

THE GENDER GAP IN HEALTHCARE

A look at inequality in healthcare, research and diabetes management: Addressing the unique needs of women's health

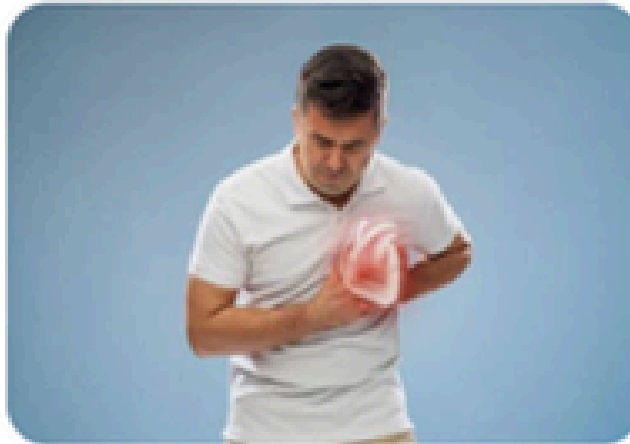
GRETA EHLERS

**PICTURE A
HEART ATTACK.**

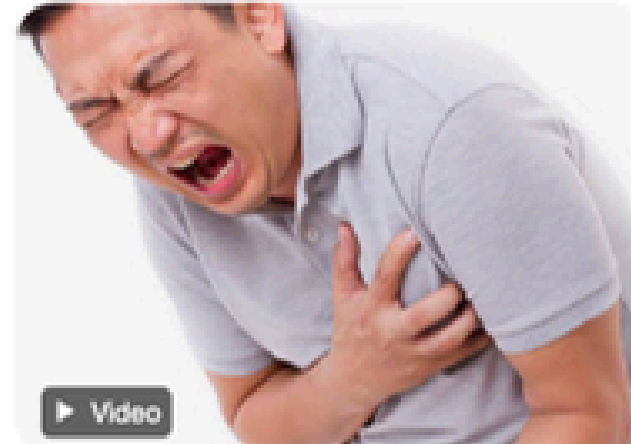
WHO DO YOU SEE?



person with heart attack



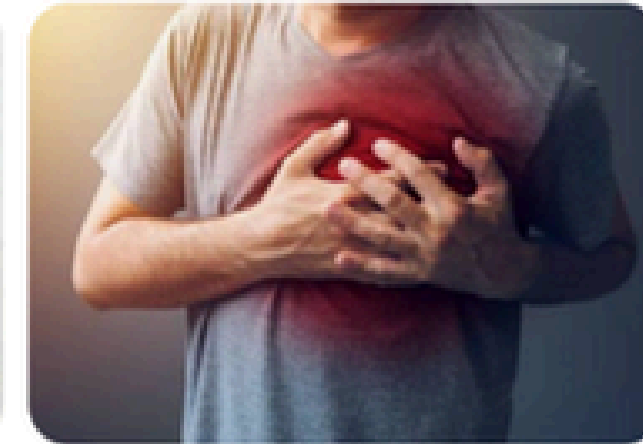
Symptoms of Heart Attack in Men | The...
The Harley Street Heart & Vascular...



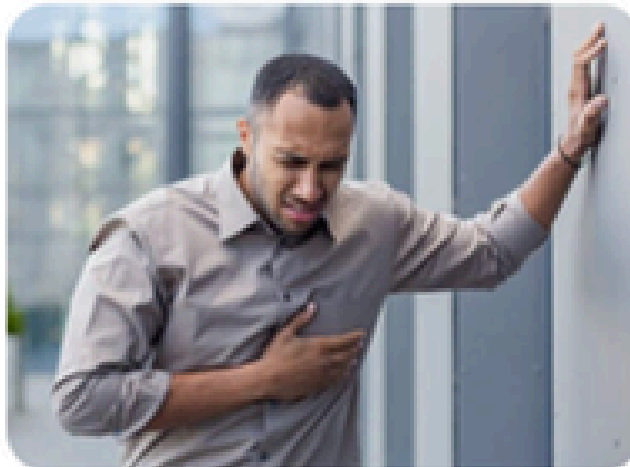
CAA19 RAHD - The Governor-General, Hi...
First Aid Course Sydney



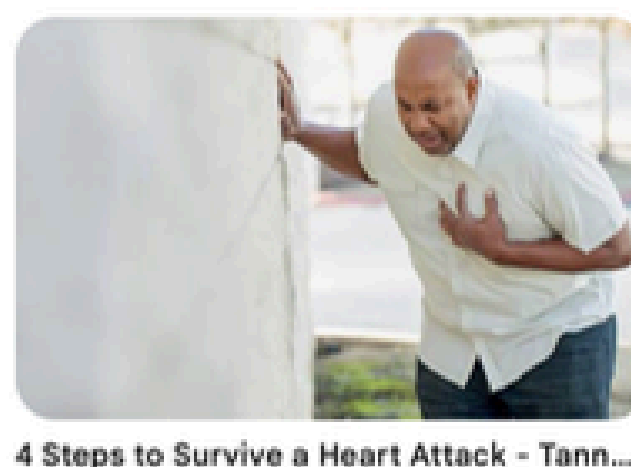
Heart Attack | Myocardial Infarction |...
MedlinePlus



