

SOCIETAT CATALANA DE SALUT EN PERSPECTIVA DE SEXE I GÈNERE



Malalties cardiovasculars en dones: infradiagnosticades i poc tractades

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Cardiovascular disease in women

Cardiovascular
disease in
women

35%

of all deaths in women
worldwide are caused by
cardiovascular disease



275 million

women were diagnosed with
cardiovascular disease in 2019

8.9 million

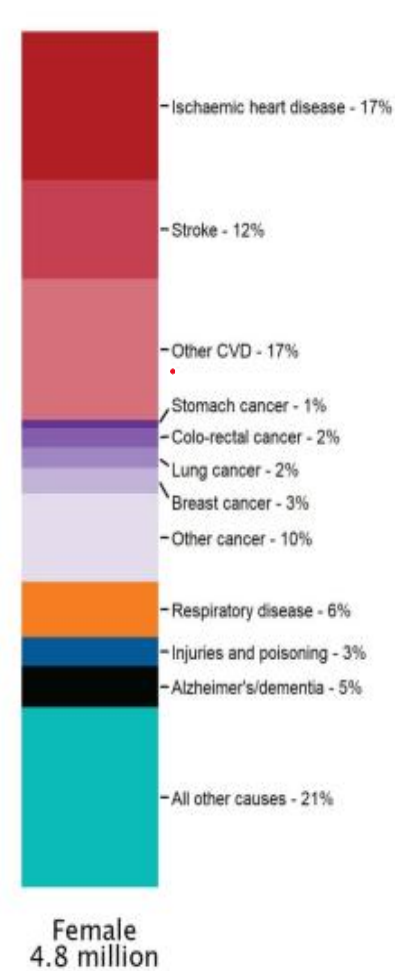
women died from
cardiovascular disease in 2019

**understudied,
under-recognised,
underdiagnosed,
undertreated,
and women are
under-represented in
clinical trials.**

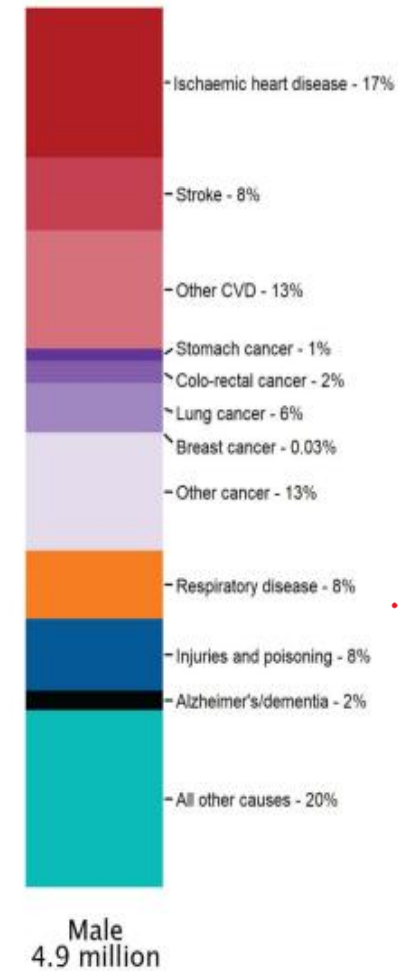
Incidence, prevalence of ischaemic heart disease and causes of death in Europe



