



Women's Heart Health

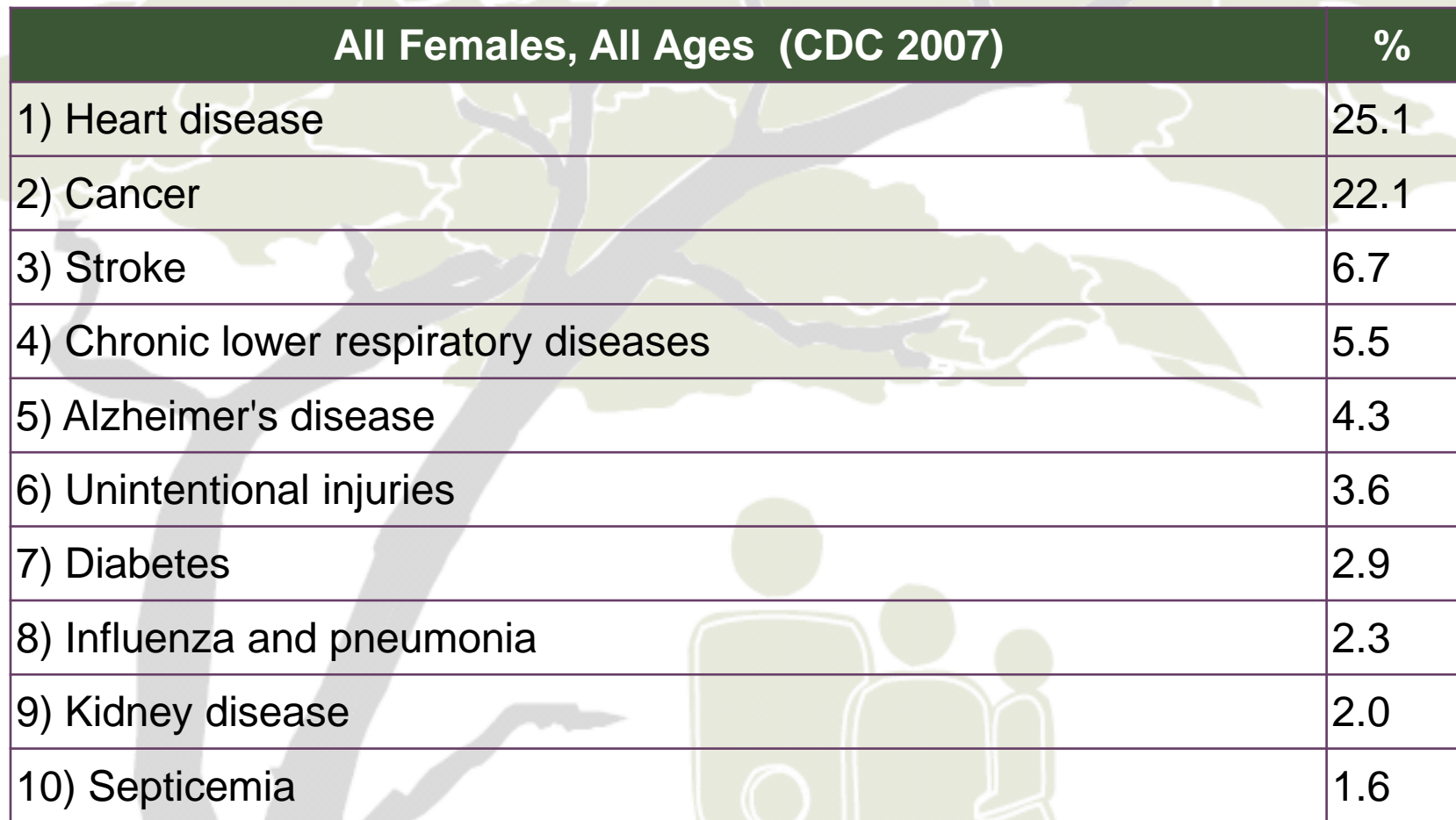
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Startling Facts