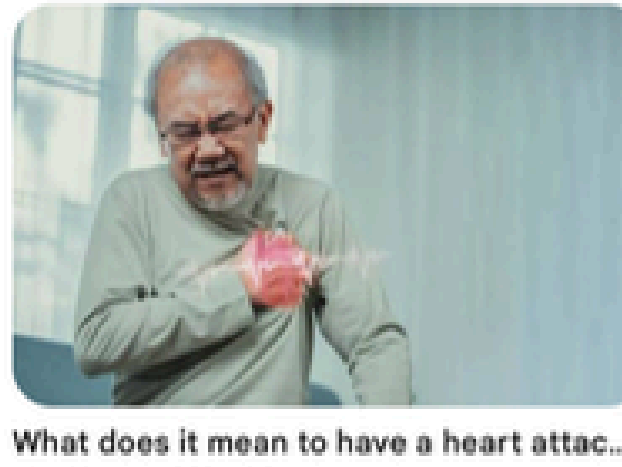
Do you know the signs of a heart attack?...
Riverside Health



Heart Attack Symptoms: Differences in...
Covenant Health



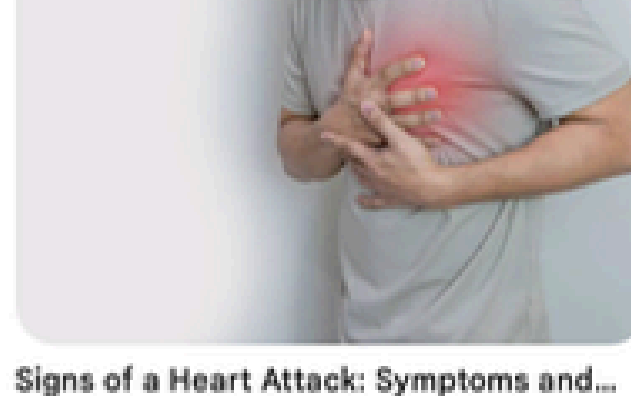
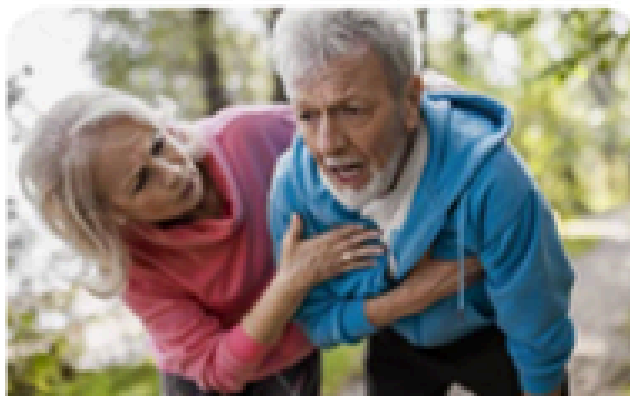
4 Steps to Survive a Heart Attack - Tann...
Tanner Health



What does it mean to have a heart attac...
Harvard Health



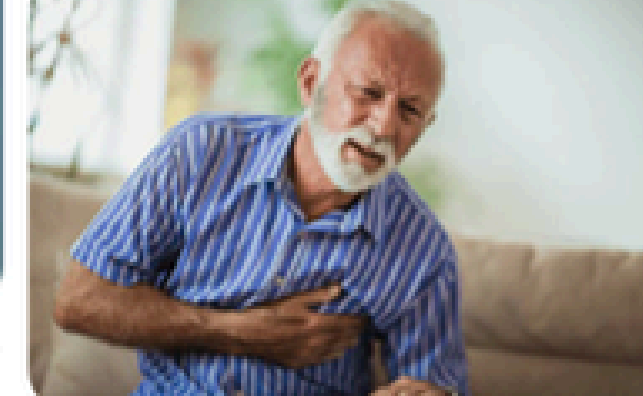
What Should I Do if Someone Has a Hear...
CPR Consultants



Signs of a Heart Attack: Symptoms and...



Heart Attack in Young Adults: Rising Risk...
Max Healthcare



Women from lower socio-economic backgrounds are

25%

more likely to suffer a heart attack than men in the same income bracket.

Young women are almost

2x

more likely as men to die in hospital.

