

NEWS

OF WOMEN'S HEALTH

How Health Issues Differ Between The Sexes

(NAPSA)—When it comes to health, men and women are different in ways beyond the obvious. Diseases often affect men and women differently—and medications may not work the same for both sexes. For example, did you know:

Heart Disease—Heart disease kills 500,000 American women each year—over 50,000 more women than men. Women are also more likely to have a second heart attack within a year of the first one.

Depression—Women are two to three times more likely than men to suffer from depression.

Osteoporosis—Of the patients suffering from osteoporosis, a loss of bone mass, 80 percent are women.

Lung Cancer—Women smokers are more likely to develop lung cancer than men smokers.

STDs—Women are two times more likely than men to contract a sexually transmitted disease and 10 times more likely to contract HIV during unprotected sex with an infected partner.

Anesthesia—Women tend to wake up from anesthesia more quickly than men.

Drug Reactions—Even common drugs like antihistamines and antibiotics can cause different reactions and side effects in women and men.

Multiple Sclerosis—Two to



three times as many women as men suffer from MS, but men typically have worse symptoms of the disease.

Alcohol—After consuming the same amount of alcohol, women have higher blood alcohol content than men—even allowing for size differences.

The Institute of Medicine (IOM), a federal research group that advises Congress, recently released a report on the health differences between the sexes called *Exploring the Biological Contributions to Human Health: Does Sex Matter?* Sex does matter, and according to the report, these differences begin in the developing fetus and occur throughout the lifespan; from “womb to tomb.” The IOM called for more research, saying a better understanding of how men and women are different will help in the prevention and treatment of disease.

For more information on women's health and health differences between men and women, visit the Society for Women's Health Research at www.womens-health.org.