46%

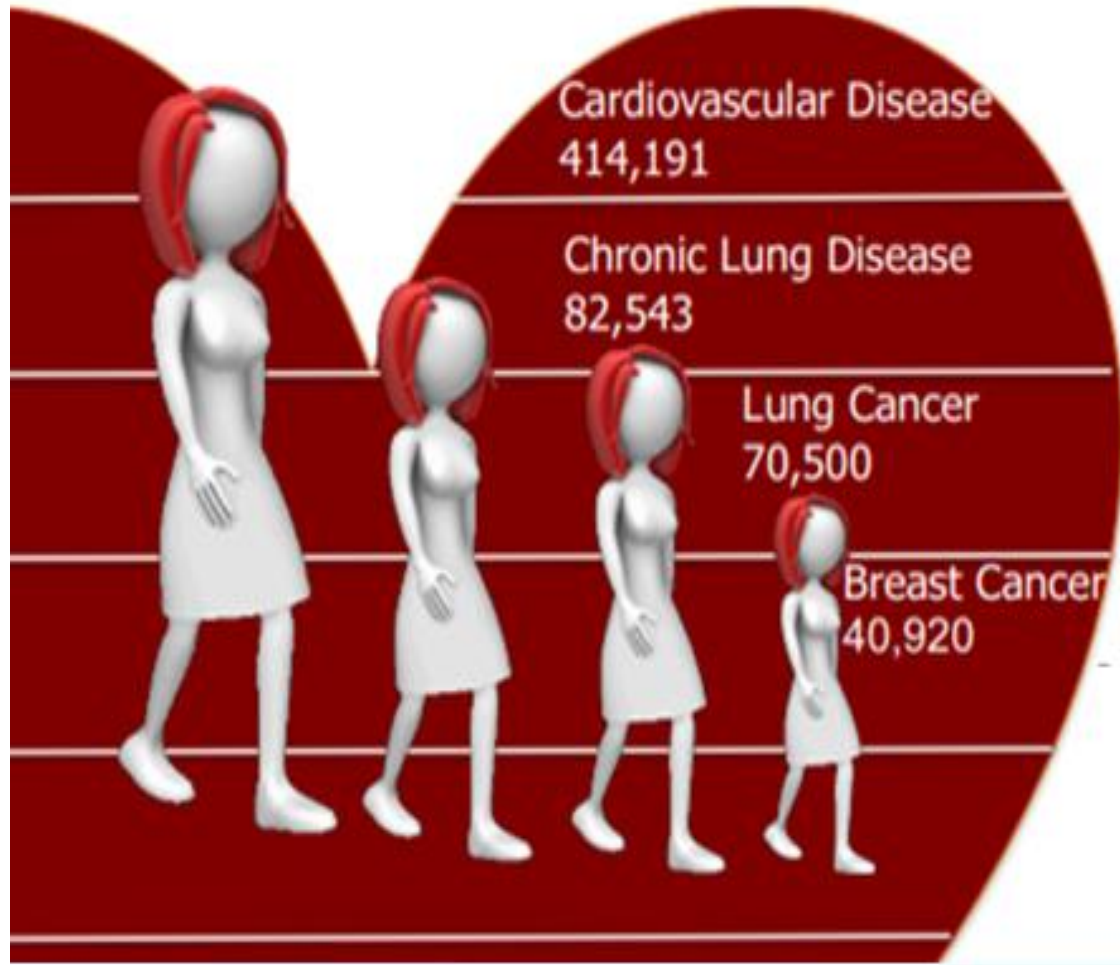


38%



CVD is leading cause of death in USA

Total death in women in USA 2015: 1,236,003



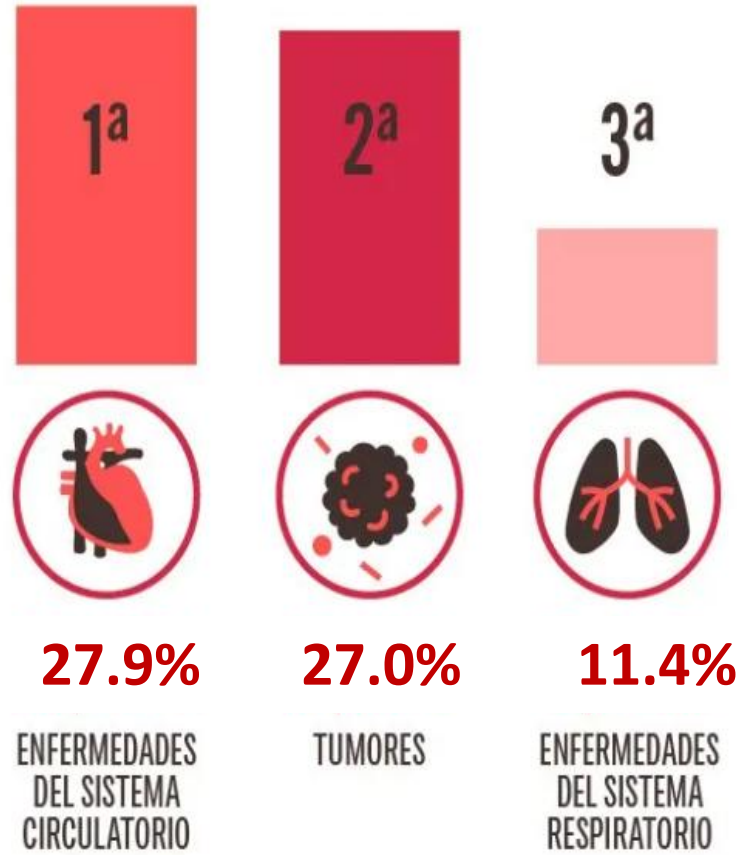
Prevalence of CVD



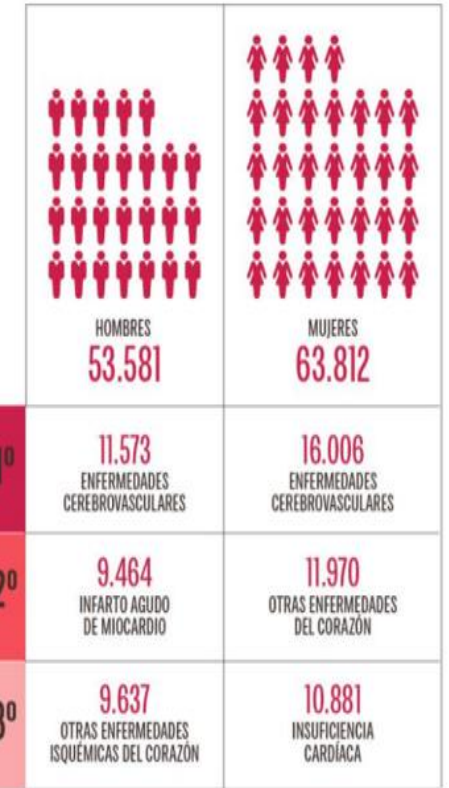
Prevalence of breast cancer:
1,5 million

CVD is preventable

LA ENFERMEDAD CARDIOVASCULAR PRIMERA CAUSA DE MUERTE

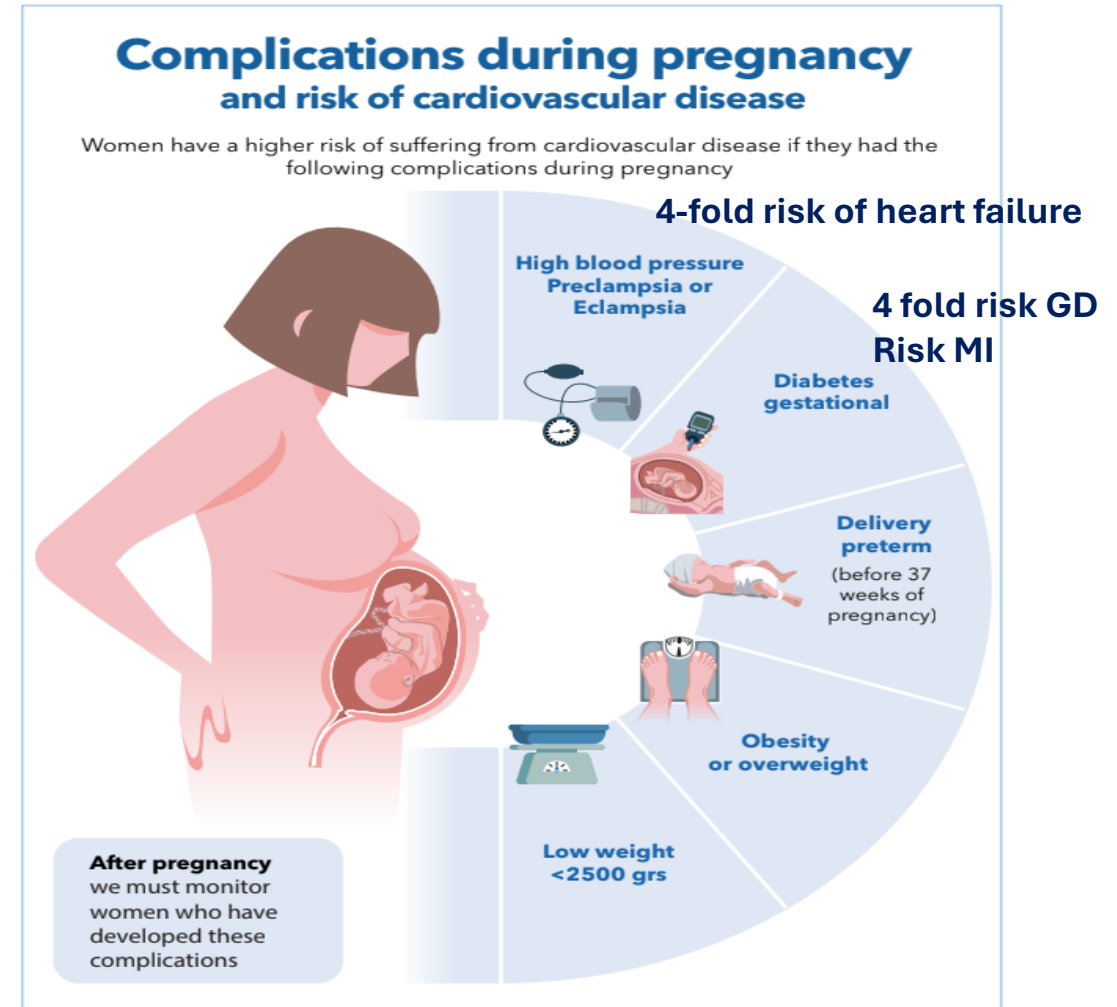
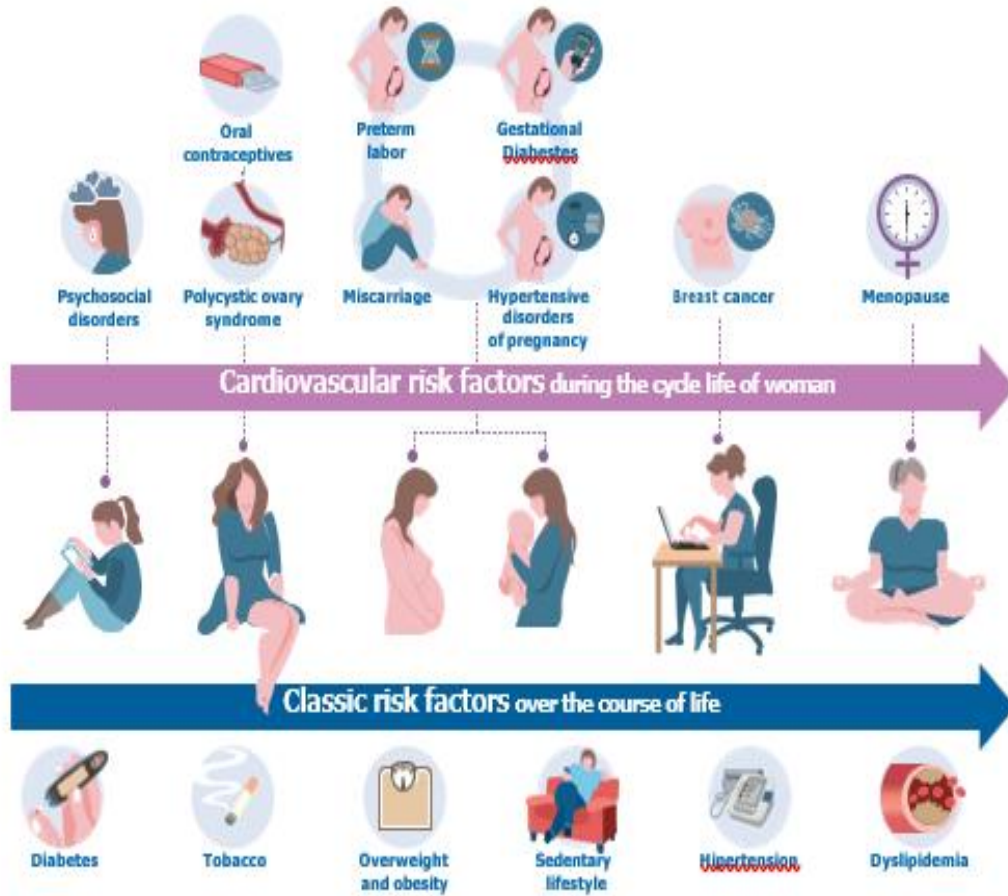


LA MUJER MUERE UN 6% MÁS DE ENFERMEDAD CARDIOVASCULAR QUE EL HOMBRE



Global Burden of Disease Study, 2019
 Institute for Health Metrics and Evaluation, 2020
 Instituto Nacional de Estadística, 2017, 2019

Cardiovascular risk factors in women



Sex differences in MI symptoms?