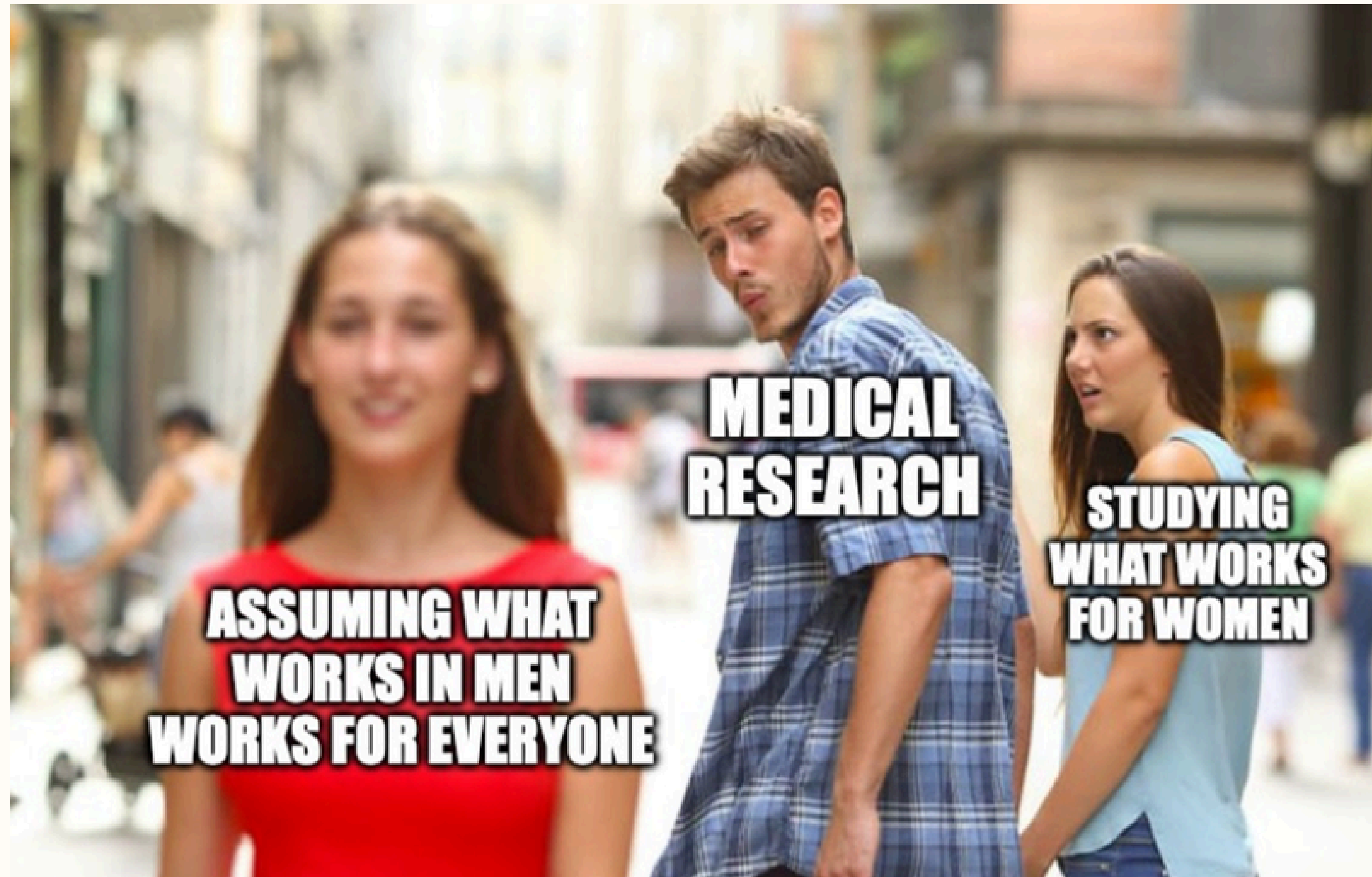
Women are

50%

more likely to be misdiagnosed following a heart attack.

**MEDICINE HAS A
DEFAULT PATIENT.**

AND IT ISN'T YOU.



**MEDICAL
RESEARCH**

**STUDYING
WHAT WORKS
FOR WOMEN**

**ASSUMING WHAT
WORKS IN MEN
WORKS FOR EVERYONE**

The **male-default bias** goes back at least to the Ancient Greeks, who saw the female body as a “mutilated male” body.

(Thanks, Aristotle).

A 2008 analysis of a range of textbooks revealed that

across 16,329 images, **male bodies were used three times as often** as female bodies to illustrate 'neutral body parts'.

