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# INC 2025

"THE 1ST INTERNATIONAL NURSING CONFERENCE"

"THE ROLE OF NURSING IN TRANSFORMING COASTAL COMMUNITY HEALTH: FROM RESEARCH TO PRACTICE"

## Gender as a Determinant of Women's Health: A Life-Span Approach

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**By**

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# Outlines

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- **Introduction**
- **Life expectancy**
- **Women quality of life**
- **Missing woman**
- **Gender health difference**
- **Women top 5 health concerns**
- **Gender equality**
- **Innovation and researches**



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# Introduction

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- Women constitute **50%** of the global population.
- Globally, there are substantial differences between females and males when it comes to health.
- Women and men's health concerns differ because of **biological, socio-economic and emotional factors**.





**Women get sicker, but men die quicker**



# Women experience higher morbidity (get sicker)

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Women tend to live longer than men but report **more chronic and non-fatal health conditions**, such as:

Autoimmune diseases (e.g., **rheumatoid arthritis, lupus**)

Chronic pain syndromes (e.g., **fibromyalgia, migraines**)

Mental health conditions (e.g., **depression and anxiety**)

Reproductive health disorders (e.g., **endometriosis, anemia**)

# Women experience higher morbidity (get sicker)

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A middle-aged woman may live many years with diabetes, arthritis, and depression, requiring long-term healthcare but not necessarily resulting in early death.

## **Reasons include:**

Hormonal influences (e.g., estrogen effects on immunity)

Greater health-seeking behavior and symptom reporting

Social roles and caregiving stress

# Women get sicker

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## Women Get Sicker



### Chronic Pain & Autoimmune Conditions

Exmp: Fibromyalgia, lupus, rheumatoid arthritis



### Mental Health Disorders

Exmp: Higher rates of depression and anxiety



### Reproductive Health Issues

Exmp: Long-term conditions like endometriosis

### Key Conference Message:

Women's *higher* morbidity reflects a higher burden of chronic, long-term

# Men die quicker

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**Men have higher mortality (die quicker)**

Men are more likely to die earlier from **acute and life-threatening conditions**, including:

External causes (e.g., **accidents, violence, occupational injuries**)

Risk-related behaviors (e.g., **smoking, alcohol use**)

Men tend to develop **heart disease earlier** than women and often present with more severe disease.

Example: A man in his 50s may suffer a **fatal myocardial infarction** without prior symptoms or screening.

# Men die quicker

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A man may appear healthy but suddenly die from a myocardial infarction without prior diagnosis or treatment.

## **Reasons include:**

Higher exposure to physical and occupational risks

Lower utilization of preventive healthcare

Biological differences in cardiovascular protection

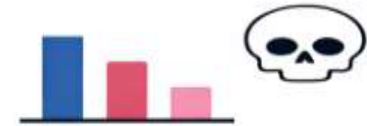
Hypertension or diabetes may remain **undiagnosed** until a fatal complication occurs

## **Biological factors**

Testosterone is associated with **higher cardiovascular risk**

Weaker immune responses compared to women

# Men Die Quicker



## Higher Heart Disease Mortality

**Exmp:** Fatal myocardial infarction at younger ages



## Risk-Taking Behaviors

**Exmp:** Higher death rates from accidents and work injuries



## Lower Preventive Healthcare Use

**Exmp:** Delayed diagnosis of hypertension, diabetes, etc.



## Biological Factors

**Exmp:** Higher cardiovascular risks due to testosterone.



**Exmp:** Cardiovascular risks due to testosterone

### Key Conference Message:

Men's earlier mortality is driven by a combination of **biological vulnerability**, **risk behaviors**, and **delayed healthcare use**.

# Development of Life Expectancy Worldwide

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- Life expectancy indicates the expected age that is estimated for a human being at the time of birth.
- In the years 1960 to 2024, life expectancy has increased worldwide.
- Starting at 50.7 years, it increased for men by 18.1 years to 68.8 years.
- For women, life expectancy increased by 19.3 years from 54.6 up to an average of 73.9.

