

A

Northwestern part of Downtown

①Departments and specialties ②Director of the hospital ③Hours ④Closed
⑤Closed afternoon ⑥Other Information ○ Open × Closed ▲ Additional Information

1 Asai Sika Sinryousho

- ①Dentistry and Pediatric dentistry
- ②Tsuji Yoshizumi
- ③AM 8:30~12:00
PM 13:30~18:00
- ④Wednesdays, Sundays, and Holidays
- ⑤Saturdays PM 13:30~16:30

Week	M	T	W	T	F	S	S
AM	○	○	×	○	○	○	×
PM	○	○	×	○	○	▲	×

▲...PM 13:30~16:30

〒411-0855 2-9 Honcho, Mishima-shi
☎(055)975-0527
<http://www.asaishika.com>

2 Ikeda Sika Sinryousho

- ①Dentistry
- ②Ikeda Hitoshi
- ③AM 9:00~
PM ~16:00
- ④Sundays and Holidays
- ⑤Saturdays

Week	M	T	W	T	F	S	S
AM	○	○	○	○	○	○	×
PM	○	○	○	○	○	×	×

〒411-0943 106-12 Shimotogari, Nagaizumicho, Sunto-gun
☎(055)975-2719

3 Shika Shizuoka Clinic

- ①Dentistry, Orthodontics, Pediatric dentistry, and Oral Surgery
- ②Uesugi Hideyuki
- ③AM 9:00~12:30
PM 14:00~19:00
- ④Sundays and Holidays
- ⑤Thursdays

Week	M	T	W	T	F	S	S
AM	○	○	○	○	○	○	×
PM	○	○	○	×	○	○	×

〒411-0037 1-40 Izumicho, Mishima-shi
☎(055)973-0118
<http://www.shika-shizuoka.com>

4 Kikuchi Dental Office

- ①Dentistry
- ②Kikuchi Makoto
- ③AM 10:00~12:30
PM 14:00~19:00
- Saturdays
AM 9:00~12:30
PM 14:00~18:30
- ④Thursdays, Sundays, and Holidays

Week	M	T	W	T	F	S	S
AM	○	○	○	▲	○	○	×
PM	○	○	○	▲	○	○	×

▲...Open if there is a holiday in that week

〒411-0855 2-8 Honcho, Mishima-shi
☎(055)981-4090
<http://www.kikuchi-sika.jp>

5 Tanaka Dental Clinic

- ①Dentistry, Pediatric dentistry, and Orthodontics
- ②Tanaka Tetsu
- ③AM 9:00~12:00
PM 13:00~15:00
16:00~19:00
- ④Thursdays, Sundays, and Holidays
- ⑤Saturdays(until 17:00)

Week	M	T	W	T	F	S	S
AM	○	○	○	▲	○	○	×
PM	○	○	○	▲	○	○	×

▲...Open if there is a holiday in that week

〒411-0855 8-34 Honcho, Mishima-shi
☎(055)981-0118
<https://www.tanaka-sika.net>

6 Yamaguchi Shika lin

- ①Dentistry, Orthodontics, Pediatric dentistry, and Oral Surgery
- ②Yamaguchi Masaki
- ③AM 9:30~13:00
PM 15:00~20:00
- ④Sundays and Holidays
- ⑤Saturdays

Week	M	T	W	T	F	S	S
AM	○	○	○	○	○	○	×
PM	○	○	○	○	○	▲	×

▲...House calls are available

〒411-0846 1-24 Sakaecho, Mishima-shi
☎(055)976-5557
<http://mydh-dental.jp>

7 Yamamoto Shika lin

- ①Dentistry, Pediatric dentistry, and Oral Surgery
- ②Yamamoto Norihiko
- ③AM 8:30~12:00
PM 13:30~19:00
(Saturdays PM 13:30~17:00)
- ④Thursdays, Sundays, and Holidays