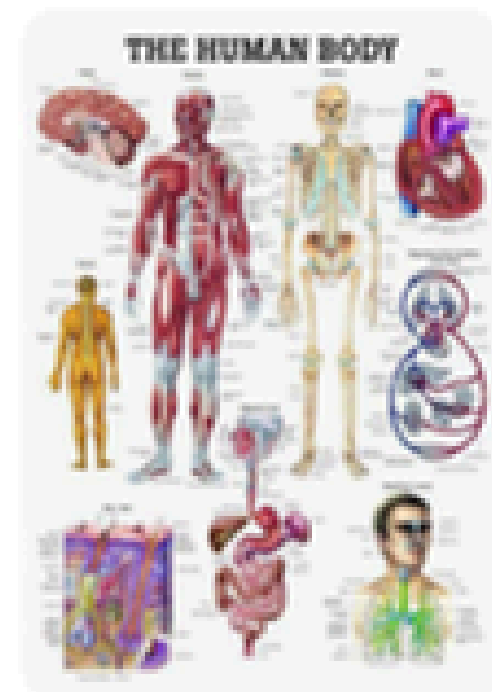


human anatomy graphic

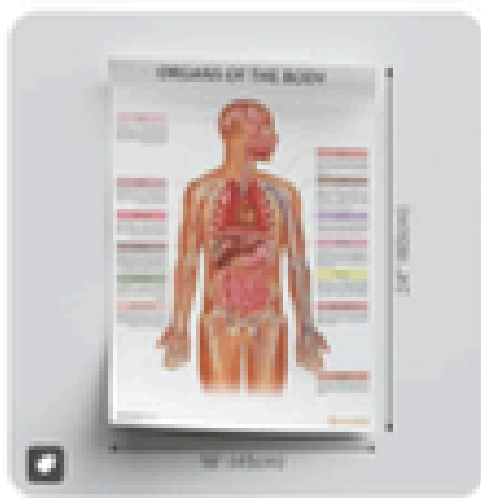


Sign in

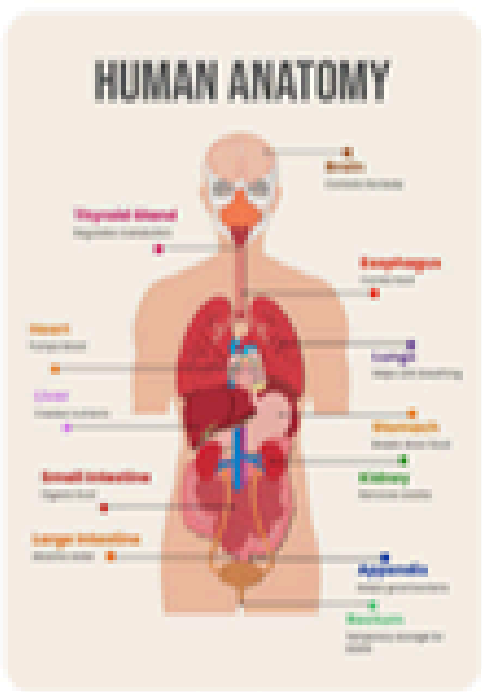
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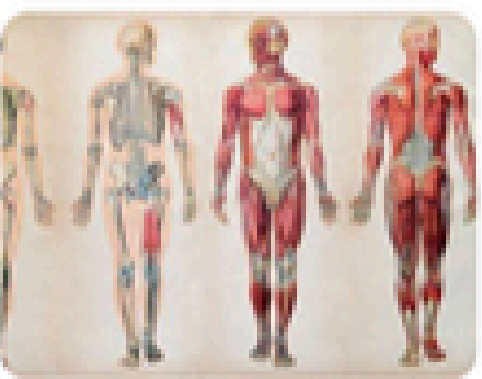
Rudiger Anatomie The Human Body... Anatomy Warehouse



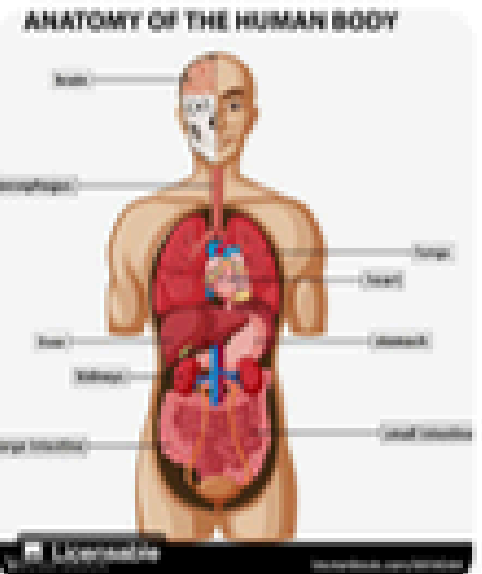
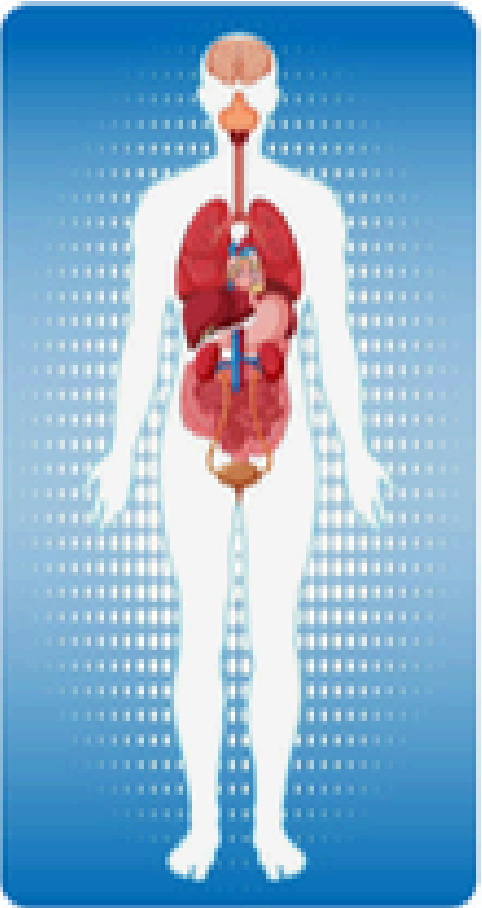
AnatomyStuff Organs of the Body... Amazon.de In stock



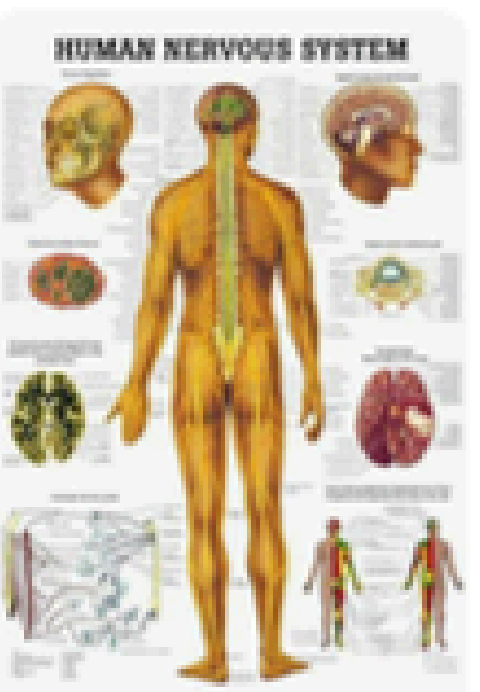
Human Anatomy Chart in Illustrator, PDF... Template.net



