

SEX CHROMOSOMES AND HEALTH

The X and Y chromosomes are not just "genetic instructions" for reproduction; they are active drivers of human health. Key examples include why certain drugs, such as statins, cause more side effects in women, and how the loss of the Y chromosome in aging men is linked to heart disease. A Nature Feature article (April 2026) maps out the current state of the field (1).

1. <https://www.nature.com/articles/d41586-026-01256-7>