

Female/Male Differences

**Our brains are bio-chemically
different**

- **Average Differences**
- **Understanding**
- **Accepting**

Brain Facts

- WWW.Faculty.washington.edu
- Average number of neurons in the brain is
- **10 Billion (Lowest est.)**

Dr. Brizendine's research

- **LOUANN BRIZENDINE, M.D.**
- **Director, Women's Mood & Hormone Clinic, UCSF**



Credentials

- **Louann Brizendine, M.D.** completed her degree in Neurobiology at UC Berkeley, graduated from Yale School of Medicine and did her internship and residency at Harvard Medical School. She has also served on both the faculties of Harvard University and University of California at San Francisco. Now at UCSF, Dr. Brizendine pursues active clinical, teaching, writing and research activities.

UCSF Women's Mood and Hormone Clinic

- **She founded the UCSF Women's Mood and Hormone Clinic in 1994 and continues to serve as the clinic's director. The Women's Mood and Hormone Clinic is a unique clinic designed to assess and treat women of all ages experiencing disruption of mood, concentration, energy, anxiety, sexual function and well-being related to hormonal influences on the brain. Couples having relationship difficulties due to these hormonal issues are also seen in the clinic.**

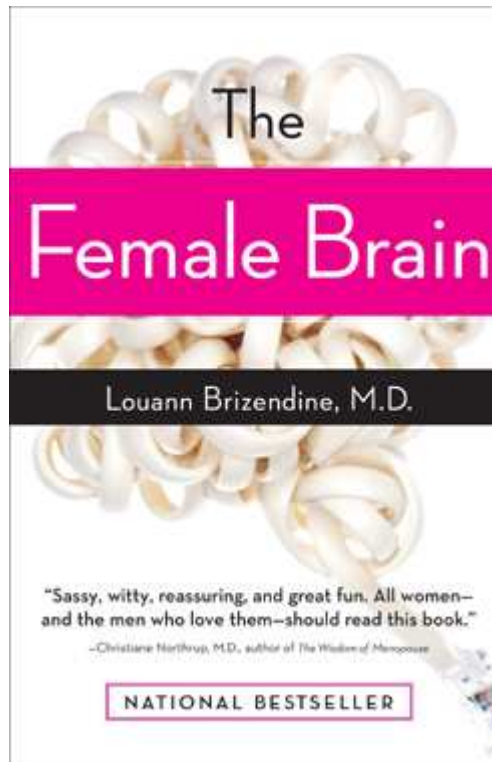
Dr. Brizendine-brain research

- In the past six years, Brizendine says, advances in neuroimaging and neuroendocrinology began supplying exciting new insights into how women and men use their brains differently. For example, different levels of estrogen, cortisol and dopamine, she says, can cause a female to be more stressed by emotional conflict than her male counterpart. A few unpaid bills can set off a cascade of hormones in a woman that can catapult her into a fear of impending catastrophe, a reaction triggered in men only by physical danger.

Better access to emotions

- “Women have 11 percent more neurons in the area of the brain devoted to emotions and memory. Because they have more "mirror neurons" they are also better at observing emotions in others.”

www.louannbrizendine.com



Taking the Heat

- **Brizendine** realizes she's going to take some heat. "I know it's not politically correct to say this," she says, "and I've been torn for years between my politics and what science is telling us. But I believe that women actually perceive the world differently than men. If women attend to those differences, they can make better decisions about how to manage their lives."

Marian C. Diamond, Ph.D.

- www.newhorizons.org/neuro/diamond_male_female.htm
- Dr. Diamond is professor of Anatomy/Neuroanatomy at the [University of California, Berkeley](#), and is a former Director of the Lawrence Hall of Science. She did [research at Harvard](#), and taught at [Cornell](#) and the [University of California at San Francisco and at Los Angeles](#), and at universities in China, Australia, and Africa.

Lecture for Women's Forum West Annual Meeting S.F.- 2003

- **“Sex differences and the brain. What does it matter, you say? I think it does. Through such knowledge we will eventually be better able to understand the basis for behaviors that many now perceive as entirely rooted in social custom or familial history. From that understanding, we will gain the acceptance, patience, and respect so vital to all human endeavor.”**

Male-Female Differences in Love, Sex, and Intimacy

- www.cyberparent.com/intimate-lovers/male-female-differences.htm
- When anger or another problem enters the picture, the differences between men and women and physical intimacy become even more evident.
- He feels that making love will make-up.
- She feels they must make-up before making love.

