

NEWS OF OCTOBER 2019

There were good reviews and opinions on career orientation of women doctors were published in Cardiology Journal. An article on bulimia association with cardiovascular diseases and another article on less dosage of drugs used in heart failure in females were the main important news of October 2019.

- 1. Bulimia May Contribute to Premature CVD in Women** – This article is by Auger et al, published in *JAMA Psychiatry*. Bulimia is associated with arrhythmic risk in short term and four fold increase in cardiovascular disease (includes MI, conduction disorder, pulmonary vascular disease, cerebrovascular disease, atherosclerosis, and other ischemic and CV diseases, as well as to admission to a coronary care unit) and death on long term. The risk was highest in the early years after the bulimia hospitalization.
- 2. Women in Cardiology: Is it Possible to Have it All?**
– In this issue of Cardiology journal, they discussed what are the fallacies with women doctors thinking, like they do not spend time on net searching, so they are less informed about meetings etc., which is not true. Suggested to actionable plan to truly move the needle and bring about the change in shared vision for the cardiology work force. This article is worth reading to know the changing priorities and career orientation attitude of women cardiologists.
- 3. Optimal Doses of Heart Failure Medications in Men vs. Women**
- Santema BT et al published this article in Lancet. The authors of this study concluded that women with heart failure with reduced ejection fraction (HFrEF) might need lower doses of ACE inhibitors or ARBs and beta-blockers than men.

4. Sex-Related Differences in Thoracic Aortic Diameters in the Elderly

– According to Rotterdam Study (published in Cardiology journal), An ascending aorta diameter of 40 mm or larger was found in 18.9% of men and 5.9% of women aged 55 yrs. So, when we consider the diseases of ascending aorta, we have considered age and sex also.
