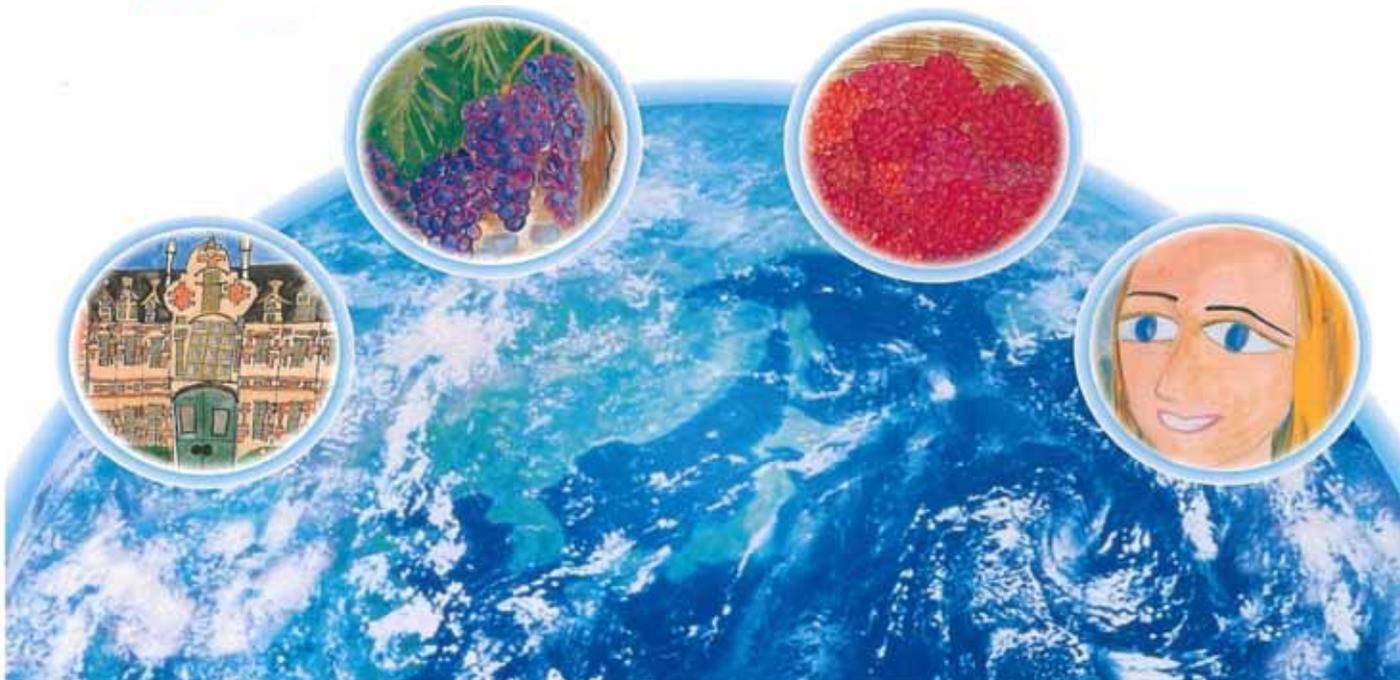


# AIDS 2007



World Foundation of AIDS Research & Prevention  
Under the Auspices of UNESCO

Japan Office Activity Report





# Messages from WFARP

## Professor Luc Montagnier



Our foundation was created at UNESCO where they work especially to support HIV/AIDS patients in developing countries. The Japan office of our foundation is very active in the education of preventing HIV infection for which we certainly hope we can contribute to their efforts.

**Professor Luc MONTAGNIER**

HIV discoverer  
Member of French Medical Academy  
Division Chief of French Chemical Research Center  
Professor of Institut Pasteur ( ~ 1997)  
Professor and Division Chief of Molecular Biology  
Center of New York Queen's College ( ~ 2001)  
President of World Foundation Aids Research and  
Prevention ( 1993 ~ )

C N R S Silver Medalist  
Rosen Prize Recipient  
*Legion d'honneur Recipient*

Professor Montagnier was born on August 18, 1932. In 1983 he led the research team at the Pasteur Institute in France which first isolated what would later be called HIV, the virus that causes AIDS. In 1986 he and his associates isolated HIV 2, the second AIDS virus.

Dr. Montagnier's team was also the first, in 1991, to identify apoptosis, an active program of cell death, as one of the likely causes of the disappearance of T4 lymphocytes in HIV infected patients.

Being especially concerned about the increase of HIV infection throughout the world, Dr. Montagnier and Federico Mayor, ex-Director General of UNESCO, founded the World Foundation of AIDS Research and Prevention (WFARP) to encourage research in developing countries.

