

Heart Health of Women in a New Era



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Awareness

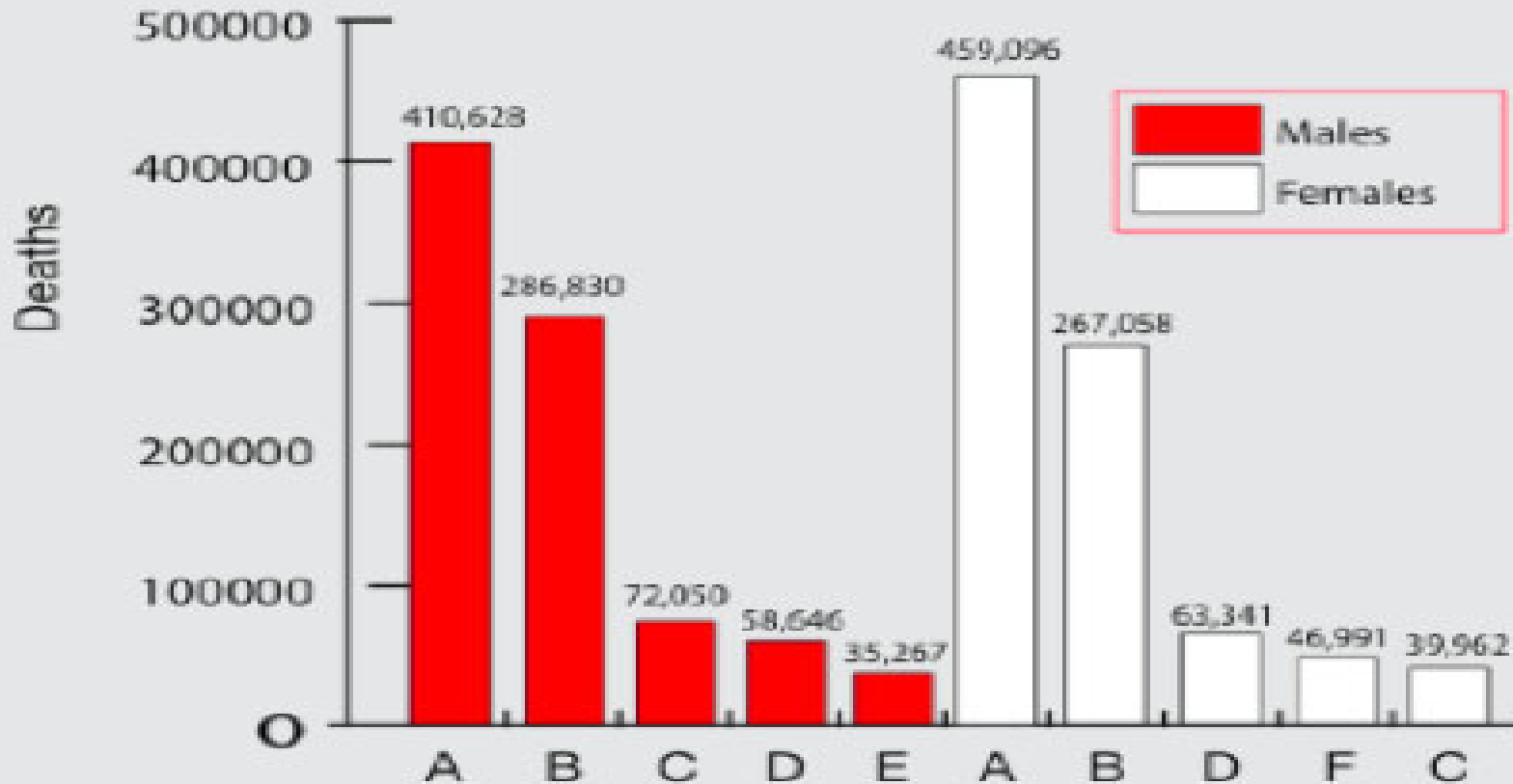
Women are aware of the risk of breast cancer and what can be done for prevention and early detection

