

Why Sex Matters: 10 Big Ideas For Staying Healthy, Happy, and Hopeful

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1. There are 10 trillion cells in human body and every one of them is sex specific.
2. The generally accepted fact that all humans are 99.9% the same is false.
3. The genetic difference between a man and a woman is 15 times greater than the genetic difference between two men or between two women.
4. Men and women are *not* equal in our genome or in the face of disease.
5. Women often experience a heart attack as fleeting pain in the upper abdomen, shortness of breath, nausea, and sweating. Men, as pain in chest or down the left arm.
6. Symptoms of depression in women include sadness, low mood, and eating disorders. For men, they are often irritable, angry, and withdrawn.
7. Women may be taking too high a dose of sleeping (or other) medications, while men may be under-medicated. All meds and treatments may differ individually and by sex.
8. The suicide rate for men is 2 to 18 times higher than for women and increases with age.
9. Men live sicker and die sooner than women for 14 of the top 15 leading causes of death.
10. If we could get male death rates down to the same level as women, we would do more good than curing cancer.

We can all live healthier and more joyful lives. Men can learn from women and women can learn from men.

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