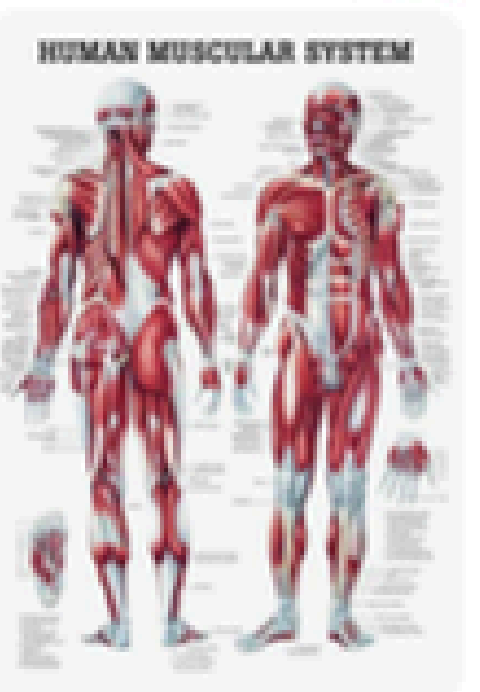
Human body | Organs, Systems, Structure... Britannica



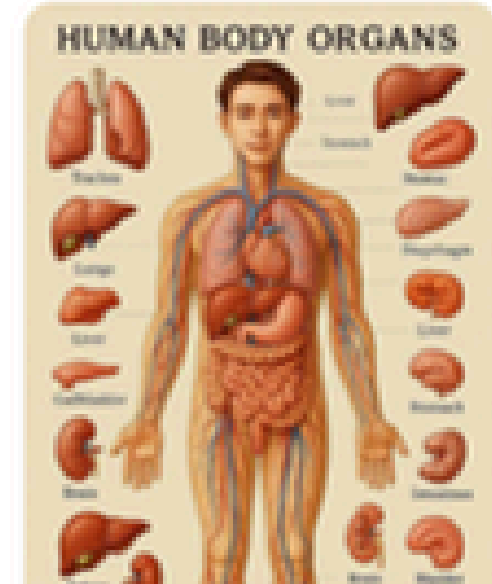
Anatomy of the Human Body Diagram... VectorStock



Rudiger Anatomie The Human Nervous... Anatomy Warehouse



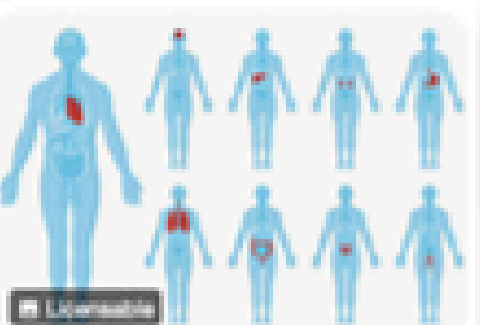
Rudiger Anatomie The Human Muscular... Anatomy Warehouse



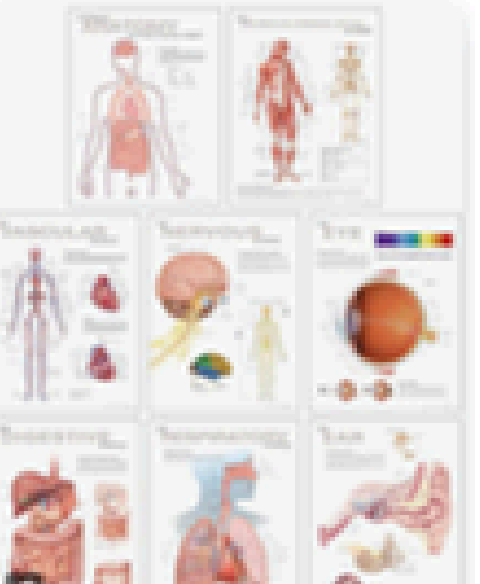
Human Organ Functions Poster & Canvas... eflay



Human Anatomy Chart... Gowell



495,300+ Human Anatomy Illustrations... iStock



A 2008 study of textbooks recommended by Dutch medical schools found that

sex-specific information was absent even in sections on topics where sex differences have long been established.

A 2008 study of textbooks recommended by Dutch medical schools found that

results from clinical trials were
presented as valid for men and women
**even when women were excluded
from the study.**

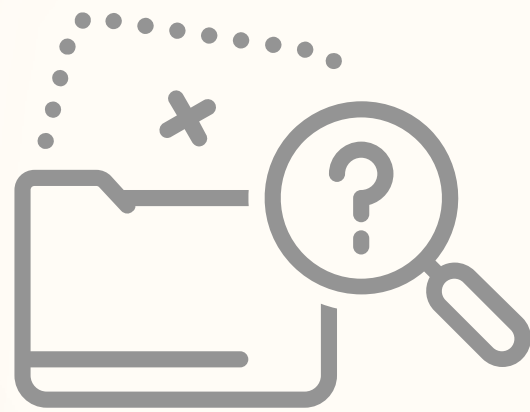
**WE CAN'T TEACH WHAT
WE HAVEN'T STUDIED.**

And women have largely been excluded
from medical research.

In 1977, the FDA recommended excluding 'women of childbearing potential' from early clinical research.

