

2025

6.4 (wed.)

12:10
12:50

12:10-12:15

◆ Introduction

12:15-12:40

◆ Seminar
(Presentation)

12:40-12:50

◆ Q&A

Online
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Hot Springs and Human Health: Insights from the Gut Microbiota



Key Words

Hot springs

Public health

Gut microbiota

Assistant Professor **Midori TAKEDA**

Urban Institute

Born in Kyoto, Japan. I completed a Ph.D. in public health at the Graduate School of Medicine, Kyoto University, in 2020. Subsequently, I conducted short-term research at the Medical University of Vienna. In 2021, I started research on breast cancer as a Post-doctoral fellow at Kyoto University. Since 2022, affiliated with the Urban Institute at Kyushu University as an Assistant professor. Current research focuses on the health effects of hot springs, with broader interests in environmental and social determinants of health.

Hot springs have long been regarded as beneficial to health and have been used for bathing and drinking worldwide. Japan is one of the countries with the greatest number of hot spring sources, and these springs have traditionally been believed to offer various therapeutic effects. Reported benefits include the improvement and prevention of hypertension, relief of pain caused by rheumatism and ankylosing spondylitis, and the treatment of skin diseases.

Previously, we have shown a positive association between regular hot spring bathing and better mental health. Furthermore, we have demonstrated that hot spring bathing can influence the gut microbiota of healthy individuals.

In this presentation, I would like to introduce part of our research on the health effects of hot springs, focusing on the role of the gut microbiota.