Dr. Montagnier opened an AIDS research center in the Ivory Coast named "The Abidjan Center for Bioclinical Research and Care" (known in French as CIRBA, Centre Integre de Recherches Biocliniques d'Abidjan) in order to make new treatments and vaccines accessible to patients in Africa, where the AIDS epidemic has hit harder than anywhere else in the world. CIRBA continues to expand its activities as more and more patients come to the center due to the fact that many clinics and hospitals have suffered in the recent regional conflicts. Moreover, a second center organized by WFARP in Yaounde, Cameroon opened on February 23, 2006.

Dr. Montagnier has been working diligently to develop vaccines which we hope someday will replace the expensive medications currently available for HIV/AIDS.



# Messages from WFARP

## Mr. Yukiyasu Hayashi

According to a recent announcement from Japan's Ministry of Health, Welfare & Labor, new HIV infections among Japanese aged 20-39 totaled 627 in 2006, which is about 70% of all HIV infections in Japan. Among Japanese teenagers, the number of new HIV infections totaled only 17, but this represents a major increase compared with the previous year. There are many cases in which people don't realize they have HIV until 10 years after they are first infected at which point they start suffering from AIDS symptoms. Japan is still the only country among G8 nations where the number of HIV carriers and AIDS patients continues to increase every year. The best vaccine to protect ourselves from HIV is preventive education. All countries treasure children, however, 290 to 500-thousand children die from diseases related to AIDS every year (as stated by UNAIDS/WHO). I wish we could save as many children as possible.



Yukiyasu Hayashi  
Secretary General, Japan Office  
World Foundation of AIDS Research & Prevention

The Japan office of the World Foundation of AIDS Research & Prevention was established in Onocho, Ibi-gun in Gifu Prefecture in 1998. Through the cooperation and understanding of the local community and schools, we have been working to help prevent AIDS by visiting local schools to talk with children and by giving lectures to parents and teachers based on the idea that "The best



World Foundation of AIDS Research & Prevention,  
Japan Office, located inside the Osato Research Institute

vaccine for AIDS is education." In addition, we have engaged in artistic activities such as organizing several charity concerts, a unique approach to educational activities combining music and AIDS education.

We will continue to develop these prevention activities so that more and more people will know the facts about HIV/AIDS. Thank you for your kind cooperation.



# Worldwide HIV/AIDS Epidemic

## GLOBAL SUMMARY OF THE AIDS/HIV EPIDEMIC (December, 2006 UNAIDS / WHO)

# 39.5 million

**People who live with HIV/AIDS  
(HIV Carriers/AIDS Patients)**

**TOTAL**

**39.5 million  
(34.1/47.1 million)**

Adults 37.2 million (32.1/44.5 million)

Women 17.7 million (15.1/20.9 million)

Children under 15 2.3 million (1.7/3.5 million)

**People newly infected by HIV during  
2005**

**TOTAL**

**4.3 million (3.6/6.6 million)**

Adults 3.8 million (3.2/5.7 million)

Children under 15 530 thousand  
(410/660 thousand)

**People who died from AIDS-related  
diseases during 2005**

**TOTAL**

**2.9 million (2.5/3.5 million)**

Adults 2.6 million (2.2/3 million)

Children under 15 380 thousand  
(290/500 thousand)

The above figures are estimates based on the best possible information available



It has been about 20 years since people first realized that HIV/AIDS threatens the whole world. Since then, we have been dealing with it as a problem for adults and focusing on supporting them. Meanwhile, children suffering under the direct or indirect influence of HIV/AIDS have not been receiving enough attention. To be sure, the majority of HIV carriers and AIDS patients are adults, but one in six people who die from AIDS-related diseases and one in seven people newly infected by HIV are children under 15 years old.

Everyday, approximately 1,400 children under the age of 15 die from AIDS-related diseases, and approximately 6,000 young people aged 15 to 24 become infected with HIV.

