

Why not start "preconception care" for your future self?

What is Preconception Care?

Definition: It means taking care of your health and lifestyle today with a future pregnancy in mind.



An investment in your current well-being and your future professional success.



Why Preconception Care is a Strategic Imperative for Companies Today ?



Rapid shifts in the social landscape



In an era of later marriage and career growth, professional and biological timelines often collide. Proactive care today secures your choices for tomorrow.



Shifting Male Mindsets and Reducing the Burden



Since men are involved in about half of infertility cases, we need to shift away from the bias that fertility care is only for women. When men take an active role early on, it helps minimize the significant investment of time and money required for later treatments.



Directly linked to productivity



It's not only about having children; it's about total hormonal well-being. Proactive care for issues like dysmenorrhea and menopausal symptoms is key to sustaining high-level productivity.



Critical Knowledge for Management



By deepening your understanding of subordinates' health challenges, you build stronger bonds of trust and foster a truly sustainable organization.

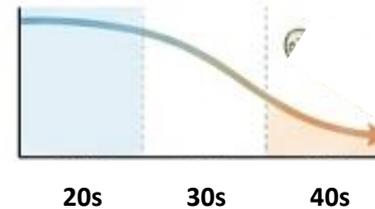
Data vs. Reality

The percentage of couples who have undergone fertility treatment



A ratio of roughly 1 in 5.5 couples

Age-Related Changes in Fertility



Don't let 'I didn't know' become a regret later. Equip yourself with the right knowledge today.



< The financial, temporal, and emotional burdens of the fertility journey >



Financial Aspect:
Residual Anxiety Despite Insurance Coverage

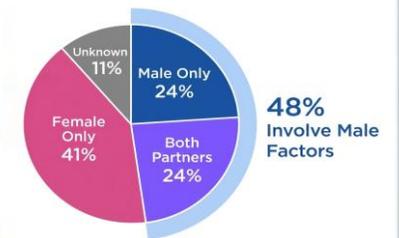


Work-Life Balance:
The Challenge of 'Unpredictable Scheduling'



The Gender Gap:
A Disconnect in the Sense of Ownership

Fertility care is for men, too!



It's about more than just fertility—it's about managing lifestyle diseases for your future.

Preconception Care: The 4 Key Pillars

<h3>Nutrition and Healthy Weight</h3>  <p>Prevents ovulation disorders and pregnancy complications, creating a foundation for a healthy baby's growth.</p>	<h3>Lifestyle Habits</h3>  <p>Promote "Warmth" (On-katsu) and regular sleep habits.</p>	<h3>Health Checkups</h3> <p>Remove disease and infection risks for mother and child that cannot be examined during pregnancy.</p>  <p>Complete Gynecological Examinations and Infectious Disease Screenings (e.g., Rubella)</p>	<h3>Partner and Mental Health</h3>  <p>Trying to conceive is a team effort. Don't build up "stress" alone, the great enemy of fertility.</p>
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Health Check Results Starting Preconception Care The "4 Key Items" to Check

(*Check numerical changes, not just judgments!)

<h3>① Weight • BMI</h3> <p>Target Zone: BMI 18.5 ~ less than 25 (Ideal around 22)</p> <table border="0"> <tr> <td data-bbox="168 1021 616 1197"> <p>Underweight (Below 18.5)</p> <ul style="list-style-type: none"> ♀ Ovulation rryzhm disruption / Low birth weight baby ♂ Sperm production function ↓ </td> <td data-bbox="616 1021 1064 1197"> <p>Obese (25 or above)</p> <ul style="list-style-type: none"> ♀ Difficulty ovulating / Pregnancy-induced hypertension / diabetes ♂ Male hormone ↓ / Sperm quality ↓ / ED risk ↑ </td> </tr> </table>	<p>Underweight (Below 18.5)</p> <ul style="list-style-type: none"> ♀ Ovulation rryzhm disruption / Low birth weight baby ♂ Sperm production function ↓ 	<p>Obese (25 or above)</p> <ul style="list-style-type: none"> ♀ Difficulty ovulating / Pregnancy-induced hypertension / diabetes ♂ Male hormone ↓ / Sperm quality ↓ / ED risk ↑ 	<h3>② Blood Pressure</h3> <p>Caution Check: Systolic 130 and above / Diastolic 85 and above</p> <ul style="list-style-type: none"> ♀ Pregnancy-Induced Hypertension Syndrome Risk ↑ (Hypertansion during pregnancy is dangerous for both mother and child) ♂ Arteriosclerosis ⇒ Cause of ED (Blood flow to reproductive functions deteriorates)
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<h3>③ Blood Sugar Level (HbA1c)</h3> <p>Caution Line: HbA1c 5.6% and above</p> <ul style="list-style-type: none"> ♀ Ovulation disorder / Fetal risk ↑ (High blood sugar before pregnancy poses a risk of congenital anomalies) ♂ Sperm quality ↓ / Cause of Erectle Dysfunction (ED) (Diabetes greatly affects reproductive functions) 	<h3>④ Anemia (Hemoglobin Value)</h3> <p>Check if below this value: ♀ 12.0g/dl / ♂ 13.0g/dl</p> <ul style="list-style-type: none"> ♀ Watch for iron deficiency during pregnancy. Store "ferritin (stored iron)" now! ♂ Sign of nutritional deficiency. Mineral deficiencies, such as zinc, affect reproductive functions 		