# Life Expectancy

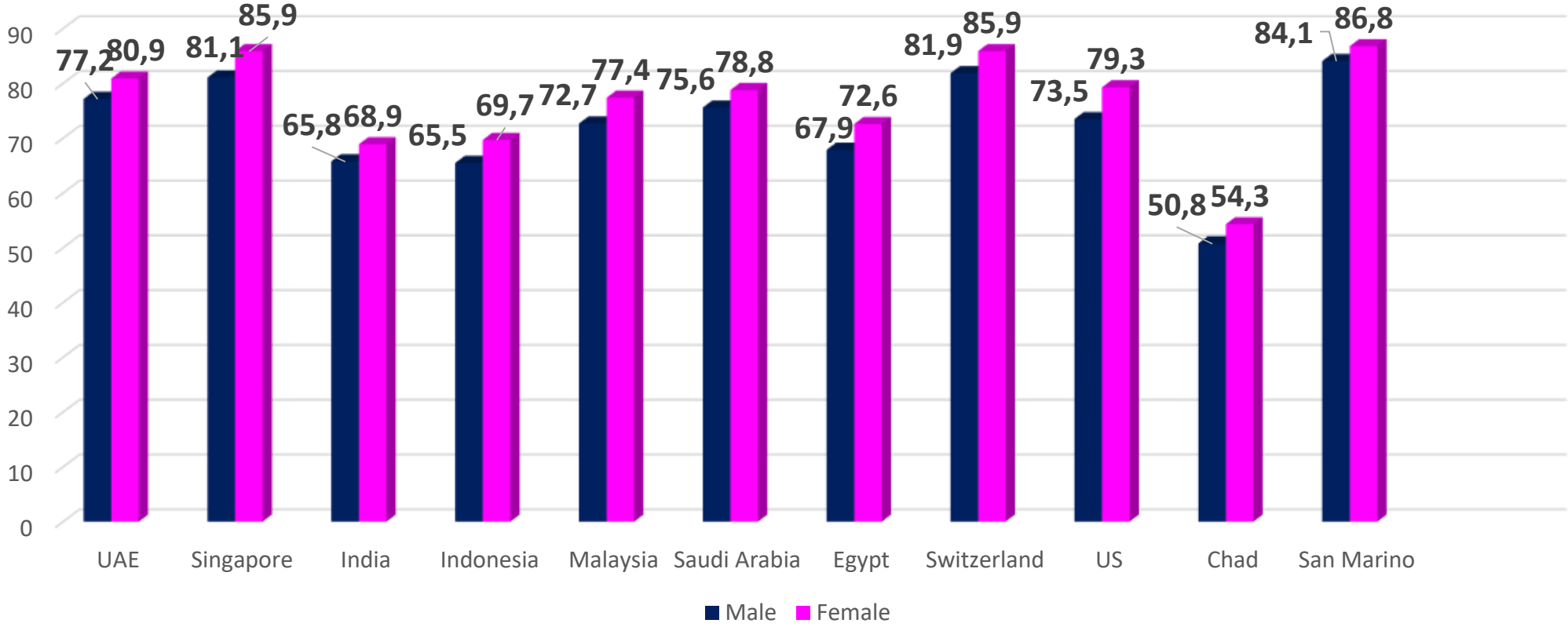
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life expectancy is a result of:

- **The living conditions of a person or a population group.**
- **Essential factors such as medical care, balanced nutrition and drinking water supply.**
- **Regionally occurring diseases such as malaria also play a role in the country comparison.**
- **These factors are influenced significantly by political factors, which is why life expectancy often derives from a country's standard of living.**



# Life Expectancy (Continued)



# Why Women Live Longer

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- Women generally drink **less** alcohol and use less tobacco.
- Women pay **more** attention to healthy diet.
- Suicide is significantly **more** common in men than in women.
- Women are also thought to have **stronger** immune systems than men.
- Men are **more** likely to take risks, making them more susceptible to life-threatening injuries.

# Women's Quality of life

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**Quality of life is a function of the difference between the desired situation. and the actual situation.**



# Factors Make up Quality of Life

## Common facets of QoL include

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- **Personal health (physical, mental, and spiritual).**
- **Relationships.**
- **Education status.**
- **Work environment.**
- **Social status, wealth.**
- **Sense of security and safety.**
- **Freedom.**
- **Autonomy in decision-making.**
- **Social-belonging and their physical surroundings.**



# World Sex Ratio by Age Group (2024)

Age group	Male	Female	M per 100 F
00-04	334,801,671	317,870,545	105.326
10-14	348,796,469	327,064,116	106.645
20-24	315,291,945	296,232,075	106.434
30-34	306,528,586	292,398,875	104.832
40-44	269,993,781	262,996,284	102.661
50-54	232,210,845	232,586,284	99.839
60-64	169,948,906	181,210,274	93.785
70-74	103,634,496	123,946,958	83.612
80-84	37,059,020	53,040,058	69.870
90-94	6,194,605	13,367,927	46.339
100+	140,492	581,583	24.157
Total	4,079,164,816	4,039,671,185	100.978

## Missing Woman

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- **Missing woman describes the gap between the actual number of women in a population and the expected number of women in a population if sex discrimination was absent. In other words, the number of additional women who would be alive if sex discrimination was absent.**