Sexual Thoughts

- **Men have sexual thoughts often during the day.**

Women can go for hours, even days, without a sexual thought.

Gender and Communication

Moir and Jessel

- <http://sfhelp.org/02/evc-intro.htm>
- In the interesting, well-researched book Brain Sex (1991), geneticist Anne Moir and co-author David Jessel say that the development of a person's brain and certain glands are mainly programmed early in pregnancy by the presence or absence of male sex hormones - specially testosterone.

"Why Can't A Woman ... Be More Like A Man?!"

Because of this, Dr. Moir urges that we stop the "battle of the sexes" - for neither is right or better, we're just "wired" differently. Thus in communicating, it would help if men and women stop judging and trying to convert each other ("*You are so illogical!; Yeah? Well you have the sensitivity of a tree stump.*"), accept our different abilities and skills as complementary, and blend them cooperatively to manage our life challenges! This seems to answer Henry Higgins' question in My Fair Lady "Why Can't A Woman ... Be More Like A Man?!"

Remember These are Average

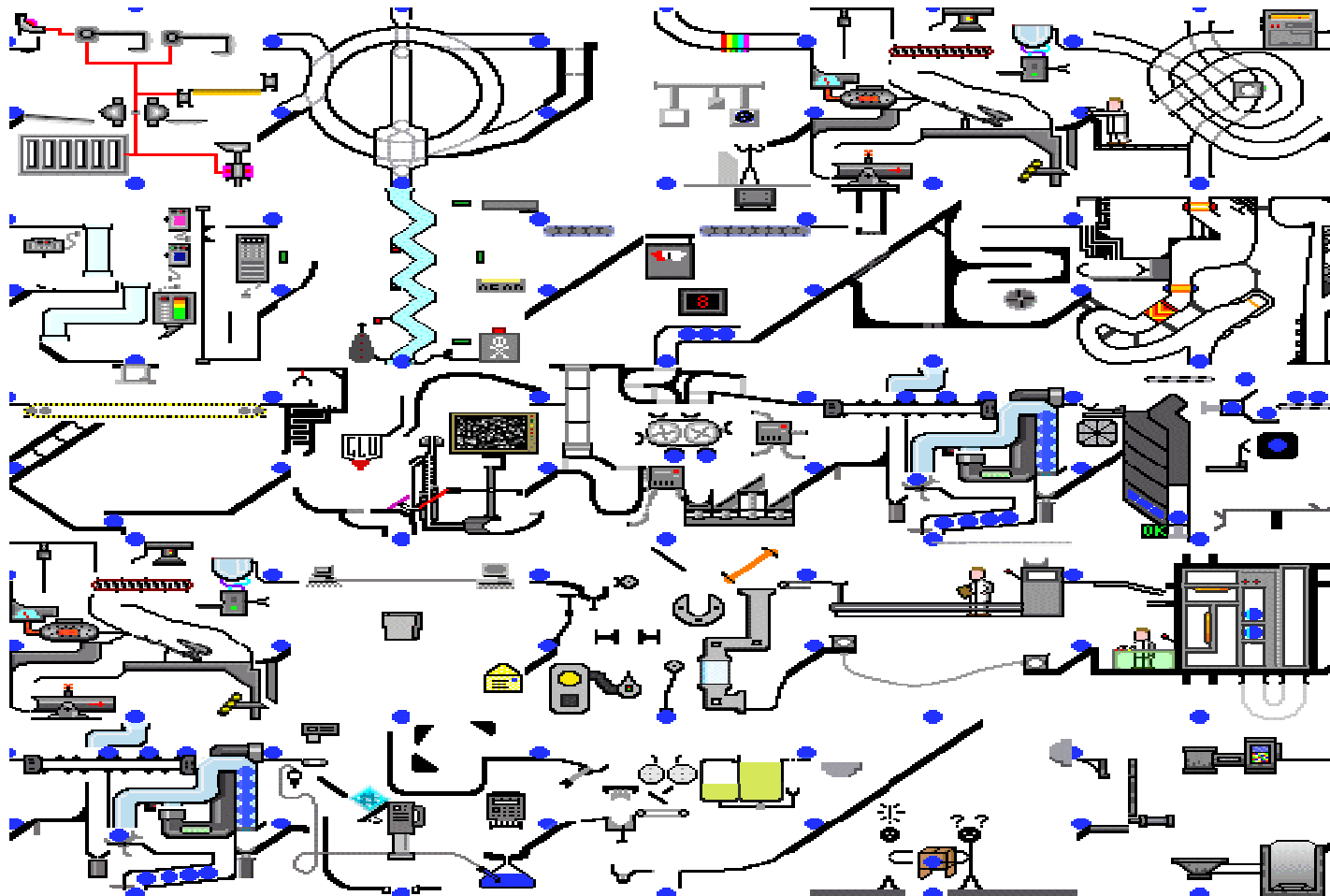
-Examples of Testosterone Diff.-

- High-Testosterone People
7avg. ("Male brains") prefer:
- things
- facts/reason/& logic
- power/rank/status
- competing/achieving
- winning
- teams
- analyzing/figuring out
- assertion/aggression
- reports/information
- intellectual understanding
- sex (intercourse/orgasm)
- Low-Testosterone People
("Female brains") prefer:
- people
- feelings/Senses/& meaning
- relationships
- harmony/relating
- sharing
- groups
- intuiting/"knowing"
- co-operation/mutuality
- rapports/bonding
- empathizing
- love/intimacy

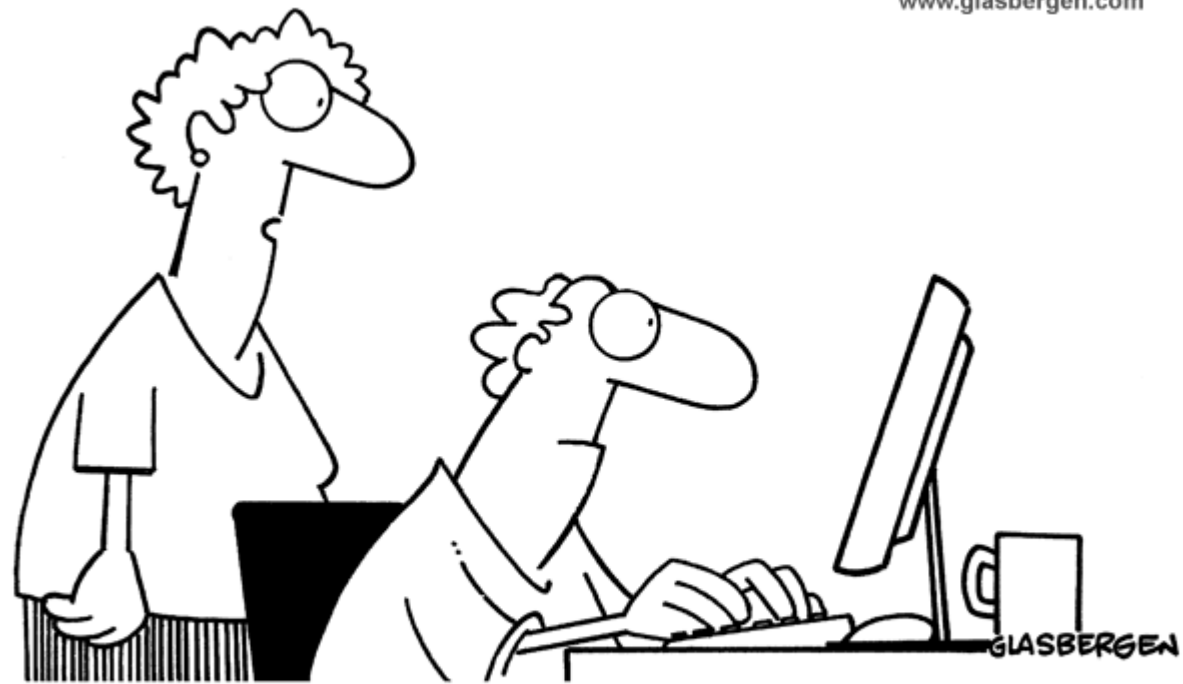
Think About It!!!

- **A key implication here is - if your partner has a different profile of these priorities than you do, it's useless and disrespectful to criticize or try to change them. Attempting to do so is like demanding that s/he change her or his fingerprints. What do you think?**

“Web-Thinking”, It’s Busy in There



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“Maybe you could get someone to steal just the parts of your identity that annoy me.”

They Want to Lead!!!

