Compassionate Care, Pioneering Research



Tokyo Metropolitan Institute
for Geriatrics and Gerontology

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Masahiro Akishita, CEO

The slogan of the Tokyo Metropolitan Institute for Geriatrics and Gerontology is “Compassionate Care, Pioneering Research”. Our hospital has been focusing on the treatment of cardiovascular disease (stroke, cardiac disease, aortic disease, and peripheral arterial disease), cancer, dementia and diabetes, which are closely related to emergency issues commonly seen in older adults. While these four pillars are our most important specialties, we also provide advanced medical care for common diseases in older people including bone/joint diseases, renal diseases, sensory disorders (cataracts and deafness) and lung diseases. Our hospital has been taking an active role focusing on advanced and specialized medical care for older adults, while developing a community health care model in the secondary medicine zone of the northwestern area of Tokyo, which has a population of 2 million. In addition, as an advanced medical center specialized in geriatrics, we will constantly confirm how advanced and cutting-edge medical care can be provided to older patients and what outcomes can be achieved through cutting-edge medical care. Furthermore, we believe that it is our important mission to open up a "healthy and happy" future for older adults by developing minimally invasive medical care that is friendly to older patients as much as possible.

Our research institute elucidates the mechanisms of aging and age-related diseases, such as dementia, frailty and sarcopenia, which are common in older adults, and applies the results for disease prevention, early detection and treatment. In addition, by collecting various data on the health and daily living through cohort studies, we are actively conducting research related to the next generation of medical care and nursing care for older people, focusing on dementia and frailty. Our center is a specialized hospital and research institute responsible for Japan's super-aged society. Based on our research findings, we play an important role in building systems that support society. Our center is not only an advanced hospital and research institute, but also a comprehensive center that promotes the health of older adults in the community by integrating clinical care and research. In addition, the hospital and the institute work together to prevent, detect early, and treat geriatric syndrome—such as declines in activities of daily living, frailty and dementia—that significantly contribute to a reduced quality of life among older adults. We are promoting three projects: the "Healthy Aging Innovation Center," the "Integrated Research Initiative for Living Well with Dementia," and the "Center for Comprehensive Care and Research on Prefrailty," with the aim of creating a society where everyone can lead a healthy life.

In light of our origin as “Youiku-in” established in 1872, our center has played an important role in the welfare and healthcare of older adults in Japan for more than 150 years. Accordingly, we will continue our steady efforts to remain a leading hospital and research institute that proactively identifies the challenges of a super-aged society and develops solutions to create a better future for our patients and the citizens of Tokyo.



Koichi Kozaki, President of the center

Tokyo Metropolitan Institute for Geriatrics and Gerontology (TMIG) serves as a leading center for geriatric medicine and research, integrating both a hospital and a research institute in a single organization.

Our hospital comprises 12 internal medicine–related departments, together with specialized outpatient clinics addressing issues unique to older adults, including osteoporosis, frailty, polypharmacy. Within the internal medicine departments, a Palliative Care Unit has also been established. We are committed to providing patient-centered medical care through close collaboration with the local community, both in outpatient and inpatient settings. Our surgical division consists of 11 departments–excluding gynecology–established to accept a broad range of patients from the local community. Additionally, we have Vascular Disease Center and Dementia Center, the latter of which provides whole range of antibody therapy for Alzheimer’s disease.

One of the distinctive features of our institution is the Frailty Clinic, which provides multifaceted support aimed at preventing the progression to a state requiring long-term care, as well as maintaining and improving physical functions to ensure safe surgeries and other invasive treatments. Furthermore, our Polypharmacy Clinic promotes safer and more appropriate pharmacotherapy for patients facing challenges with multiple medication use and management.

As stated in the CEO’s message, our center sincerely addresses the challenge of determining "the extent to which we can provide high-level, and safe medical care to the elderly." We are dedicated to advancing geriatric medicine not only by utilizing existing evidence, also by creating new evidence. We consider it our mission to not only achieve healthy longevity, also to support older people fulfilling their happy lives, even when they are facing illnesses or physical challenges.

Working in close cooperation with the hospital, our research institute promotes a broad range of studies on various geriatric issues, such as dementia, frailty, and sarcopenia–covering from elucidating the disease mechanisms to prevention, early detection, and the implementation of novel treatments.

