



**BADRI**

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**The Vitals**



***Invest in  
women's health,  
invest in the  
world.***

## **Medical Newsletter**

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**MOVEMBER 2024 – SPOTLIGHT  
ON MEN'S HEALTH - Page 6**



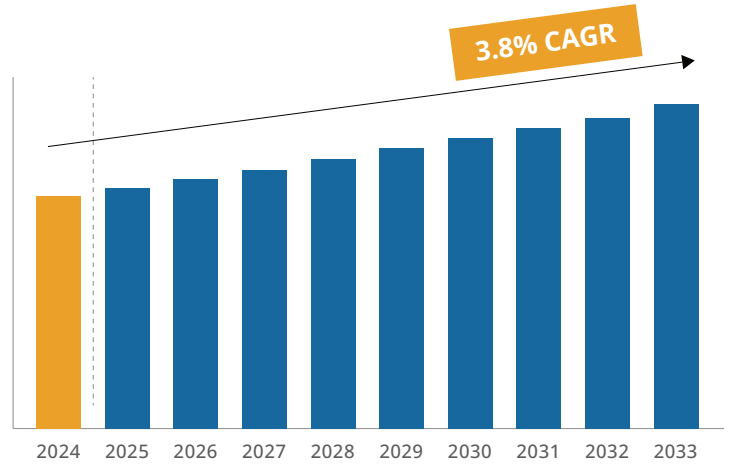
# TOPIC 1: STRENGTHENING WOMEN, STRENGTHENING SOCIETY

## Women's Health Market Size Globally:

The global women's health market, valued at USD 42.6 billion in 2024, is projected to grow at a 3.8% CAGR, reaching USD 59.5 billion by 2033. <sup>1</sup>

*Similarly, the women's health market in the UAE is expected to expand from USD 200 million in 2022 to USD 314 million by 2030, achieving a robust CAGR of 5.8%. <sup>2</sup>*

**Global Women Health Market**  
2024 -2033 (USD Billion)



Growth is driven by an aging population, rising chronic diseases, improved healthcare access, and increased awareness through campaigns promoting preventive care, reproductive health, and maternal health. Advances in fertility treatments and contraceptives further support market expansion.



## Working Women and Health:

- ✦ Only **40%** of working-age women are employed in GCC countries, compared to **64%** in OECD nations. <sup>3</sup>
- ✦ Female unemployment stands at **18%**. <sup>4</sup>
- ✦ Qatar (60%) and the UAE (52%) exceed the global average of **47%** in female workforce participation. <sup>5</sup>

## Balancing Careers and Health: The Hidden Health Risks of Working Women

- ✦ NCDs are linked to poor diet, inactivity, and stress. <sup>6</sup>
- ✦ Anemia affects **41.7%** of working women, linked to diet and stress. <sup>7</sup>
- ✦ In Autoimmune Diseases, **80%** of those affected by lupus and rheumatoid arthritis are women. <sup>8</sup>
- ✦ Reproductive health issues like irregular menstruation, PCOS, and endometriosis are often tied to stress and lifestyle. <sup>9</sup>

