

## **Introduction of Gender and Sex Specific Medicine into the medical education curriculum in Japan**

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Since Gender and Sex Specific Medicine have been introduced to Japan, the physicians who found its importance are working hard to study about it and to establish and maintain the Women's Health Care Clinics based on it. Those Women's Health Care Clinics spread rapidly throughout Japan. They are affecting change in health care not only for Japanese women but men. Japanese physicians working on Gender and Sex Specific Medicine are also trying to introduce this idea widely to Japanese health professionals. Study sessions about it are conducted often in many parts of the nation. Through these activities, we found the importance and benefit to learn about the Sex and Gender Differences in medicine also for medical students. To teach Gender and Sex Specific Medicine at medical schools is the most systematic and widespread way to educate about it. At Shinshu University School of Medicine, we pioneered the introduction of Gender and Sex Specific Medicine in the medical education system. The first step was in the small-group lecture for the 5-6th grade of medical school in 2003, the next step was also the class lecture for the 4th grade in 2004. The further step was started in 2005 with introductory lecture for the first grade and systemic series of lectures consists of several subspecialties for 5-6th grade. The medical students' feedback is quite positive. We are planning to expand the scale of those lectures after the next school-year and hope to spread the curriculum to other medical schools in Japan.