

Interview

An Interview with Dr. Koh Iwasaki

OBM Geriatrics Editorial Office

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OBM Geriatrics
2022, volume 6, issue 3
doi:10.21926/obm.geriatr.2203201

Received: July 01, 2022

Accepted: July 01, 2022

Published: July 03, 2022



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1. Could You Please Tell Us Your Scientific Background?

M.D., Ph.D. from Tohoku University, Japan.

2. Can You Share Your Career Development Story Briefly? For Example, What Cases Have Influenced You the Most?

When I was a medical school student, I got a chronic headache. NSAIDs were not effective. I visited a doctor who knew Kampo (Traditional Japanese Medicine) and he treated me with Kampo medicines. And my headache became much better. It is the first time I experienced Kampo and TCM.

When I entered the post graduate school of medicine at Tohoku university, the professor ordered me to find TCM improves aspiration pneumonia. I found that Banxia Houpu Tang (半夏厚朴湯) improved swallowing reflex [1].

And finally I proved that the TCM reduce the risk of aspiration pneumonia [2].

The work about 半夏厚朴湯 is one of my original works.

3. Is There a Book You've Read that You'd Recommend Universally (i.e., to Everyone You Meet)?

1. 黄帝内经 (English edition [https://www.amazon.com/ 黄帝内经 \(英文版\)-罗希文 /dp/B00368BG42](https://www.amazon.com/黄帝内经(英文版)-罗希文/dp/B00368BG42)).
2. 本草纲目 (English edition [https://www.amazon.com/Essentials-Chinese-Materia-Medica-Classics-ebook/dp/B07K2R2F7H/ref=sr_1_2?crd=2RTFXPT4BDK4J&keywords= 本草纲目 +English&qid=1654221663&srefix=本草纲目\)+english%2Caps%2C236&sr=8-2](https://www.amazon.com/Essentials-Chinese-Materia-Medica-Classics-ebook/dp/B07K2R2F7H/ref=sr_1_2?crd=2RTFXPT4BDK4J&keywords=本草纲目+English&qid=1654221663&srefix=本草纲目)+english%2Caps%2C236&sr=8-2)).

4. What is Your Main Research Area? What Got You Interested in Scientific Research in the First Place?

Geriatrics and TCM. Applying TCM for Geriatrics.

5. Where are Your Sources of Information? Where Do You Get Your Latest News about Geriatrics Research? Where Do You Take Inspiration From?

Daily practice.

6. What Is Your Long-Term Research Goal?

Applying TCM for Geriatric syndrome and frailty.

7. What Are the Recent Research Trends that You, as a Scholar, Would Suggest OBM Geriatrics to Observe and to Follow in the Coming Years?

Jia Wei Gui Pi Tang (Kamikihito, Kamiguibitang, 加味歸脾湯) for dementia.

8. Do You Have Any Suggestions or Recommendations for Young Scientists, for Instance, Your Students and Young Collaborators?

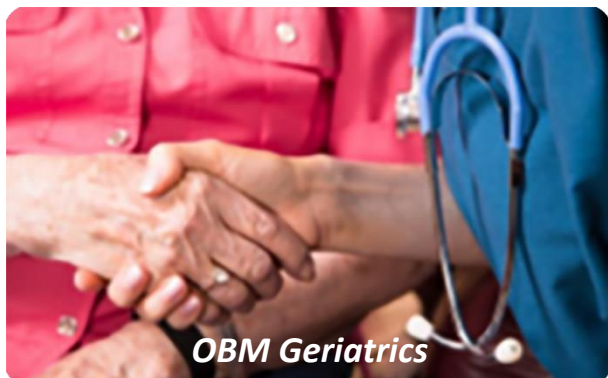
When I started my study applying TCM for geriatrics, 30 years ago, TCM was considered somewhat as a magic. Everyone refused to deal with me. But now, TCM has more than 100,000 English papers. If someone scoff you, never give up.

9. What Do You Think of the Future of *OBM Geriatrics*, an Open-Access Journal?

First of all, please get the position on PubMed again.

References

1. Iwasaki K, Wang Q, Nakagawa T, Suzuki T, Sasaki H. The traditional Chinese medicine banxia houpo tang improves swallowing reflex. *Phytomedicine*. 1999; 6: 103-106.
2. Iwasaki K, Kato S, Monma Y, Niu K, Ohru T, Okitsu R, et al. A pilot study of banxia houpu tang, a traditional Chinese medicine, for reducing pneumonia risk in older adults with dementia. *J Am Geriatr Soc*. 2007; 55: 2035-2040.



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