Week	M	T	W	T	F	S	S
AM	○	○	○	▲	○	○	×
PM	○	○	○	▲	○	○	×

▲...Open if there is a holiday in that week

〒411-0855 5-6 Honcho, Mishima-shi
☎(055)975-0119
<https://www.yama-sika.jp>

8 Nagano Dental Clinic

- ①Dentistry
- ②Nagano Akihiro
- ③AM 9:00~12:00
PM 14:00~18:00
- ④Sundays and Holidays
- ⑤Saturdays

Week	M	T	W	T	F	S	S
AM	○	○	○	○	○	○	×
PM	○	○	○	○	○	×	×

〒411-0857 5-29 Shibahoncho, Mishima-shi
☎(055)975-2740

9 Kitaoka Dental Clinic

- ①Dentistry
- ②Kitaoka Toru
- ③AM 9:00~12:00
PM 14:00~18:30
- ④Sundays and Holidays
- ⑤Saturdays

Week	M	T	W	T	F	S	S
AM	○	○	○	○	○	○	×
PM	○	○	○	○	○	×	×

〒411-0856 5-9 Hirokojicho, Mishima-shi
☎(055)972-8119

10 Tomo Dental Clinic

- ①Pediatric Dentistry, and General Dentistry
- ②Asai Tomohiro
- ③AM 9:00~13:00
PM 14:00~18:00
(Saturdays PM 14:00~16:00)
- ④Wednesdays, Sundays, and Holidays

Week	M	T	W	T	F	S	S
AM	○	○	×	○	○	○	×
PM	○	○	×	○	○	○	×

〒411-0039 5-7 Kotobukicho, Mishima-shi, M-F-N Enternity1F
☎(055)955-9022
<https://www.tomo-dc.jp>



Northwestern part of Downtown

Medical Clinics/Hospitals

Dental Clinics

B Northeastern part of Downtown

- ①Departments and specialties ②Director of the hospital ③Hours
④Closed ⑤Closed afternoon ○ Open × Closed ▲ Additional Information

1 Kamata Dental Clinic

- ①Dentistry
②Kamada Junichi
③AM 9:30~13:00
PM 14:30~19:00
(Saturdays) PM 14:00~18:00
④Thursdays, Sundays,
and Holidays
⑤Saturdays

Week	M	T	W	T	F	S	S
AM	○	○	○	▲	○	○	×
PM	○	○	○	▲	○	○	×

▲...Open if there is a holiday in that week

〒411-0033 1-1-35 Bunkyochō, Mishima-shi
☎(055)980-5505
<http://www.kamata-dc.jp>

2 Komoike Shika Kurinikku

- ①Dentistry and Orthodontics
②Murakami Masaru
③AM 9:30~12:00
PM 14:00~16:30
(Saturdays) AM 9:30~12:00
PM 14:00~16:30
④Thursdays, Sundays,
and Holidays

Week	M	T	W	T	F	S	S
AM	○	○	○	×	○	○	×
PM	○	○	○	×	○	○	×

〒411-0035 3-1-11 Omiyachō, Mishima-shi
☎(055)975-8214

3 Michiko Dental Clinic

- ①Dentistry and Pediatric dentistry
②Fukuda Michiko
③AM 9:30~12:00
(Saturdays) AM 9:00~12:00
PM 14:30~17:30
④Sundays and Holidays
⑤Saturdays

Week	M	T	W	T	F	S	S
AM	○	○	○	○	○	○	×
PM	○	○	○	▲	○	×	×

▲...Not always open

〒411-0036 2-18 Ichibancho, Mishima-shi
☎(055)983-2339

4 Nihon University School of Dentistry Mishima Dental Clinic

- ①Dentistry and Oral Surgery
③AM 10:00~12:00
PM 13:00~17:00
④Saturdays, Sundays,
and Holidays
(with some unscheduled days)
Appointments only.

