

## 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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