

Men in Preconception Care – The Road Not Taken

Dear Editor,

A recent publication in your hold dear journal titled “How to Engage Men in Preconception Health?” concluded that strategic programs should be developed focusing on their ‘limitations or barriers’ toward involving ‘Men in preconception care – The Road Not Taken’.^[1] I am here to shine a light on techniques that can alleviate men’s obstacles and intensify men’s potential value in preconception health. Although preconception care pertains to couples’ health prior to pregnancy, the majority of the prevailing preconception health information predominantly focuses on women rather than couples.^[2] Some of the notable barriers faced by men are a lack of understanding of the role of preconception health care and fertility, a lack of knowledge of the role of preconception health care and fertility, and limited awareness, potentially leading to underutilization of available health services.^[3]

Primarily, the societal norms and social stigma of men’s getting involved in preconception health care are one of the limitations. Evidence substantiates that men are aware of the importance of their role in preconception care. Although evidence shows that men are aware of their role in preconception health care, the journey toward wider understanding and utilization is still in its early milestones and limited.^[4] Men can be a vital source of support to their counterparts, who often act as a controlling gatekeeper in decisions toward health promotion and lifestyle modifications.^[5]

Policymakers, preferably the Health Department, should recommend a standalone Health Scheme, focusing on ‘Preconception care for involving Men.’ Restructuring the health care systems to cater to preconception health care for men from traditional duo care to triad care, focusing on men’s perspectives will pave way for a broader approach to preconception ultimately benefiting men’s health and the health of their offspring.^[5]

In summary, the cumulative efforts of primary care providers, policymakers, and accessible health care services would enable all men to take the road not taken, eventually leading to an overall healthy family life.

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