Week	M	T	W	T	F	S	S
AM	○	○	○	○	○	×	×
PM	○	○	○	○	○	×	×

〒411-0033 1-9-18 Bunkyochō, Mishima-shi,
Nihon university department Mishima Station north
entrance schoolhouse of international relations
☎(055)980-1991
<http://www.dent.nihon-u.ac.jp/mishima/>

5 GOTOU SHIKAIIN

- ①Dentistry, Pediatric dentistry,
and Orthodontics
②Goto Yoshiaki
③AM 10:00~
PM ~18:00
④Tuesdays

Week	M	T	W	T	F	S	S
AM	○	×	○	○	○	○	○
PM	○	×	○	○	○	○	○

〒411-0033 2-1-17 Bunkyochō, Mishima-shi
☎(055)986-8776

かむ能力の維持が健康を育む



こ 言葉の発達 ハッキリと

かむことでお口のまわりが正常に発達し言葉の発音が明瞭になります。人とのコミュニケーションは人間の生活の重要要素です。

の 脳の発達を促す

口を開けたり閉じたりすることで脳に酸素と栄養が送られ脳が活性化します。

が がんを防ぐ

だ液の中の成分が食物の発ガン性を少なくします。

い 胃腸の働きを促進

かんでだ液を混ぜることは消化の第一段階です。胃の働きを助けます。

み 味覚の発達

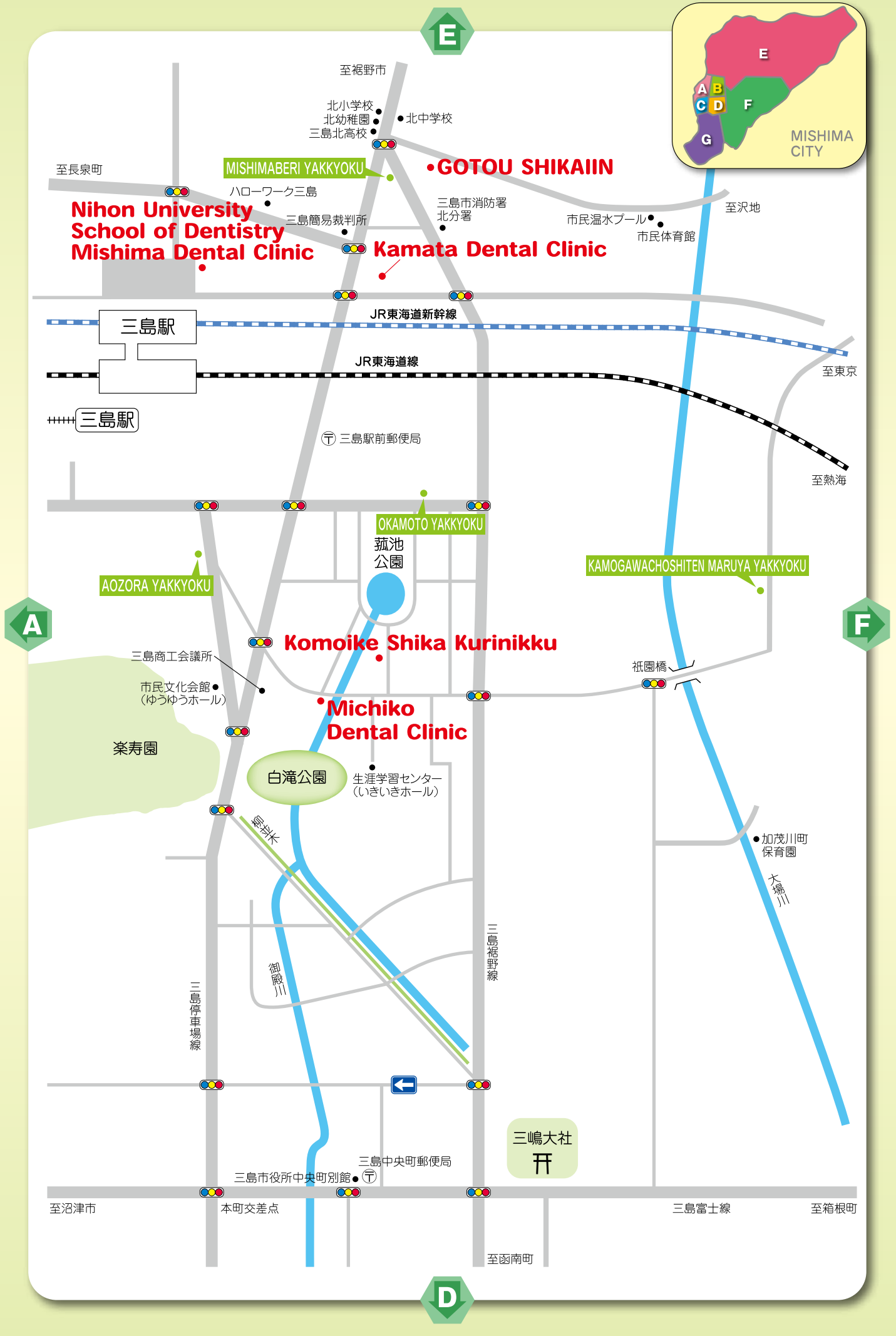
かむ回数が多いほど食べ物本来の味がわかります。よくかむと食材の持ち味を味わうことができます。

