

## International Men's Day Event: Family Health Support Program

Let's Talk About Men's Health!

Have you heard of men's menopause?

Over 10% of men in their 40s and 50s experience symptoms, but many ignore them. To support employee health and create a better workplace, AEC held its first "Family Health Support Program" on January 31st. Inspired by International Men's Day (Nov.19th), this initiative can be one of the first in the local construction industry to focus on men's menopause awareness.



▲ Dr. Tengan is a correctional medical officer at the Okinawa Juvenile Correctional Institution and an occupational physician for various Okinawa companies.

### What is Men's Menopause?

On the day of the event, we welcomed Dr. Hiromu Tengan, an occupational physician, as our lecturer. He provided a clear and engaging explanation of the symptoms and treatments of male menopause, incorporating real-life examples and humor. According to a survey by the Ministry of Health, Labour and Welfare, 8.2% of men in their 40s and 14.3% of men in their 50s believe they may be experiencing menopause.

However, the number of those seeking medical attention remains low.

Dr. Tengan emphasized the importance of consulting a specialist early if you notice unusual signs such as feeling low on energy, becoming easily irritated, or having trouble sleeping.



▲ Gathering around the fire, We had the opportunity to strengthen our connections.

### What Our Employees Had to Say

🧑 Male Participant:

"I haven't been sleeping well. I'll try the earplugs and eye mask Dr. Tengan suggested."

🧑 Female Employee:

"I learned men also experience menopause symptoms. I'll share this with my partner so we can focus on health together."

After the session, we held a campfire in our courtyard to help employees relax and connect. AEC will continue to support the health of our employees and their families while striving to create a better work environment.