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NEWS FROM THE AHA

Women and Heart Disease

Coronary Risk Factors Differ in Men and Women

BY ODOM FANNING

NEW ORLEANS—As *USA Today* put it, “Women found with early heart disease are more likely to survive if they control their cholesterol and don’t have diabetes”—a message internists have been communicating to patients for years.

Dr. Michael Miller and his colleagues of the University of Maryland School of Medicine and the Johns Hopkins Medical Institutions, both in Baltimore, reported on follow-up of 140 women selected from the 740 consecutive patients who underwent diagnostic coronary arteriography at those centers from 1977 to 1978. An extensive “detective search” was required to try to find these women up to 15 years after their hospitalization.

Of the 140 women identified, there

years, Dr. Miller reported. From studies of the survivors, it was concluded that diabetes and low high-density lipoprotein (HDL) cholesterol or a high total cholesterol-HDL ratio are strong predictors of cardiovascular death in

duce cardiovascular risk in women.

In another long-term follow-up study, Dr. Joseph Rosenblum and his colleagues of the San Francisco Heart Institute, Seton Medical Center, Daly City, California, compared the long-

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women. Second, triglyceride predicts cardiovascular death in nondiabetic women after control for total cholesterol. Finally, further studies are necessary to determine whether HDL-

term outcome between women and men who underwent single-vessel percutaneous transluminal coronary angioplasty (PTCA) between 1978 and 1981. Of the 301 patients, 72 were

angina, distribution of vessel disease, and left ventricular function were similar, as were major subsequent cardiac events. Mean time of follow-up was about 12 years.

“When you look at risk factors for coronary-artery disease, you truly see that these are two different groups, men and women,” said Dr. Rosenblum. He cited the higher incidence in women of diabetes, hypertension, and elevated cholesterol.

At follow-up, of 294 patients, 84 percent of women and 86 percent of men had survived without a myocardial infarction. Dr. Rosenblum said that, although women undergoing PTCA have more risk factors than men, their long-term event-free survival and need for repeat procedures are similar