は 歯の病気を防ぐ

だ液がでることでむし歯になりかかった歯の表面を元に戻し、細菌感染を防ぎます。

ぜ 全身の体力向上

しっかりかむことで全身に力が入り体力向上の促進につながります。



Northeastern part of Downtown

Medical Clinics/Hospitals

Dental Clinics

**Nihon University
School of Dentistry
Mishima Dental Clinic**

•GOTOU SHIKAIIN

Kamata Dental Clinic

Komoike Shika Kurinikku

**•Michiko
Dental Clinic**

C

Southwestern part of Downtown

①Departments and specialties ②Director of the hospital ③Hours
④Closed ⑤Closed afternoon ○ Open × Closed ▲ Additional Information

1 Hirokouji Daito Dental Office

- ①Dentistry
- ②Daito Hiroshi
- ③AM 9:00~12:00
PM 14:00~17:00
- ※Need an appointment for consultation
- ④Thursdays, Sundays, and Holidays

Week	M	T	W	T	F	S	S
AM	○	○	○	▲	○	○	×
PM	○	○	○	▲	○	○	×

▲...Open if there is a holiday in that week

〒411-0856 13-10 Hirokojicho, Mishima-shi
☎(055)975-0214
<https://www.h-daito-do.com>

2 Ono Dental Clinic

- ①Dentistry
- ②Ono Takeshi
- ③AM 9:00~11:30
PM 14:00~17:00
- ④Sundays and Holidays
- ⑤Wednesdays and Saturdays

Week	M	T	W	T	F	S	S
AM	○	○	○	○	○	○	×
PM	○	○	×	○	○	×	×

〒411-0845 3-15 Kayamachi, Mishima-shi
☎(055)972-8234

3 Miyake Dental Clinic

- ①Dentistry
- ②Miyake Hideki
- ③AM 9:00~12:00
PM 14:00~19:00
(Thursdays and Saturdays
PM14:00~18:00)
- ④Sundays and Holidays

Week	M	T	W	T	F	S	S
AM	○	○	○	○	○	○	×
PM	○	○	○	○	○	○	×

〒411-0845 10-20 Kayamachi, Mishima-shi
☎(055)975-2724

4 Nishihara Dental Clinic

- ①Dentistry and Oral Surgery
- ②Nishihara Keiji
- ③AM 9:00~12:00
PM 14:00~19:00
- ④Wednesdays, Sundays, and Holidays

Week	M	T	W	T	F	S	S
AM	○	○	▲	○	○	○	×
PM	○	○	▲	○	○	○	×

▲...Open if there is a holiday in that week

〒411-0841 17-18 Minamicho, Mishima-shi
☎(055)971-1177

5 Sugiyama Kyousei Shika

- ①Orthodontics
- ②Sugiyama Hiroo
- ③AM 10:00~12:30
PM 13:30~19:00
- ④Thursdays, Sundays, and Holidays