## Missing Woman (Continued)

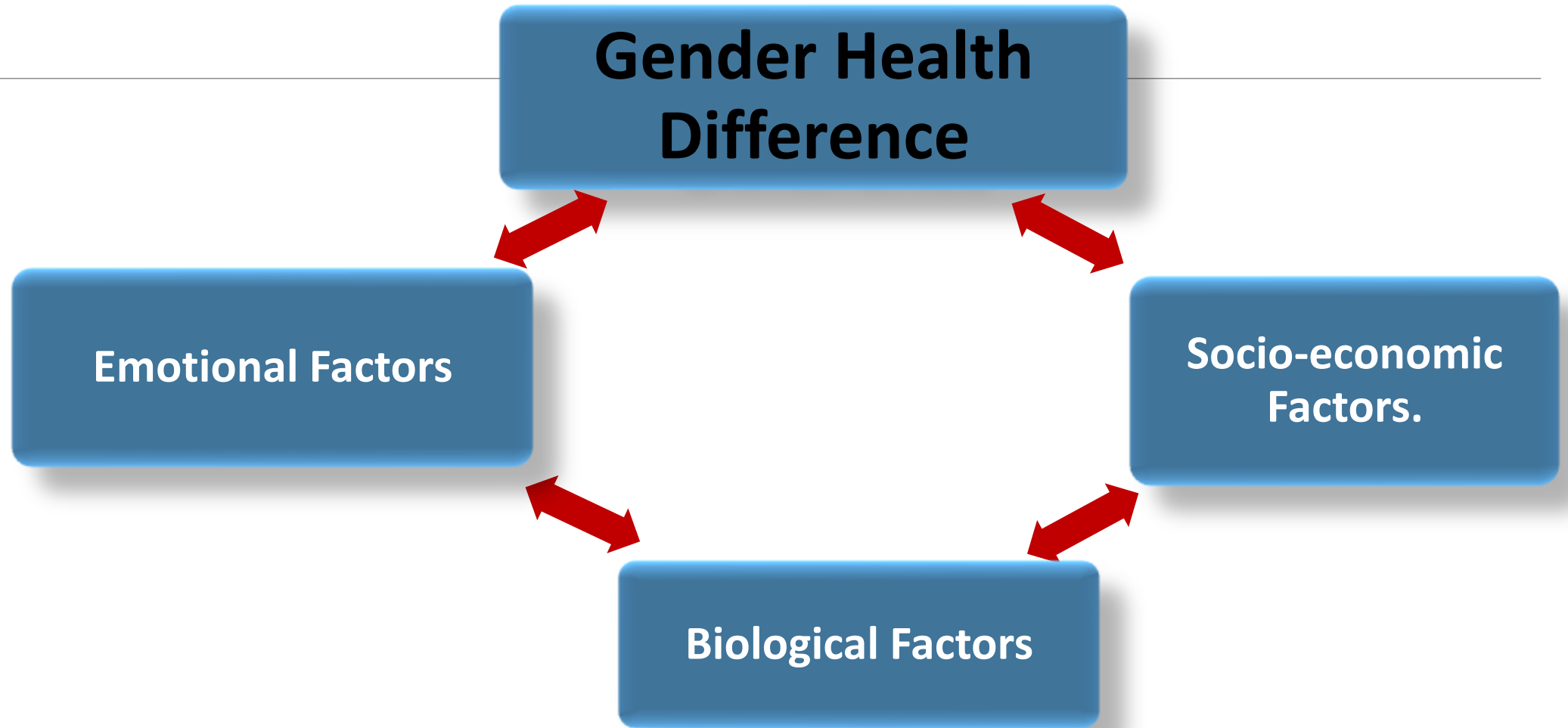
Source	Number of missing women	Year the estimate is for
Coale (1991)	60 million	1990
Hudson & Den Boer (2004)	90 million	2000s
Guilmoto (2012)	117 million	2010
Bongaarts & Guilmoto (2015)	136 million	2015

# Causes of Missing Woman

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- **Sex-selective abortions.**
- **Prematurely due to infanticide.**
- **Neglect, or maltreatment later in life.**

# Gender Health Difference



# Gender Health Difference



## *1. Biological influences:*

- **Girls seem to have a biological advantage over boys.**
- **Women have a higher risk per exposure of becoming infected with sexually transmitted diseases (STDs) and HIV.**
- **Women's reproductive and sexual health places a unique burden on them such as maternal mortality.**
- **Certain conditions, may be exacerbated by pregnancy.**
- **Problem with obesity and diabetes and increasing the risks of cardiovascular disease**

# Gender Health Difference (Continued)



## *2- Socio-economic influences:*

- **Women may have difficulties in negotiating condom use with their partners, increasing their risk of becoming infected with HIV.**
- **Women are more affected than men by harmful traditional practices.**
- **Women in many countries, are more exposed than men to indoor air pollution.**
- **Cultural factors may restrict women's ability to use health services.**

# Gender Health Difference (Continued)

## *2. Socio-economic influences:*

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- **Women's health is influenced not just by their biology but also by conditions such as poverty, employment, and family responsibilities.**
- **Women have long been disadvantaged in many respects such as social and economic power which restricts their access to the necessities of life including health care.**