Yet

- ◆ One in 30 female deaths is from **breast cancer** and one in six is from **coronary heart disease**
- ◆ One in 4.6 women die of **cancer** while one in 2.6 die of heart disease
- ◆ One woman dies every minute from heart disease in the United States (approximately 460,000 deaths/year)

Heart Disease Trumps Cancer

Cardiovascular Disease and Other Major Causes of Death for All Males and Females United States: 2004

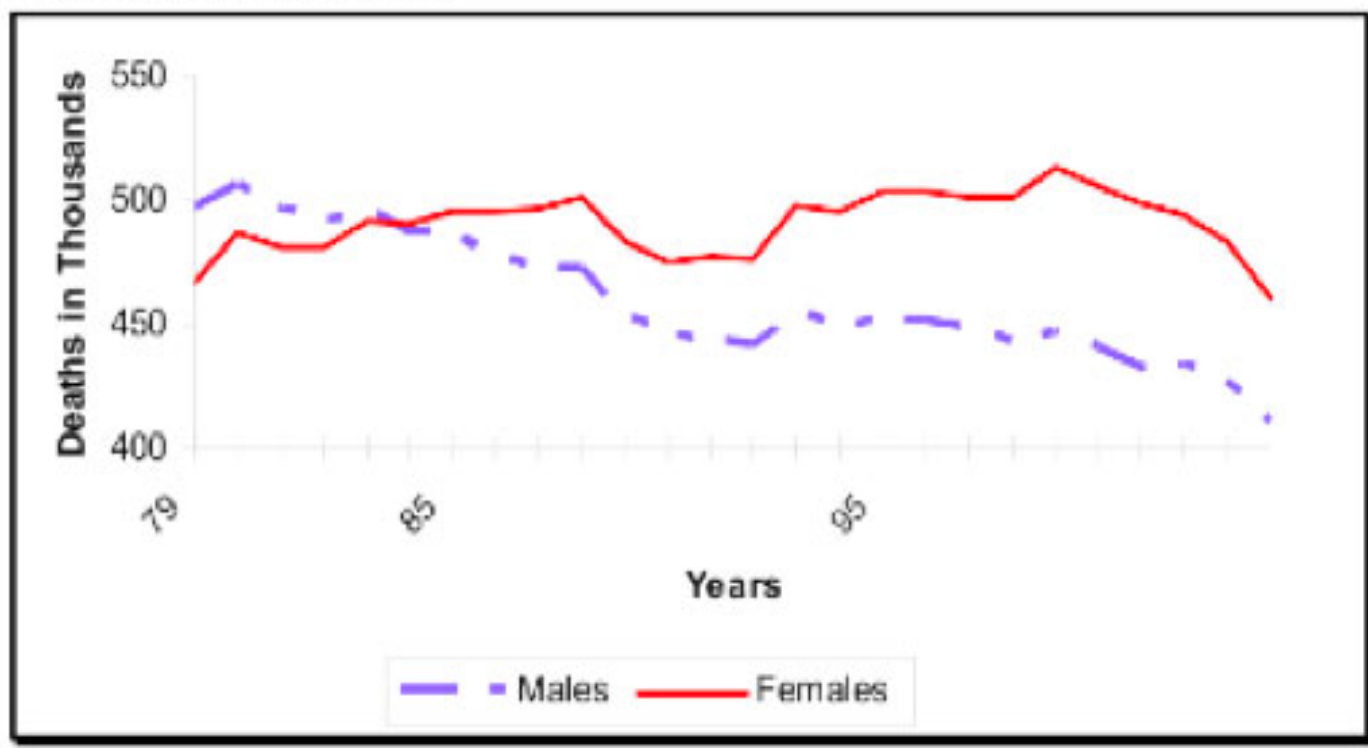


A indicates total CVD plus congenital heart disease; B, cancer; C, accidents; D, CLRD; E, diabetes mellitus; and F, Alzheimer's. (NCHS and NHLBI)

- ◆ Since 1984, the number of CVD deaths for females exceeded those for males
- ◆ In 2005, CVD was the first diagnosis of females discharged from short-stay hospitals

Cardiovascular Disease Mortality Trends for Males and Females

United States: 1979–2004



Death rates are age-adjusted per 100,000 population, based on the 2000 U.S. standard.