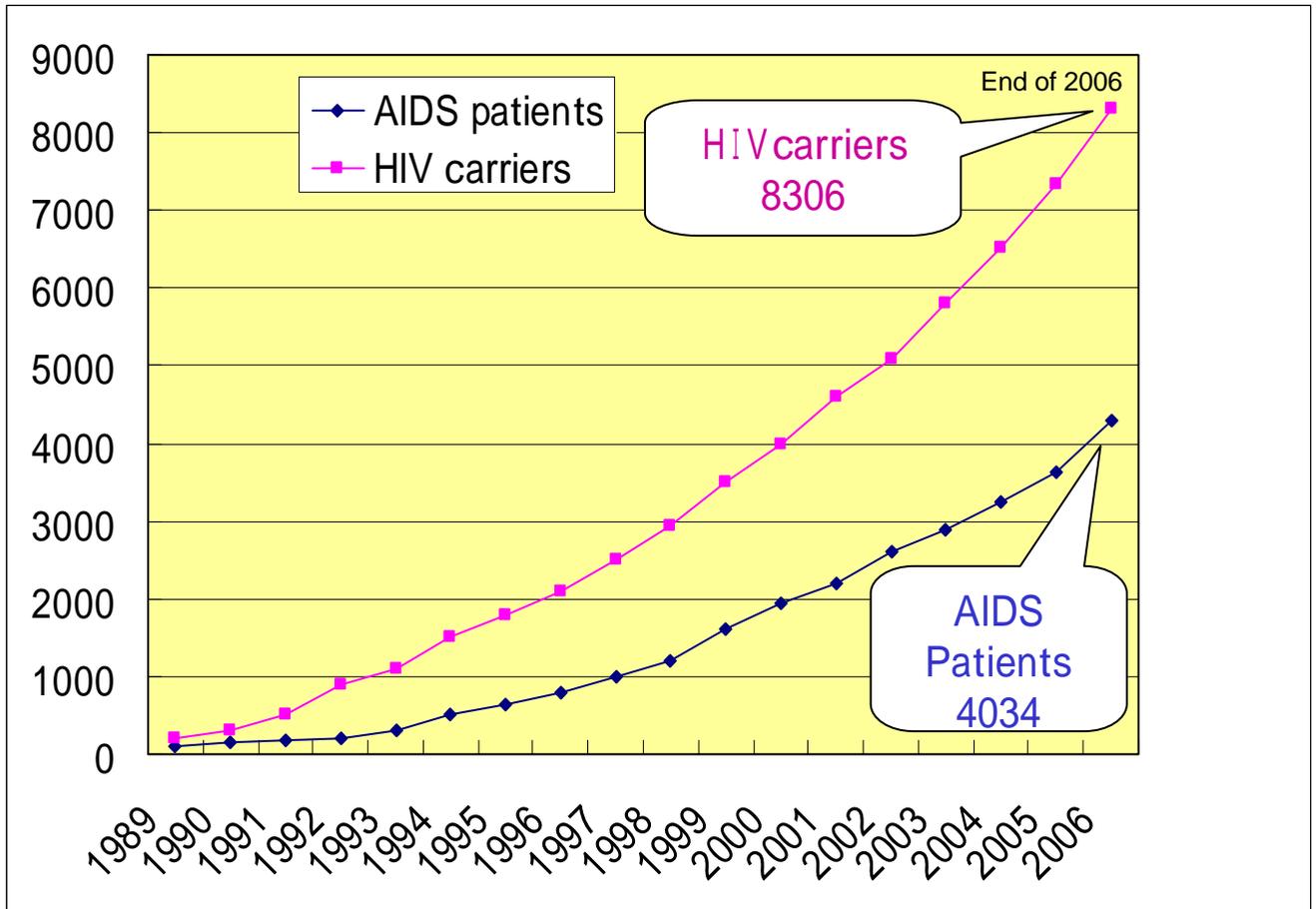
Approximately 15 million children have lost a parent or parents due to AIDS-related diseases.

(Reference: UNICEF Website)



# Current Situation in Japan

## REPORTED NUMBER OF HIV/AIDS CASES IN JAPAN



952 people became infected with HIV in Japan in 2006, and 405 developed AIDS, making a total of **1,357 (3.7 per a day)**. These numbers are relatively low compared with other countries, but the number of cases in Japan continue to increase every year. Also, it must be noted that these are only “reported cases.” Some specialists say that there are probably 5 to 10 times as many HIV carriers as are actually reported, and they are not aware that they are infected. Moreover, 86% of Japanese people become infected through sexual contact (63% being sexual contact with another person of the same sex, 23% being sexual contact with another person of the opposite sex). Furthermore, most of the newly infected (68%) are in their twenties and thirties.

# Activity Reports April 2006 - March 2007



For the past several years, the Japan office of the World Foundation of AIDS Research & Prevention has presented conferences on AIDS prevention to children at local schools in order to better educate them. Rather than just lecturing them, we believe that it is important to present them truly relevant information through discussions as well as question and answer sessions in order to reach their hearts and minds. This year we expanded our outreach to include not only elementary and junior high schools, but also high schools, and in so doing we reached a total of 3,500 students. The conferences were a success with fruitful discussions and a very positive response from the students. We would like to thank the teachers and staff of the schools for giving us the opportunity to make the presentations and also for their assistance in making the final preparations. Moreover, we would like to express our gratitude to all the high school students who sent us their thoughts and impressions. The following are some of the comments we received along with a few pictures showing the students' reactions.



