**SEX AND GENDER DIFFERENCES**

**DIABETES**

**DIABETIC MEN & MUSCLE MASS**
- On average, men have more skeletal muscle than women
- Diabetic men achieve glucose control faster than women

**DIABETIC WOMEN & STRESS**
- Stress hormones (cortisol) stimulate gluconeogenesis, increasing blood sugar and insulin resistance
- Diabetic women produce stress hormones:
  - During ovulation
  - As a part of premenstrual syndrome
  - During pregnancy
- Therefore, blood sugar can be more difficult to control

**GESTATIONAL DIABETES**
- Metabolic changes of pregnancy can lead to insulin resistance and glucose intolerance
- 35-65% will develop type 2 DM within 10-20 years
- Type 2 DM markedly increases risk of cardiovascular disease

**RISK FACTORS**
- Physical inactivity
- Family history
- High risk ethnicity
- Delivered a baby > 9lbs
- History of gestational diabetes
- History of PCOS

**CLINICAL PRESENTATION**
- Recurring yeast infections are commonly seen in both type 1 and type 2 diabetic females
- Polyuria
- Polydipsia
- Polyphagia
- Blurred vision
- Neuropathy
- Fatigue
- Erectile dysfunction is common among type 2 diabetics males

**PROGNOSIS**
- Higher Risk of:
  - Anxiety
  - Depression
  - Blindness
  - Fatal MI
- Higher Risk of:
  - Amputation
  - Peripheral Vascular Disease
  - Erectile Dysfunction

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