

Why the low-dose contraceptive pill in Japan

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At present, in Japan it is assumed that about 30 % of women during their menstrual bleeding suffer from dysmenorrhea, and about 10 % of women of reproductive age are affected with endometriosis. Costs for diagnosis and treatment of menstrual disorders amounts to 550 billion yen a year and the loss of labor due to reduced work efficiency or absence from work due to menstrual complaints amount to 380 billion yen a year in Japan. It is estimated that in total, the socioeconomic loss due to dysmenorrhea may amounts to one trillion yen (7.5 billion Euro) per year. Acceptance of the low-dose contraceptive Pill that is effective for such complaints, and are commonly used therefore in other countries for treatment of menstrual disorders such as dysmenorrhea, is extremely low in Japan. On the other hand, termination of pregnancy in younger women from 20 to 29 years of age reaches about 150,000 cases a year. Reasons why use of the combined oral contraceptive Pill is still low in Japan compared to most of other countries shall be elaborated and measures for improvement discussed.