I came to feel what a truly difficult disease AIDS is. For example, you can not tell whether you are infected with HIV without testing, nor can you tell when the AIDS symptoms will begin. Therefore, I came to realize that the most important thing is the prevention of HIV/AIDS before infection since it is still an incurable disease. (Female Senior)

When I was a junior high school student, every year we made flags of red ribbons but I always wondered what they symbolized. Thanks to your presentation I finally came to understand what they meant. I came to realize that the red ribbon is an important symbol which represents comprehension of the virus and support for people living with HIV/AIDS. (Female Junior)

Although I did not have a specific interest in HIV/AIDS before, I have come to realize that it is a matter which concerns all of us. I was surprised by the fact that the treatment of AIDS patients in Japan costs two-million yen per year, but I was impressed by the positive outlook of the patients who continue to fight this incurable disease. (Male Senior)

Although national health insurance can cover the cost of HIV/AIDS treatment for some people, I think that the experience of undergoing treatment must be extremely difficult both psychologically and financially. Therefore I believe that it is important to know how to prevent this disease and to show the patients our understanding. (Female Senior)

I first read about AIDS in a book and on my mobile phone, but I never felt any personal connection to the disease. However, the fact that there are cases of HIV infection in Gifu Prefecture shocked me. I am relieved though that I can prevent myself from becoming infected. I have a boyfriend now and like him a lot. I would like to keep a good relationship with him. (Female Junior)



I could concentrate fully on the conference since the demonstrations were easy to understand. I will never forget what I learned today about preventing HIV infection. (Male Sophomore)

In listening to the presentation, there were various things that surprised me. In many other countries people suffer from HIV/AIDS needlessly because they do not have access to proper medical care. I feel lucky to have been born in Japan because even if I did become infected with HIV, I would be able to receive effective treatment. Since currently AIDS awareness in Japan is low compared with other countries, I feel I need to be more conscious of the HIV/AIDS epidemic (Male Junior).





Thank you for Gifu municipal Commercial High School, Yaotsu Prefectural High School, Motosu-Shoyo Prefectural High School, Gifu prefectural school for deaf-mutes, Yakagata Prefectural High School, Ono-Kita town-run elementary school, Gifu prefectural technical high school

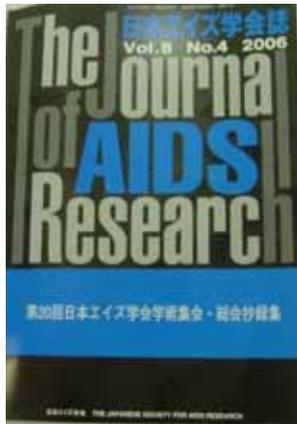
This article about the HIV/AIDS presentation given at the Motosu-Shoyo Prefectural High School to 800 students which appeared in the Gifu newspaper on November 18, 2006 summarizes the event.

## エイズ知識学ぶ 本巣松陽高で講演会

高校生がエイズについて正しい知識を持ち、感  
染を防ぐための講演会が  
十六日、本巣市仏生寺の  
本巣松陽高校で行われ、  
世界エイズ研究予防財団  
日本事務所（揖斐郡大野  
町）の林幸泰代表が、日  
本の現状や感染経路など  
について話した。写真。

同校は、エイズ予防に  
ついての啓発活動に長く  
取り組んでおり、林代表  
を講師に招くのは昨年に  
続いて二度目。全校生徒  
約八百人が参加した。  
林代表は、増え続ける  
エイズ患者数などについ  
て、十月までに日本には  
約八千七十人のHIV  
（エイズウイルス）感染  
者、約三千九百五十人の  
エイズ患者がいると報  
告。県内でも同様に増え  
ており、身近な問題とし  
て生徒に投げ掛けた。

しかし感染経路は▽性  
行為▽血液▽母子、によ  
る三つしかないと強調  
調。「感染経路を理解す  
ればエイズは防げる。愛  
する人の  
ためにも  
自分の身  
を守るこ  
とが大  
切」と呼  
び掛けて  
いた。（小  
西里奈）



In honor of World AIDS Day on December 1, the Japanese Society for AIDS Research held its 20th annual meeting from November 30 until December 2, 2006 in Tokyo. For the fourth time, the Japan Office of the World Foundation of AIDS Research & Prevention set up a display at this conference.

Under the theme of "Living Together," people from a variety of different backgrounds participated in more than twenty symposiums covering a wide range of topics, including general research, clinical research and social issues.

## TOPIC 1 Our Display at the Japan Education Center in Tokyo

At the booth we displayed various photos from the presentations we gave at local schools, handed out activity report brochures to passerbys and also sold red ribbon pins and postcards for charity. Many people stopped by our booth, including medical specialists, university students and NGO (Non Governmental Organization) employees. After looking at the photos of the presentations we gave at the local elementary schools, some of them asked us questions like "What was the reaction from the students?" To their surprise, we explained that the students were very open and asked intelligent questions.