Chest pain or discomfort



Shortness of breath



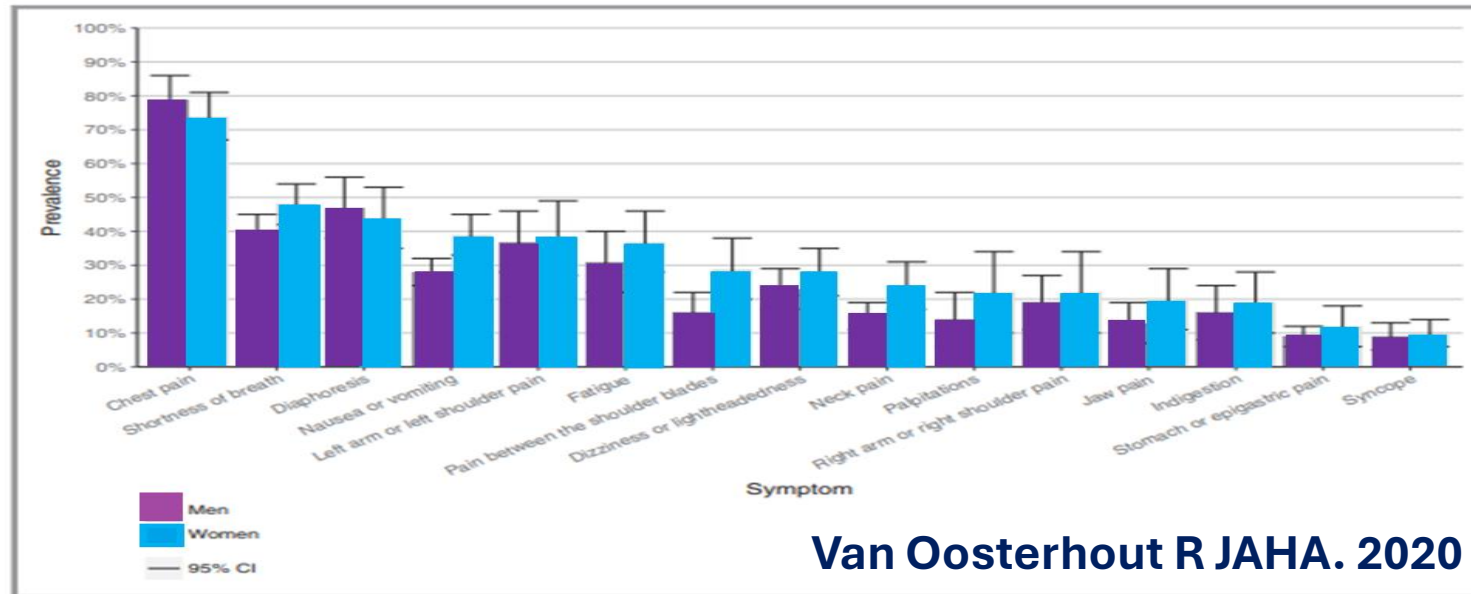
cold sweat



Sudden dizziness

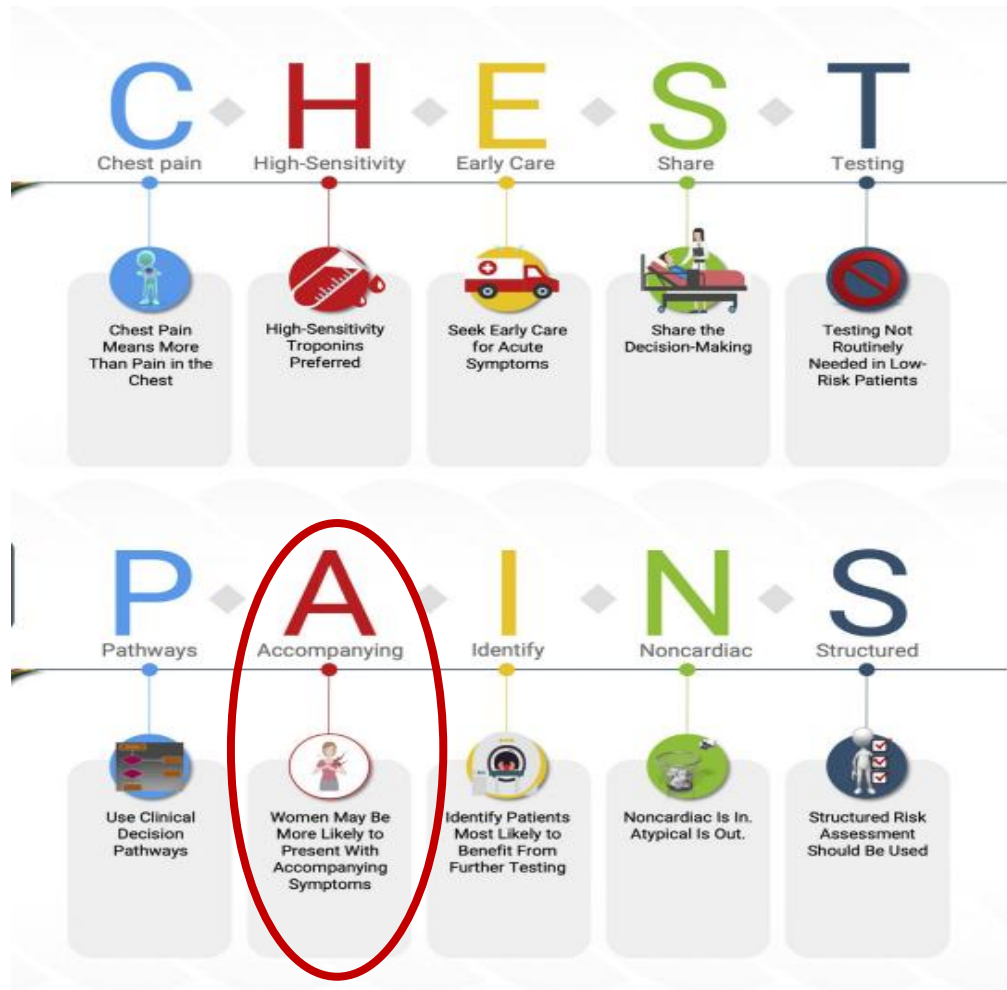


Nausea



NO, symptoms are characteristic for the underlying disease

Initial management of women with ACS



CHEST PAIN

Metanalysis 27 studies

N=1,226 163 (40% women)

