

Introduction



Hello, Hirosaki University students.

Thank you for picking up a copy of "**The first step to your Obstetrics and Gynecology visit at HIROSAKI: A Beginner's Handbook 2022**". We are members of "Voice Up Japan, Hirosaki University Branch" and "Azumashi Campus", volunteer organizations of Hirosaki University students. We set up the "one step to OBGYN" project and are offering this pamphlet to you as our first project.

This pamphlet covers topics relating to sex that are familiar to us college students, such as menstruation, low-dose pills, and contraception. At first glance, it may appear to be written for women, but the contents are for everyone, regardless of gender.

Have you ever had a hard time during menstrual periods?

Menstrual cramps, premenstrual irritability, or depression before a period, anxiety about contraception, etc. Through our own experiences, past activities, and conversations with friends, we have come to realize that many people have gynecological concerns. However, few women seem to know that **they can consult an obstetrician or gynecologist to talk about their problems.**

Therefore, **we want to stress the significance of visiting an OB-GYN department as a place for consultations.** In addition, we have enlisted the cooperation of obstetricians and gynecologists in Hirosaki in not only providing information about sexual issues but also lowering any hurdles to seeing an OB-GYN.

We hope that a better understanding of sex, including menstruation and contraception, will help everyone lead a safe and healthy campus life and, most importantly, encourage those in need to take the first step toward seeing an OB-GYN.