### References:

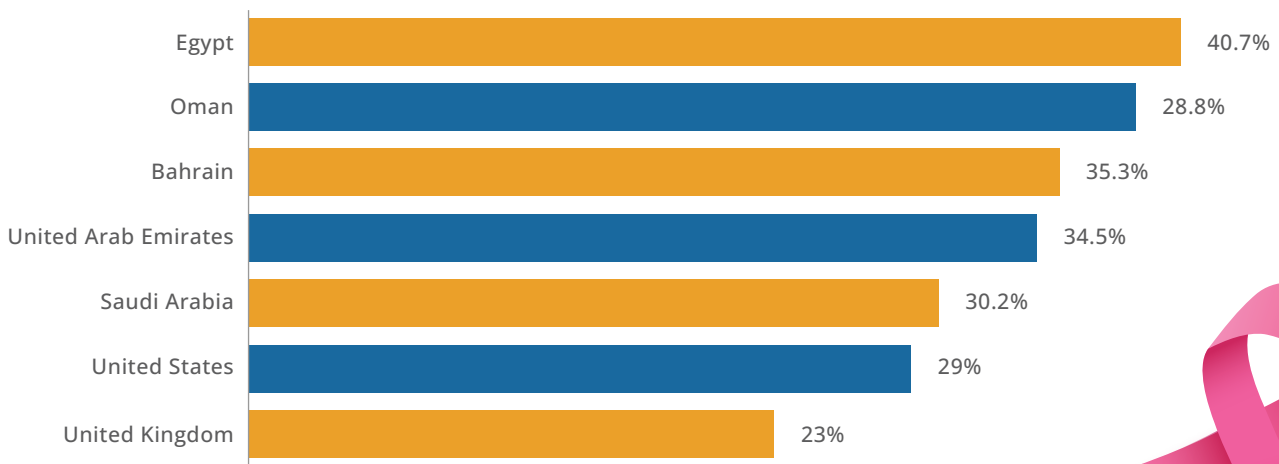
- 1 <https://www.imarcgroup.com/womens-health-market>
- 2 <https://www.insights10.com/report/uae-womens-health-market-analysis/?srltid=AfmBOojfkQ2dlo1F4A3fpPGDuPChKnFst1781VaYj79wVjF5KJMFSv9>
- 3 <chrome-extension://efaidnbnmnibpcjpcglclefindmkaj/https://www.pwc.com/m1/en/publications/images-new/woman-in-work/mena-women-in-work-survey-2022.pdf>
- 4 <https://www.oecd.org/en/publications.html>
- 5 <https://www.consultancy-me.com/news/6688/gcc-sees-more-inclusion-of-women-in-workforce>
- 6 <https://pubmed.ncbi.nlm.nih.gov/33551443/#:~:text=This%20review%20aims%20to%20identify,Women;%20Working;%20Working%20hours>
- 7 <https://pmc.ncbi.nlm.nih.gov/articles/PMC10518160/#:~:text=Conclusions,that%20no%20competing%20interests%20exist>
- 8 <https://www.weforum.org/stories/2024/10/women-health-gap-healthcare-gender/#:~:text=5.,are%20more%20prevalent%20in%20women>
- 9 <https://www.linkedin.com/pulse/health-issues-faced-working-women-different-age-groups/>

## Women’s Health Spotlight: Women in Vulnerable Age Groups

Majority of men and women (Including working women) with chronic diseases belonged to the age groups 30-39 and 50-59 years respectively. High 10-year Atherosclerotic Cardiovascular Disease risk was found in 7.6% of women, whereas lifetime risk was present in 51%.<sup>10</sup>

## Prevalence rate of hypertension in women aged 30-79, 2019

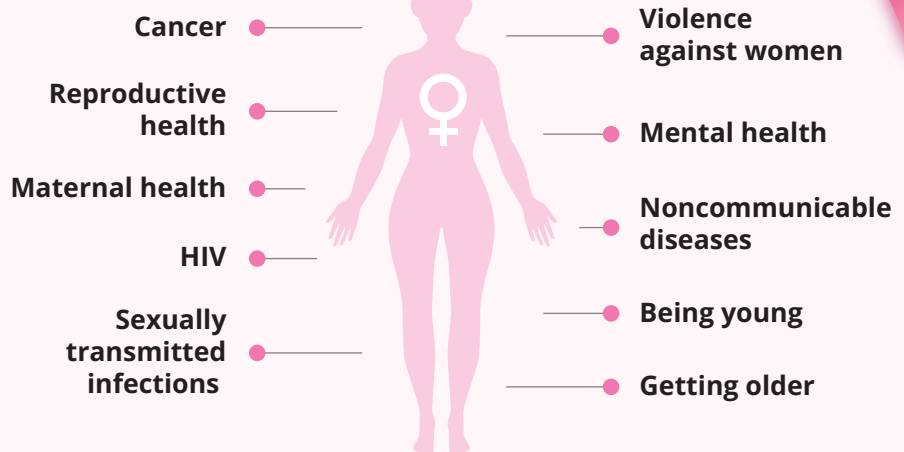
Estimated share of female population with hypertension, based on population representative surveys and statistical modeling. Hypertension is a risk factor for chronic complications, including cardiovascular disease, and premature death.<sup>11</sup>



