The Heart of a Woman

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Women, Heart Disease and Stroke
Statistics

• More than 1 in 3 women has some form of CVD

• Since 1984, the number of cardiovascular deaths for women exceeded males

• 2006: 53% of cardiovascular deaths were women and 26% of female deaths are cardiovascular

• 64% women with sudden CHD death had no symptoms

• 23% of women, 18% men die < 1 year post MI

• Stroke survivors: 3.9 million US women (3.1% white, 4.3% black and 3.1% of Hispanic women > 20 y

American Heart Association -2010 Update

Source: NCHS and NHLBI. These data include CHD, HF, stroke, and hypertension.

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Roger VL et al. Published online in Circulation Dec. 15, 2010
Prevalence of Stroke in US 2006-2008


Source: NCHS and NHLBI.
Cardiovascular Disease Mortality Trends for Men and Women United States: 1979-2004

Source: NCHS and NHLBI.
Heart Disease in Women - CDC

Heart Disease Death Rates, 2000-2009 - All Women
Adults Ages 59 Years and Older, by County
Women and Heart Disease in Louisiana-CDC/AHA Statistics

• 31% deaths due to heart disease and stroke
• 17 women die of heart and stroke deaths daily
• 61% of women overweight or obese
• 19% smoke cigarettes
Putting the risk of breast cancer in perspective

Causes of Death in Women: Ontario, 1995

(For each group, value is expressed as percentage of total number of deaths among women in that age group. The proportion of deaths due to breast cancer never exceeded 20%. Data from the Ontario Cancer Registry.)

Deaths from cardiovascular disease
Deaths from lung cancer
Deaths from breast cancer

Deaths from cardiovascular disease
Deaths from lung cancer
Deaths from breast cancer

AHA Hypertension Statistics in US Women over age 20

• 31% of White Women
• 46% of Black Women
• 29% of Mexican-American Women
AHA Statistics: Cigarette Smoking in Women > age 18

- 21% White Women
- 17% Black Women
- 9% Hispanic Women
AHA Statistics: Cholesterol >200 mg/dl Women age 20-74

- 53,800,000 US women
- 47% White Women
- 41% Black Women
- 47% Mexican-American Women
- 17% of White women with cholesterol ≥ 240
- 13% of Black women with cholesterol ≥ 240
- 14% Mexican-American women with TC ≥ 240

* Data for Mexican Americans not available.

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Statin Trials: Therapy Reduces Major Coronary Events in Women


- **4S** (n=827)
- **CARE** (n=576)
- **AFCAPS/TexCAPS** (n=997)

Major coronary events*

<table>
<thead>
<tr>
<th>% Δ</th>
<th>4S (n=827)</th>
<th>CARE (n=576)</th>
<th>AFCAPS/TexCAPS (n=997)</th>
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<tbody>
<tr>
<td>-34</td>
<td><strong>P=0.012</strong></td>
<td>-46 <strong>P=0.001</strong></td>
<td>-46 <strong>vs -20% in CARE men</strong></td>
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n = number of women enrolled.
* 4S = primarily CHD death and nonfatal MI;
  CARE = coronary death, nonfatal MI, angioplasty, or bypass surgery;
  AFCAPS/TexCAPS = fatal/nonfatal MI, unstable angina, or sudden cardiac death.
AHA Statistics: Obesity

Overweight (BMI $\geq 25$) and Obesity (BMI $\geq 30$)

• White: 59% overweight, 35% obese
• Black: 78% overweight, 51% obese
• Mexican-American: 75% overweight, 43% obese
Worsening Trends in Diabetes and Obesity

PREVENTION OF OBESITY

• Maintain BMI < 25
• Diet and exercise essential
• Modify eating habits
• Incorporate exercise into daily routine
• Exercise to avoid muscle wasting with age
Diabetes can appear right under your nose
CARDIOVASCULAR MORTALITY WITH DIABETES

Diabetes Care

- **LDL cholesterol ≤ 100 mg/dl**
- **Blood pressure < 130/80**
- **Good glucose control**
- **HgbA1c ≤ 7%**
American Heart Association 
Estrogen/Hormone Replacement

• Estrogen/Hormone Replacement Therapy not indicated for cardiovascular prevention
• Focus on proven therapies, including hypertension management, cholesterol reduction
• Decision to continue/stop HRT should be based on non-coronary benefits/risks and patient preference
• Consider stopping HRT while immobilized or hospitalized for acute CVD event
Barriers to Prevention

- 41% of underserved midlife women reported lack of restaurants with healthy food
- 50% reported lack of fresh produce sources
- 52% not enough affordable exercise places
- 42% not enough appropriate physical activity options that meet women’s needs
- 47-53% unsafe conditions to exercise

Jilcott et al. J Women's Health 2006;15569-83
Preventing Heart Disease

- Modify eating habits
- Increase whole grains, fruits, vegetables, fish
- Decrease total and saturated fat, processed foods
- Modify cardiovascular risk factors
- Smoking cessation
- Incorporate exercise into daily routine