The institute is composed of two core entities: natural sciences and social sciences. The natural sciences division focuses on elucidating the pathological mechanisms underlying age-related diseases and developing innovative therapeutic strategies. Meanwhile, the social sciences division accumulates diverse data on the lives and health of the older people through initiatives such as large-scale cohort data, devoting its efforts to generating evidence that will contribute to the next generation of medical and long-term care.

This integration of natural and social science research, confronting challenges of Japan's super-aging society, represents one of the defining characteristics of our center.

Furthermore, our strength lies in several cross-functional centers that bridge the hospital and the research institute, such as the "Healthy Aging Innovation Center," the "Integrated Research Initiative for Living Well with Dementia," the "Center for Comprehensive Care and Research on Prefrailty," and the "Innovative Comprehensive Multidisciplinary Education."

We are hoping many visitors to our website. We appreciate your continued support and cooperation for our honorable Tokyo Metropolitan Institute for Geriatrics and Gerontology.

Hospital Summary

Hospital Operating Policies

- ○To provide excellent quality in patient-oriented medical service
- ○To provide holistic comprehensive medical care focusing on highly specialized medical care and the 'Quality of Life' for the older adults
- ○To provide continuous care and support in cooperation with welfare facilities and medical institutions in the community
- ○To provide a team-based treatment approach beyond the boundaries of clinical divisions, departments, and occupations
- ○To focus efforts on educating and developing high-quality medical professionals and to actively promote clinical research in collaboration with the research institute

Hospital Outline

Medical Treatment Scope：550 (general beds: 520, psychiatric beds:30)

Hospital departments

[Internal Medicine] Internal Medicine, Rheumatology, Nephrology, Diabetes, Metabolism, and Endocrinology, Cardiovascular Medicine, Respiratory Medicine, Gastroenterology, Neurology, Hematology, Infectious Diseases, Palliative Care, Psychiatry

[Surgery] Gastrointestinal and General Surgery, Vascular Surgery, Cardiac Surgery, Thoracic Surgery, Neurosurgery, Orthopedics, Dermatology, Urology, Ophthalmology, Otolaryngology, Dentistry and Oral Surgery, Emergency Medicine, Anesthesiology

[Central Medical Department] Physical Medicine and Rehabilitation, Radiology, Radiation Oncology, Department of Clinical Laboratory, Department of Pathology

Designated medical facilities (excerpt)

Regional Medical Care Support Hospitals
Designated emergency hospital (emergency notification hospital)
Tokyo metropolitan dementia treatment center (regionally-based type)
Tokyo metropolitan cancer treatment coordinating hospital
Tokyo metropolitan disaster base hospital
Referral treatment priority medical facility
Designated independent support medical facility (rehabilitation support, outpatient psychiatric treatment)
Intractable disease medical expense subsidy designated medical facility
Postgraduate clinical training hospital/designated clinical training hospital for foreign doctors etc.

Emergency medical system

Tokyo designated secondary emergency medical facility (medical care offered on holidays/at nighttime)
Tokyo CCU Network
Acute Aortic Super Network
Acute stroke medical facility (medical facility implementing thrombectomy)





Hospital Missions

As our aging society rapidly progresses, the medical need for the older adults has become increasingly diverse. As a specialized medical institution for older adults, Tokyo Metropolitan Institute for Geriatrics and Gerontology(TMIG) is working to enhance its function.
While honoring the policy of the Tokyo Metropolitan Government, including the health and medical care plan, we are strengthening our "vascular diseases care," "cancer care for the older adults," "dementia medical care," and "diabetes" as our focused areas, as well as emergency medical care and the promotion of community cooperation, in order to contribute to the maintenance and promotion of health of the older adults as one of the hospitals responsible for the acute care of the older adults

- ●Taking advantage of the benefits of integration of research and medical care, we provide highly-advanced vascular diseases medical care, cancer care for the older adults, and dementia medical care.
- ●We promote appropriate inpatient treatment planning and discharge support in accordance with the disease states and symptoms of each individual patient.
- ●As a secondary emergency medical institution, we prepare emergency protocol to ensure the safety of local citizens.

Organization jointly operated by the hospital and the research institute

Healthy Ageing Innovation Center(HAIC)

HAIC was established in August 2018 to develop numerous innovations and promote a healthy, long-lived society using its characteristics as a foundation in geriatric medicine and research. The HAIC provides support for clinical research to ensure compliance with laws and guidelines, such as the Act on Securing Quality, Efficacy and Safety of Products Including Pharmaceuticals and Medical Devices; the Clinical Trials Act; and the Ethical Guidelines for Medical and Health Research Involving Human Subjects. This support is provided through collaboration among staff from different professions.