# Gender Health Difference (Continued)

## 3. Emotional influence

- **Women reported experiencing love and anger much more intensely than men did.**
- **Men and women respond to stress in different ways. Women display greater sadness or anxiety than men.**
- **Overly emotional women tend to be at greater risk for depression, anxiety, and other mood disorders. Women are nearly twice as likely as men to be diagnosed with depression.**



# The 10 Leading Causes of Death for Men and Women in the World

## Men

#	Cause	Percent
1	Heart disease	24.2%
2	Cancer	22.5%
3	Unintentional injuries	7.4%
4	Chronic lower respiratory diseases	5.2%
5	Stroke	4.2%
6	Diabetes	3.1%
7	Alzheimer's disease	2.5%
8	Suicide	2.5%
9	Chronic liver disease	1.8%
10	Kidney disease	1.8%

## Women

#	Cause	Percent
1	Heart disease	21.8
2	Cancer	20.7
3	Chronic lower Respiratory disease	6.2
4	Stroke	6.2
5	Alzheimer's disease	6.1
6	Unintentional injuries	4.4
7	Diabetes	2.7
8	Influenza and pneumonia	2.1
9	Kidney disease	1.8
10	Septicemia	1.6

# Women Top 5 Health Concerns (Continued)

## 1- Mental Health

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- **Women are twice as likely as men to experience depression, with some women experiencing mood symptoms related to hormone changes during puberty, pregnancy, and perimenopause.**
- **Women are more likely to admit to negative mood states and to seek treatment for mental health issues, in contrast to men.**



# Women Top 5 Health Concerns (Continued)

## 2- Cardiovascular Risk

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- **The blood vessels in a woman's heart are smaller in diameter and much more intricately branched than those of a man. Those differences offer one explanation for why women's vessels may become blocked in a different pattern than those in men.**
- **Women are more likely to delay prevention and treatment for chronic conditions like heart disease.**



# Women Top 5 Health Concerns (Continued)

## 3- Osteoporosis

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- **Osteoporosis is more common in women because they have less bone tissue than men and experience a rapid phase of bone loss due to hormonal changes at menopause.**
- **Osteoporosis in men older than 50 can go undetected and is often undertreated because patients and providers think of osteoporosis as a “woman’s disease.”**

# Women Top 5 Health Concerns (Continued)

## 4- Smoking Cessation

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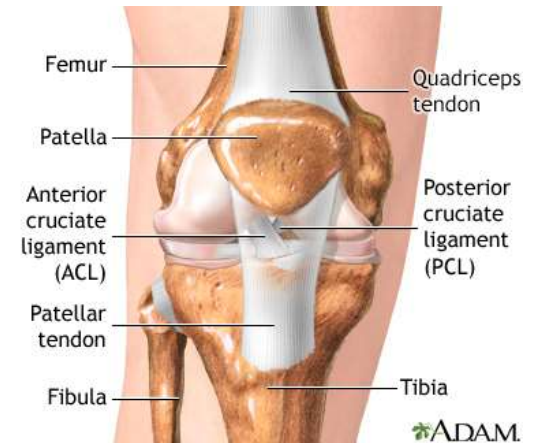


- **Women have a harder time quitting smoking than men do. Women metabolize nicotine, the addictive ingredient in tobacco, faster than men.**
- **Women are more susceptible than men to non-nicotine factors, such as the sensory and social stimuli associated with smoking.**

# Women Top 5 Health Concerns (Continued)

## 5- Knee Arthritis

- **Women and girls are more likely to injure their knees when playing sports, in part due to their knee and hip anatomy, imbalanced leg muscle strength, and looser tendons and ligaments. Knee injuries such as ACL tears dramatically increase a person's risk of developing osteoarthritis later in life.**
- **Walking in high-heeled shoes increases stress on the knee joint, placing woman at increased risk of developing osteoarthritis.**



# Gender Equality

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**Gender equality** means the absence of discrimination, on the basis of a person's sex, in opportunities, in the allocation of resources or benefits or in access to services.