Week	M	T	W	T	F	S	S
AM	○	○	○	▲	○	○	×
PM	○	○	○	▲	○	○	×

▲...Open if there is a holiday in that week

〒411-0856 13-4 Hirokojicho, Mishima-shi, Welcia Bill 3F
☎(055)973-6480
<http://soo6480.com>

災害時

忘れてはいけないお口のケア



肺炎を防ぐために歯磨きを！

- お口が清潔でないと細菌が増殖します
- 高齢者は特に注意が必要です

歯ブラシがないとき

- 食後に少量の水やお茶でうがいをします
- ハンカチやティッシュで歯の汚れをとるのも効果があります

唾液を出す工夫を！

- 唾液はお口をきれいに保つ働きがあります

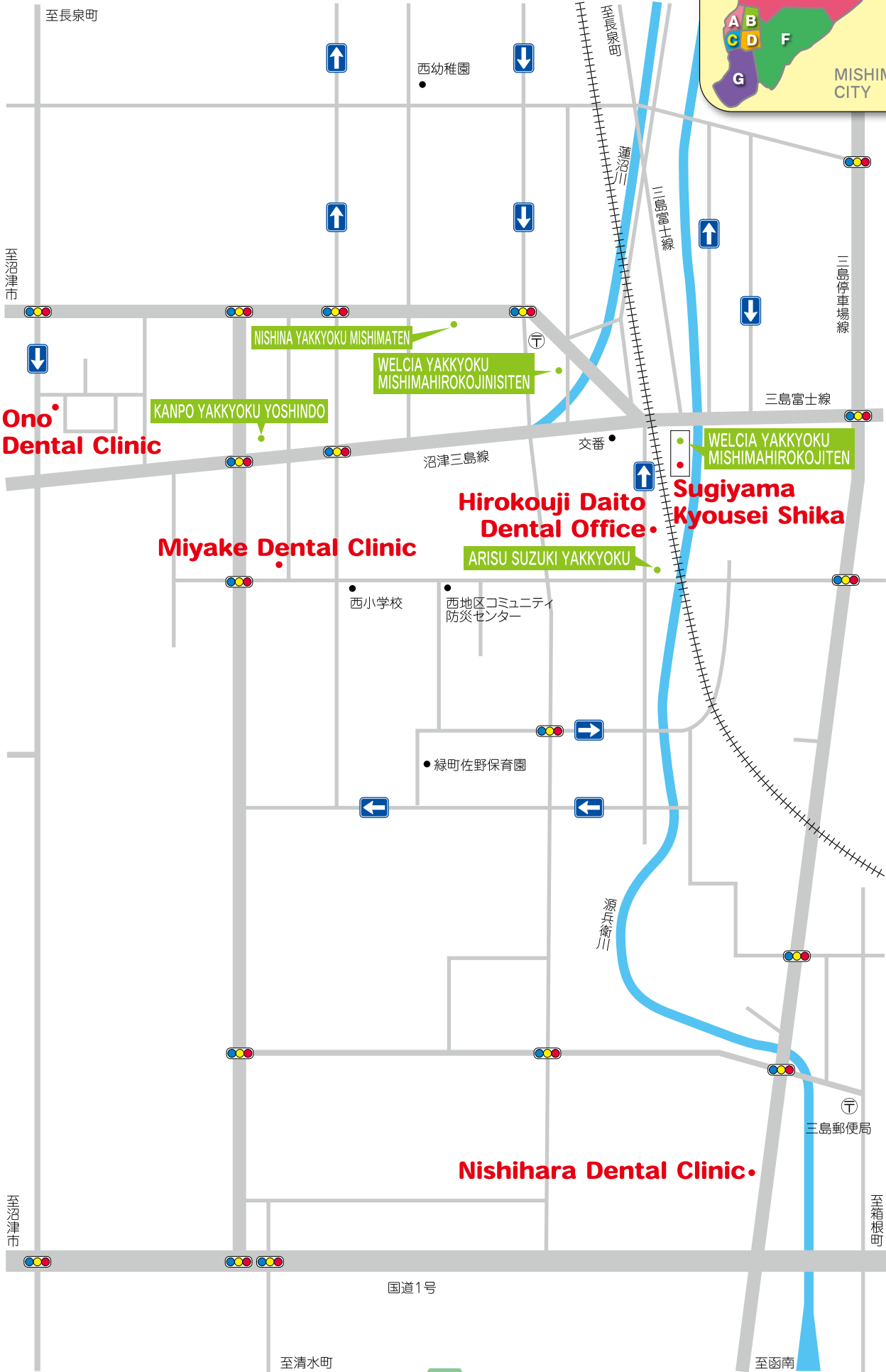
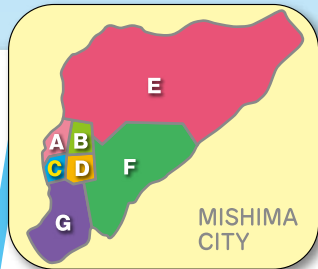


