

messages for students



Yutaka Hasuo M.D.
Director of Aomori Women's Health Care Institute

I was consulted about the handbook, “The first step to your Obstetrics and Gynecology visit at HIROSAKI: A Beginner's Handbook 2022”, created by Hirosaki University students. This made me very happy as an obstetrician-gynecologist and as someone who has been providing sex education to junior and senior high school students for over 25 years. I am now a freelance practitioner, but my main thought when I was a full-time practitioner was to be a doctor who acts as a consultant for many women from adolescence to old age. Especially for young women, hesitation to consult a gynecologist is much greater than we obstetricians and gynecologists can imagine.

So, in sex education for junior and senior high school students, I have been stressing the point that "An appointment with an OB-GYN is not necessarily a medical examination (an internal examination). It may be just a consultation". I hope that many college students will read and understand this booklet, which is 100% in line with my thoughts and, as a result, they will visit a gynecologist whom they can consult with about anything pertaining to OB-GYN issues.



Miki Saito M.D.
Vice President of Tsugaru Hoken Medical Co-op Kensei Hospital

I believe that Ob-Gyn doctors provide lifelong support for women. From the time of their first menstruation, or even before, many women have concerns about their bodies. For example, is my labia too big? Is this the right color and shape? In fact, just as everyone has a different face, everyone has different external genitalia.

Of course, taking measures to prevent sexual abuse is important. But instead of teaching children that private parts should not be shown to or touched by others, I would like to teach them to treasure those parts of their body. Your body belongs to you, and so you should take care to protect it. Please feel free to talk to us anytime about your concerns.



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When you need to see an OB-GYN doctor, you may feel more hesitant to consult OB-GYN doctors than those in other medical departments. It is not uncommon for people to avoid seeing an obstetrician, when necessary, because of preconceived notions, a sense of shame, or the public's view of them. This may result in complications later on. This book, "The first step to your Obstetrics and Gynecology visit at HIROSAKI" reassures us that we have to make an effort not to view obstetrics and gynecology as such a place. This handbook will help you visit OB-GYN more comfortably. Having the support of an obstetrician/gynecologist as your family doctor guarantees that you will lead a high-quality life. Always carry this handbook with you and take care of yourself!