Integrated Research Initiative for Living Well with Dementia (IRIDE)

IRIDE was established in April 2020 to promote joint research through collaboration with various initiatives. This initiative aims to create an integrated database through cooperation between the hospital and research institute, focusing on living with dementia or preventing dementia. It promotes the development of new technologies and strategies for prevention, diagnosis, treatment, care, education, community development, and policy development.

Center for Comprehensive Care and Research on Prefrailty (CRP)

CRP was established in April 2020 to extend the healthy life expectancy of older adults by implementing frailty measures in both hospital and community settings through collaboration among medical care, nursing care, and welfare services. The center is involved in regional frailty prevention, training personnel to implement frailty measures, elderly healthcare through frailty assessment, and elucidating the mechanisms and risk factors for frailty.

Innovative Comprehensive Multidisciplinary Education (ICOME)

ICOME was established in September 2022 to oversee the latest gerontology and geriatrics education for the entire center. It promotes human resource development related to regional frailty prevention and dementia support, while also developing its own training system.







Research Institute Summary

Research Institute Operating Policies

Three fields of research:

(1) Aging mechanism and age-management.

(2) Research concerning the prevention, treatment, health condition, and root cause of important age-related illnesses.#

(3) Research into social welfare of seniors and the promotion of healthy long-life.

Age related illnesses include: cardiovascular disease, cancer, and dementia

- ○Tokyo Metropolitan Institute of Gerontology is supported by the Tokyo Metropolitan Senior Medical Care, Health Preservation, and Social Welfare Administration.
- ○Research is sponsored through affiliations with regional governments and regional facilities for the social welfare of the aged.
- ○TMIG actively carries out collaborative research with national and local public organizations as well as civilian private enterprises.
- ○TMIG proactively engages in research exchange with international representatives of aging studies institutes.
- ○The research institute utilizes state of the art facilities and cutting-edge technology in the study of age-related diseases.
- ○Research results are readily shared in public lectures and publications, giving back to the people who helped make the research possible and ensuring that the general public remains active and informed through all stages of the research process.



Research Programs

Research on Biology and Medical Sciences

ResearchTeam for Aging Mechanism and Medical Science

Our mission is to elucidate the mechanisms of the aging and aging-related disorders, such as frailty, sarcopenia, dementia, and cancers. Then we apply the mech- anisms to identify their biomarkers and develop new pre-ventive and therapeutic strategies. Based on basic research on glycolmics (Mo- lecular Glycobiology), proteomics (Proteome Research), endocrinol- ogy and metabolisms with their roles in healthy longevity, aging-related diseases, and cancers (Systems Aging Science and Med- icine), we will contribute to geri- atrics and gerontology.

Research Team for Functional Biogerontology

Aging and geriatric diseases are pleiotropic research subjects. Our research outcomes contribute for the regulation of aging and the prevention, diagnosis, and treat- ment of diseases. We intend to make an effort for the establish- ment of successful aged society.

Research Team for Aging Neuroscience

The team aims to overcome the disorders in our nervous system in super-aging society. The team consists of two themes: Auto- nomic Neuroscience and Memory Neuro-science. In addition to attacking basic neuroscientific questions, we also aim for the clinical appli- cations through research on uri- nary dysfunction, pain relief, ALS, and dementia.

Research Team for Aging Science

The team aims to find novel aging mechanisms to investigate the functional decline of organs and tissues, which occurs at the cel- lular and genetic levels with prog- ressing age, and extrapolates the research to the aging of the entire body, or individual aging. The ulti- mate goal is to contribute to the improvement of the health and longevity of older adults.

Research Team for Geriatric Pathology

Based on knowledge and skills in pathology, we conduct research related to cancer in older adults and psychiatric and neurological disorders. In collaboration with the Department of Pathology at the Center's hospital, we are also conducting medical biological re- search and pathological diagnostic research close to clinical practice. Our goal is to identify methods of prevention and early diagnosis of diseases of older adults, and to develop new treatment methods.