# 10

## TOP ISSUES OR WOMEN'S HEALTH

Here are ten of the main issues regarding women's health:<sup>12</sup>



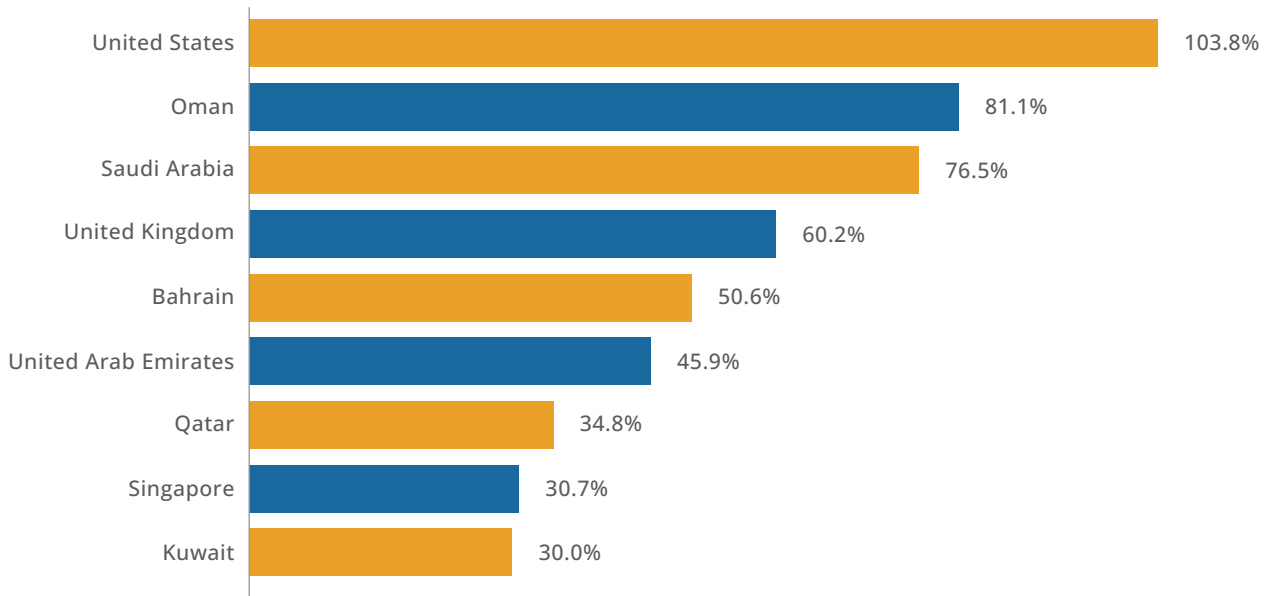
## UAE Strives for Better Women’s Health: Mortality rate

In 2022, the female adult mortality rate was highest in the U.S., followed by Oman and Saudi Arabia, with Saudi Arabia at 76.47 per 1,000 women. The UAE reported a lower rate of 45.93, while Kuwait had the lowest rate at 30.0 per 1,000 women.<sup>13</sup>

### References:







- <https://pubmed.ncbi.nlm.nih.gov/33896782/>
- <https://ourworldindata.org/grapher/women-high-blood-pressure?tab=chart&country=GBR~USA~SAU~ARE~OMN~BHR~EGY>
- <https://www.who.int/news-room/commentaries/detail/ten-top-issues-for-women's-health>
- [https://genderdata.worldbank.org/en/indicator/sp-dyn-amrt?utm\\_source=chatgpt.com&view=bar&gender=female](https://genderdata.worldbank.org/en/indicator/sp-dyn-amrt?utm_source=chatgpt.com&view=bar&gender=female)

### Mortality rate, adult, female (per 1,000 female adults)



### Women and Cancer: Leading Causes of Death in 2022

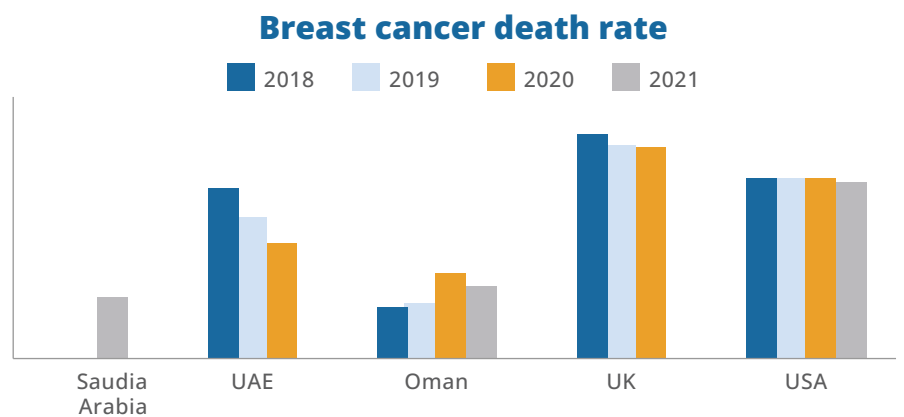
These are the leading cancer types causes death in women in 2022. <sup>14</sup>