We felt encouraged to do more future activities because of people's comments saying that such steady efforts are important. Some international TV crews came to the exhibition hall and recorded the event. We met many HIV/AIDS groups with varying purposes. For example, the HIV prevention activities of University student groups were introduced via an attention-grabbing video. On the last day, the families of AIDS victims who received contaminated blood products displayed many quilts with various messages and images in order to honor their loved ones. We felt that all these activities will help to significantly raise awareness about the HIV/AIDS epidemic in Japan.

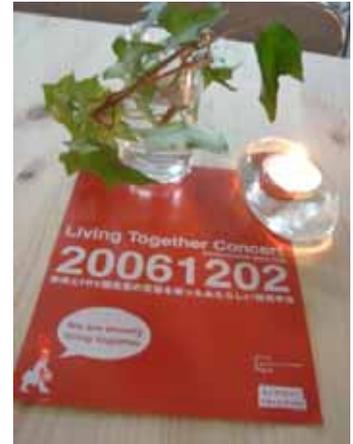




## TOPIC 2 ~ LIVING TOGETHER ~

In the room next door there were message boards on which people could write about their thoughts and experiences, and leisurely drink tea or coffee at the café. There were also notes voluntarily written by HIV carriers through which we could learn about their firsthand experiences. Generally speaking, in Japan only medical specialists have the opportunity to get to know people with HIV. In reading about their experiences we came to understand how they felt when they first discovered that they had HIV, how difficult it is for them to continue taking medications, how their families and friends helped them, and how they can live positively after overcoming their initial shock. Their personal stories had such a strong impact on us that we realized any one of us could accidentally become infected. The theme of this year's AIDS conference was "Living Together." There were speakers with HIV who actively participated in the public symposiums and lectures. It must be difficult for them to discuss their private affairs in public, however we truly appreciate their openness which helped us to realize that we all live together in this world with or without HIV. This could be the first step in opening people's minds to the realities of the epidemic and helping them be more conscious about HIV prevention.

(For more information about their experiences, visit <http://www.ptokyo.com/>)





## Report on the experiences of those who underwent HIV testing!

In order to obtain an accurate result, you have to wait to be tested at least three months after being exposed to the virus. Even though the local health centers offer free, anonymous HIV testing, there are many people who don't know where and when free testing is available and there are also those who are afraid to get tested. Before going to the health center to get tested, anonymous consultation with health outreach workers via telephone is available for free. There are advantages to be tested even if you do test positive because you can control your physical condition by starting treatment immediately. On the other hand, if you test negative then you will be relieved to know for certain that you do not have HIV. In the following section, we will explain the process of HIV testing which we experienced firsthand.

### 1. Scheduling an Appointment

First we looked on the Internet to find out where HIV testing is available. We found the Gifu City Public Health Center and then called to make an appointment. They asked us our age and gender and whether three months had passed since the time of exposure. They did not ask us for our names. This health center performs regular testing on the first and second Mondays of each month, and then same-day testing on the third and fourth Mondays of each month. However, there were no appointments available until one month later because so many people signed up for testing.



### 2. Reception

On the day of the arranged appointment, we went to the health center and presented our appointment numbers. Since the Gifu City Public Health Center has an anonymous reservation system, we felt that our privacy was secure and we did not see any other people when we checked in.



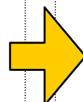
### 3. Consultation before Testing

First a health outreach worker took our medical history and then explained in simple terms the process of HIV testing. Afterwards she explained that further consultation is available if necessary.



### 4. Taking a Blood Sample

Using a 10 ml sample, they tested not only for HIV, but also for syphilis and chlamydia. Afterwards they told us to come back in one week for the results. It is not possible to find out whether you have syphilis or chlamydia using the same-day testing method.



Please visit following website about HIV test in Japan.

<http://api-net.jfap.or.jp>

<http://api-net.jfap.or.jp/i> (for mobile)

### Our impressions...

We could receive test easily thanks to their kind help at local health center. They said "Please call about any small worries about AIDS."

### 5. Results

#### Negative ( - )

A doctor tells you that you are not infected by HIV unless you have possibility of HIV exposure at least for three months and explains how to keep preventing infection.

#### Positive ( + )

A doctor tells you that you are most possibly infected by HIV and recommends you to take precise tests at hospital. At Gifu public health center, they give consultations and help like finding hospitals according your requests. You don't need to worry by yourself.



## TOPIC Gifu Television Live Broadcast of the Third Annual "Charity Special" Program

On March 18, 2007 from 2-4 pm, Gifu Television highlighted our community activities for the third time. On the day of the live broadcast, all the participants in the panel discussion wore red ribbon pins. The announcers interviewed in the following order, Mr. Hayashi (secretary general of the Japan office of WFARP), then Ms. Toki (school nurse of Yaotsu High School) and Ms. Wada and Ms. Watanabe (school nurses of Motosu Shoyo High School) and Ms. Fujimori and Mr. Togashi (students of Motosu Shoyo High School).