災害時の非常用持出用品に水が少ない場合でも
使いやすい「液体はみがき」と「歯ブラシ」
をご用意ください

水が少ないときの歯みがき

- ① 約30ミリリットルの水を用意
- ② 水で歯ブラシを濡らして歯みがきをする
- ③ 合間に歯ブラシの汚れをティッシュで拭き取ります
- ④ コップの水を少しずつ口に含み、2～3回に分けてすすぎます





Southwestern part of Downtown

Medical Clinics/Hospitals

Dental Clinics



D

Southeastern part of Downtown

①Departments and specialties ②Director of the hospital ③Hours
④Closed ⑤Closed afternoon ○ Open × Closed ▲ Additional Information

1 Suzuki Dental Clinic

- ①Dentistry
- ②Sugiyama Yoshiko
- ③AM 9:00~12:00
PM 13:00~18:00
(Saturdays AM 9:00~PM 13:00)
- ④Thursdays, Sundays, and Holidays
- ⑤Saturdays

Week	M	T	W	T	F	S	S
AM	○	○	○	×	○	○	×
PM	○	○	○	×	○	×	×

〒411-0858 1-12 Chuocho, Mishima-shi
☎(055)975-0023

2 Matsuura dentalclinic

- ①Dentistry and Pediatric dentistry
- ②Matsuura Takayuki
- ③AM 9:00~13:00
PM 15:00~19:00
(Saturdays PM 15:00~18:00)
- ④Sundays and Holidays
(Some unscheduled Thursday off)

Week	M	T	W	T	F	S	S
AM	○	○	○	○	○	○	×
PM	○	○	○	○	○	○	×

〒411-0853 1-24 Taishacho, Mishima-shi
☎(055)983-3871
<https://matsuura-dentalclinic.jp>

3 Kurihara Shikaiin

- ①Dentistry and Oral Surgery
- ②Kurihara Yukio
- ③AM 9:00~12:00
PM 13:30~18:00
- ④Sundays and Holidays
- ⑤Thursdays and Saturdays

Week	M	T	W	T	F	S	S
AM	○	○	○	○	○	○	×
PM	○	○	○	×	○	×	×

〒411-0858 1-31 Chuocho, Mishima-shi
☎(055)975-1078

4 Yoshimura Shika lin

- ①Dentistry
- ②Yoshimura Tadashi
- ③AM 9:00~12:00
PM 13:00~19:30
- ④Sundays and Holidays

Week	M	T	W	T	F	S	S
AM	○	○	○	○	○	○	×
PM	○	○	○	○	○	▲	×

▲...Until 18:00

〒411-0854 3-55 Kitatamachi, Mishima-shi
☎(055)972-1188
<http://www.yoshimuradental.jp>