S. No	Countries	Types of Cancer
1	 UAE	Breast
2	 KSA	Breast
3	 UK	Trachea and Brounchus and Lungs
4	 USA	Trachea and Brounchus and Lungs
5	 Oman	Breast
6	 Egypt	Liver



### Breast cancer death rate in women

Reported deaths from breast cancer per 100,000 women, based on the underlying cause listed on death certificates. <sup>15</sup>

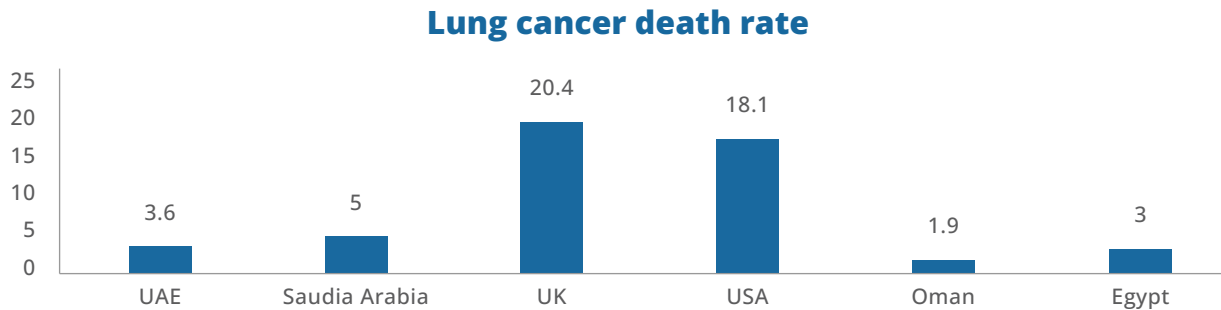


#### References:

- 14 <https://ourworldindata.org/grapher/leading-cancer-types-causing-death-in-women>
- 15 <https://ourworldindata.org/grapher/breast-cancer-death-rate-in-women?tab=chart&country=USA~GBR~ARE~SAU~OMN~EGY~BHR>

## Lung cancer death rate in women, 2022

The reported annual death rate from lung cancer per 100,000 people in women, is based on the underlying cause listed on death certificates. <sup>16</sup>



## Women Centric Plan – country initiative:

### United Kingdom - National Breast Screening Programme

The UK's National Health for women aged 50-71, aimed at early detection of breast cancer. <sup>17</sup>

### Singapore - Women in Global Health Movement

Singapore launched the "Women in Global Health" chapter to promote gender equality and healthcare access for women. <sup>19</sup>

### United States - Women's Health Initiatives

The US has programs aimed at reducing healthcare gender gaps in research, diagnosis, and treatment for women's health. <sup>18</sup>

### UAE's 2024 Healthcare Policy: Aiming for Improved Women's Health and Well-Being

- ♀ To reduce the cancer mortality rate to 23.24 per 100,000.
- ♀ Maintain a 99.99% percentage of births attended by skilled professionals.

## RECOMMENDATION:

### "Fitness Meets Insurance: Gym-Centric Plans for Women's Wellness"

Developed markets have programs in place where insurance companies partner with fitness organizations such as gyms, etc., to offer benefits to their customers to help maintain good health. This eventually results in long-term cost savings for both insurers and customers (lower premiums).

Gym memberships and wellness programs are not widely included in UAE and KSA insurance plans, though some providers like Wellx offer gym access. Introducing "Gym Insurance" plans, especially for women, could be transformative.

### References:

- 16 <https://ourworldindata.org/grapher/lung-cancer-deaths-men-women?country=ARE~USA~GBR~SAU~OMN~EGY~BHR>
- 17 <https://www.gov.uk/government/publications/breast-screening-helping-women-decide/nhs-breast-screening-helping-you-decide>
- 18 <https://www.wired.com/story/how-to-close-the-gender-health-gap/>
- 19 <https://womeningh.org/chapters/singapore/>