- Heart Disease is the #1 Killer in women
- More women die from CV disease than the next 4 causes of death combined



All Females, All Ages (CDC 2007)	%
1) Heart disease	25.1
2) Cancer	22.1
3) Stroke	6.7
4) Chronic lower respiratory diseases	5.5
5) Alzheimer's disease	4.3
6) Unintentional injuries	3.6
7) Diabetes	2.9
8) Influenza and pneumonia	2.3
9) Kidney disease	2.0
10) Septicemia	1.6

Startling Facts (cont.)

- Women develop heart disease later
- Women average 70yo, men average 66yo
- Heart Attacks less common in younger women, but higher risk of dying

Startling Facts

- Stroke is the #4 killer in US and #1 cause of serious long term disability
- CV Diagnostic tests and procedures not as accurate in women

Startling Facts (cont.)

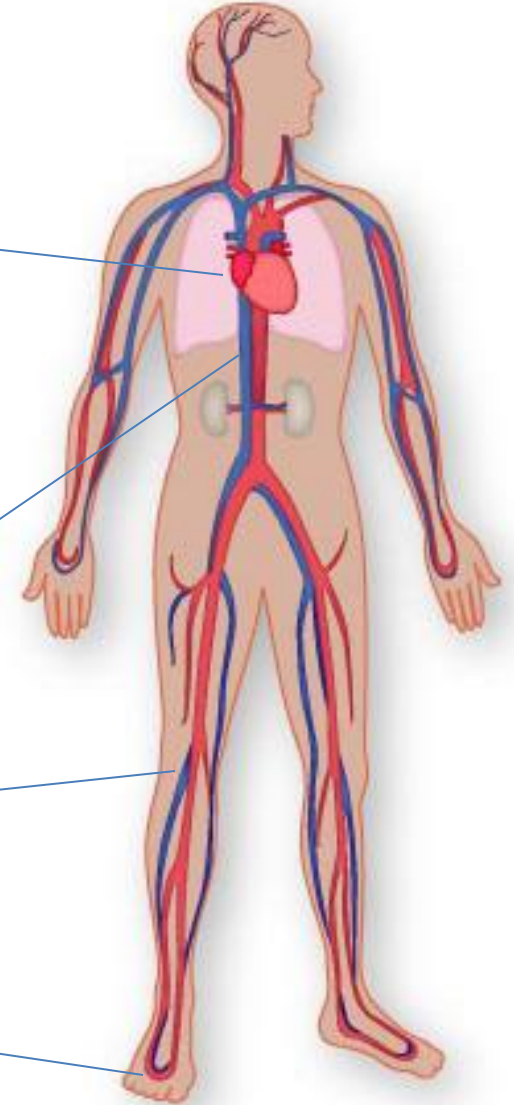
- Hispanics and African American women have greater risk
- Mexican-American women due to higher rates of obesity, diabetes, and metabolic syndrome
- African-American women due to higher rates of obesity, diabetes, high blood pressure, smoking, physical inactivity

Good News

- 80% of cardiac events in women could be prevented...
- IF women made the right choices