NCHS and
NHLBI

Later and Deadlier

- ◆ 64% of women who die from CHD had no previous symptoms
- ◆ Women develop heart disease about ten years later than men, usually after menopause
- ◆ Women often experience different symptoms than men

Symptoms: Gender Differences

Only 30% of women have chest pain

- ◆ Common early warning signs:
 - ◆ Unusual fatigue
 - ◆ Sleep disturbance
 - ◆ Shortness of breath
 - ◆ Indigestion
 - ◆ Anxiety
- ◆ Symptoms when experiencing an MI
 - ◆ Shortness of breath
 - ◆ Weakness
 - ◆ Unusual fatigue
 - ◆ Cold sweats
 - ◆ Dizziness

Delay in Seeking Care



"Women delay seeking treatment longer and have worse outcomes than do men,"

— Anne Rosenfeld, Ph.D., R.N., C.N.S., F.A.H.A.

Why Women Delay Seeking Care

◆ Knowing Group

(4 Trajectories of Behavior)

- ◆ Knowing and going
- ◆ Knowing and letting someone take over
- ◆ Knowing and going on the patient's own terms
- ◆ Knowing and waiting
- ◆ Knew something was serious to warrant immediate medical attention

◆ Managing Group

(2 trajectories of behavior)

- ◆ Managing an alternative problem like GERD
- ◆ Wait and seek help until she's in trouble
- ◆ Ignored symptoms or hoped they would go away

Risk Factors

- ◆ 9 potentially modifiable risk factors account for 90% of risk of initial acute MI
 - ◆ Smoking
 - ◆ Abnormal lipid values
 - ◆ Hypertension
 - ◆ Diabetes
 - ◆ Abdominal obesity
 - ◆ Lack of physical activity
 - ◆ Low daily fruit and vegetable consumption
 - ◆ Alcohol over-consumption
 - ◆ Psychosocial: Stress, lack of social support, depression

Lancet 2004;364:937-952

Menopause and Heart Disease

- ◆ Risk of heart disease increases greatly after menopause
- ◆ Before menopause, estrogen protects women from heart disease
- ◆ Post-menopausal HRT does not protect against cardiovascular events

- Manson JE, et.al. "Estrogen plus Progestin and the Risk of Coronary Heart Disease." *N Engl J Med* 2003;349:523-34.
- Hendrix SL, et al. "Effects of Conjugated Equine Estrogen on Stroke in the Women's Health Initiative." *Circulation* 2006;113:2425-2434

HRT and Cardiac Health

WHI was a major 15-year research program designed to address the most frequent causes of death, disability and poor quality of life in postmenopausal women -- cardiovascular disease, cancer, and osteoporosis

- Manson JE, et al. "Estrogen plus Progestin and the Risk of Coronary Heart Disease." *N Engl J Med* 2003;349:523-34.
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Results of WHI

Both the estrogen plus progestin and estrogen-alone trials of the WHI were stopped early because of increased health risks and the failure to prevent heart disease

- ◆ estrogen plus progestin trial was stopped after 5.6 years because of an increased risk of breast cancer and because overall risks, including increased risks for heart attack, stroke, and blood clots, outnumbered benefits
 - ◆ estrogen-alone study was stopped after 6.8 years because of an increased risk of stroke and no reduction in risk of CHD. The estrogen-alone study also found an increased risk of blood clots
- Manson JE, et.al. "Estrogen plus Progestin and the Risk of Coronary Heart Disease." *N Engl J Med* 2003;349:523-34.
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Risk of CV Disease with HRT

- ◆ Secondary analyses of findings from the Women Health Initiative (WHI) suggest that when treating for menopausal symptoms:

Women who begin hormone therapy within 10 years of menopause may have less risk of coronary heart disease (CHD) due to hormone therapy than women farther from menopause. Overall, hormone therapy did not reduce the risk of CHD

Jacques E. et. Al. **Postmenopausal Hormone Therapy and Risk of Cardiovascular Disease by Age and Years Since Menopause.**
JAMA. 2007;297:1465-1477.