This included women who used contraception, who were single, or whose partners were vasectomised.

INCOMPLETE DATA



New medications were primarily tested on men, leaving major gaps in our understanding of how they affect women.

SIDE EFFECTS



Because drugs react differently in female bodies, women faced higher risks of unexpected side effects or incorrect dosages.

PROTESTS & CHANGE



The AIDS epidemic in the 1980s sparked intense protests because women were left out of experimental HIV trials.



THE FDA EXCLUSION POLICY REMAINED IN PLACE UNTIL **1993.**

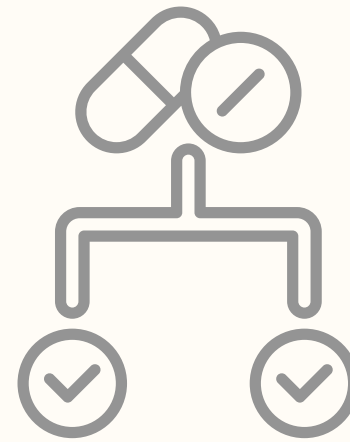
That's 16 years of missing data on women.

SO, DID THINGS CHANGE?

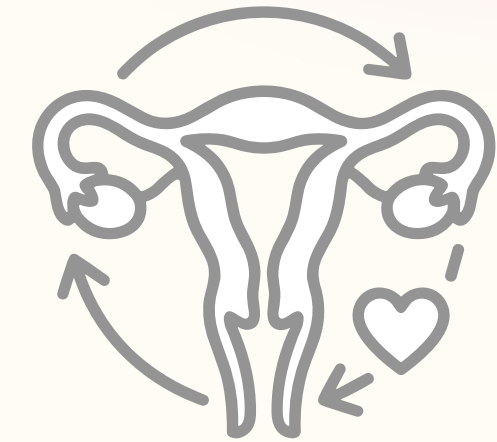
BUT...



Treatments that could've benefitted women never made it past animal testing.



Women represented only 22% of participants in phase I trials.

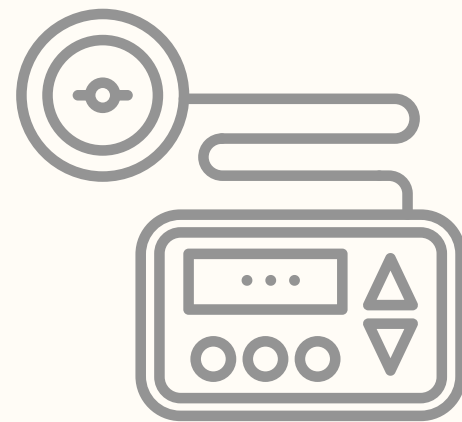


Clinical trials rarely account for where women are in their menstrual cycle.

**WHAT DOES THAT MEAN
FOR DIABETES CARE?**



HORMONAL
FLUCTUATIONS



DIABETES
TECHNOLOGY



SGLT2
GLP-1



MENTAL
HEALTH

Your insulin needs can change
with your menstrual cycle.

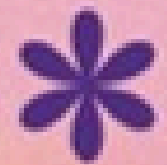
But our diabetes technology doesn't account for it.