5 Sakura Dental Clinic

- ①Dentistry
- ②Kinugawa Sayuri
- ③AM 10:00~13:00
PM 14:00~18:00
- ④Sundays and Holidays
- ⑤Saturdays

Week	M	T	W	T	F	S	S
AM	○	○	○	○	○	○	×
PM	○	○	○	○	○	×	×

〒411-0853 8-30 Taishacho, Mishima-shi
☎(055)975-8868

6 Nakamura Shika lin

- ①Dentistry
- ②Kawahira Yasuko
- ③AM 9:00~12:00
PM 14:00~17:30
- ④Thursdays, Sundays, and Holidays
- ⑤Wednesdays

Week	M	T	W	T	F	S	S
AM	○	○	○	×	○	○	×
PM	○	○	▲	×	○	○	×

▲...Open if there is a holiday in that week

〒411-0858 3-7 Chuocho, Mishima-shi
☎(055)971-3411

7 Takehana Shika lin

- ①Dentistry and Pediatric dentistry
- ②Takehana Noriko
- ③Appointments Only
- ④Thursdays

Week	M	T	W	T	F	S	S
AM	○	▲	▲	×	○	▲	▲
PM	○	▲	×	×	○	▲	×

▲...Appointments only

〒411-0831 1-13-23 Higashihoncho, Mishima-shi
☎(055)975-1994
www.j-dent.com.noriko_t

8 Hosokawa Shika lin

- ①Dentistry
- ②Hosokawa Hideo
- ③AM 9:00~12:00
PM 14:00~19:00
- ④Thursdays, Sundays, and Holidays

Week	M	T	W	T	F	S	S
AM	○	○	○	×	○	○	×
PM	○	○	○	×	○	○	×

〒411-0852 13-26 Higashicho, Mishima-shi
☎(055)981-3200
<http://www.hosokawashika.jp>

9 Hinohara Dental Clinic

- ①Dentistry and Orthodontics
- ②Hinohara Hiroshi
- ③AM 9:00~12:00
PM 14:00~18:00
(Saturdays PM14:00~17:00)
- ④Sundays and Holidays

Week	M	T	W	T	F	S	S
AM	○	○	○	○	○	○	×
PM	○	○	○	○	○	○	×

〒411-0837 2-14 Minamitamachi, Mishima-shi
☎(055)973-1085
<http://www.hinoharashika.jp/>

10 Hoshiyama Dental Clinic

- ①Dentistry, Pediatric dentistry, and Orthodontics
- ②Hoshiyama Toshio
- ③AM 9:00~12:00
PM 14:00~18:00
- ④Sundays and Holidays
- ⑤Saturdays

Week	M	T	W	T	F	S	S
AM	○	○	○	○	○	○	×
PM	○	○	○	○	○	×	×

〒411-0831 1-10-31 Higashihoncho, Mishima-shi
☎(055)975-1079



Medical Clinics/Hospitals

Dental Clinics

E

Northern part of the city / Kitaue

①Departments and specialties ②Director of the hospital ③Hours
④Closed ⑤Closed afternoon ○ Open × Closed ▲ Additional Information

1 Shirai Dental Clinic

- ①Dentistry
- ②Shirai Masaaki
- ③AM 9:00~12:00
PM 13:30~18:00
(Saturdays PM 13:30~17:00)
- ④Thursdays, Sundays, and Holidays

Week	M	T	W	T	F	S	S
AM	○	○	○	×	○	○	×
PM	○	○	○	×	○	○	×

〒411-0032 1-5 Suehirocho, Mishima-shi
☎(055)986-7191

2 Watanabe Dental Clinic

- ①Dentistry, Orthodontics, Pediatric dentistry, and Oral Surgery department
- ②Watanabe Akira
- ③AM 9:00~13:00
PM 14:30~19:00
(Saturdays PM 14:30~16:30)
- ④Wednesdays, Sundays, and Holidays

