



ACC Latin America Conference 2017



MEXICO CITY
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GLOBAL EXPERTS, LOCAL LEARNING



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Women's Heart Health: Diagnosis

Presenters:

Sabrina Phillips, MD FACC FASE



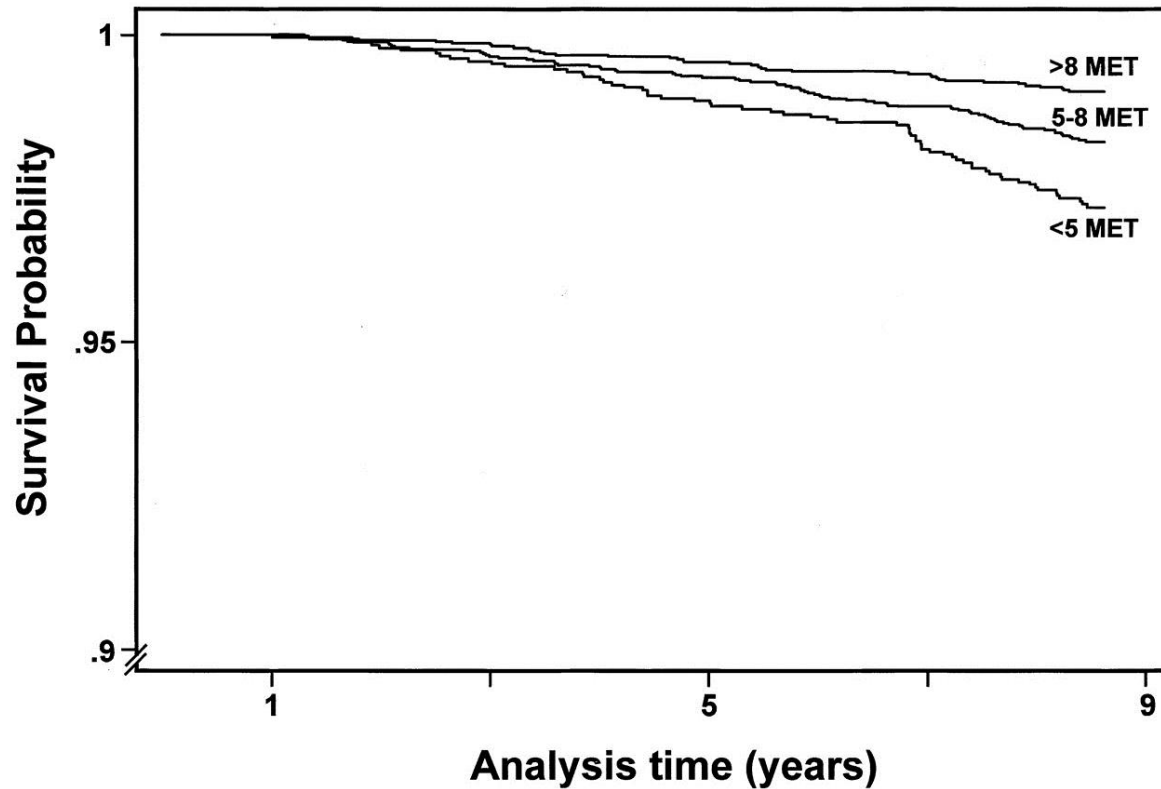


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No Disclosures



Exercise Capacity is An Important Predictor of Death in Asymptomatic Women