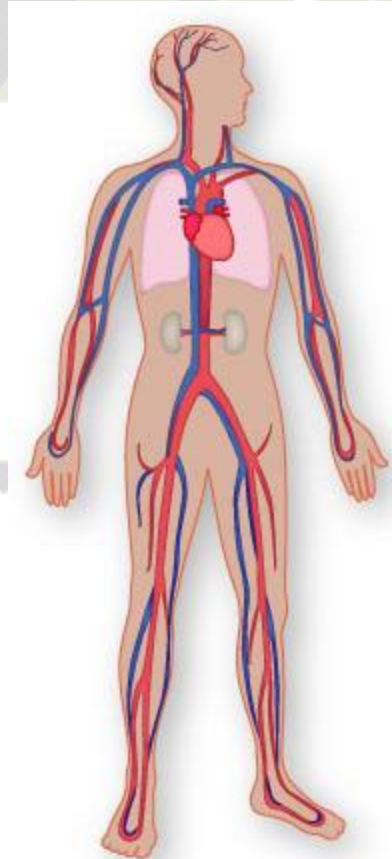
Cardiovascular System

- Heart
 - Valves
 - Chambers
 - Coronary Arteries
 - Electrical System
- Peripheral Vasculature
 - Aorta, Pulmonary Vein
 - Arteries, Veins
 - Capillaries



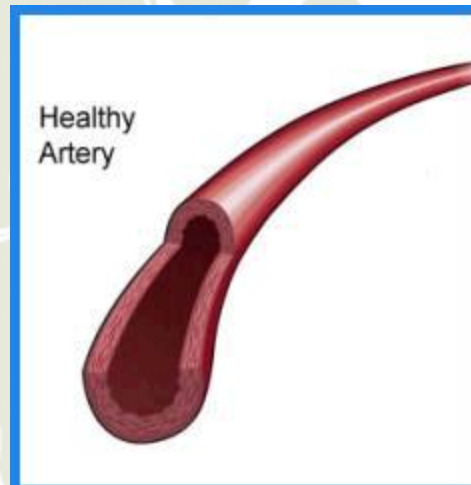
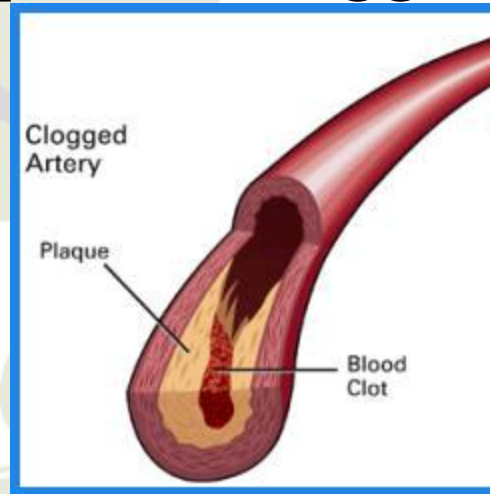
Cardiovascular System

- **DELIVER OXYGEN** to all tissues of our body including muscles, brain, and every organ

