

NEWS OF SEPTEMBER 2019

In this month the NEWS of women cardiac health mainly concentrated on heart failure (HF) patients. BIOSTAT-CHF study showed that women require less dose of all drugs used in HF. Another important news were, doing exercise before the breast cancer development is protective, transfemoral route TAVI in females associated with more bleeding risk, persistence of vasomotor symptoms long after menopause is a risk factor for CAD and continuation of less salaries to females doctors along with the less opportunities.

Identifying Optimal Doses of Heart Failure Medications in Men Compared With Women

Voors et al performed a post hoc analysis of BIOSTAT-CHF and published in Lancet that although guideline-recommended doses of ACE inhibitors, ARBs, and beta blockers are currently the same for men and women, these results suggest that the optimal therapy for women may require lower doses. When recommended doses of 100% reached, male patients showed improvement but female patients did not achieve any benefit over the 50 % of recommended dose.

American College of Cardiology Steps Up: Equal Pay, Opportunities for All

A demographic study released in *JAMA Cardiology* with Douglas showed that, despite some improvements, women and racial/ethnic minorities remain underrepresented in this field. In 2016, nearly half of internal medicine resident physicians (42.6%) were women, but the same was not the case for general cardiology fellowships (21.5%) or, even more starkly, for fellowships in interventional cardiology (9.8%) or electrophysiology (13.7%). With pediatric residencies, female physicians accounted for 72.9% of positions. The proportions of women among pediatric cardiology fellows and pediatric cardiologists were 50.5% and 34.0%, respectively.

Vasomotor Symptoms in Women Tied to Higher Risk for CVD Events

A study presented by Rebecca C. Thurston at the annual meeting of the North American Menopause Society, showed that vasomotor symptoms (VMS) linked to higher risk for later CVD events; more visits also linked to CVD event.

Gender Differences in Transfemoral TAVR

Wieneke Vlastra published in JACC, the gender difference in transfemoral TAVR, data from CENTER Collaboration. Women and men undergoing TAVR have similar rates of in-hospital and 30-day stroke and mortality. Women have a 50% higher rate of major bleeding compared to men. Mortality rates improved to a slightly greater degree in men over time compared to women.

Exercise Prior to Breast Cancer Diagnosis Associated With Lower CVD Risk

Breast cancer patients who exercised before being diagnosed may be at a lower risk for cardiovascular disease compared to those who did not exercise, according to Tochi M. Okwuosa , a study published in the JACC: CardioOncology.