



Cardiovascular Disease in Women: Understanding the Silent Threat

Thursday, March 21, 2024 | 12:00 – 1:00PM



Support provided by: **novo nordisk**[®]

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Webinar Procedures



All lines will be muted



Please submit all questions using the “Q&A” dialog box



Email Diane Engel at dengel@nebgh.org with any issues during this webinar



Closed captions are enabled for this webinar



The recording and a PDF of the presentation will be shared

A screenshot of a Q&A dialog box window. The window title is "Q&A". The main area contains the text "You have no question." Below this is a text input field with the text "What h". At the bottom left is a checkbox labeled "Send Anonymously" and at the bottom right is a blue "Send" button.

Speakers



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Dr. Mark Cunningham-Hill

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NEBGH

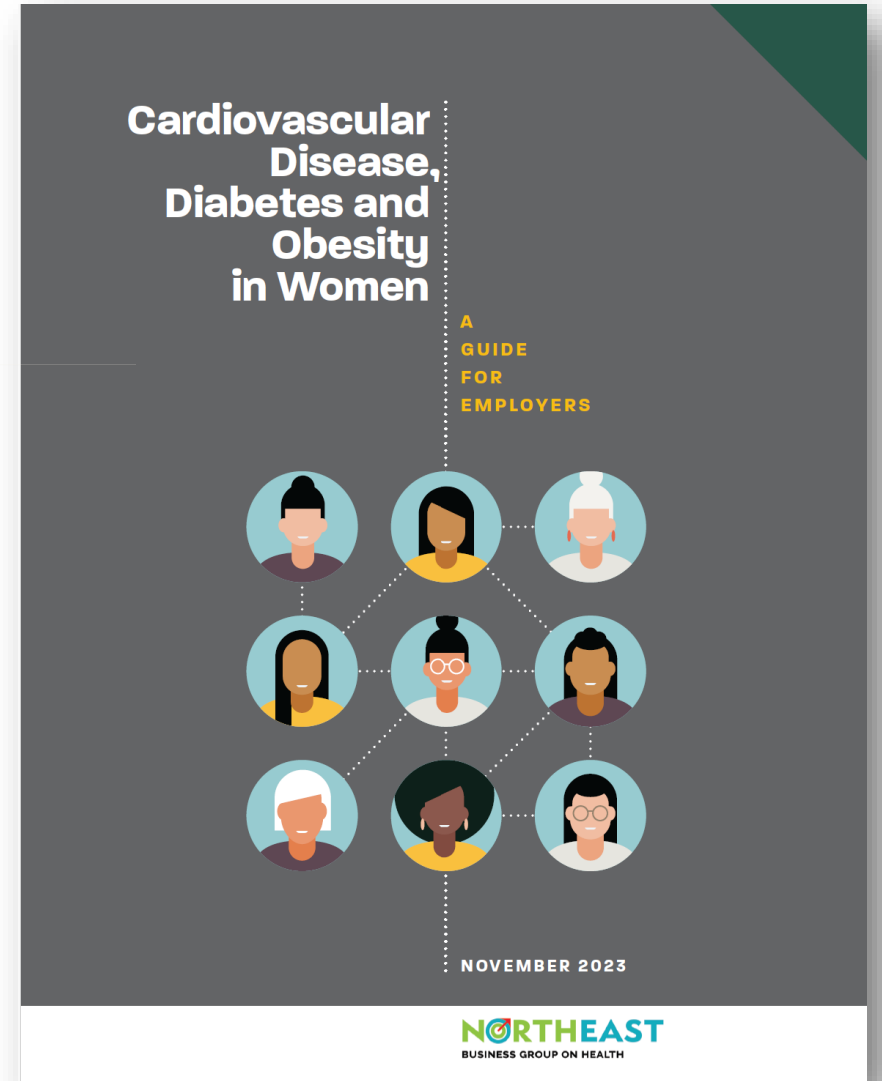


Key Reasons

- Women are **58.7% of the civilian workforce**
- CVD is the **#1 killer in women** but is:
 - Understudied
 - Under-recognized
 - Underdiagnosed
 - Undertreated