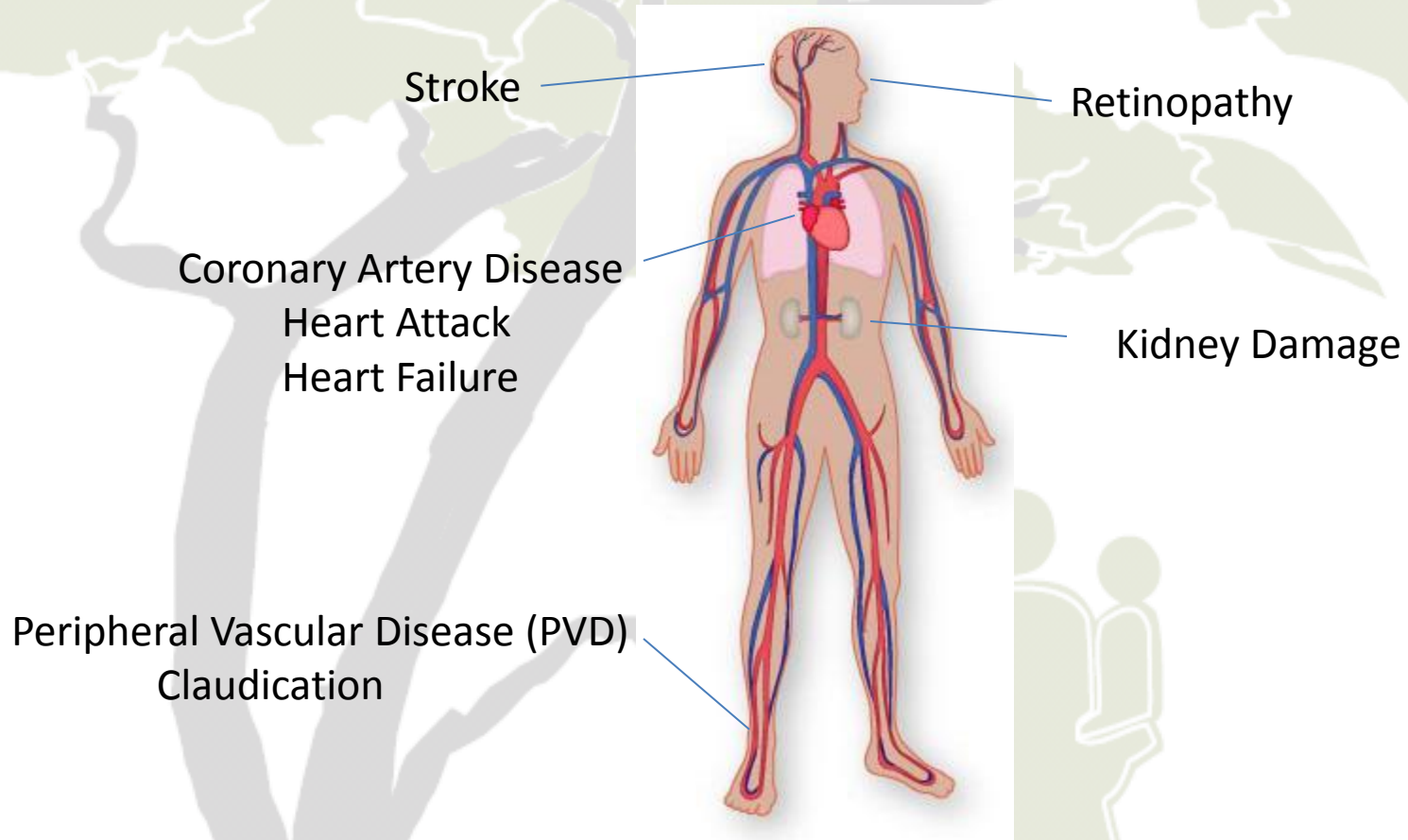


Cardiovascular Disease

- Atherosclerosis = Plaques = Clogging
 - Cholesterol
 - Calcium
 - Blood Components
 - Damage/Inflammation
 - “Hardening”
 - Stable/Unstable

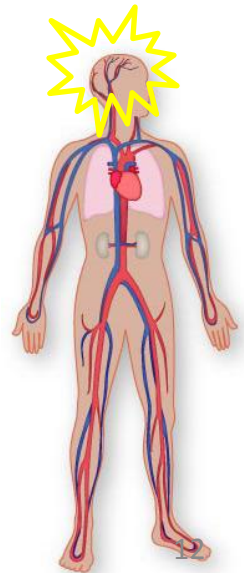


Cardiovascular Disease



Stroke

- Clogged 90% of the time (Ischemic)
- Bleeding 10% of the time (Hemorrhagic)
- Either way Oxygen Delivery is interrupted leading to damage



Stroke Signs

- Sudden numbness or weakness, esp. one side
- Sudden confusion, speaking/understanding
- Sudden vision change
- Sudden dizziness or loss of balance
- Sudden severe headache without known cause

