

# WHY WE LIVE LONGER

IN WOMEN'S HEALTH WEEK, IT'S TIME TO PAY TRIBUTE TO THE UNIQUE CHARACTERISTICS OF THE FEMALE MIND

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**W**hile men are superior at so many things, it's Women's Health Week so let's celebrate the attributes where we are a cut above our hairier mankind.

Men and women complement each other and I'm one of the first people to highlight we sure need blokes in this world. Did you know that 98 per cent of genes are the same in the male and the female? The 2 per cent difference is found in our physical brain structure, how we experience emotions, communicate and think differently. Thank you Captain Obvious you say.

Healthy women:

- See multiple colours and shades, while men see multiple distinct colours preferring black, grey, silver etc. This is attributed to having two X chromosomes in the anatomy of their eye that gives them more cells to see shades of colour. If we can't decide on the 50 shades of purple curtains in the shop, it's because we can see them all.

- See better in the dark and in more detail (but only for short distances), so we will notice that scary bat up in the tree.

- Are naturally wired to reading faces and expressions. They have higher visual perceptiveness in social settings and read non-verbal cues with ease. Women can wondrously communicate and express themselves merely through changing the angles of their eyes and lips. It's safe to say that blokes should look more intently for the hidden meaning because they can lose a whole paragraph with that subtle change. However, men possesses fabulous logical thinking skills that are more likely to fix the problem, but that's irrelevant

for now because we are focussing on what we're good at.

- Are born with a superior ability to decipher even the minutest change in human tones. This is why we need you to turn down the speakers, the TV and your phone.

- Will touch more during communication versus our more visual counterparts. We are sensitive to touch and around six times more likely to initiate a hug than a man.

- Can outperform men on some physical tasks that demand endurance. Have you seen those women who can carry a load on their head that is two-thirds of their own body weight?

- Live longer.

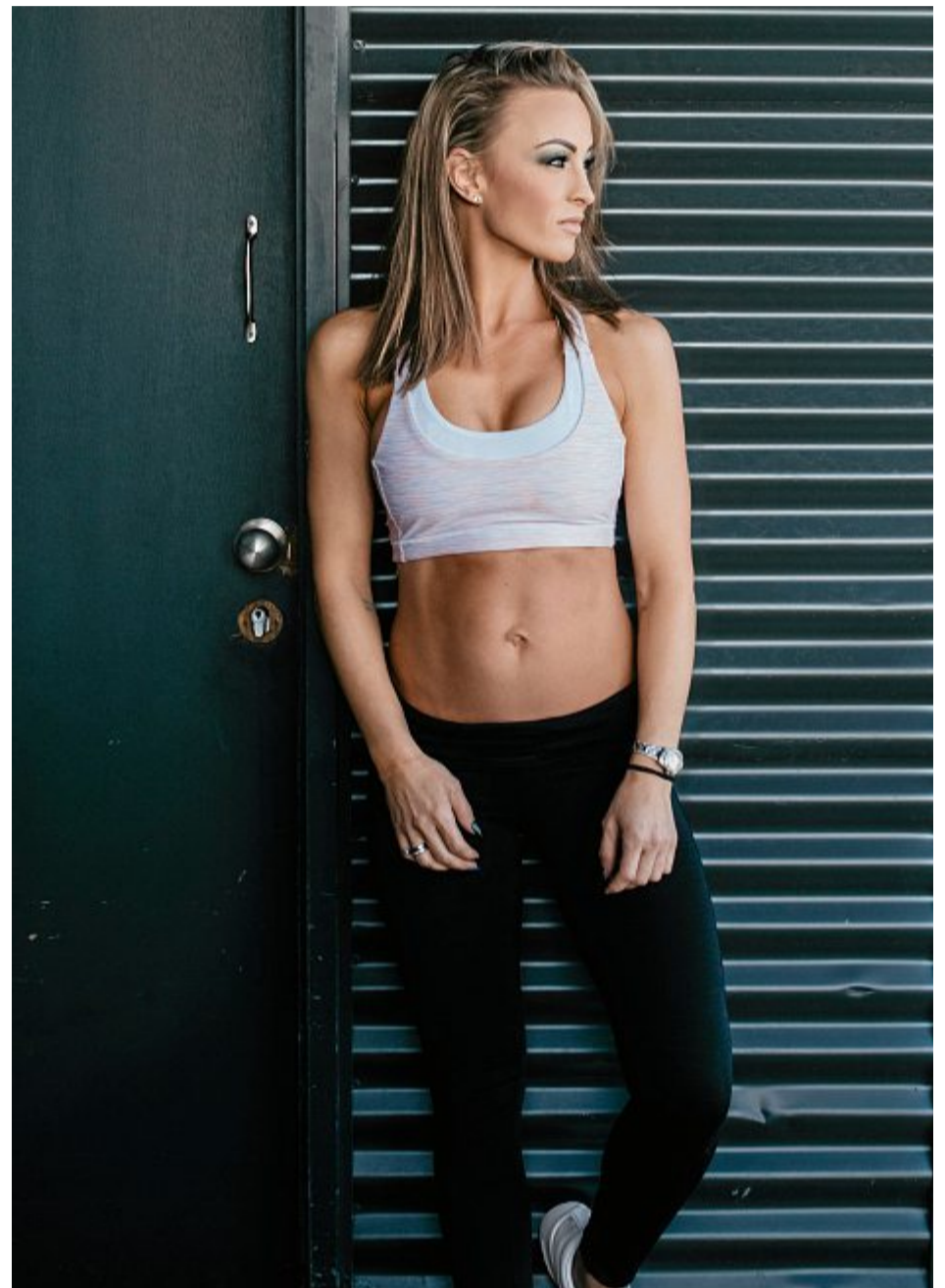
So, this is why a woman will arrive home perilously carrying two weeks of groceries upstairs with just two arms, notice the toilet seat up, the cushions in disarray and hear the blaring TV.

She will scan the room to recognise what has boiled over in the kitchen, which child has upset the other, who's wearing too much make-up, who's wearing too little and that the dog is missing.

I agree, we can get caught up in the details, but you've got to rejoice over our wonderful attributes. What would men do without us? Maybe one of the reasons we need to live longer.

The above information comes with gratitude to the research and work of neuroscientist Dr C Leaf.

*To catch more of Joanne listen in each Friday morning to her fun chat with the breakfast crew on Salt 106.5.*



EXPRESS YOURSELF: Women can communicate simply by changing the angle of their eyes and lips and are naturally wired to read facial expressions. Model: Abbie Jones. Makeup: Candice Phillips Makeup Artistry. Location: Mooloolaba Wharf PHOTO: LITTLE AND CO PHOTOGRAPHY

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