In the first half of the Interview, our activities were introduced with VTR and photos. The two students were quite nervous before the show, but they answered the interview on live clearly with their opinion that AIDS is not a disease to be afraid of if we know the prevention measures. The school nurses expressed their opinions not only from a professional view point, but also from their personal perspective as parents.

During the interview, Mr. Hayashi explained the domestic situation of the HIV/AIDS epidemic in Japan, as well as the international situation in the world as a whole. Then the announcer asked Mr. Hayashi "Why has HIV/AIDS spread so quickly all over the world?" He answered "Because many of those who are infected with HIV inadvertently pass the virus to others." Mr. Hayashi concluded by explaining the three main modes of HIV infection which are of the most concern via a poster board presentation.

We would like to our thanks and gratitude to the school nurses and students for their participation in the panel discussion.



Discussion with the Students during Rehearsal



Nervousness seemed to Prevail Moments before the Live Broadcast

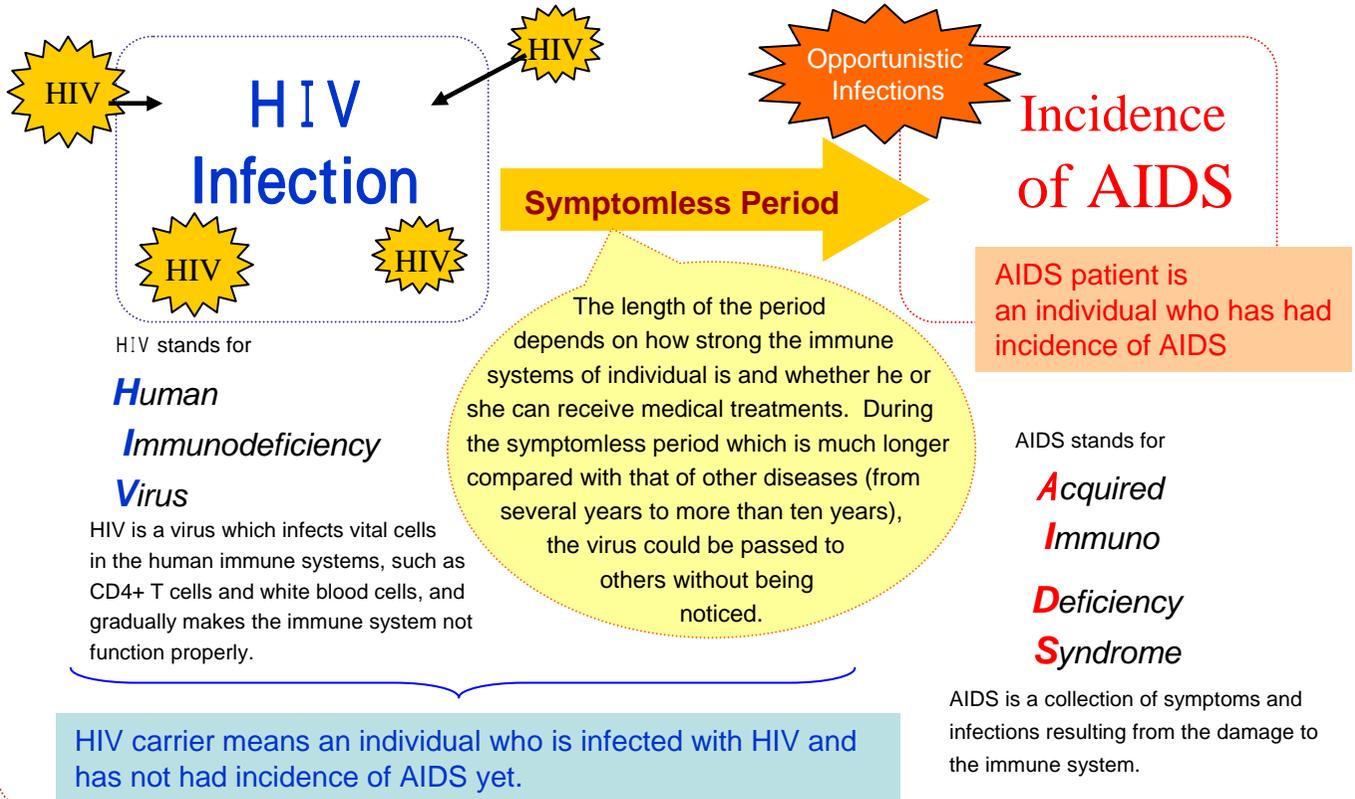


Commemorative Photo in the Gifu Television Lobby following the Broadcast

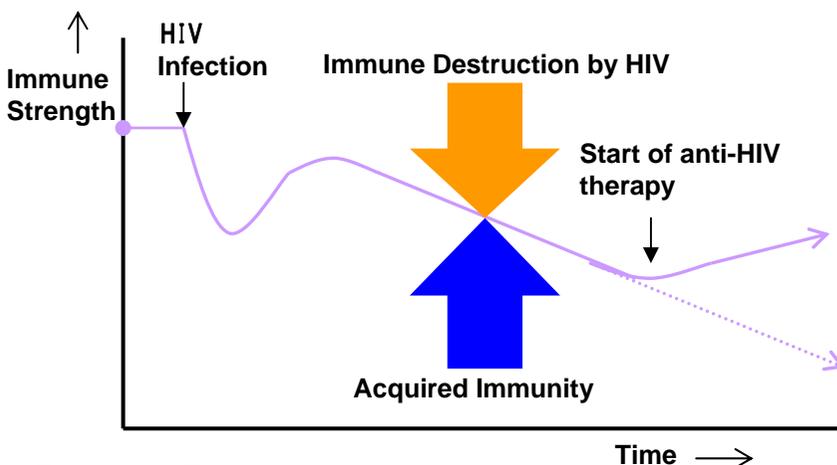


# minimum information you should have about AIDS

Although HIV causes AIDS,  
HIV infection does not mean AIDS straightaway!

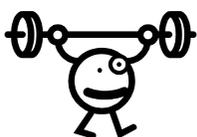


## Immune Strength will be Weakened at the Disease Progresses



Nowadays, various kinds of anti-HIV drugs have been developed and appropriate treatment can allow many people with HIV to resist infections, and prolong their. The recent common treatment for HIV infection is called multidrug therapy consisting of at least three drugs belonging to at least two types.

When your immune system fails you can become very sick with "Opportunistic Infection" or malignancies, etc.



We have many bacteria, viruses, fungi, and parasites etc., around us but they are normally controlled by our healthy "Immune System", so we do not develop seriously bad conditions even if we get infected by those organisms and recover from it in short time.



# minimum information you should have about AIDS

## The three main transmission routes of HIV



### Sexual Contact

unprotected sexual relations between partners, one of whom has HIV

In Japan, most of HIV transmissions are through sexual contacts

HIV is a virus whose infectability is relatively low.

There is unlikely to be any risk of infection through casual contact or airborne route.

However, there are risks of infection for every one of us.