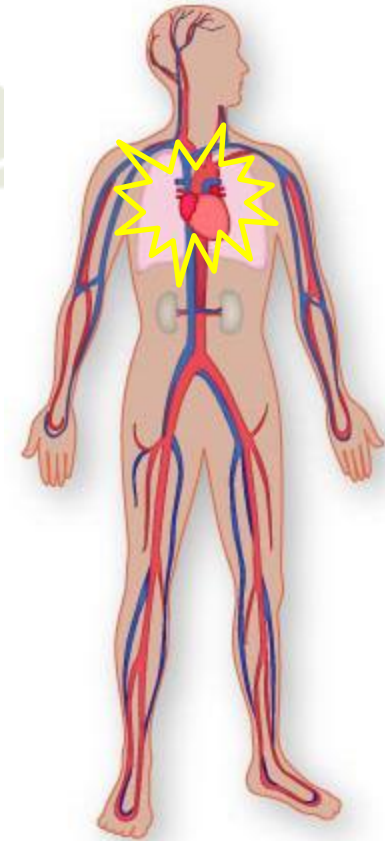
Recognizing Stroke

- National Stroke Association “**FAST**”
 - **F**ace: Ask them to smile.
 - **A**rms: Ask them to raise both arms.
 - **S**peech: Ask them to repeat a simple sentence.
“The sky is blue.”
 - **T**ime: Stroke is an emergency: call 9-1-1

Coronary Artery Disease

Signs & Symptoms

- Angina
- Heart Attack
 - MI
 - Myocardial Infarction
 - Coronary
- Heart Failure



Coronary Artery Disease

Signs & Symptoms

- Women more commonly have “atypical” symptoms
 - Shortness of Breath
 - Nausea
 - Pressure in stomach
 - Dizziness
 - Lightheadedness
 - Pain in upper back
 - Fatigue



Cardiovascular Risk

The background features a large, stylized tree with a thick trunk and many branches, rendered in shades of green and grey. In the lower right quadrant, there is a white silhouette of a family consisting of a man, a woman, and a child.

- Risk Factors You Can Control
 - Cholesterol (lower saturated fat, transfat, cholesterol)
 - Blood Pressure
 - Smoking
 - Physical Activity (30 min or more most days)
 - Obesity
 - Diabetes
 - Stress
 - Birth Control Pills (stroke risk, clots, increase bp)
 - Alcohol & illegal Drugs
 - Irregular heart beats

Cardiovascular Risk

- Risk Factors You Can't Control
 - Age
 - Gender
 - Heredity & Race
 - Early heart disease is <55 in males, <65 in females



Framingham Risk Score

– People without known heart disease or diabetes over the age of 20.

- Age
- Gender
- Total Cholesterol
- HDL
- Tobacco use
- Systolic Blood Pressure
- Blood Pressure Medication

Reynolds Risk Score

- People without known heart disease or diabetes between 45-80yo.
- Appears to be more helpful for women than Framingham
 - Age
 - Systolic Blood Pressure
 - Total Cholesterol
 - HDL
 - hsCRP
 - Tobacco Use
 - Did parent have MI before 60yo?

Diagnostic Tools

- EKG
- ETT
- Aortic US
- Carotid US
- ABI
- Head CT
- Head MRI
- Angiography
- Electrophysiologic Study

Nonprocedural Prevention & Treatment

- Prevention & Treatment crossover
 - Healthy Lifestyle
 - OTC Supplements
 - Prescription Medication
 - Procedures

Healthy Lifestyle



- Diet
- Exercise
- Weight Maintenance
- Avoid Tobacco
- Limit Alcohol
- Avoid Illicit Drugs



OTC Supplements

- Omega-3-FA - Fish Oil
- Niacin
- Fiber
- Antioxidant Vitamins – A, C, E

Prescription Medications

- Aspirin
- Blood Pressure Control
- Cholesterol Control
- Rate & Rhythm regulation
- Nitroglycerin

Other Recent CV Topics

- Advanced Lipid Testing
- Inflammatory Markers
 - CRP
 - Homocysteine
- PAD
- Statins



Conclusion

- Women pay attention to your health
- Signs and symptoms may not be classic
- Healthy habits benefit the whole family
- Focus on facts and factors in your control
- Work with your doctor to understand the facts, options, risks, and benefits



Thank You!

Cameron T. King, M.D.

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