



# THE GENDER PAIN GAP

## How women experience pain

Women across different age groups experience higher numbers of chronic pain conditions including cardiovascular, neurological, reproductive, and autoimmune conditions. Research shows that women generally experience more recurring pain, more severe pain, and longer-lasting pain than men, however, women are less likely to receive treatment.

## How women experience the medical system

Women in pain are viewed and treated differently to men. Medical gender bias (the tendency to unconsciously attribute certain attitudes or stereotypes to another person) contributes to women's pain being dismissed or inadequately treated, and historical biases in research have overlooked sex differences in pain sensitivity and treatment response.

The Victorian Government have opened an inquiry to seek to address these issues by gathering input from stakeholders and women experiencing pain, with submissions open until July 31, 2024. WHISE will put in a submission to centre the voices of women (18+) in our region, focusing on their experiences with pain and pain management. [Express your interest](#)

Here are some resources that might be of interest.

### How can I get more information about the Victorian Government's Inquiry into Women's Pain?

- **Media release:** [The Gender Pain Gap Revealed – And Women Aren't Surprised](#)
- **Government website:** [Women's Pain Inquiry](#).
- **Article:** [A new government inquiry will examine women's pain and treatment. How and why is it different?](#)

### Where can I read more about how and why women's pain gets dismissed?

- **ABC article:** [Health specialists say biased Medicare rebates are costing women more](#)
- **BBC portal:** [The health gap: How women experience the medical system](#)
- **BBC article:** [The Pain bias: The health inequality rarely discussed](#)
- **Rice University article:** [Gender and Racial Disparities in Pain Treatment](#)

## Where can I watch and listen more about how and why women's pain gets dismissed?

### **The Documentary Podcast: His and Her Medicine**

Women, pain and the 'good' doctor dilemma. Dr Peta Wright on why women deserve control, time and BEING HEARD when it comes to their health care + how to get back into the driver's seat at your next appointment.

### **The Hurt by The Female Pain Docs**

Two Interventional Pain physicians and anesthesiologists educating, empowering, and engaging women in the advancement of their health.

### **Bias Diagnosis - Dr Ronx on how gender bias can affect the way pain is treated**

The Bias Diagnosis podcast. Investigation into how the issue of gender bias may have a devastating effect on healthcare provision in today's system

*\*This resource provided by WHISE (Women's Health in South East) is intended for information purposes only. Any advice, recommendations, or information provided within these resources, including but not limited to articles, guides, and educational materials, are not to be considered as a substitute for professional medical advice, diagnosis, or treatment.*

*While WHISE endeavours to ensure the accuracy and reliability of the information presented, we cannot guarantee the completeness, suitability, or validity of any advice or recommendations.*



**[www.whise.org.au](http://www.whise.org.au)**