Risk of CV Disease with HRT (cont'd)

- ◆ However, the farther a woman was from the onset of menopause when she began hormone therapy, the greater her risk of CHD due to hormone therapy appeared to be
- ◆ Although these findings did not meet statistical significance, they suggest that the health consequences of hormone therapy may vary by time from menopause
- ◆ These data should be considered in regard to the short-term treatment of menopausal symptoms

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Increasing obesity and hypertension



Obesity, Hypertension Threaten to Undo Progress

- ◆ **Rising obesity rates could undermine the positive trends:**
 - ◆ About one-third of U.S. women are obese - a prime risk factor for heart disease
 - ◆ A major federal health survey encompassing 1999 to 2004 showed a 29% rate for adult hypertension , up from 23% a decade before
 - ◆ With longer periods of obesity - rise in cholesterol and HTN, and other chronic diseases
 - ◆ Chronic diseases takes time to get bad
 - ◆ Nice decline may not continue

What Should Women Do?

- ◆ Remember - many cases of heart disease can be prevented!
- ◆ The chance of developing CHD can be reduced - take steps to prevent and control risk factors
- ◆ Know the signs and symptoms of heart attack - crucial to the most positive outcomes after having a heart attack
- ◆ Survivors of a heart attack can also work to reduce their risk of another heart attack or a stroke in the future

Women and Heart Disease Campaigns

- ◆ **Go Red for Women (AHA)**
 - ◆ A nationwide movement that celebrates the energy, passion, and power of women to band together to wipe out heart disease
- ◆ **The Heart Truth Campaign (CDC)**
 - ◆ National Awareness campaign about women and heart disease
 - ◆ Created and introduced the Red Dress as the national symbol for women and heart disease awareness

Reducing Risk

- ◆ Alcohol in moderation (1 drink/day)
- ◆ Quit smoking
- ◆ Take initiative for self and family
 - ◆ cholesterol levels (women have higher cholesterol levels than men from age 45)
- ◆ Healthier eating (AHA Diet can help)
- ◆ Reduce stress
- ◆ Physical activity (a journey - not a destination)
only 25% of women exercise regularly:
 - ◆ helps reduce: weight, blood pressure, risk of diabetes, and sudden death



➤ **Develop a Personal Action Plan that includes:**

- ✓ **What to do; How to do it; Where to do it**
- ✓ **What to use; When to do it; How often**

Physical Activity

Choose To Move

is the American Heart Association's free 12-week physical activity program dedicated to helping real women everywhere incorporate healthy habits into their busy life

AHA Choose to Move

A step-by-step 12 week program

simple exercises and offers
great tips for increasing
physical activity and
reaching your goals



Choose To Move

- ◆ Learn new strategies to improve your health
- ◆ Each week, focuses on developing new skills that will help accomplish your objectives
- ◆ Offers downloadable charts and worksheets to help you track your progress

The Good News

◆ **NIH report:**

- ◆ **Drug treatment and diagnostic technology in hospitals have improved dramatically**
- ◆ **Smoking rates among women have dropped in half over the last four decades**
- ◆ **More women are aware that heart disease is the leading killer of women**
 - ◆ **34% knew this in 2000**
 - ◆ **55% knew this in 2005**
- ◆ **Heart disease deaths in women declined by nearly 17,000 between 2003 and 2004**

The Really Good News