# Gender Inequality

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## Forms of Gender Inequality

- **Women works longer than men.**
- **Inequality in employment and earnings.**
- **Ownership inequality.**
- **Survival inequality.**
- **Gender bias in the distribution of education and health.**
- **Gender inequality in freedom expression. Gender inequality in respect of violence and victimization**



# Gender Inequality in Relation to Health

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- **Lower status/social value in the household.**
- **Cultural factors such as lack of female health provider.**
- **Being excluded from decision making on health actions and expenditure.**
- **Lower literacy rates and reduced access to information.**
- **Public health issues like violence, alcoholism, smoking and life style related problems.**

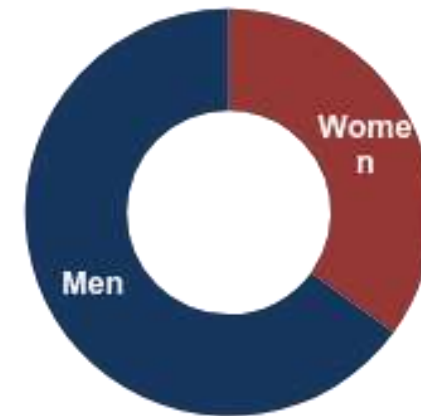


# Gender Inequality in Relation to Health (Continued)

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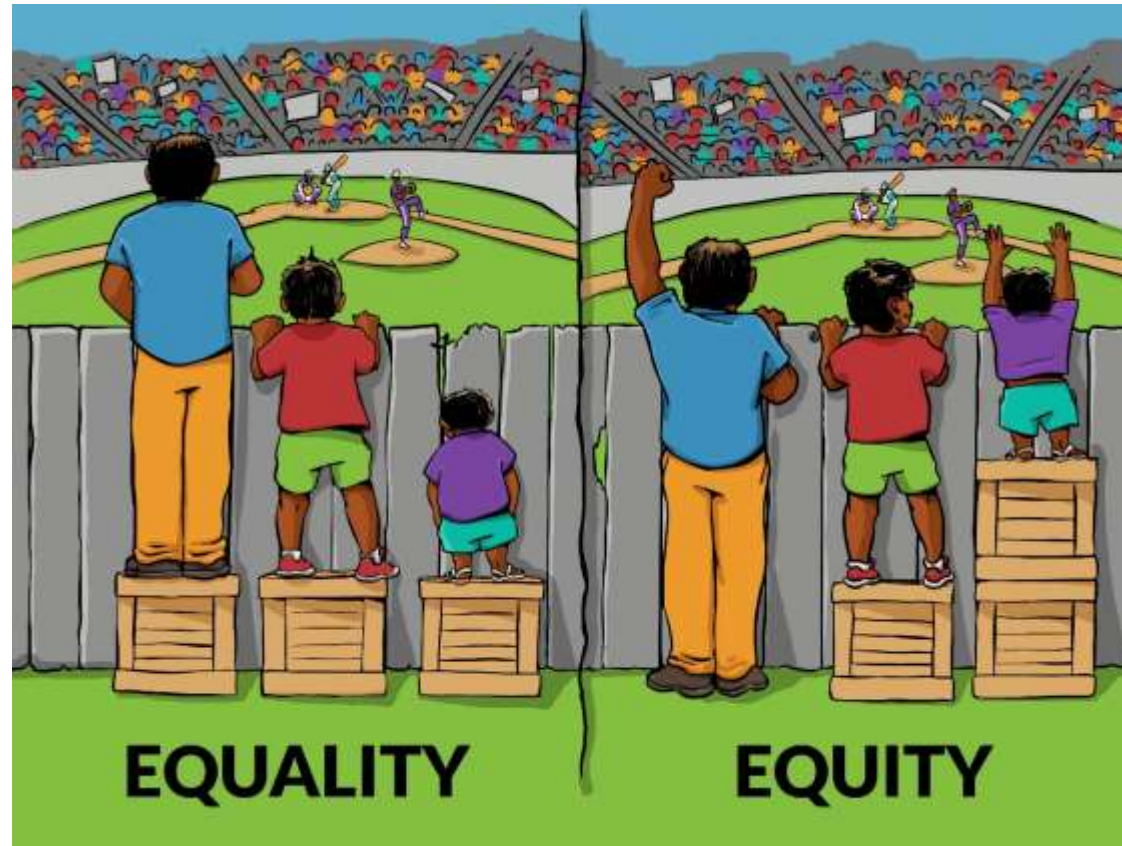
**Historically, medical studies have excluded female participants and research data have been collected from males and generalized to females.**

**Only 35% of participants in cardiovascular clinical research studies are women**



# Difference between Equality and Equity

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# Gender Equality



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**Innovative and researches  
Strategies for improving the  
QOL**

# Post-Menopausal

**Post-menopausal changes refer to the physical, hormonal, and emotional changes that occur after a woman has experienced menopause.**

**Menopause is a natural biological process marking the end of a woman's reproductive cycle. **By 2025, an estimated 1.1 billion** women will have experienced menopause or will be postmenopausal.**



## Key Points

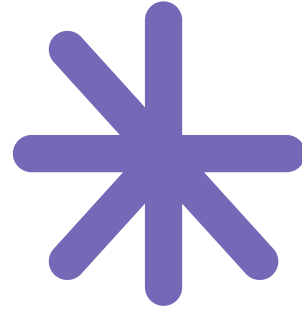
- **Menopause typically occurs between ages 45-55 and signifies the end of reproductive years.**
- **Triggered by reduced ovarian function and declining estrogen levels.**
- **One billion women globally are either perimenopausal or menopausal.**
- **Symptoms include hot flashes, mood changes, and bone density loss.**
- **Premature menopause can occur before 40 due to genetic or medical causes.**



