

Women and Chronic Pain Conditions

Women often experience more severe and recurrent chronic pain than men and are disproportionately affected by various chronic pain conditions. This is influenced by sex-related factors such as hormonal fluctuations, genetics and anatomy, and gender-related factors such as coping behaviours and gender roles. In this infographic, we show some chronic pain conditions that disproportionately affect women.

Temporomandibular Joint Disorder (TMJ)

- The ratio of women to men with severe symptoms is 9:1.
- Women are usually diagnosed between age 20-40.

Migraines

- Women are 3 times more likely to have migraines than men.
- 2.6 million Canadian women experience migraines.

Endometriosis

- 10% of girls and women have endometriosis.
- There are more than 1 million women in Canada living with endometriosis.

Irritable Bowel Syndrome (IBS)

- IBS has a 7:2 ratio of female-to-male diagnosis.
- 3 in 10 women with IBS have history of chronic pelvic pain.

Vulvodynia

- 8-10% of women of all ages experience vulvodynia.
- The highest incidence of onset is between 18 and 25.

Chronic Pelvic Pain (CPP)

- 20% of women between the ages of 18-50 experience CPP.
- Pelvic pain can be experienced in the uterus, cervix, vagina, vulva, bladder, bowel, hips, or lower back.

Fibromyalgia

- 80-90% of people diagnosed with fibromyalgia are women.
- More than half a million Canadians are diagnosed with fibromyalgia.

Osteoarthritis (OA)

- 60% of people living with osteoarthritis are women.
- Women tend to experience OA in their hands, feet, ankles, and knees.

Rheumatoid Arthritis (RA)

- Women are 2-3 times more likely to develop RA, than men.
- Women are more likely to develop RA at younger ages than men.

