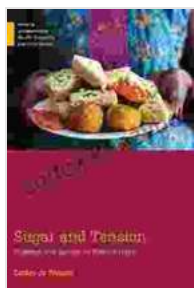


Unveiling the Gendered Dimensions of Diabetes in Modern India: An Ethnographic Exploration

Diabetes has emerged as a major public health concern in India, with a rapidly growing prevalence among both women and men. This chronic condition, characterized by high blood sugar levels, can lead to a multitude of complications if left untreated. However, the experiences of diabetes are not uniform across gender. Social norms, cultural beliefs, and gender roles play a significant role in shaping the diagnosis, treatment, and prevention of diabetes, leading to distinct challenges and opportunities for women and men.

This article draws on ethnographic research conducted in rural and urban areas of India to explore the gendered dimensions of diabetes. Through in-depth interviews, participant observation, and analysis of medical records, the study examines how gender influences the lived experiences of diabetes, including the ways in which individuals seek care, manage their condition, and negotiate the social stigma associated with it.



Sugar and Tension: Diabetes and Gender in Modern India (Medical Anthropology) by Dr. Kelly Schuh

★★★★★ 5 out of 5

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Print length : 193 pages



Gender and Diagnosis

The diagnosis of diabetes often occurs at different ages and stages of life for women and men. Women are more likely to be diagnosed with diabetes during pregnancy or after giving birth, due to the hormonal changes that occur during these periods. Men, on the other hand, are more likely to be diagnosed with diabetes later in life, as they tend to have higher rates of obesity and other risk factors.

The gendered nature of diabetes diagnosis is also influenced by cultural beliefs and social norms. In some communities, there is a widespread belief that women are more susceptible to diabetes than men. This belief can lead to women being more likely to seek medical care for symptoms of diabetes, while men may delay seeking care until their symptoms become more severe.

Gender and Treatment

The treatment of diabetes also varies by gender. Women are more likely to be prescribed insulin therapy than men, as they are more likely to experience insulin resistance. Men, on the other hand, are more likely to be prescribed oral medications for diabetes.

Gender roles and expectations can also influence adherence to diabetes treatment. Women are often responsible for caring for their families, which can make it difficult for them to prioritize their own health. Men, on the other hand, may be more likely to prioritize their own health due to social pressures to be the breadwinners of their families.

Gender and Prevention

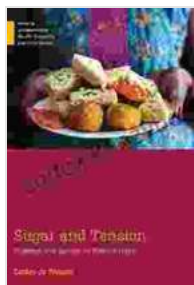
The prevention of diabetes is another area where gender plays a significant role. Women are more likely to be exposed to risk factors for diabetes, such as obesity and physical inactivity. Men, on the other hand, are more likely to engage in risky behaviors, such as smoking and alcohol consumption, which can also increase their risk of diabetes.

Gender norms and cultural beliefs can also influence the adoption of healthy behaviors that can prevent diabetes. For example, women may be less likely to participate in physical activity due to social constraints, while men may be more likely to engage in risky behaviors due to peer pressure.

Diabetes is a complex condition that has a profound impact on the lives of both women and men in India. The gendered experiences of diabetes are shaped by social norms, cultural beliefs, and gender roles, which influence the diagnosis, treatment, and prevention of this chronic condition.

Understanding these gendered dimensions is essential for developing effective strategies to address the growing burden of diabetes in India.

By recognizing the unique challenges and opportunities faced by women and men with diabetes, we can create a more equitable and just healthcare system that supports the well-being of all.

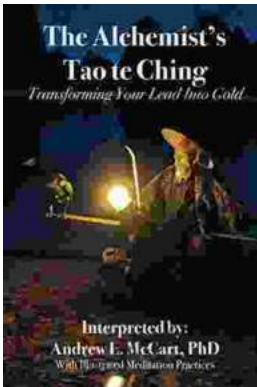


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