



Gender inequality is bad for your health

Find in the text, and in that particular order, the words corresponding to the following definitions.

1. Made, done, or happening without method or conscious decision; involving equal chances: **random**
2. The way a thing turns out; a consequence: **outcome**
3. Able to be used or obtained; at someone's disposal: **available**

Rephrase in your own words the following sentence, paying particular attention to the words underlined.

4. "Jimmy Kimmel Live took to the streets" (1.1):

Jimmy Kimmel Live went outside on the streets to interview people.

5. "All the scientific and medical advancements that had transpired prior were based solely on men" (1.16):

All the scientific and medical progress that had come to be known before that date was exclusively related to men.

Right or wrong? Justify your answer quoting the line of the text.

6. In 2022 and 2023, men were asked questions by Jimmy Kimmel and their answers showed that (those) men didn't know much about female anatomy and health.

Right. "In 2023, the same interviewer asked different men similar questions. Again, none of the men knew. These two segments, titled "What Do You Know About the Female Body?", showed that many people don't actually know that much."

7. Before 1993, it was not necessary in the US to have female scientists in clinical research.

Wrong. "women weren't required in clinical research in the United States until 1993. That year [...] Congress passed the NIH Revitalization Act to require the inclusion of "women and minorities" in clinical trials for the very first time" > "trials" means the drugs were not tested for them.

8. The victims of a biased medical system are women.

Right and Wrong. Victims are women, minorities, families ("loved ones") and the economy.

9. One in three women dies of a heart attack each year.

Wrong. "cardiovascular disease - which includes heart attacks - is the leading cause of death in women, killing about one in three every year."

10. Because of bad diagnoses of cancer, women die on average two and a half years earlier.

Wrong. They waste that time or spend it in poorer health: "women with cancer spend over 912 days more than men enduring the time, financial, and emotional costs of seeing doctors yet getting incorrectly diagnosed, losing productivity at work, and missing moments with loved ones."

Answer the following questions.

11. Why do women often have stronger adverse reactions to medications than men?

Because women were not included in clinical trials, and so their potential reactions are not known before taking the drug. "The 'serious male biases in basic, preclinical, and clinical research' behind these drugs meant that their effects on women weren't revealed until after the drugs were commercially available. Despite these withdrawals, sex biases still continue in clinical trials, leading to adverse drug reactions and overmedication, among others, in women today."

12. In your opinion, why are women diagnosed later than men?

Here are some suggestions offered by Elena Bassoli in *Ingenius*, the journal by l'Ecole nationale des ponts et chaussées, June 2025 (<https://ingenius.ecoledesponts.fr/en/articles/the-gender-health-gap-why-women-live-longer-than-men-but-spend-more-years-in-worse-health-conditions/>):

- **limited financial access** is an important factor preventing women from accessing healthcare (men in the households may control financial decisions; women are often the secondary earner in the family)
- women **perform most of the caregiving and domestic tasks**, which **limits their time and ability to seek care for themselves** (they often delay or forgo their own healthcare needs in order to tend to those of children, elders or spouses) > they may end up with more serious conditions
- gender-biased healthcare system and **enduring stereotypes**: women are still frequently perceived as fragile and overemotional so that their health-related complaints are minimized, not taken seriously or overlooked
- **fear of abuse**, maltreatment or harassment since most doctors are still men
- **collection of data on women has been limited** even in key health issues affecting them

13. What do the holes in the pages of Evvy's book represent?

Uniquely, every page of this book also has a glaring hole in its center: a purposeful design choice. "We wanted to make sure that there's a visual representation of the gender health gap on every page," explains Ms. Bruzek. The holes on the page, at times, obscure the page's text or other images - just like the holes that they represent in healthcare can obscure correct diagnoses, effective treatments, proper care, and stories and suffering of the women affected by this gap.