

# We are closing the gender gap in brain and mental health

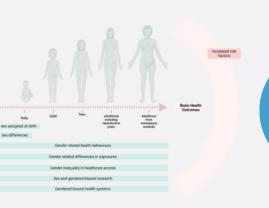
Women represent the majority of people living with brain and mental diseases such as Alzheimer's, depression, migraine, multiple sclerosis. This is due to both biological and societal factors.

Nevertheless, medicine and research have historically been male-centric and have not taken these into account.

Sex and gender-specific diagnosis, medication and treatment are key to improving women's brain health.



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Perspective | Published: 28 October 2024

Enhancing brain health in the global south sex and gender lens

Sandra Baez, Laura Castro-Aldrete ™, Gabrielle B. Britton, Agustin Ibañez & An

Nature Mental Health 2, 1308–1317 (2024) | Cite this article

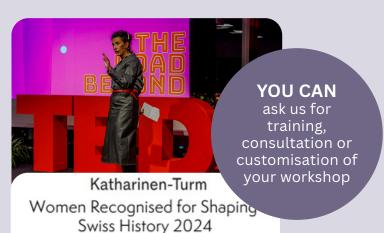
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leverage our research or mandate us specific studies/projects

#### Abstract

Gender inequality substantially impacts society, disproportionately disadvantaging women, especially in the global south. This inequality correlates with brain health outcomes for women, including a higher risk of cognitive decline and dementia. Here we highlight how sex-





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Our team of experts are ready to shape success with you.