



Diabetes Affects Men and Women Differently: A Review of the Evidence

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Cardiovascular disease is #1 killer of women in the world¹².

Diabetes is 9th leading direct cause of death in women globally⁵.

Women-Specific Diabetes Risk Factors

Physical inactivity is more common in women than men¹.

Weight gain from having a large baby during pregnancy⁶

Polycystic ovarian syndrome (PCOS)⁶

The association between obesity and DM is stronger in premenopausal women than in postmenopausal women⁴.

Early menopause and premature ovarian insufficiency are each associated with an increased risk of developing Type 2 Diabetes¹⁴.

Around 50% of women with gestational diabetes go on to develop type 2 diabetes⁸.

Diabetes increases the risk of heart attack 3-7 fold in women, and only 2-3 fold in men¹.

Gestational diabetes increases a woman's lifetime risk of developing T2DM and independently increases a woman's lifetime risk of developing cardiovascular disease¹³.

Women with diabetes have a 58% and 13% greater risk of coronary heart disease and all-cause mortality³.

Women with T1DM had a 4-fold higher risk and those with T2DM an almost 2-fold higher risk of total stroke than women without diabetes².

There is a stronger association between diabetes and incident atrial fibrillation among women than men¹⁶.

Risk of developing heart failure is remarkably higher in women with diabetes compared to men with diabetes¹⁵.

Women's coronary arteries are smaller. Women's plaque build up is different¹⁰

Higher intake of diabetes drinks or Artificially sweetened beverages was associated with increased risk of stroke, particularly small artery occlusion subtype, coronary heart disease, and all-cause mortality⁹.



Women with Diabetes have More to Manage

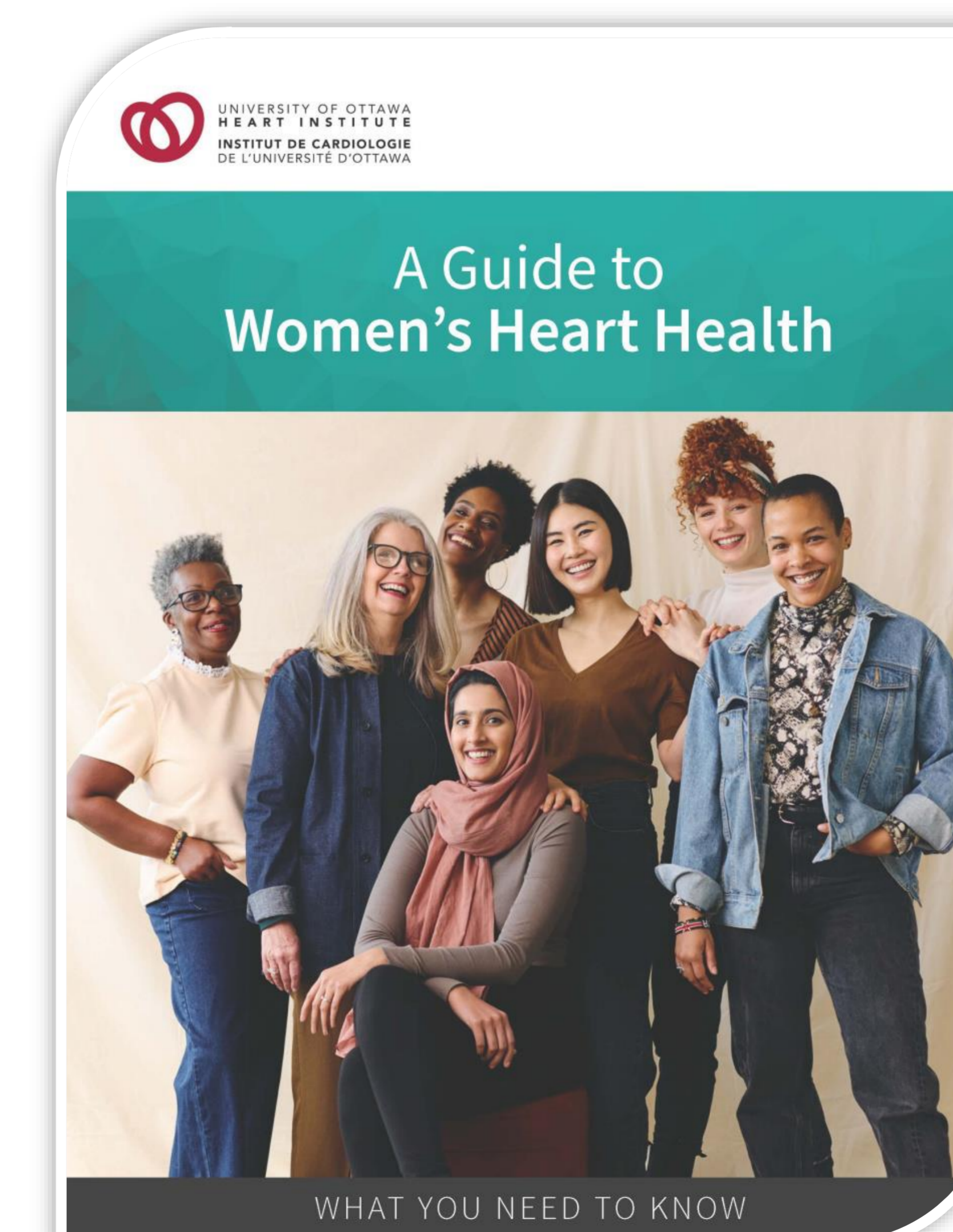
Women with diabetes are at higher risk of heart disease and other diabetes-related complications than men with diabetes⁸.

Women with diabetes are at higher risk of developing Yeast and Urinary Tract Infections⁸.

Changes in hormone levels before and during menstruation cycle can make glycemia management difficult⁸.

Diabetes can increase risk of complications during and after pregnancy⁸.

During the premenopausal and menopausal period, due to reduction in estrogen level, the elevation and drop in glucose levels are unpredictable⁸.



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