74% WOMEN vs 78% MEN

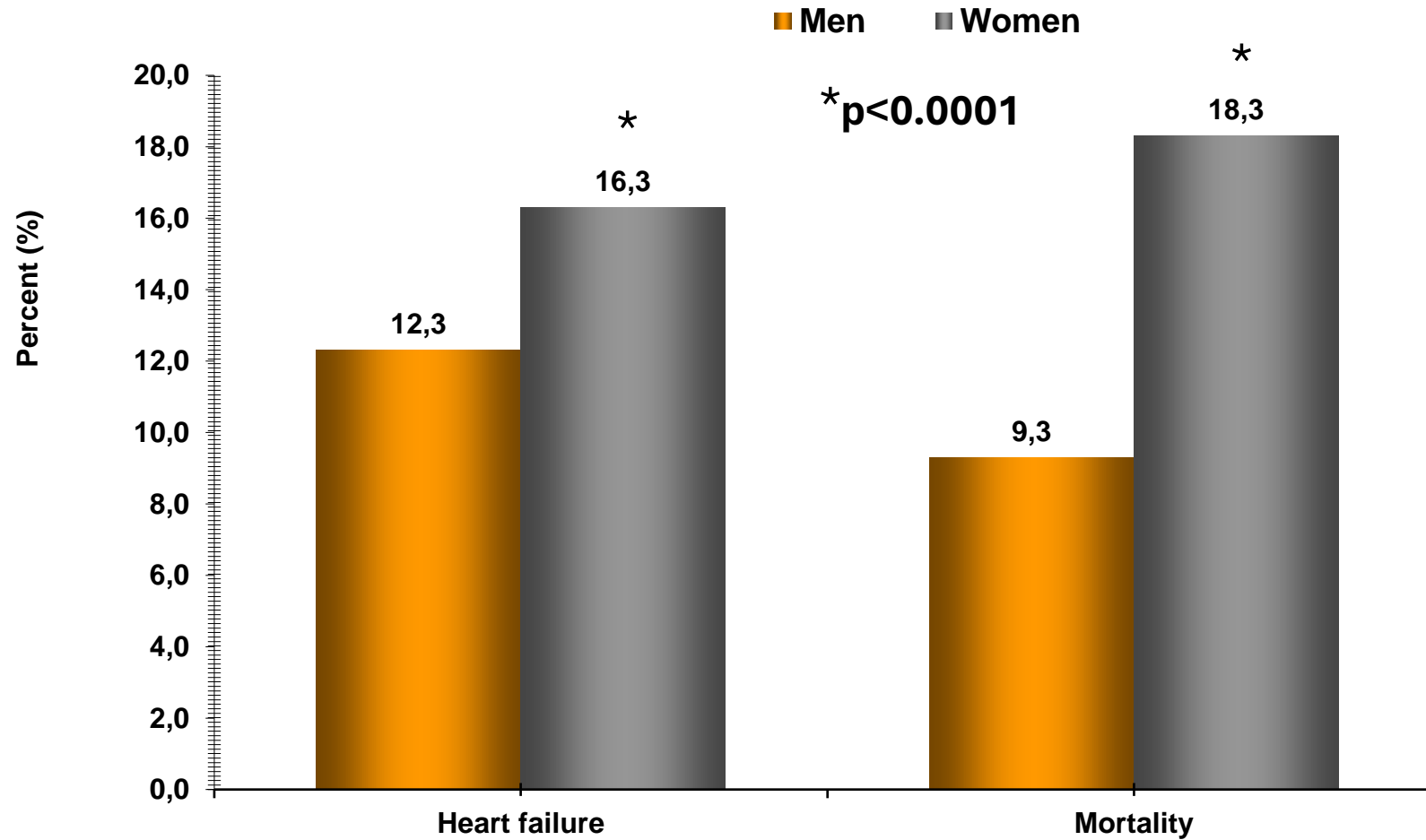
Gulati M, JACC 2022

Van Oosterhout REM, J AmHeart Assoc. 2020

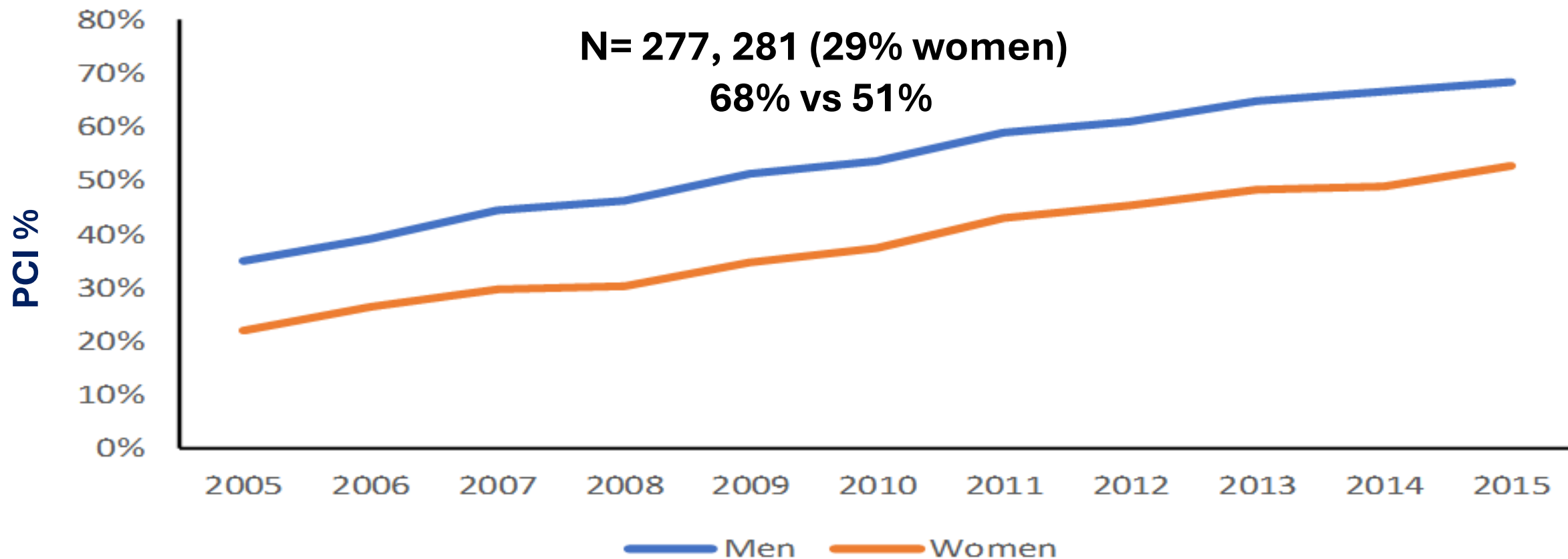
Sambola A et al., Euro Cardiol Review 2023

