

# THE BIG SPRING HERALD

FRIDAY

JANUARY 22, 2010



VOLUME 105, NUMBER 40

COPYRIGHT 2009

50 CENTS DAILY/\$1.25 SUNDAY



HERALD photo/Lyndel Moody

Diane Wood, left, and other members of the Healthy Woman's Advisory Council check in attendees to the dinner Thursday night. More than 250 people attended the event to kick off the program's 2010 season.

## 'Edutainment' gives insight on gender variance

By **LYNDEL MOODY**

Features Writer

Psst, women and men really are different.

That was the subject of Thursday night's presentation by Dr. Pat Love, a licensed marriage and family therapist and nationally-known speaker, who gave a "edutainment" talk titled "How to Tell a Man from a Woman" at the Healthy Woman kick off dinner for 2010.

"Even two decades ago we wouldn't be allowed to talk about the difference between men and women because it was so politically incorrect," Love said. "In fact, the medical field is one of the fields that got us to really look at



**Dr. Pat Love was the keynote speaker for Thursday's Healthy Woman event.**

gender science because women were dropping dead from heart disease. They didn't realize that women had different symptoms of heart disease than men do, and they

weren't taking them seriously. Now we have a whole

See **SPEAKER**, Page 3A

# SPEAKER

Continued from Page 1A

field of gender medicine.”

“As we look at the brain — now that we can look at the brain without opening the skull and we have a lot more volunteers for research — we realized that women are different from men,” Love continued. “Understanding and honoring the difference will just help collaboration and cooperation in relationships instead of maligning them. The biggest culprit is a man expecting a woman to be like a man and a woman expecting a man to be like a woman. And yes, it’s on a continuum but the most feminine man is

still more like another man than he is a woman and the most masculine woman is still more like another woman than man.”

Love — and, yes, that really is her birth name — spoke to a crowd of about 250 people, mostly women, at Dora Roberts Community Center. Healthy Woman is a program sponsored by Scenic Mountain Medical Center to provide events, information and networking to area women to help in making informed decisions about their health.

Using research in gender science, Love gave an informative and humorous talk about how men and women react differently to similar

situations.

“It’s really looking at innate vulnerabilities,” Love said. “About 15 years ago, a researcher by the name of Tayler at UCLA looked at all the developmental studies and realized that all the studies had been conducted on men as subjects. It was believed prior to about 20 years ago that women couldn’t be used in research because their hormonal fluctuations would actually taint the study.

“She looked at development coping styles,” Love said. “She found that women have a different coping style than men. Men use the traditional flight and fight ... etc., but women have a coping style

called tend and befriend. It’s this tend and befriend that makes us feel safe, that makes us feel secure and while men certainly can use that, they don’t tend to use it has often as women. Men misunderstand that.

“This is about understanding and honoring difference and embracing that because until we honor difference no one will ever be free.”

Love was available to answer questions at a health fair held before the dinner. This is the second health fair held by Healthy Woman to promote women’s health.

“Women are different, and we have to take care of ourselves,” Love said. “Women make 80 percent of the medi-

cal decisions, but they make more decisions for their pets than they do for themselves so it’s really a good reminder to take care of ourselves because we’re the caretakers. And the reason why we are the caretakers is because we’re the one who use collaboration and relationships as our primary coping skills.”

Love is the author of several relationship books including “Hot Monogamy,” “The Truth About Love” and “How to Improve Your Marriage Without Talking About It.” She has appeared several times on Oprah, CNN and the Today Show. Her advice has also been seen in Cosmopolitan, Men’s Health and Woman’s World.