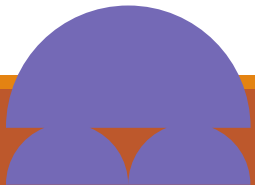
# Key Points

- **Associated risks: osteoporosis, cardiovascular disease, and reduced quality of life.**
- **Workplace absenteeism often results from unmanaged symptoms.**
- **Stigma prevents open discussions; only 20% of women feel well-informed.**
- **Education is key to tackling misconceptions.**
- **Supporting women through this phase benefits individuals and society**





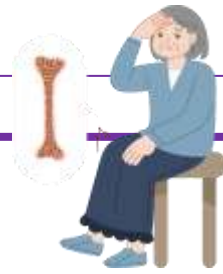
# **Symptoms and Physiological Changes During Menopause and Post-Menopausal**



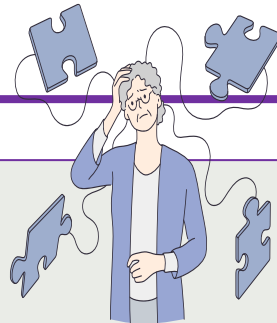


- **Common symptoms:** hot flashes, night sweats, and vaginal dryness.
- **Increased risk of urinary incontinence and infections.**
- **Emotional changes:** heightened anxiety, depression, and memory issues
  - **Bone density reduction leads to osteoporosis.**
  - **Weight gain due to slower metabolism.**
- **Skin and hair thinning caused by reduced collagen**
  - **Insomnia disrupts overall health.**

# Health Risks



**Osteoporosis:**  
**Rapid bone loss**  
**increases fracture risks**



**Cognitive health:**  
**Higher susceptibility to**  
**Alzheimer's disease.**

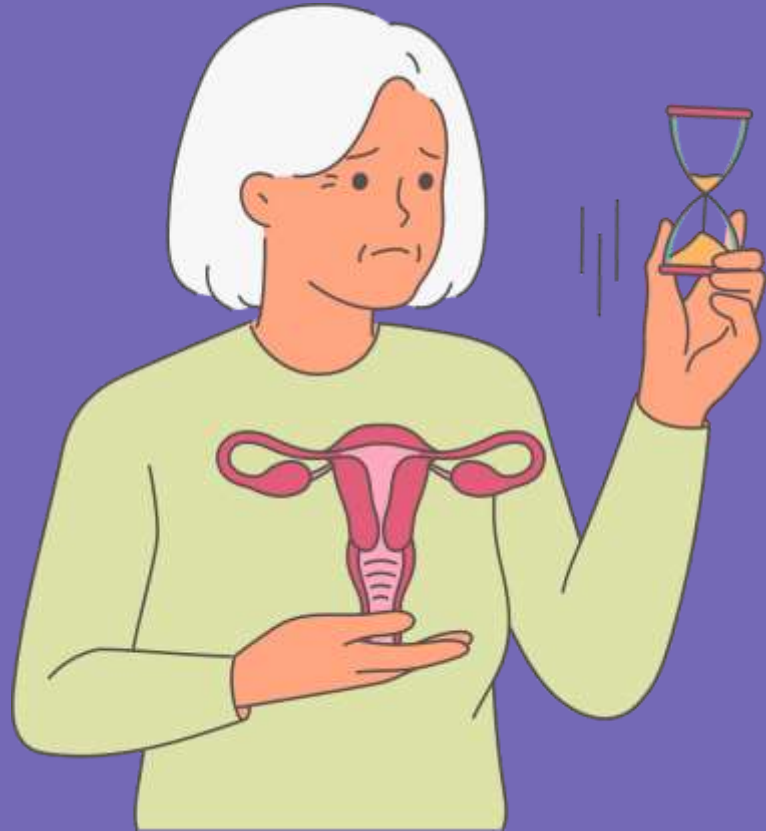


**Cardiovascular health:**  
**Decline in estrogen**  
**doubles heart disease**  
**risks**



**Hormonal cancers:**  
**Slightly increased risks**  
**for breast and uterine**  
**cancers**

# Psychological and Emotional Well-Being



**Menopause increases risks of stress, anxiety, and depression**



**Sleep disturbances exacerbate emotional challenges.**



# Hormone Replacement Therapy (HRT)



**Alleviates hot flashes, improves bone density, and combats vaginal dryness.**

**Associated risks: Slight increase in breast cancer and cardiovascular issues**



## **Section 2: Anti-Aging and Lifestyle**

# Nutrition & Healthy Aging



**Mediterranean diet** supports longevity and reduces inflammation.



**Essential nutrients:** Vitamin D, calcium, and B12 prevent osteoporosis and anemia.



**Antioxidants** neutralize free radicals, slowing biological aging



**Hydration:** Essential for skin elasticity and cellular function.



**Blueberries** have received lots of research attention that shows impressive findings in the areas of promoting and preserving cognitive function with age, promoting heart health,