Differences in outcomes between sexes with STEMI

Mortality adjusted for women OR: 1.18; IC 95%: 1.14-1.22; $p < 0.001$

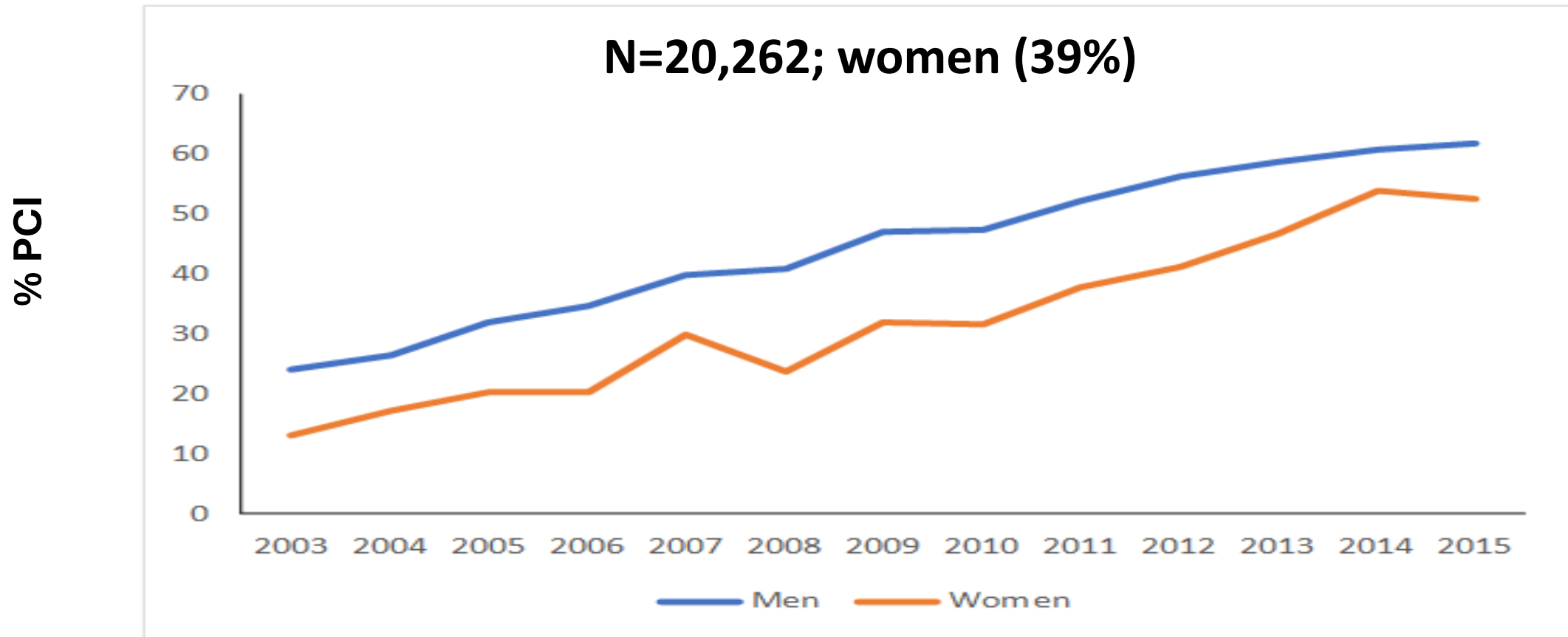


Low rate of PCI in women with STEMI



Women received less PCI through a decade, in all age groups except in subgroup 18 to 34 years

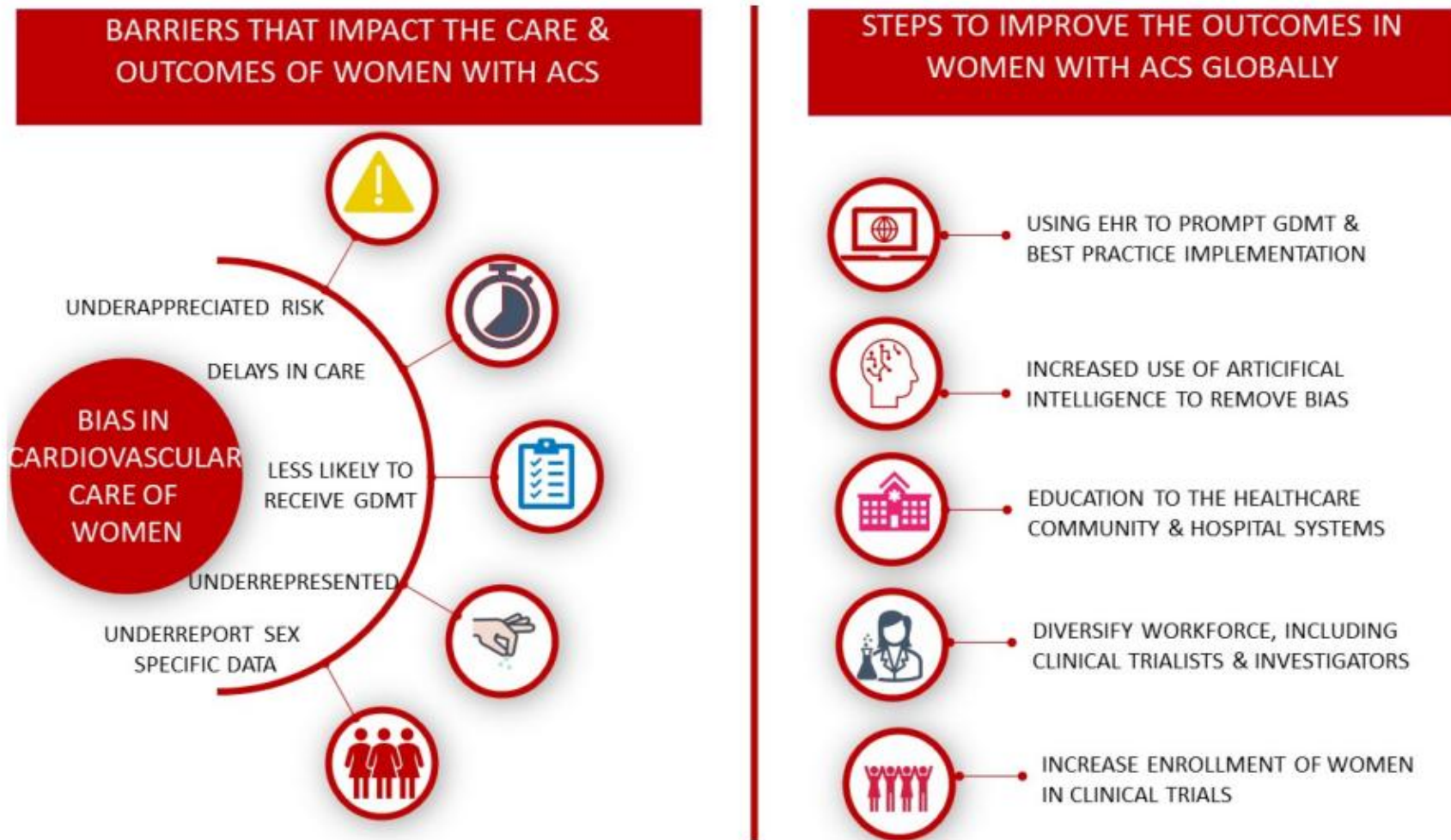
STEMI and cardiogenic shock. Sex differences in PCI