It is important to make a wise decision about your own sexual behavior, such as being able to say NO when you feel insecure and avoid unsafe sex.



### Exposure to infected blood

sharing drug injection needles



### Mother-to-child

during pregnancy, child birth, or breastfeeding

## Q & A regarding transmission routes

Q 1

Can HIV be transmitted from an infected person who has not had AIDS yet?

A 1

**YES.** HIV is contained in blood, semen, vaginal fluids of infected person. If they enter your body directly, you can get infected.

Q 2

Is there any risk of infection if I use tooth brush or a razor which the other person used?

A 1

If they don't have blood on them, there is no risk of HIV infection, but it is recommended to use your own things in order to avoid various kinds of infectious diseases.

Q 3

I heard that cat can have AIDS. The virus can be transmitted to human being?

A 3

**NO.** The virus is called FIV (Feline immunodeficiency virus) and cause similar symptoms of human AIDS, but it won't transmit to a human being.

# Treatment of HIV

**Q** Is the treatment of HIV infection covered by National Health Insurance? How much does it cost to receive the treatment? Is there any public support?

**A** Yes, the treatment of HIV infection is covered by National Health Insurance. If you have a physical disability certificate, you will be able to receive public financial support for your medical care

## Benefit for high-cost medical care · income security

The cost of HIV treatment depends on the physical condition of each person or treatment policy of each hospital, so it is difficult to estimate precisely how much it would cost to receive HIV treatment. However, generally speaking, without being covered by insurance it would cost at least ¥150,000- to ¥200,000- when you receive multi-drug treatment, the most common treatments for HIV infection. If you are covered by National Health Insurance, you would be charged 30 % of the medical costs, so you would have to pay ¥45,000- to ¥60,000- just for multi-drug treatment. Actually, you would be charged with regular blood tests, or other examinations as well.

However, you could apply for public financial support for expensive medical care when it is over a certain prices or you could apply for social aid for low income.

## Application for a booklet of Handicapped

If you are infected with HIV, you could apply for a booklet for a handicapped.

This booklet will allow you to receive social services such as financial support for medical care, and tax exemption, or discount for public transportation service, etc.

Each community has different services so Please talk to reception of your city services.

( <http://api-net.jfap.or.jp> )

There are mainly 3 types of anti-HIV drugs.