**Walnuts** women who regularly consumed nuts, particularly walnuts, at midlife were more likely to age healthfully compared to those who didn't eat nuts



## Best Anti-Aging Foods, According to Experts



**Legumes** are a significant contributor of plant-based protein and have been shown to reduce risk of major chronic diseases and promote health and longevity



**Pears** a higher dietary intake of the flavonols found in pears, leafy greens, broccoli, oranges, tomatoes, beans, olive oil, tea was associated with reduced risk for developing dementia associated with Alzheimer's disease.

**Tea:** each cup of tea potentially lowering the risk of death from heart disease by 10 percent.” Tea promotes heart health by lowering overall cholesterol and triglycerides and may reduce blood pressure and fat absorption in the body,



# Physical Activity for Longevity

**Strength training** combats muscle and bone loss.



**Aerobic exercise** reduces cardiovascular and cognitive risks



**Low-impact activities** like yoga improve flexibility and reduce stress



# Skin antiaging approaches.

**Retinoids and peptides target wrinkles and boost collagen production**



**SPF protection prevents sun-induced aging**



**Innovations:**

- **NAD+ boosters and sirtuin activators support DNA repair and cellular health.**
- **Microneedling and laser therapies improve skin texture and tone**



# Skin antiaging approaches.



**Topical medicine agents or topical agents: Antioxidants  
Cell regulators**

**Cosmetological care:  
Daily skin care  
Correct sun protection  
Aesthetic non-invasive  
procedures**



# Radiofrequency (RF)



## Invasive procedures:



**Prevention of dynamic wrinkles  
Correction of static, anatomical wrinkles**

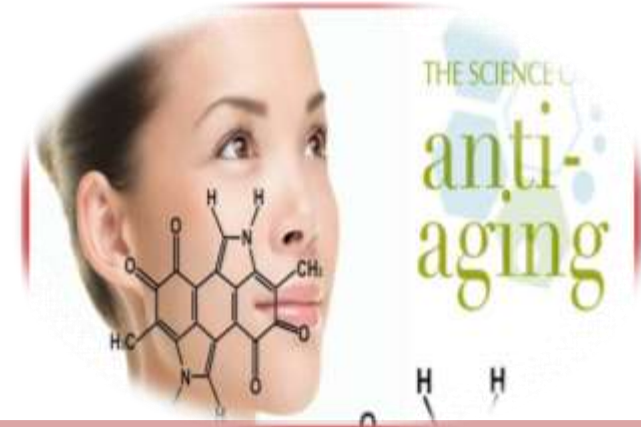
**Restoration (redistribution) of fat and volume loss, skin augmentation and contouring**



# Ablative and nonablative laser photo-rejuvenation



## Invasive procedures:



**Nonablative skin rejuvenation or “subsurfacing” comes as a low risk and short downtime technology which can improve aging structural changes without disruption of cutaneous integrity.**

**The devices for treatment of vascular and/or pigment irregularities include lasers emitting light at 532-, 585-, 595-, 755-, 800-, and 1064-nm wavelengths as well as filtered light generated by IPL systems equipped with different cut-off filters**

# Skin antiaging approaches.

## Systemic agents:

Hormone replacement therapy - Antioxidants



**Avoiding of exogenous factors of aging, correction of life style and habits: Smoking, Pollution, Solar UV irradiation, Stress**

**Nutrition, diet restriction and alimentary supplementation**  
**Physical activity**  
**Control of general health**



- **A= Asymmetry (one half of the growth looks different from the other half)**
- **B = Borders that are irregular**
- **C = Color changes or more than one color**
- **D= Diameter greater than the size of a pencil eraser**
- **E= Evolving; this means the growth changes in size, shape, symptoms (itching, tenderness), surface (especially bleeding), or shades of color**

**Check Moles,  
Birthmarks, or  
Other Parts of  
the Skin for the  
"ABCDE's"**



# The Role of Sleep & Stress Management

**Consistent sleep patterns** promote cellular repair and telomere health.

**Sleep Hygiene:** Regular sleep schedule, limiting screen time before bed, and creating a calming bedtime routine.



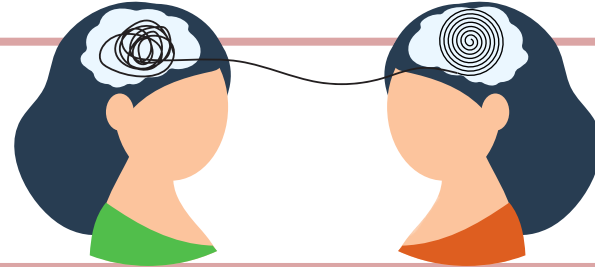
**Stress management** reduces cortisol levels, slowing aging processes