Week	M	T	W	T	F	S	S
AM	○	○	▲	○	○	○	×
PM	○	○	▲	○	○	○	×

▲...Open if there is a holiday in that week

〒411-0045 188 Hagi, Mishima-shi
☎(055)980-6655

3 Fyoudai Dental Clinic

- ①Dentistry
- ②Yoshioka Kouji
- ③AM 9:00~13:00
PM 14:30~19:00
- ④Sundays and Holidays

Week	M	T	W	T	F	S	S
AM	○	○	○	○	○	○	×
PM	○	○	○	○	○	○	×

〒411-0044 838-42 Tokura, Mishima-shi
☎(055)986-4818

4 Hirakawa Shika lin

- ①Dentistry and Pediatric dentistry
- ②Hirakawa Akio
- ③AM 9:15~12:00
PM 14:00~19:00
- ④Sundays and Holidays
- ⑤Saturdays

Week	M	T	W	T	F	S	S
AM	○	○	○	○	○	○	×
午後	○	○	○	○	○	×	×

〒411-0045 320-47 Hagi, Mishima-shi
☎(055)986-3989

5 Tamura Dental Clinic

- ①Dentistry and Pediatric dentistry
- ②Tamura Kenji
- ③AM 9:30~12:30
PM 14:00~18:00
(Saturdays PM 14:00~17:00)
- ④Thursdays, Sundays, and Holidays

Week	M	T	W	T	F	S	S
AM	○	○	○	×	○	○	×
PM	○	○	○	×	○	○	×

〒411-0044 1-12-31 Tokura, Mishima-shi
☎(055)980-1800

6 Suzuki Dental Clinic

- ①Dentistry
- ②Suzuki Ikuo
- ③AM 9:00~12:00
PM 14:00~18:30
(Saturdays PM 14:00~16:30)
- ④Thursdays, Sundays, and Holidays

Week	M	T	W	T	F	S	S
AM	○	○	○	▲	○	○	×
PM	○	○	○	×	○	○	×

▲...Open on Thursdays if there is a holiday in that week

〒411-0044 921 Tokura, Mishima-shi
☎(055)987-5798

7 Endo Dental Clinic

- ①Dentistry
- ②Endo Tadahiko
- ③AM 9:00~13:00
PM 15:00~19:00
- ④Thursdays, Sundays, and Holidays

Week	M	T	W	T	F	S	S
AM	○	○	○	×	○	○	×
PM	○	○	○	×	○	○	×

〒411-0047 191 Sano, Mishima-shi
☎(055)992-1139
<http://www.endo-dental1139.jp>

8 Yoneyama Dental Office

- ①Dentistry
- ②Yoneyama Kiminobu
- ③AM 9:00~12:30
PM 14:00~18:30
(Saturdays PM 14:00~17:30)
- ④Thursdays, Sundays, and Holidays

Week	M	T	W	T	F	S	S
AM	○	○	○	×	○	○	×
PM	○	○	○	×	○	○	×

〒411-0025 51-1 Iccchoda, Mishima-shi
☎(055)988-0666
<https://yoneyama-dentaloffice.jp>

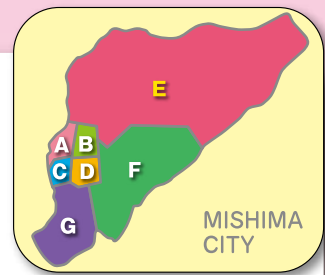
9 Naitou Sika lin

- ①Dentistry
- ②Naito Takeshi
- ③AM 9:30~12:30
PM 14:00~20:00
(Thursdays and Saturdays PM 14:00~16:30)
- ④Sundays and Holidays

Week	M	T	W	T	F	S	S
AM	○	○	○	○	○	○	×
PM	○	○	○	○	○	○	×

〒411-0044 876-26 Tokura, Mishima-shi
☎(055)988-9087
<https://www.naitou-dc.com/>





Northern part of the city / Kitaue

Medical Clinics/Hospitals

Dental Clinics

