

THE WOMAN HEALTH GAP

WOMENS HISTORY MONTH 2025

RESEARCH DISPARITIES

In a study of almost 7 million men and women, women were diagnosed later than men in more than **700** diseases, including those of which women have a higher incidence rate compared to men.



SEX VS GENDER

Sex (biological differences between male and female) is a **non-modifiable risk factor** for certain diseases. But we can change the risk that gender (societal roles, behaviors, and attributes assigned to men and women) plays on health outcomes by **reducing gender bias in healthcare**.

SINCE 1972, WOMEN ONLY MADE UP

38.8%

±13.0%

OF PARTICIPANTS IN RTCS

IN POST-STROKE UE REHABILITATION

DESPITE BEING MORE LIKELY TO HAVE STROKES
THAN MEN



WOMEN PATIENTS ACCESS

Women experience worse rehabilitation access, use, adherence, and outcomes and a higher caregiving burden for conditions with rehabilitation needs than men.

WOMEN HEALTH DISCREPANCIES

Compared to men, women's pain management and diagnoses more likely to be

- Dismissed or minimized
- Underdiagnosed
- Receive delayed treatment



HOW TO ADVOCATE FOR OUR WOMEN PATIENTS

- Ask open ended questions to expand range of responses and reduce bias
- Substitute the patient in front of you for someone of a different gender and analyze if and how your response would change to their concerns
- Use guidelines and checklists to ensure all patients undergo equitable evaluations
- Educate yourself on sex and gender differences via continuing education courses and free trainings