Research Team for Neuroimaging

Aims to research on the brain, in particular, in relation to the aging and geriatric diseases, including dementia, with the use of Positron Emission Tomography (PET).
Staffed with professionals in dif- ferent fields spanning from drug development to clinical practices. Maintains close relationships with various researchers in and outside the center to provide substantial support for PET diagnoses in hos- pital departments.

Research on Social and Human Sciences

Research Programs Research on Social and Human Sciences

Research Team for Social Participation and Community Health
Our goal is achieving a society where diverse older adults can enjoy their lives and contribute to creating a sustainable community through obtaining social connec- tions and roles. Toward this goal, we are studying social partici- pation/contribution of older adults, as well as promoting healthy aging (e.g., primary preven-tion of frailty and dementia) and social Rela- tionships (e.g., prevention of isola- tion, promoting various kayoi-no- ba) which support their partici- pation/contribution.

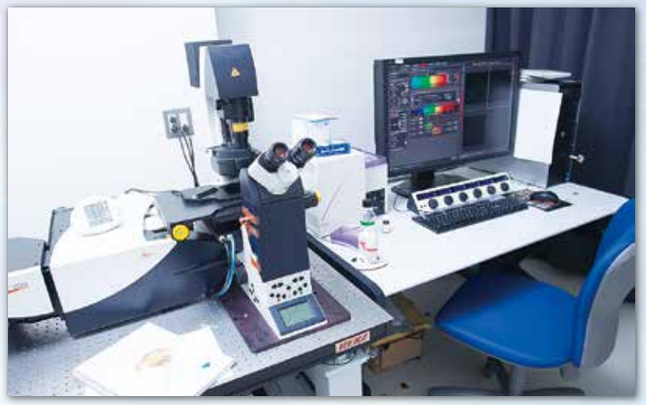
Research Team for Promoting Independence and Mental Health

Along with (1) development of a series of intervention programs for frailty, including physical, oral, cognitive, mental, and social vul- nerabilities, and (2) implementa- tion of countermeasures to nu- tritional problems for older adults, our research team focuses on re- alization of a community-based in- tegrated care system and demen- tia-friendly communities to create society where people can live well with hope and dignity regardless of dementia and disabilities.



Research Team for Human Care

The goal of this team is to pro- mote research that contributes to improving the quality of care and strategies for supporting older adults in the community, at home, and in long-term care facilities, with a focus on older adults living independently in the community, those who need support and long- term care, and all people and organizations responsible for their care, from prevention to health care and end-of-life care, and to achieve "Aging in Place".



