted for its gorgeous interiors and Golden Pavilion. The tour disbands at the hotel.

\*It is recommended to arrange return flight to your country from Kansai International Airport.

Kyoto - Kansai International Airport: By JR limited-express train " Haruka "

JPY3,490 / 75 min. 30 - 60 min. intervals (6:45 - 20:16)

#### PC-2 MT. FUJI & HAKONE 2 DAYS

Date: September 19 (Thu.) - 20 (Fri.)

Fare: JPY 39,000 per person ( double occupancy)

JPY43,000 per person ( single occupancy)

September 19, Thursday YOKOHAMA - MT. FUJI & HAKONE

Morning drive for Mt. Fuji and halfway up its fifth station (altitude 2,300m). Lunch at a restaurant. Afternoon, visit Peace Pagoda with four Golden Buddhas. Proceed to Hakone to enjoy a cruise on lake Ashi and an aerial cableway up / cablecar down Mt. Komagatake. Overnight at a hotel in Hakone.

September 20, Friday HAKONE - TOKYO

Morning drive for Owakudani Valley is the old crater of Mt. Kamiyama. And visiting Narukawa Art Forum, the exhibits selected from the masterpieces of the leading modern artists will surely satisfy those who love "nihonga" (Japanese-style painting).

After lunch, drive to Odawara Station and board a "Bullet" train back to Tokyo. Tour disbands upon arrival at Tokyo Station.

\* All tours may be canceled when the number of participants fail to reach 30.

\* Places to visit are subject to change with or without notice.

\* In case of cancellation of tours, individual package tours with train tickets can be arranged on request.

#### TOUR CONDITIONS

Tour fare includes 1) Sightseeing and transfers as shown in the itineraries, by motor coach and/or sightseeing boats on a seat-sharing basis, plus admission fees to temple, shrine etc.; 2) Tourist -class reserved seats on "Bullet" train and other trains; 3) Meals as specified in each itinerary; 4) English-speaking guide services; 5) Standard hotel rooms on a half-twin or single basis; 6) Baggage transfer and handling (no more than two normal-size pieces per person; at certain times and places, this service is not included owing to limited baggage capacity and the unavailability of porters at stations and/or hotels).

#### APPLICATION AND PAYMENT

Participants wishing to reserve hotel accommodations and tours should complete the Application Form (Form C) and return it by fax or by mail to reach JTB no later than August 1, 2002. (Confirmation sheet will be sent by JTB.) Application should be accompanied by a remittance covering the hotel deposit (one night room charge) and/or total tour fare plus the handling charge of JPY500 due JTB. (The hotel deposit will be credited to your bill. All hotel expenses deducting the hotel deposit should be paid directly to the hotel.)

No reservation will be confirmed in the absence of this payment. Personal checks NOT accepted. All payment must be in Japanese yen. The remitter's name should be the same as the participant's name. If the remittance covers more than one person, please inform us the name of each participant.

Payment should be in the form of:

- One of the following credit cards:

1. VISA 2. MasterCard 3. Diners Club 4. AMEX

- A bank transfer to JTB Corp. (Message: CD100739-141)

Account at the Bank of Tokyo Mitsubishi, Shin-Marunouchi Branch

1-4-2 Marunouchi, Chiyoda-ku, Tokyo 100-0005 Japan (Account number: 1025740)

- A bank draft payable to the order of JTB Corp.

#### CANCELLATION

In the event of cancellation, written notification should be sent to JTB. The following cancellation fees will be deducted before refunding.

Hotels:	Up to 10 days before the first night of stay .....	JPY500
	2 to 9 days before .....	20% of daily room charge (minimum JPY500)
	1 day before .....	80% of daily room charge
	One the day of arrival or no notice given .....	100% of daily room charge
Tours:	20-8 days before the departure day of tours including hotel accommodations, or 10-8 days before the departure day of one day tours.....	20% of tour fare
	7-2 days before .....	30% of tour fare
	1 day before .....	40% of tour fare
	Prior to starting time on the departure day.....	50% of tour fare
	After departure or failure to show without notice .....	100% of tour fare

# General Information

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## PASSPORT AND VISA

To visit Japan, you must have a valid passport. A visa is required for citizens of countries that do not have visa-exempt agreements with Japan. Please contact the nearest Japanese Embassy or Consulate for visa requirements.

## DUTY FREE IMPORT

Personal effects and professional equipment can be brought into Japan duty free as long as their contents and quantities are deemed reasonable by the customs officer. You can also bring in 400 cigarettes, 500 grams of tobacco or 100 cigars; 3 bottles of alcoholic beverages; 2 ounces of perfume; and gifts and souvenirs whose total market price is less than 200,000 yen or its equivalent. There is no allowance for tobacco or alcoholic beverages for persons aged 19 years or younger. Strictly prohibited are firearms and other types of weapons, and narcotics.

## INSURANCE

The organizer cannot accept responsibility for accidents that might occur. Delegates are encouraged to purchase travel insurance before leaving your home country. Insurance plans typically cover accidental loss of belongings, medical costs in case of injury or illness, and other possible risks of international travel.

## CLIMATE

The temperature in YOKOHAMA during the period of the Congress, Conference, Symposium, Meeting, etc. ranges between 19 °C and 26 °C.