# MOVEMBER

MEN'S HEALTH AWARENES

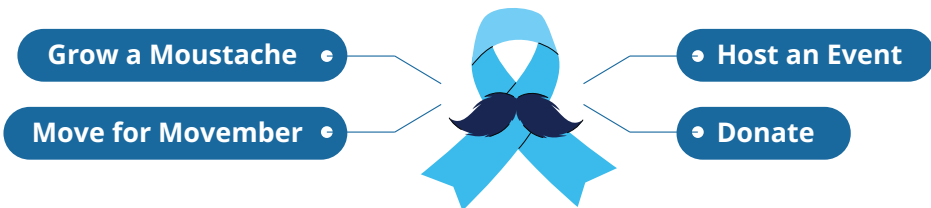
## TOPIC 2: MOVEMBER 2024 – SPOTLIGHT ON MEN'S HEALTH

Movember is a global campaign encouraging men to grow moustache and participate in activities to raise awareness about men's health, including prostate cancer, testicular cancer, mental health, and suicide prevention. <sup>20</sup>

The goal of **Movember** is to "change the face of men's health." <sup>21</sup>

### Support Movember in Style:

There are multiple ways you can contribute to Movember this year:


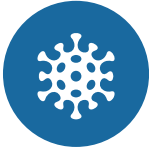





### From Research to Results: Movember's Impact

Since its inception, Movember has raised an impressive \$1 billion globally, funding over 1,250 projects focused on prostate cancer, testicular cancer, and men's mental health. These funds support groundbreaking research, innovative treatments, and educational initiatives, all aimed at improving men's health and helping them live longer, healthier lives. <sup>22</sup>

### Men's Health at Risk: The Big Five

These are the top 5 health risks for men: <sup>23</sup>

-  Cardiovascular Disease
-  Cancer
-  Chronic Lower Respiratory Diseases
-  Diabetes
-  Mental Health Issues

#### References:

- <sup>20</sup> <https://en.wikipedia.org/wiki/Movember#:~:text=Movember%20is%20an%20annual%20event,%22%2C%20and%20%22November%22>
- <sup>21</sup> <https://uk.movember.com/>
- <sup>22</sup> <https://insurancemarket.ae/health-insurance/health-insurance-for-women-in-dubai-and-the-uae/>
- <sup>23</sup> <https://www.carthagehospital.com/top-5-health-risks-for-men-understanding-and-preventing-major-threats/>

Focusing on cancer, the second leading health risk for men, here are some of the most concerning types of cancers in men, categorized by ICD-10 codes. <sup>24</sup>

Primary site ICD-10	%
C18-C21 Colorectal	13.1%
C44 Skin	9.3%
C61 Prostate	8.8%
C91-C95 Leukemia	7.1%
C82-C85,C96 Non-Hodgkin Lymphoma	6.7%
C37 Thyroid	6.4%
C34 Bronchus and Lung	5.3%
C00-C14 Lip, Oral Cavity & Pharynx	5.3%
C67 Urinary Bladder	4.8%
C64-C65 Kidney & Rental Pelvis	4.2%



Here, we focus specifically on colorectal and prostate cancers, which are significant health concerns for men in the UAE and KSA.

**Costing:**



**Colorectal Cancer:**

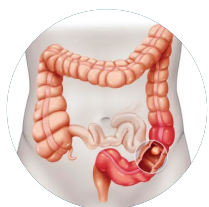
UAE costs between AED 29,360 to 183,500. <sup>25</sup>



**Prostate Cancer:**

UAE total cost ranges from AED 37,500 to AED 66,000. <sup>26</sup>

**Prevalence Rate:**



**Colorectal Cancer:**

It is the second most common cancer overall, representing 12.2% of all cancer cases. <sup>27</sup>



**Prostate Cancer:**

Second most common cancer in men, with 1 in 8 men diagnosed in their lifetime. <sup>28</sup>

**References:**

- 24 <https://badriconsultancy.com/wp-content/uploads/2025/01/CANCER-INCIDENCE-IN-UNITED-ARAB-EMIRATES-ANNUAL-REPORT-OF-THE-UAE-2019.pdf>
- 25 <https://medigence.com/hospitals/oncology/colorectal-cancer/united-arab-emirates>
- 26 <https://www.healthtrip.com/blog/prostate-cancer-treatment-costs-uae>
- 27 <https://www.moh.gov.sa/en/awarenessplatform/ChronicDisease/Pages/ColorectalCancer.aspx>
- 28 <https://www.cancertherapyadvisor.com/factsheets/prostate-cancer-statistics/#:~:text=Approximately%201%20in%208%20men,were%20living%20with%20prostate%20cancer.&text=An%20estimated%20299%2C010%20new%20cases,of%20all%20new%20cancer%20cases.>

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