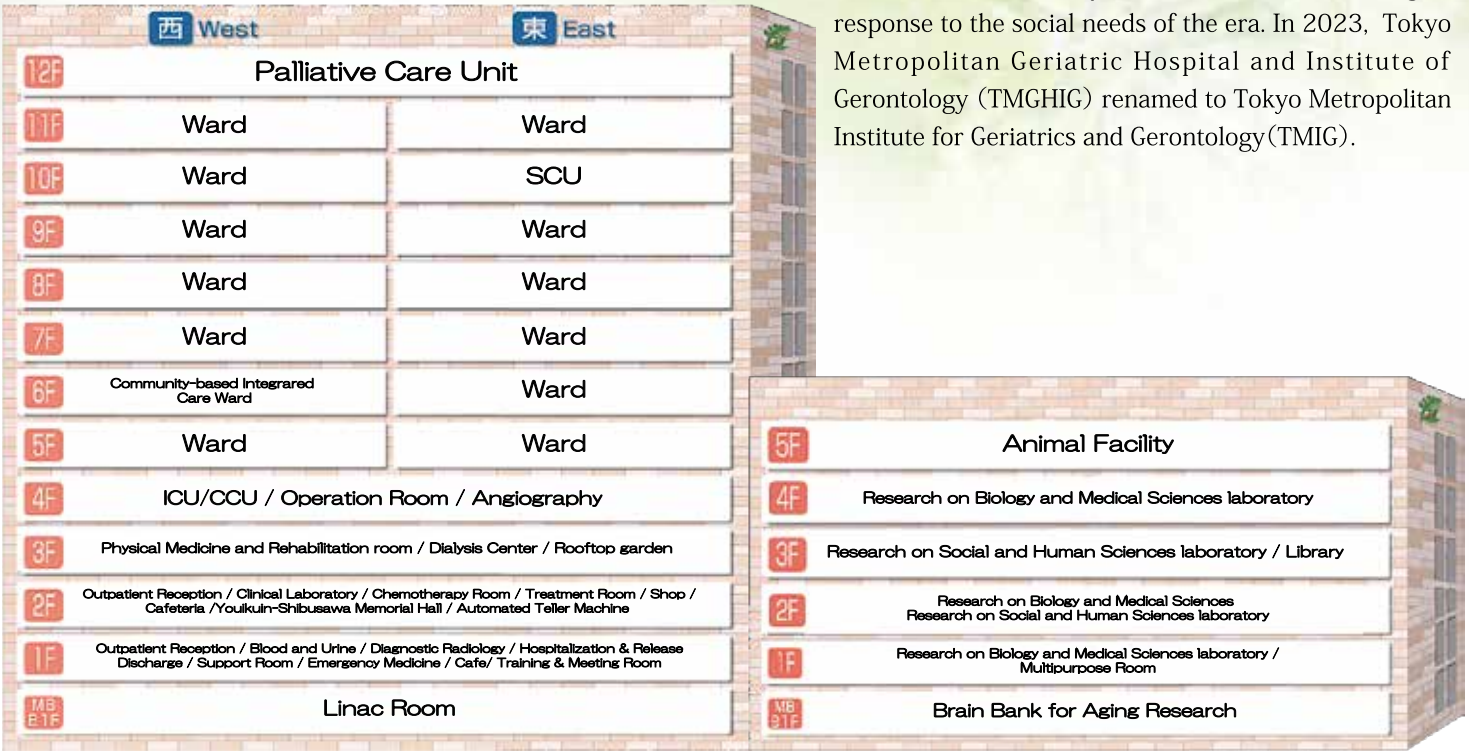
Basic Principles

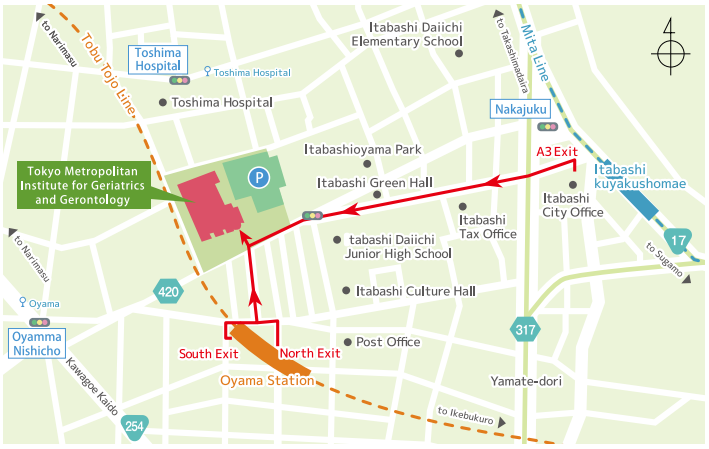
Tokyo Metropolitan Institute for Geriatrics and Gerontology（TMIG）plays a part in the creation of the urban model of a super-aged society in metropolitan Tokyo with the aim to achieve healthy long life through health promotion for the older adults. To this point we will provide appropriate medical care in accordance with the characteristics of the mental and physical conditions of the older people, coordinate research and clinical practice, and conduct research to maintain and improve the QOL of the older adults.

History

The Tokyo Metropolitan Institute for Geriatrics and Gerontology（TMIG）was established in 1872, a historical institution which was originally founded as a "Youiku-in". It was re-established in 1972 as facilities for the older adults population including the hospital for the older adults, the Institute of Gerontology, open to any Tokyo resident. It has since stayed one step ahead in dealing with the aging society of today. In 2009, the Tokyo Metropolitan Geriatric Hospital and Institute of Gerontology（TMGHIG）started operations as a local independent administrative agency which integrates a research institute and a hospital. In spring of 2013, a new facility was constructed, evolving in response to the social needs of the era. In 2023, Tokyo Metropolitan Geriatric Hospital and Institute of Gerontology（TMGHIG）renamed to Tokyo Metropolitan Institute for Geriatrics and Gerontology(TMIG).

Floor Map





Access

- Stop: Oyama Station (Tobu Tojo Line) (south exit or north exit), 4-minute walk
- Stop: Itabashi-Kuyakushomae Station (Toei Mita Line) (Exit A3), 11-minute walk

Local Incorporated Administrative Agency,

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