**In 2021,
heart disease
was responsible
for 1 in every 5
deaths among
women.**

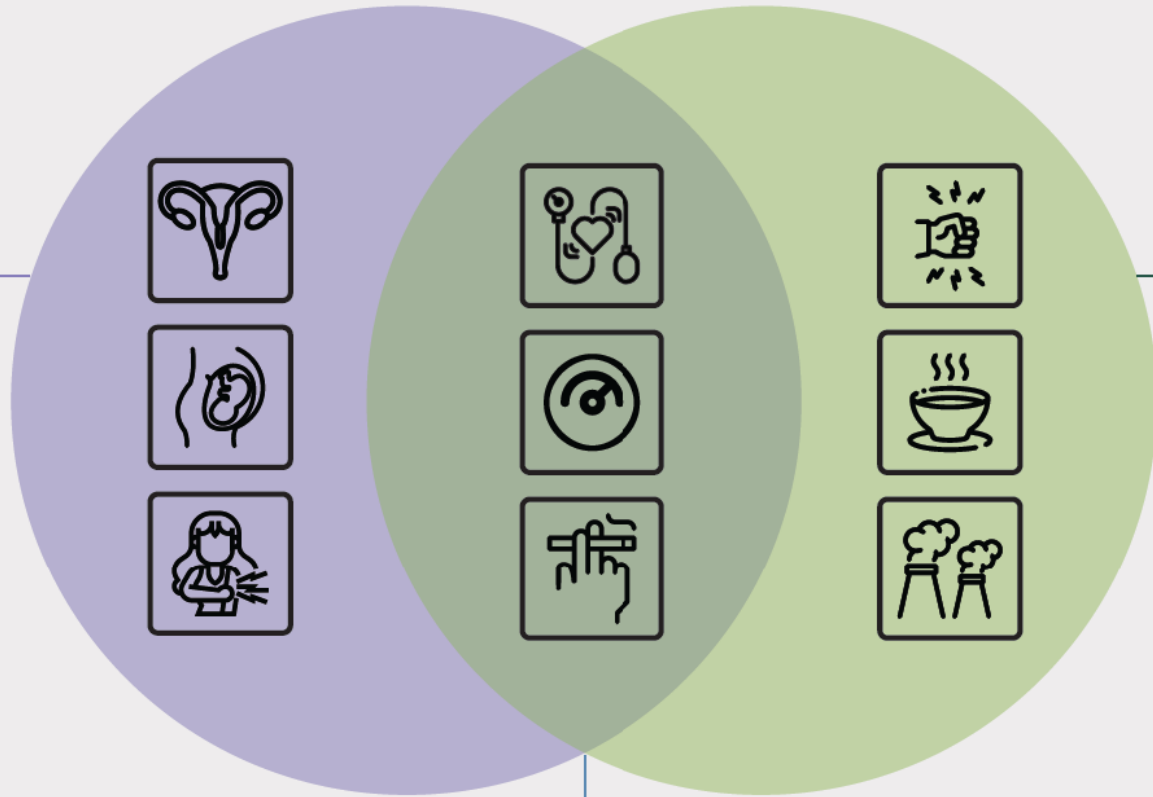


Risk Factors for Cardiovascular Disease in Women

SEX INFLUENCE

Sex-specific risk factors

- Premature menopause
- Gestational diabetes
- Hypertensive disorders of pregnancy
- Preterm delivery
- Polycystic ovary syndrome
- Systemic inflammatory and autoimmune disorders



GENDER INFLUENCE

Under-recognized risk factors

- Psychosocial risk factors
- Abuse and intimate partner violence
- Socioeconomic deprivation
- Poor health literacy
- Environmental risk factors

WELL-ESTABLISHED RISK FACTORS

Hypertension
Dyslipidaemia

Diabetes
Obesity
Unhealthy diet

Sedentary lifestyle
Smoking or tobacco use

HEART ATTACK SYMPTOMS: MEN VS. WOMEN

The most common symptom of a heart attack for both men and women is chest pain. But women may experience less obvious warning signs.

Men

- Nausea or vomiting ⚡
- Jaw, neck or back pain ⚡
- Squeezing chest pressure or pain ⚡
- Shortness of breath ⚡



Women

- ⚡ Nausea or vomiting
- ⚡ Jaw, neck or **upper** back pain
- ⚡ Chest pain, **but not always**
- ⚡ Pain or pressure in the **lower chest** or **upper abdomen**
- ⚡ Shortness of breath
- ⚡ **Fainting**
- ⚡ **Indigestion**
- ⚡ **Extreme fatigue**

Racial Inequities – Obesity, Diabetes and CVD

- Black women have a **50% higher risk of heart failure** compared with white women.
- Black women have **higher CVD morbidity and mortality rates** than women of other races and ethnicities.
- Young Black women are **2-3 times more likely** to suffer premature CVD death
- Nearly **43% of Hispanic/Latina women** had some form of CVD in 2017
- Black women have the **highest rates** of obesity and overweight compared to other groups in the U.S.
- Asian American adults have a lower prevalence of overweight and obesity than adults in other racial groups, but **higher rates of hypertension, CVD and type 2 diabetes** at the same BMI levels
- Hispanic women are **more than twice as likely** to have diabetes as white women
- Nearly **79% of Hispanic women** are overweight or obese compared with 64% of non-Hispanic white women
- Black women and men **are twice as likely** to die from diabetes as their white counterparts and **three times as likely** to be hospitalized with diabetes complications.