Lower PCI in women: 56% vs 48%

Patients admitted in centers with ICCU: PCI 71% vs 80%

Bias in the care of women with ACS and steps to improve outcomes



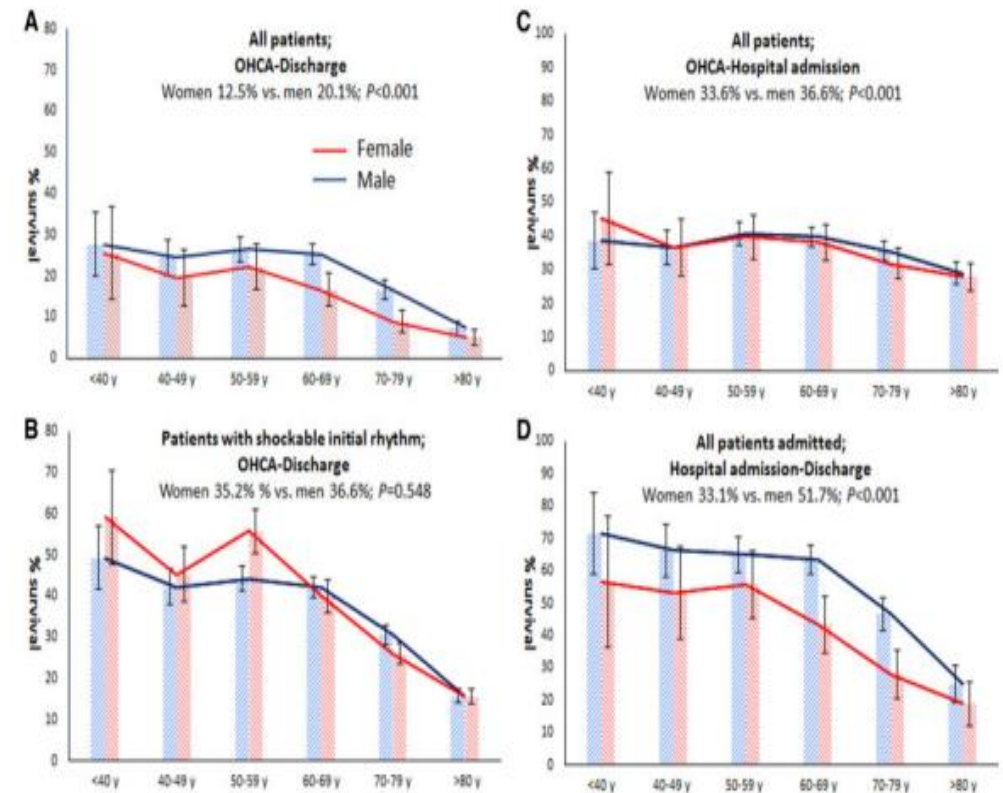
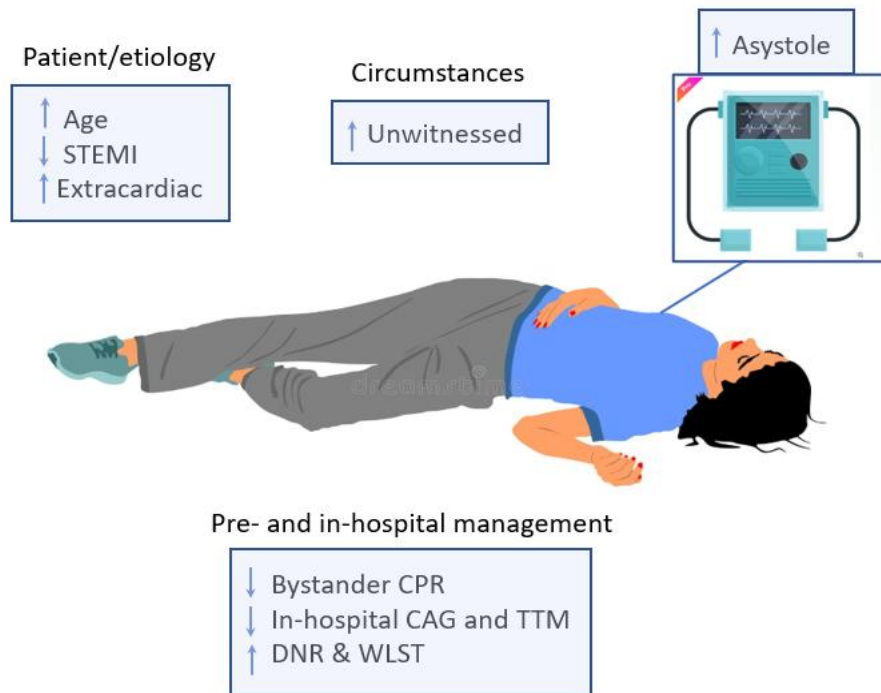
Survival in women with out-hospital cardiac arrest

Overall survival in patients with OHCA from admission to discharge is 50-60%

5,717 OHCA (28.0% women)

Women had lower survival rates at each successive stage of care

Women vs. men in out-of-hospital cardiac arrest

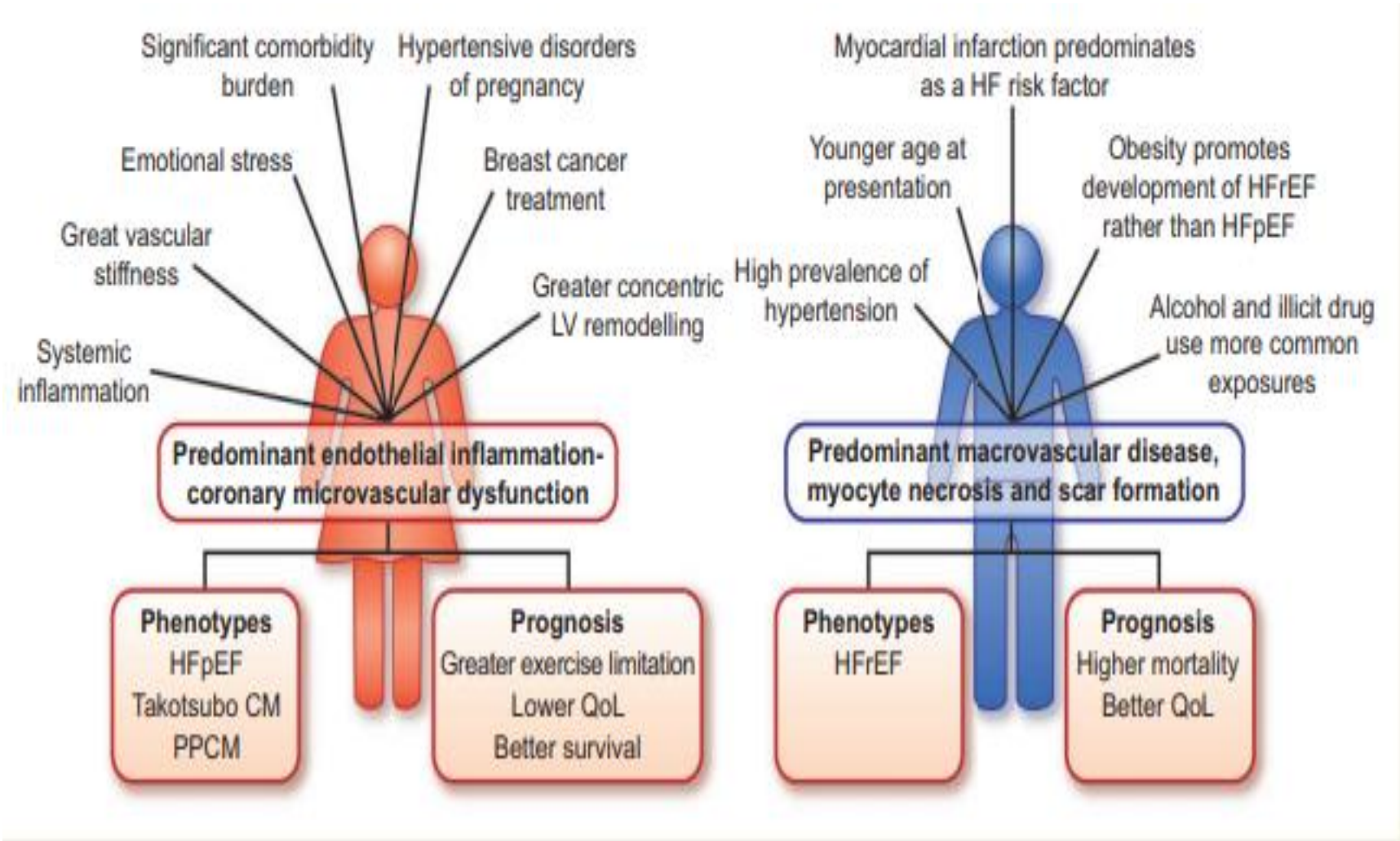


Women with OHCA were less likely than men to receive a resuscitation attempt by a bystander even when OHCA was witnessed

