

Health Information Autumn & Winter issue

~Do you put up with headaches or menstrual pain?~

Headaches and menstrual pains are common pain that many people have experienced, aren't they? Do you put up with it being 「It's normal / nothing unusual....」?



Economic loss due to pain



The Kyoto Declaration on Headache issued by the International Headache Society in Kyoto in 2005, announced that migraine attacks cause pain to 600000 Japanese people every day, and cost the Japanese economy, in lost productivity, JPY 288 billion every year.

The Japanese Headache Society: The Kyoto Declaration on Headache https://www.jhsnet.net/kyoto_2005.html

Estimates published by METI, the Ministry of Economy, Trade and Industry in February 2024 announced that economic losses associated with health issues specific to women (menstrual symptoms, menopausal symptoms, gynecological cancer, and infertility treatment) cost JPY 3.4 trillion per year across society. Among them, about JPY 120 billion will be due to absences, and about JPY 450 billion will be due to reduced performance as a result of menstrual symptoms.

Ministry of Economy, Trade and Industry 「女性特有の健康課題による経済損失の試算と健康経営の必要性について」
(Japanese only, February 2024)

https://www.meti.go.jp/policy/mono_info_service/healthcare/jyoseinokenko/jyosei_keizaisonshitsu_r2.pdf

This is a social issue that cannot be ignored.

How to use painkillers

When you take general painkillers (over-the-counter, etc.), it is most effective when they are taken as early as possible. With menstrual pain that you know it is going to hurt, it is most effective if taken beforehand.

Consider visiting a specialist

If you suffer from headaches, we recommend that you visit a headache clinic. It is important to receive a proper diagnosis and treatment to prevent headaches from becoming chronic.

It is useful to have a "headache diary" when you visit a doctor. It is a tool that you can understand the state of your headache and efficiently provide your doctor with accurate information by using one. If you search for "headache diary" on the Internet, you will be able to download a format.

If you suffer from period pains, we recommend that you visit a gynecologist. Menstrual pain can be alleviated with appropriate treatment, such as low-dose pills. The University of Tokyo Health Service Center has a gynecologist. If you are worried because you have never been to a gynecologist, please feel free to come and consult with us first.