KATZ INSTITUTE FOR WOMEN'S HEALTH

*Redefining
Tomorrow's
Healthcare for
Women Today*

**RAISE UP.
SIGN UP.**

JOIN THE WOMEN'S
HEALTH REVOLUTION

CLINICAL CARE

Our network of 700+ women's health experts practice within every specialty and geographic region.



CONTINUING MEDICAL EDUCATION

We collaborate with clinical departments and service lines to ensure every clinician at Northwell has the tools they need to provide sex- and gender-specific patient care.



I'M
LISTENING

Northwell Health
Katz Institute for
Women's Health

PATIENT EXPERIENCE

We understand that women's expectations for care are different than men's. We are committed to providing extraordinary patient experience for women.



KATZ INSTITUTE FOR
WOMEN'S HEALTH

COMMUNITY OUTREACH

Through community outreach and educational programs, we are empowering women to make informed health care decisions.



MEDICAL EDUCATION AND RESEARCH

We partner with the Zucker School of Medicine and the Feinstein Institutes to ensure that the role of sex and gender in health is included in medical education and research.

TRUSTED VOICES

KIWH is part of the national conversation, ensuring that women's health is a strategic priority.

STAY CONNECTED

Northwell.edu/KIWH

Go PINK!



Read our Expert Insights!



@KatzWomensHlth

Join our Women's Circle!



Join our Wellness Webinars!



Go RED!

Resources

- **NEBGH Guide - Cardiovascular Disease Diabetes and Obesity in Women: A Guide for Employers**

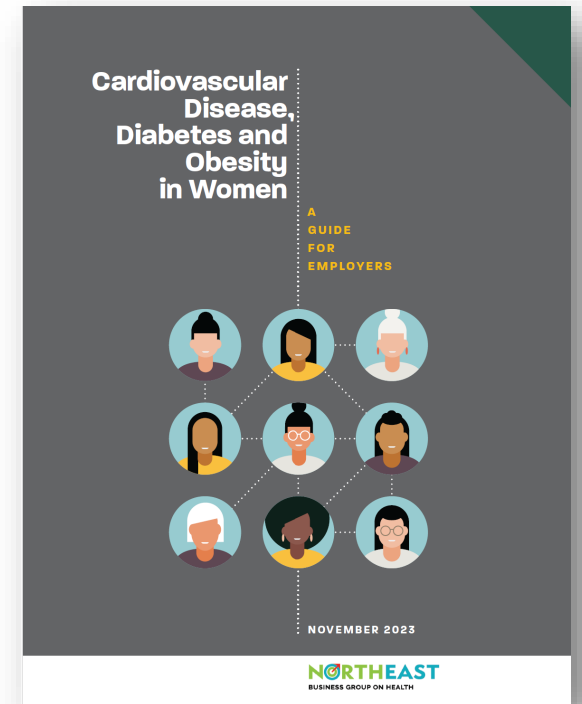
<https://online.flippingbook.com/view/358825152/>

- **AHA Fact Sheet: CVD – Women’s No. 1 Health Threat**

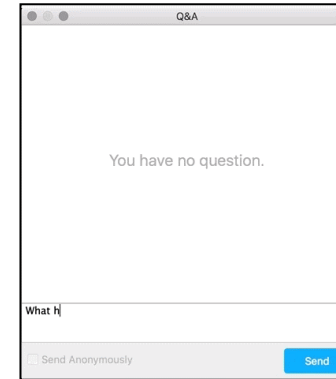
<https://www.heart.org/-/media/files/about-us/policy-research/fact-sheets/access-to-care/cvd-womens-no-1-health-threat-fact-sheet.pdf>

- **Go Red, The Facts About Women and Heart Disease**

<https://www.goredforwomen.org/en/about-heart-disease-in-women/facts>



Questions? Please use the Q&A Box



Upcoming Events

- **April 1** – Mondays w/ Dr. Mark & Dr. Michael: Travel Medicine
- **April 11** – Mental Health Parity Rule: Insights for Employers
- **April 15** – Mondays w/ Dr. Mark & Dr. Michael: Financial Wellness and Your Health
- **May 2** - Developing and Implementing a Global Mental Wellbeing Strategy
- **May 16** - Your Leave Administration “Plan B”: What to do if the Leave Manager Leaves?