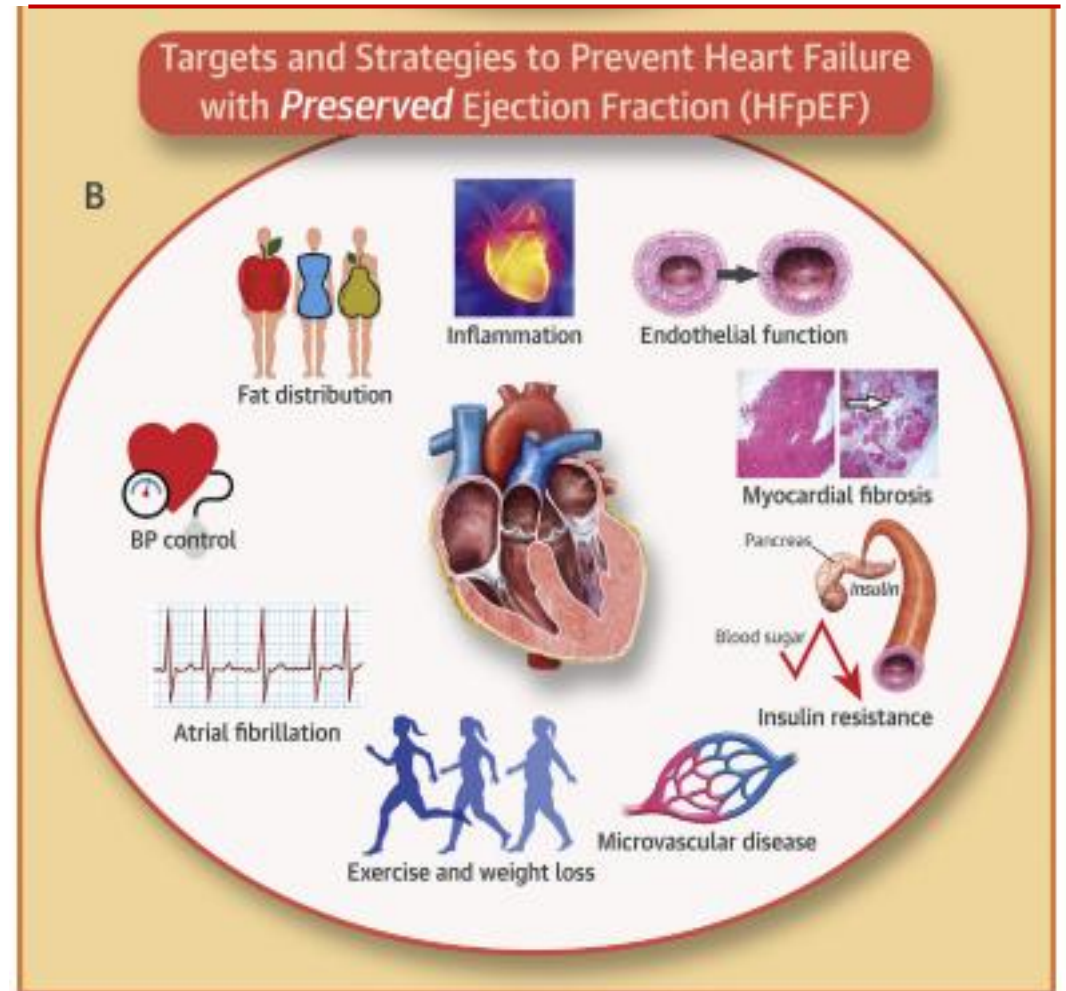
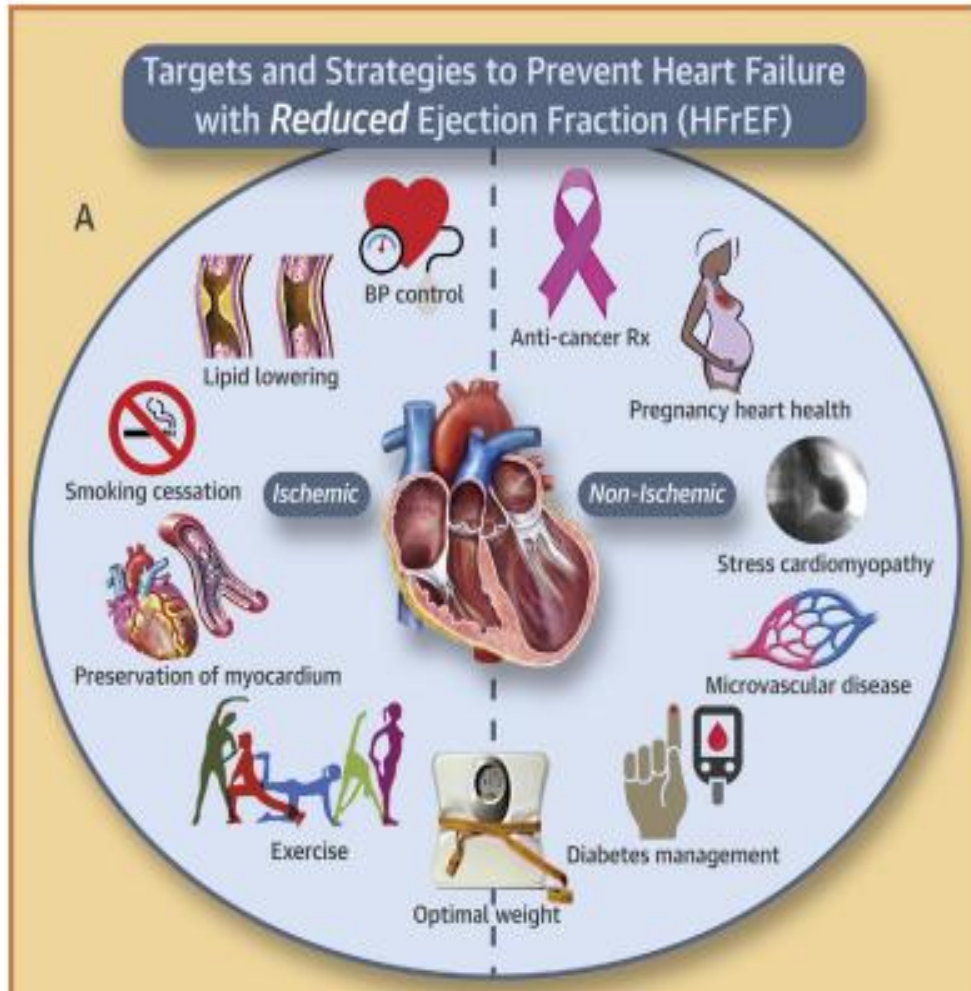
Sambola A, EHJ open access 2024

Blom M, EHJ 2019; 40; 3824–3834

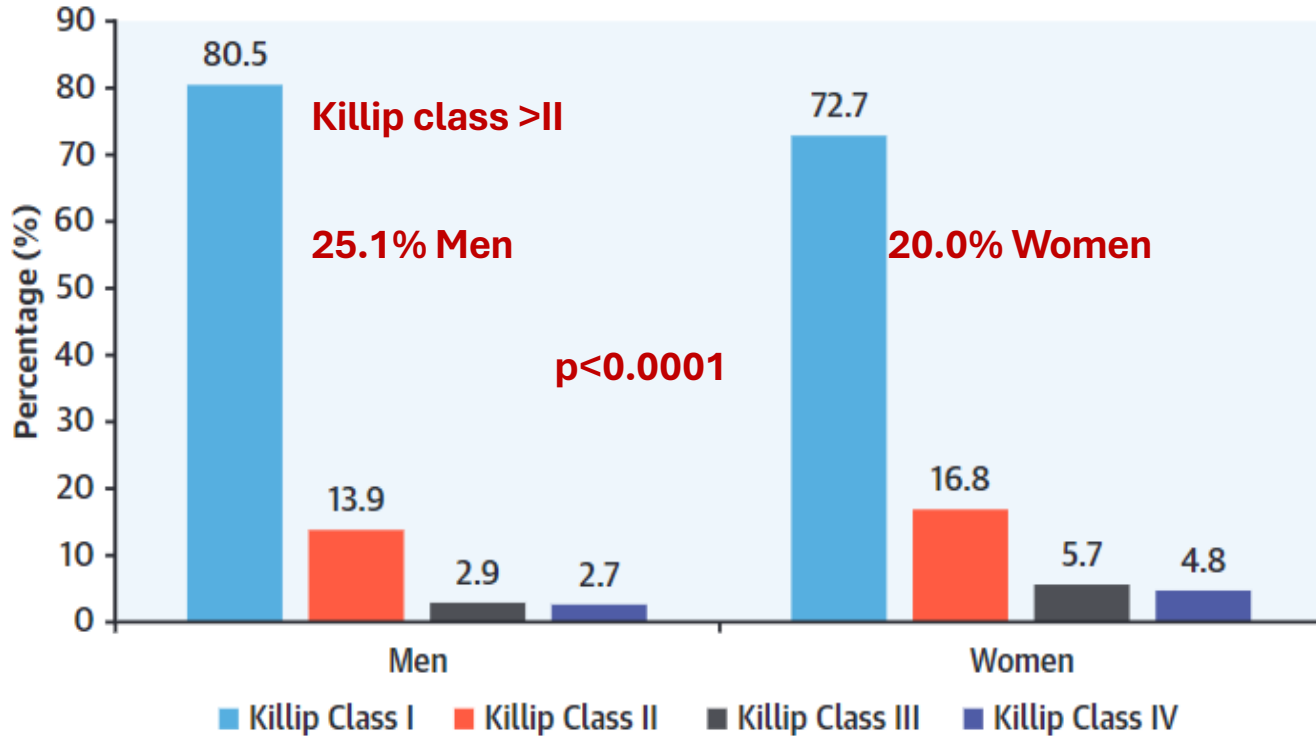
Sex differences in heart failure



Primary prevention heart failure in Women



Women are at higher risk to develop *de novo* heart failure after STEMI



N=10,443 (29.8% women)