**Practices:** Meditation, deep breathing, and Journaling



# Social Connectivity and Longevity

**Meaningful relationships** reduce stress and  
enhance emotional well-being



**Community support** is vital for mental health  
during aging



**Interactions with younger generations** offer a  
sense of legacy and shared knowledge



## Section 3: Innovations of Anti-Aging



**“Women’s health is a global issue, and it deserves global attention and action.”**



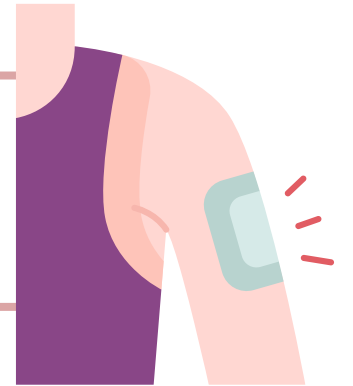
# Emerging Technologies in Menopause Care



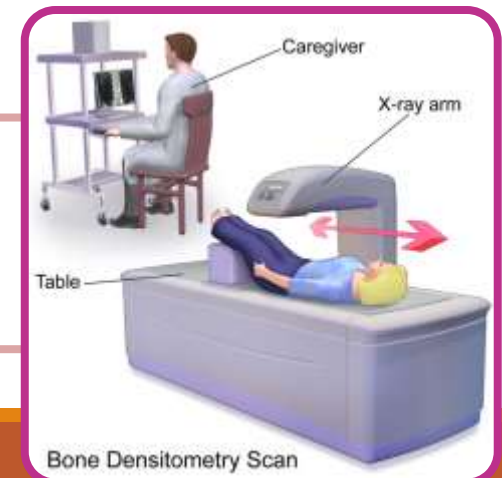
**AI-powered menopause apps  
personalize care**



**Advances in Hormonal Replacement  
therapy delivery (e.g., patches, creams).**



**Improved diagnostic tools for bone  
density and cardiovascular health**



femtech and aging-  
related solutions,  
launched an  
innovative  
menopause app



**1. AI-powered Menopause Apps - AI algorithms and sensors are being utilized in modern menopause apps to provide personalized help and expand user insights.**

**2. Digital Therapeutics for Menopause - Digital therapeutics are being utilized to help women navigate menopause and offer relief through innovative solutions.**

**3. Virtual Menopause Care –  
The availability of virtual appointment scheduling and wearable technology support pave the way for virtual menopause care.**

# 6 Types of Fem Tech Apps: Empowering Women's Health



**Entrepreneurs capitalize on this expanding market by investing in the processes to develop a Femtech app.**

**Many entrepreneurs want to build a feature-rich, user-targeted **FemTech app**, which will be a long-term achievement inside the converting FinTech scene.**

## **1. Fertility and Period Tracking: (Flo (2015))**

**These women's health app developments assist them in monitoring fertility windows, predicting ovulation, and expertise in their menstrual cycle.**

## **2. Pregnancy and Maternity: (Sprout (2018))**

**With data, trackers, and assistance for commonplace discomforts, those apps help you navigate pregnancy**

## **3. Women's Health Education: (Clue (2013))**

**The purpose of these health-tracking apps is to educate women about a variety of fitness-associated subjects, including intellectual and sexual health**



# Breakthroughs in Anti-Aging Research



**Cellular reprogramming and gene-editing therapies show promise**



**Anti-Aging Pharmaceuticals:  
Rapamycin and Metformin slow  
aging processes**



**Clinical Evidence:  
Studies demonstrate reductions in  
biological age markers (e.g.,  
epigenetic clocks).**



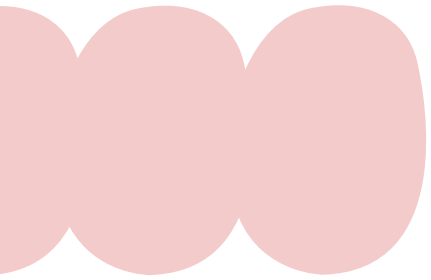
# Summary

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Gender health differences refer to variations in health outcomes, access to healthcare, and health behaviors based on biological sex, gender identity, and societal norms.

These differences may influence the prevalence of certain health conditions, responses to treatments, and healthcare-seeking behaviors.

Understanding and addressing gender health differences are essential for providing equitable and effective healthcare for all individuals.



- **Recap: Importance of menopause care and anti-aging strategies.**
- **Encourage women to prioritize health and seek resources.**
- **Call for investment in research and innovative healthcare solutions.**





**Thank You**

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**THANK YOU**