- reverse transcriptase inhibitor
- protease blocker
- nonnucleoside reverse transcriptase inhibitor

Each drug has different features, so you would have to pay attention to the following matters:

- 1) How many times a day you would have to take the drugs
- 2) timing ( before, after or between meals?)
- 3) How to keep the drugs (some in a fridge, some in dry place)
- 4) how to take them (some drugs require huge amount of water intake)
- 5) Caution for mixture of some particular drugs. Consult your doctor, if you take any drugs regularly.
- 6) price of the drugs (expensive)

# The Symptoms of AIDS

**Q** What symptoms do we have when we become infected by HIV?

**A** Most people experience no noticeable symptoms upon initial infection. However, fever, rashes, swollen lymph nodes, fatigue, and a variety of less common symptoms may develop within a few weeks of HIV infection and last a few weeks. The symptoms disappear, although the lymph nodes may stay enlarged. An infected person is able to spread the virus soon after becoming infected; this is true even if there are no symptoms.

A person can have HIV infection for years—even a decade or longer—before developing AIDS. Before AIDS develops, many people feel well, although some develop a variety of nonspecific symptoms. These symptoms include swollen lymph nodes, weight loss, fatigue, recurring fever or diarrhea, anemia, and thrush (a fungal infection of the mouth).

The main symptoms of AIDS are those of the specific opportunistic infections and cancers that develop. HIV can also directly infect the brain, causing memory loss, weakness, difficulty walking, and difficulty in thinking and concentrating (dementia). In some people, HIV is probably directly responsible for AIDS wasting, which is a significant loss of weight with or without an obvious cause. Wasting in people with AIDS may also be caused by a series of infections or an untreated infection (such as tuberculosis) that persists. Kidney failure, which may be a direct effect of HIV, is more common in blacks than in whites.

Kaposi's sarcoma, a cancer that appears as painless, red to purple, raised patches on the skin, affects many people with AIDS, especially homosexual men. Cancers of the immune system (lymphomas, typically non-Hodgkin's lymphoma) may develop, sometimes first appearing in the brain, where they can cause confusion, personality changes, and memory loss. Women are prone to developing cancer of the cervix. Homosexual men are prone to developing cancer of the rectum.

Usually, death is caused by the cumulative effects of wasting, dementia, opportunistic infections, or cancers.

## Common Opportunistic Infections Associated With AIDS

- *Candida esophagitis* (Painful swallowing, burning in chest )
- *Pneumocystis carinii pneumonia* (Difficulty breathing, cough, fever )
- *Toxoplasmosis* (Headache, confusion, lethargy, seizures )
- *Tuberculosis* (Cough, fevers, night sweats, weight loss, chest pain )
- *Mycobacterium avium complex* (Fever, weight loss, diarrhea, cough )
- *Cryptosporidiosis* (Diarrhea, abdominal pain, weight loss )
- *Cryptococcal meningitis* (Headache, fever, confusion )
- *Cytomegalovirus infection* (Eye: blindness, Intestinal tract: diarrhea, weight loss)
- *Progressive multifocal leukoencephalopathy* (Weakness on one side of the body, loss of coordination or balance )

# Red Ribbon Roses

As introduced last year, our foundation raise roses called "Red Ribbon" with our wish to grow our activity of AIDS prevention. It was named "Red Ribbon" because the red petals of the rose feel like a velvet ribbon. We are now learning how to grow the rose from cuttings so that we can give it to the schools we visit.



Red Ribbon is a floribunda made in UK with fully double flowers of repeat flowering. The color of the petals is bright red and the scent is moderate.

Reference : <http://www.rogersroses.com>

\*\*\* Contribution \*\*\*

Bank : Ogakikyoritu Bank Branch : Main Office

Account name : ユネスコ協賛 (財)世界エイズ研究予防財団 日本事務所

Account number : 715083

Do you know what  
Red Ribbon means?

"Red Ribbon" was originally old European custom to express their sorrow over death of people who couldn't live out their lives due to illnesses or accidents.

It was near the end of the 80's when Aids became a serious social issue that

this Red Ribbon started to be used as a symbol for solidarity with HIV positive and people living with AIDS. It was because HIV started spreading rapidly among artists and musicians in New York and many people died from it. The Red Ribbon movement were started by their friends to express their feelings for those dead and also **sympathy and understanding for those who are living with HIV/AIDS**.

This movement is now spreading among people who felt empathy for the idea all over the world and helps public awareness on Aids issue. We sell Red Ribbon Pin Badges for ¥1,000 for charity as well. Please remind yourselves of its meaning and let's think about what we can do about AIDS together.

*Thanks for the charities*



Red Ribbon Pin and Original Postcard Set (¥1000 each)

We have received a lot of kind help and contribution to our foundation. The proceeds of our charity activities and your donations will be sent to the Abidhan Aids Research Center for the benefit of African people suffering from HIV/AIDS and also will be used for necessary AIDS booklets we use for the conferences at schools. Thank you very much.



World Foundation Aids Research and Prevention Japan Office

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