

Possible Biopsychosocial Contributors To the Male-Female Health-Survival Paradox

BIOLOGICAL

Genetic: *Males have XY while females have XX chromosomes*

Hormonal: *Different effects of estrogen and testosterone on health*

Immunological: *Male immune response may deteriorate more*

Reproduction: *Pregnancy can have later implications for women's health*

Chronic Disease: *Lethal vs. disabling conditions*

Disability: *Different rates of impairment and recovery*

Physiological reserve: *Different rates of physiological reserve*

BEHAVIORAL

Risk-related Activities: *Males usually engage in higher-risk behavior*

Disease perception: *Recognizing and treating symptoms; hospital utilization*

Health-reporting Behavior: *Identifying and reporting diseases*

Health Care Use: *Actively seeking follow-up and preventative care*

SOCIAL

Gender Roles: *Willingness and ability to adopt a "sick" role*

Social Assets: *Women may be more socially vulnerable (i.e. widowhood), though have more support networks*