Follicular Phase

Luteal Phase



LH



FSH

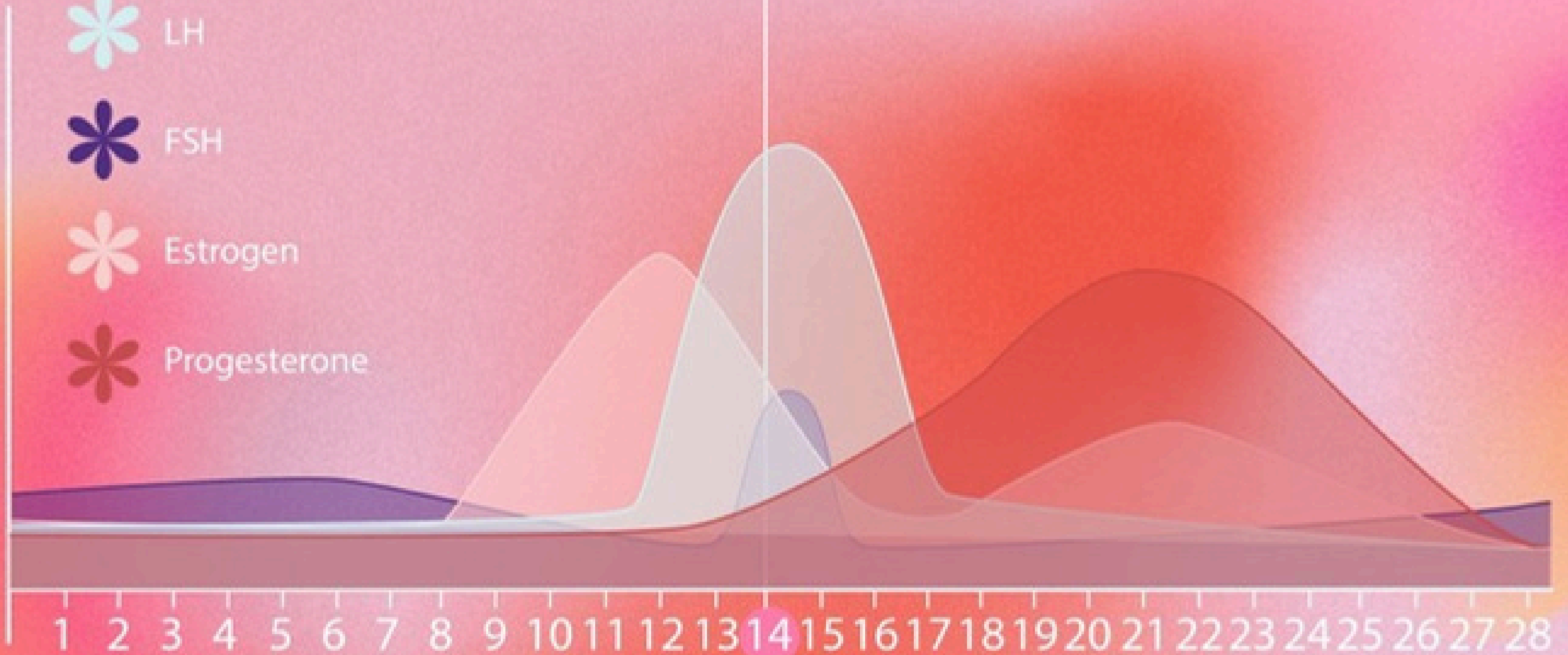


Estrogen



Progesterone

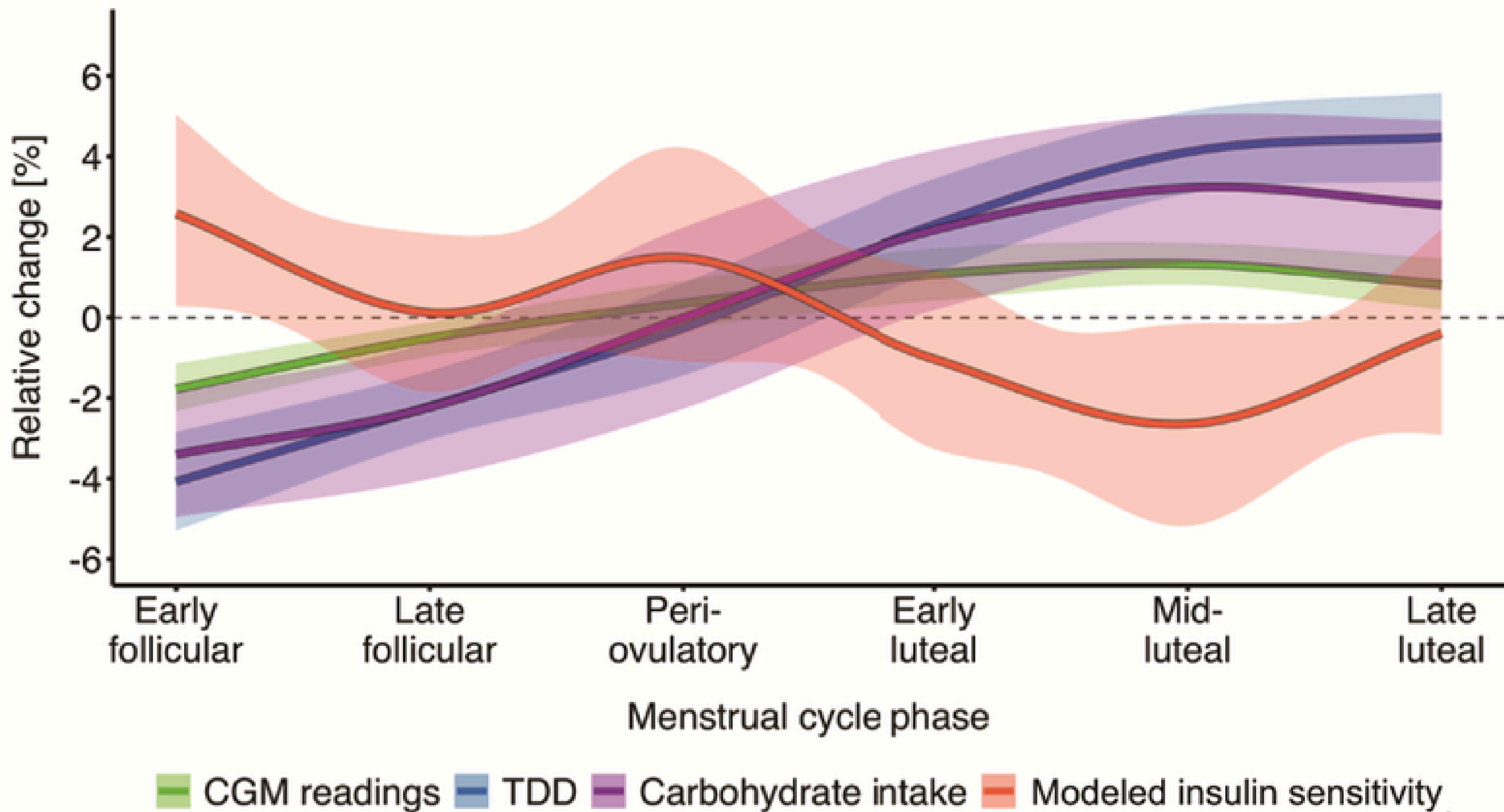
Hormone Levels



Menstruation

Ovulation

Days



In adults with type 2 diabetes and established cardiovascular disease, women were prescribed SGLT2 inhibitors less often than men:

27.8% versus 43.3%.