Associated factors

with HF:

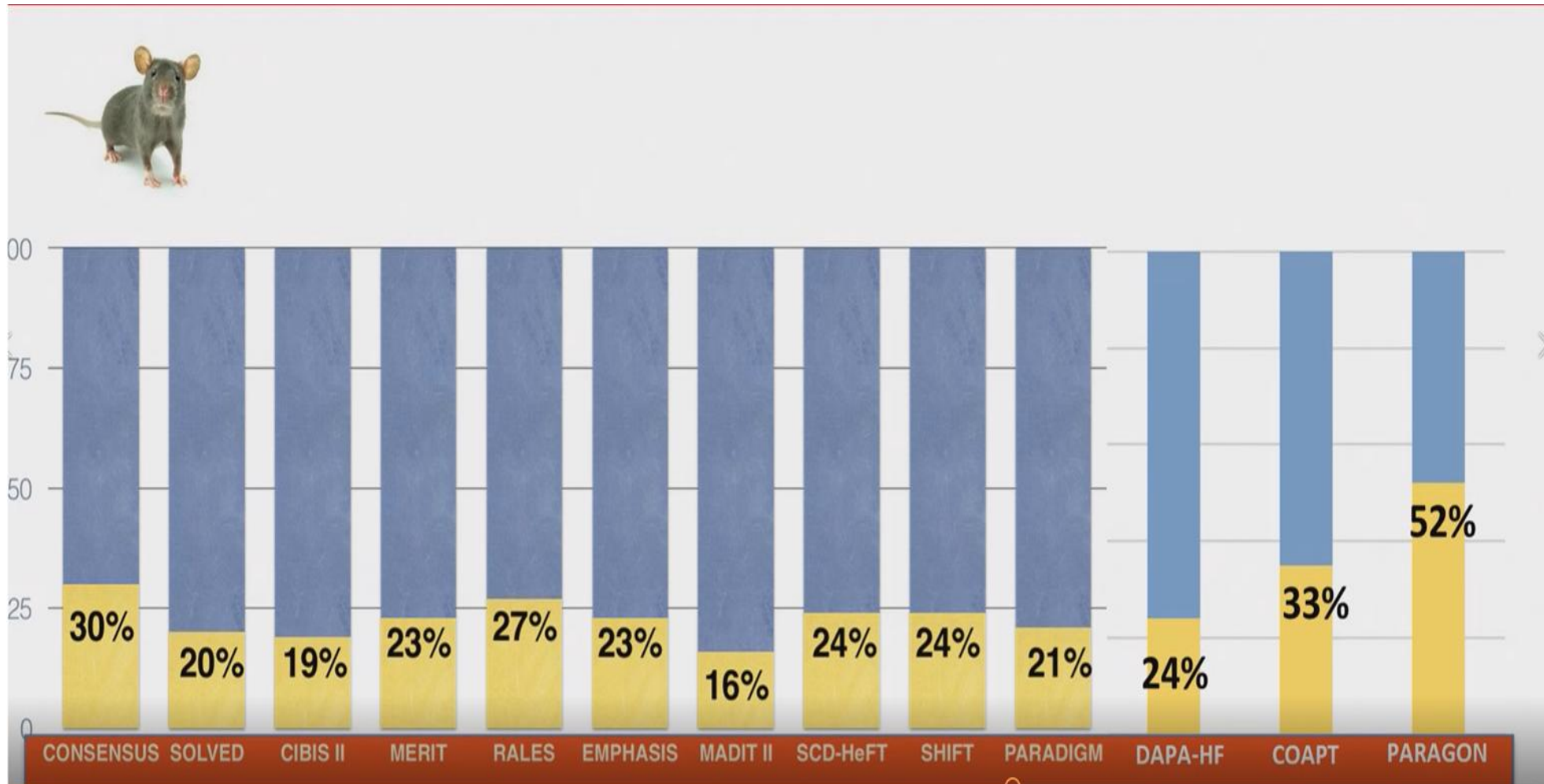
>60 years women

>120 minutes delay

Women with HF *de novo* had higher 30-day mortality than men: 9.6% vs 5.9% < 0.0001

Women in HF drug clinical trials

23%: conclusions in women??



Knowledge, Attitudes and Beliefs Regarding Cardiovascular Disease in Women

#1 Cardiovascular disease (CVD) is the top cause of death in women in the U.S.
CVD kills more women than all cancers combined

400,000 women died from CVD in 2016 (U.S.A.)

And yet ...



Only 45% of women know CVD is #1 killer

A need to raise awareness of risk and symptoms of heart disease



26% of women find CVD embarrassing, assuming risk is solely linked to weight

A need to de-stigmatize the disease risk by countering stereotypes with facts



Only 40% of routine care includes a heart risk check

A need to invest in women's CVD research and physician education/training



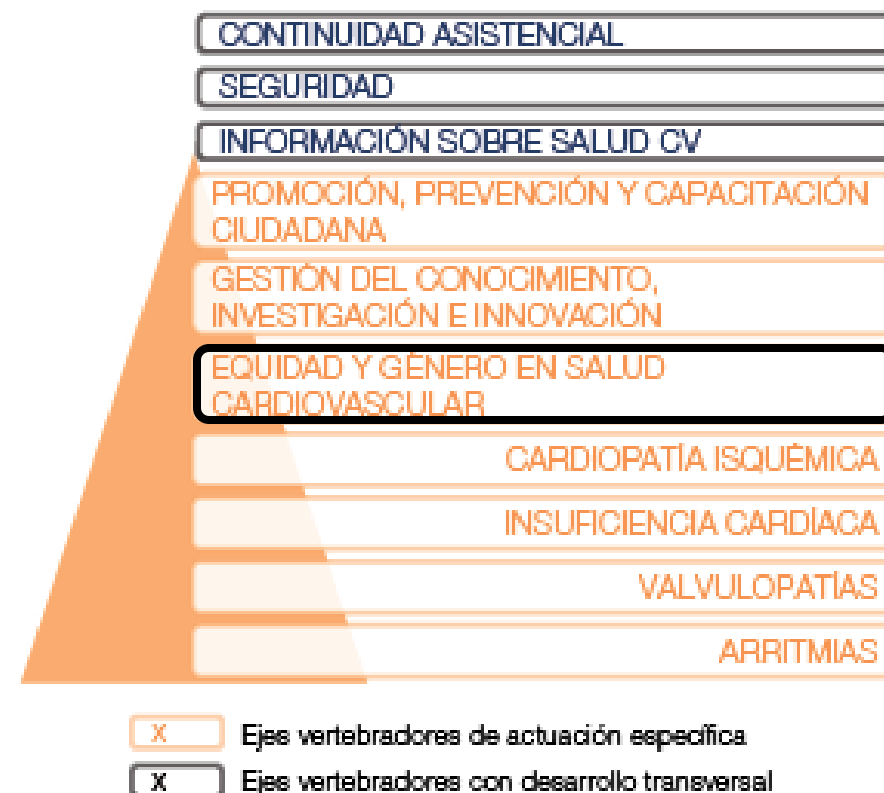
Only 39% of primary care physicians (PCPs) make CVD a top priority



Only 22% of PCPs and 42% of cardiologists feel well prepared to assess CVD risk

Estrategia en Salud Cardiovascular del Sistema Nacional de Salud (ESCAV)

Figura 22. Ejes vertebradores de la ESCAV



Fuente: Ministerio de Sanidad.

