CHAPTER 11
Women and Physical Health

Health Psychology & The Psychology of Women & Gender
1. Gender makes a difference in the kinds of illness that people experience.
2. Gender makes a difference in the way a disease is diagnosed and treated.
3. Illness is an important part of many women's experience.

The Health Care and Health Status of Women

Biases Against Women
1. Women have often been neglected in medicine and in medical research.
2. Gender stereotypes are common in medicine
3. Medical care provided to women is often irresponsible or inadequate
4. Physician-patient communication patterns often make women feel relatively powerless.

Gender Comparisons in Life Expectancy
Mortality
Gender gap in life expectancy
Why do women live longer?
   Biological factors
   Social factors
   Health care

Gender Comparisons in Overall Health
Morbidity
Longevity
Rape & Abuse
Economic factors
How Social Class Influences U.S. Women’s Health
  Morbidity and Mortality
  Quality of Health Care
  Health Insurance
  Environmental Factors
  Poverty
  Psychological Factors

Health Issues for Women in Developing Countries
  Women & girls less likely to receive medical care
  Inadequate nutrition and health care
    dying during pregnancy or childbirth
  Female genital mutilation

Cardiovascular Disease, Breast Cancer, and Other Specific Health Problems
  Cardiovascular disease
    Major cause of death for U.S. women
    Gender and ethnic differences in heart disease
    Women may experience different symptoms than men
    Women less likely than men to receive diagnostic testing or treatment
  Prevention
  Breast Cancer
    Incidence
    Breast self-exam
    Mammogram
    Lumpectomy
    Diagnosis and treatment
    Reactions and coping
  Reproductive System Cancer and Hysterectomies
    Cervical cancer
    Pap smear test
    Hysterectomy
    Ovarian cancer
  Osteoporosis
    Reducing the risk
Women With Disabilities

*Background Information on Disability Studies*
- Disability
- Disability studies
- 21% of U.S. women
- Variation
  - "Temporarily abled"
- Ableism

*Education and Work Patterns of Women With Disabilities*
- Barriers
- Employment rates
- Workplace barriers
- Economic difficulties
- Disclosing a disability

*Personal Relationships of Women With Disabilities*
- Attractiveness
- Social world
- Sexuality
- Friendship

AIDS and Other Sexually Transmitted Diseases

*Background Information on AIDS*
- Acquired immunodeficiency syndrome—AIDS
- HIV and AIDS among females
- Ethnicity and AIDS

*The Transmission of AIDS*
- Risky behavior—contact with blood, semen, or vaginal secretions
- Injected drugs
- Heterosexual transmission of AIDS is more likely in women than in men
- Gay men, bisexuals, and lesbians

*Medical Aspects of HIV and AIDS*
- Symptom-free period
- Many women misdiagnosed
- Spreading HIV
- HIV develops into AIDS
Drug therapies

**Psychological Aspects of HIV and AIDS**
- Emotional responses
- Insensitive reactions from doctors and family members
- Finding support

**Preventing AIDS**
- Denial of personal vulnerability
- Disclosing of HIV status
- Sexual history — your sexual partner & all of her/his sexual partners . . .
- Condoms
- Power in relationships
- Culturally sensitive AIDS prevention programs

**Other Sexually Transmitted Diseases**
- HPV (human papillomavirus/genital warts)
- Chlamydia
- Genital herpes
- Gonorrhea
- Syphilis

**Women and Substance Abuse**

**Smoking**
- Largest preventable cause of death in the U.S.
- Lung cancer
- Other health consequences
- Secondary smoke
- Smoking rates
- Ethnicity
- Reasons for smoking
- Cigarette ads

**Alcohol Abuse**
- Problems Caused by Alcohol
  - Health problems for the drinker
  - Fetal alcohol syndrome
  - Indirect effects
Gender and Alcohol
  Binge drinking
  Gender differences in the body's reaction to alcohol
  Treatment

Other Substance-Abuse Problems
  Prescription medicines
  Illicit drugs
    Gender differences
    Ethnicity