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Dr SAHARA has been Director General of Health Service Bureau since 2021. He started his carrier as a pediatrician at Kanagawa Children's Medical Center and then joined the ministry as a medical officer. He served in various positions within the ministry, including Directors for the Research and Development Division, Health for Aging Division and Health Science Division, Assistant Minister for Global Health and also worked at WHO HQs as Senior Advisor on Non-Communicable Diseases.

He graduated Kanazawa University School of Medicine and Harvard University School of Public Health.