## CURRENCY EXCHANGE

Only Japanese yen (¥) is acceptable at regular stores and restaurants. Certain foreign currencies may be accepted at a limited number of hotels, restaurants and souvenir shops. You can buy yen at foreign exchange banks and other authorized money exchangers on presentation of your passport.

## TRAVELER'S CHECKS AND CREDIT CARDS

Traveler's checks are accepted only by leading banks and major hotels in principal cities, and the use of traveler's checks in Japan is not as popular as in some other countries. VISA, MasterCard, Diners Club, and American Express are widely accepted at hotels, department stores, shops, restaurants and nightclubs.

## TIPPING

In Japan, tips are not necessary anywhere, even at hotels and restaurants.

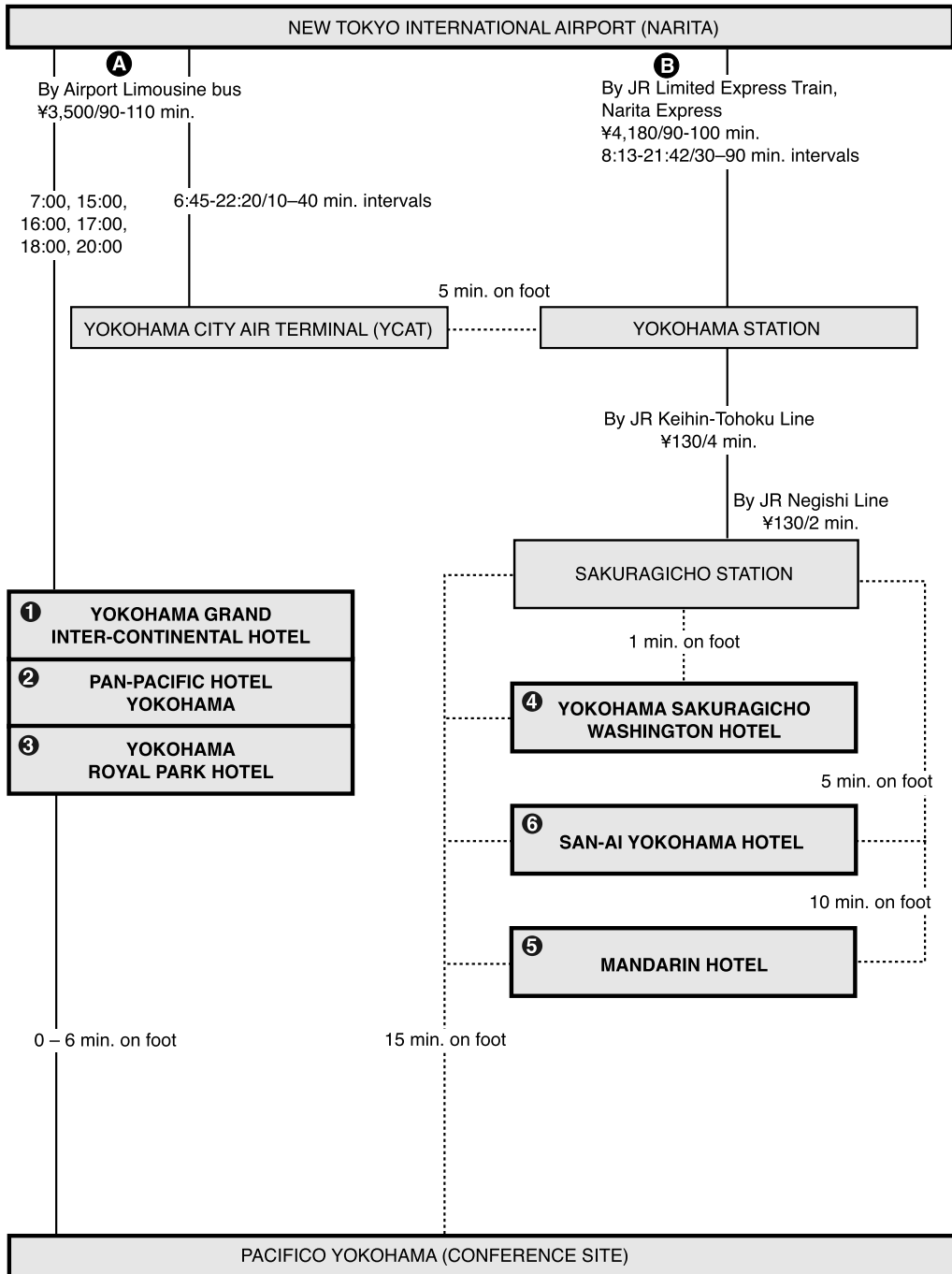
## ELECTRICITY

Electric current is uniformly 100 volts, AC, throughout Japan, but with two different cycles: 50 in eastern Japan including TOKYO, YOKOHAMA and 60 in western Japan including OSAKA, KYOTO. Leading hotels in major cities have two outlets of 100 and 220 volts but their sockets usually accept a two-leg plug only.

## SHOPPING

Shops and other sales outlets in Japan are generally open on Saturdays, Sundays and national holidays as well as weekdays from 10:00 to 20:00. Department stores, however, are closed during one weekday, differing by store, and certain specialty shops may not open on Sundays and national holidays.

# Access to Yokohama



(as of July, 2002)





**Period: September 15 (Sun.) -18 (Wed.), 2002**  
**Venue: PACIFICO Yokohama Conference Center**  
**Yokohama, Japan**

# **1st International Congress on Mastication and Health**

**"Oral Health for Healthy Life"**