GLP-1 receptor agonist use was also lower among women:

21.3% versus 25.6%

In a 2024 cohort of people with type 2 diabetes and cardiorenal disease, **women were 33% less likely** to receive SGLT2 inhibitors and/or GLP-1 receptor agonists.

ANXIETY



55.3 of women

32.9% of men
with T1D
and T2D

DEPRESSION



33.5% of women

15.4% of men
with T1D

1 in 4 women

1 in 10 men
with T2D

DIABULIMIA



**up to 32% of
young women**

less than 10% of
young men
with T1D

**THE DATA GAP IS REAL.
SO LET'S CREATE THE DATA!**

JOIN THE TIMES STUDY!

The aim of this study is to gain a better understanding of **how insulin sensitivity changes over the course of the menstrual cycle** in women with type 1 diabetes (T1D).





Podcast

loop&life - the DCB Diabetes Tech Talk

Diabetes Center Berne

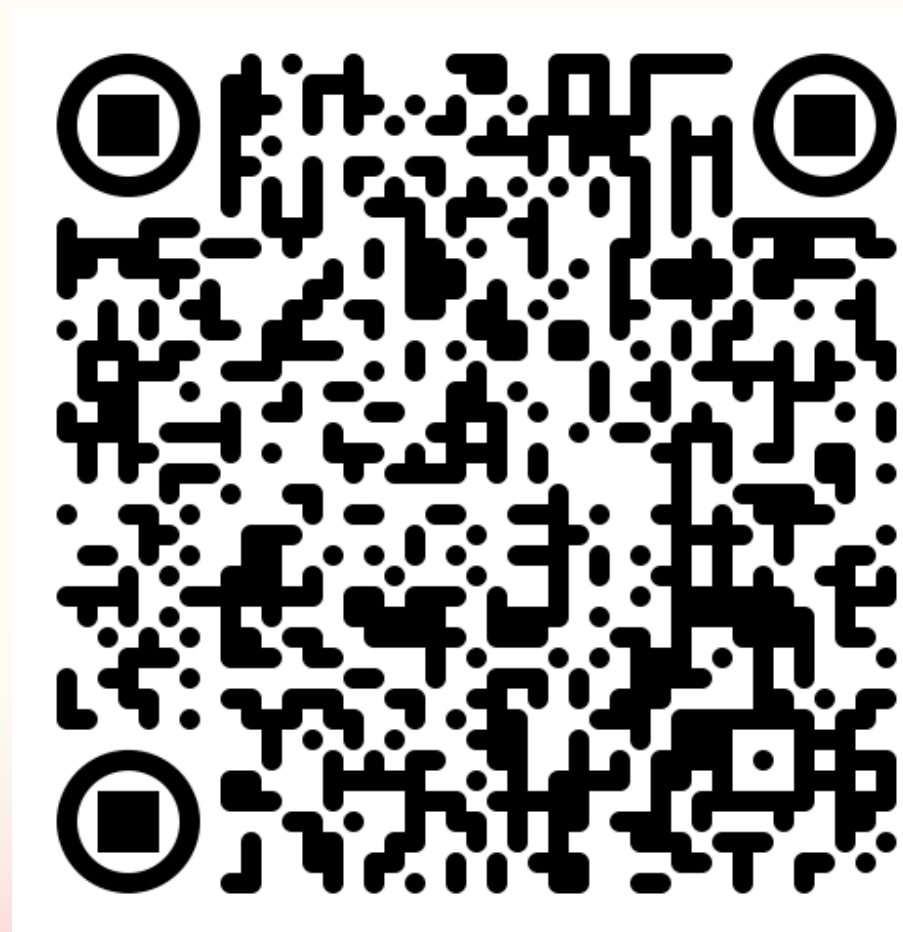


Diabetes and the Menstrual Cycle: What We Know, What We Don't, and Why It Matters

▶ Video • loop&life - the DCB Diabetes Tech Talk

How does the menstrual cycle affect diabetes management? In this episode of loop&life, we explore a topic that is still far too often overlooked in research and...

23 Jun • 32 min 50 sec left 



SOURCES

Criado-Perez, Caroline. Invisible Women: Exposing Data Bias in a World Designed for Men. Chatto & Windus, 2019

Effects of Menstrual Cycle on Insulin Sensitivity in Type 1 Diabetes: An Observational Study of Individuals Using an Automated Insulin Delivery System

Management of Hyperglycemia in Type 2 Diabetes, 2022. A Consensus Report by the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD)

Sex-Based Differences in SGLT2i and GLP-1RA Use and Mortality in T2DM with Atherosclerotic Cardiovascular Disease

Implementation of guideline-recommended organ-protective therapy in people with type 2 diabetes and cardiovascular disease, heart failure, or kidney disease: real-world evidence from a German University Hospital

Prevalence and predictors of depression and anxiety in adult patients with type 1 diabetes in tertiary care setting

25 Years of psychological research investigating disordered eating in people with diabetes - what have we learnt?

Bidirectional Relationships between Eating Disorders and Type 1 and 2 Diabetes: A Scoping Review

The complex interplay between clinical and person-centered diabetes outcomes in the two genders

Prevalence of anxiety in adults with diabetes: a systematic review

Bidirectional Relationships between Eating Disorders and Type 1 and 2 Diabetes: A Scoping Review