Martha Gulati et al. *Circulation*. 2003;108:1554-1559

Maximal Predicted Heart Rate in Women vs. Men



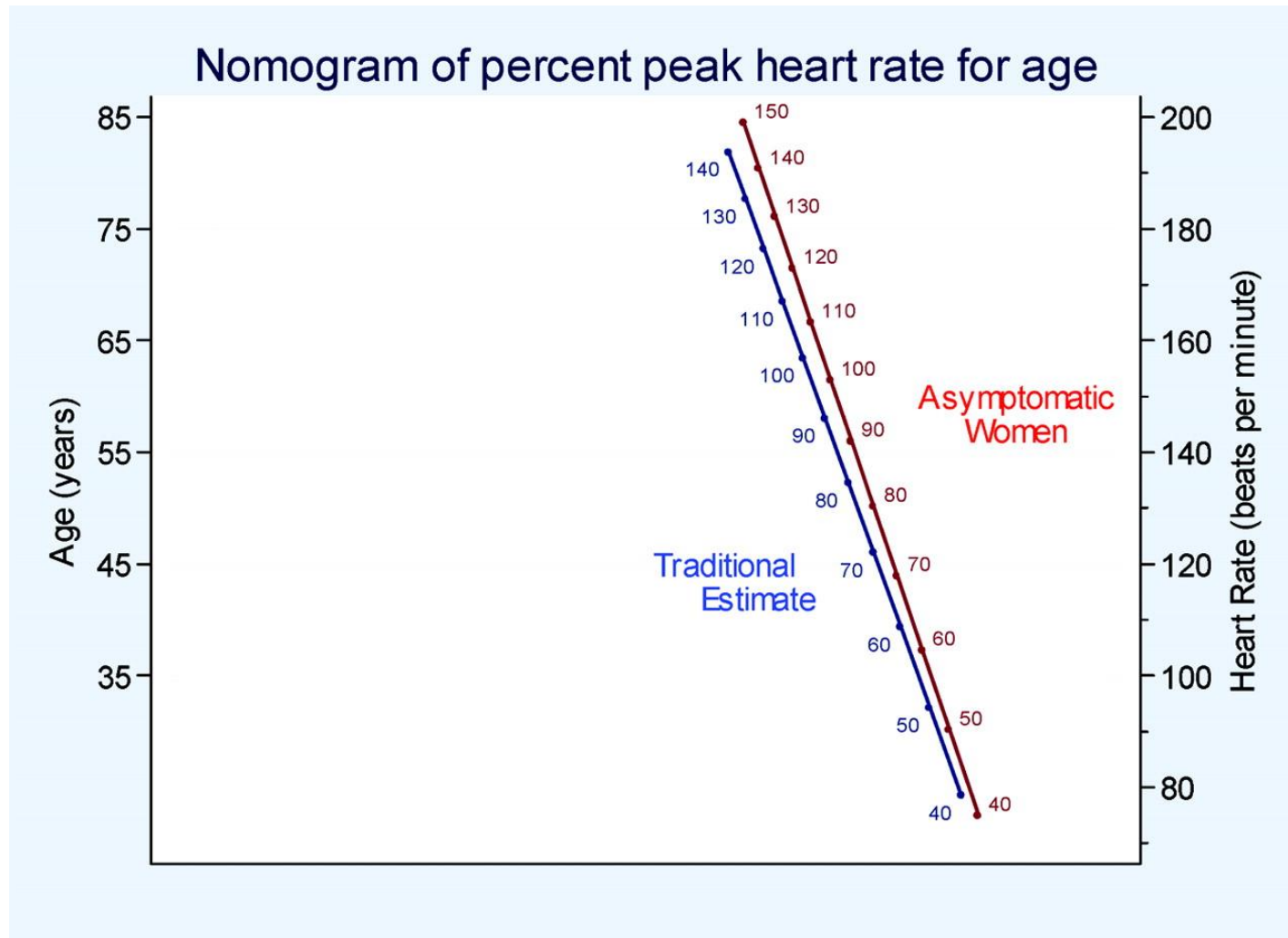
Peak HR=
206-
0.88(age)



Peak HR =
220- age

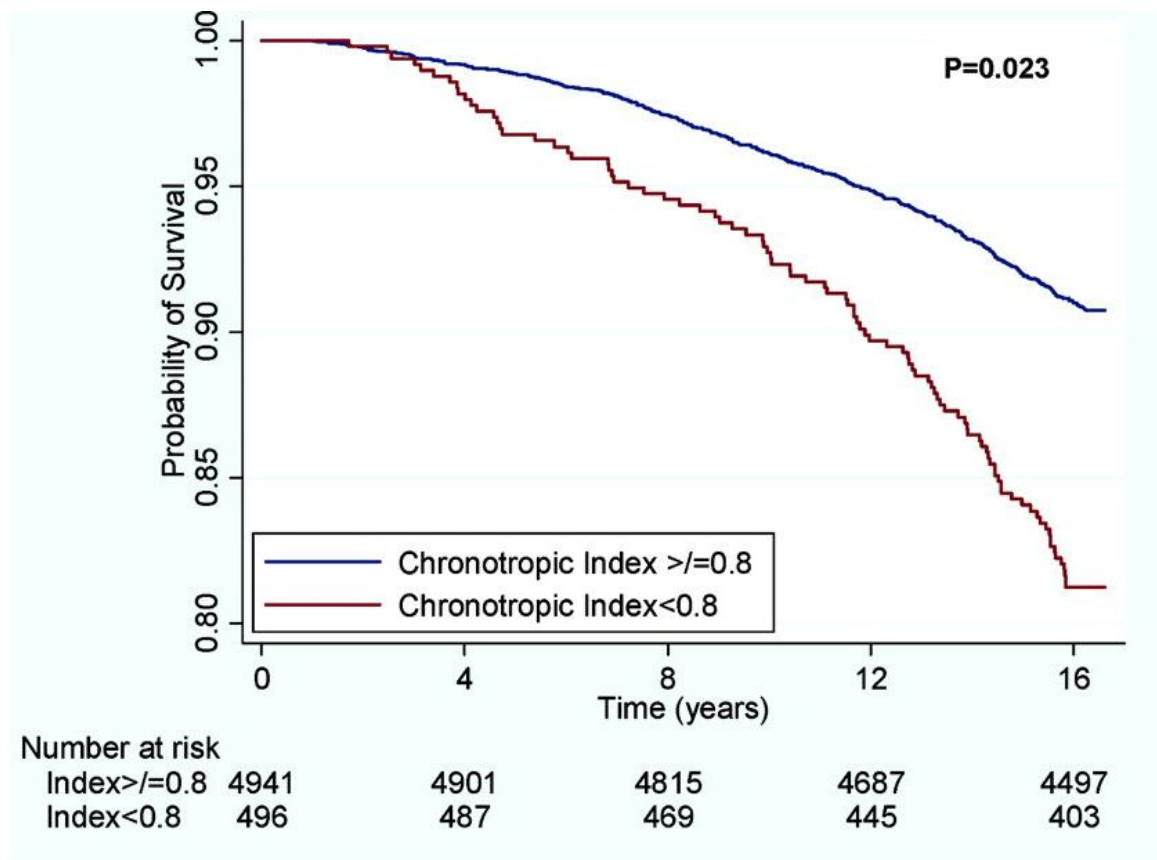
Gulati et al. Heart Rate Response to
Exercise Testing in Women. Circ 2010

Nomogram of percent peak heart rate for age in asymptomatic female volunteers compared with the traditional estimate



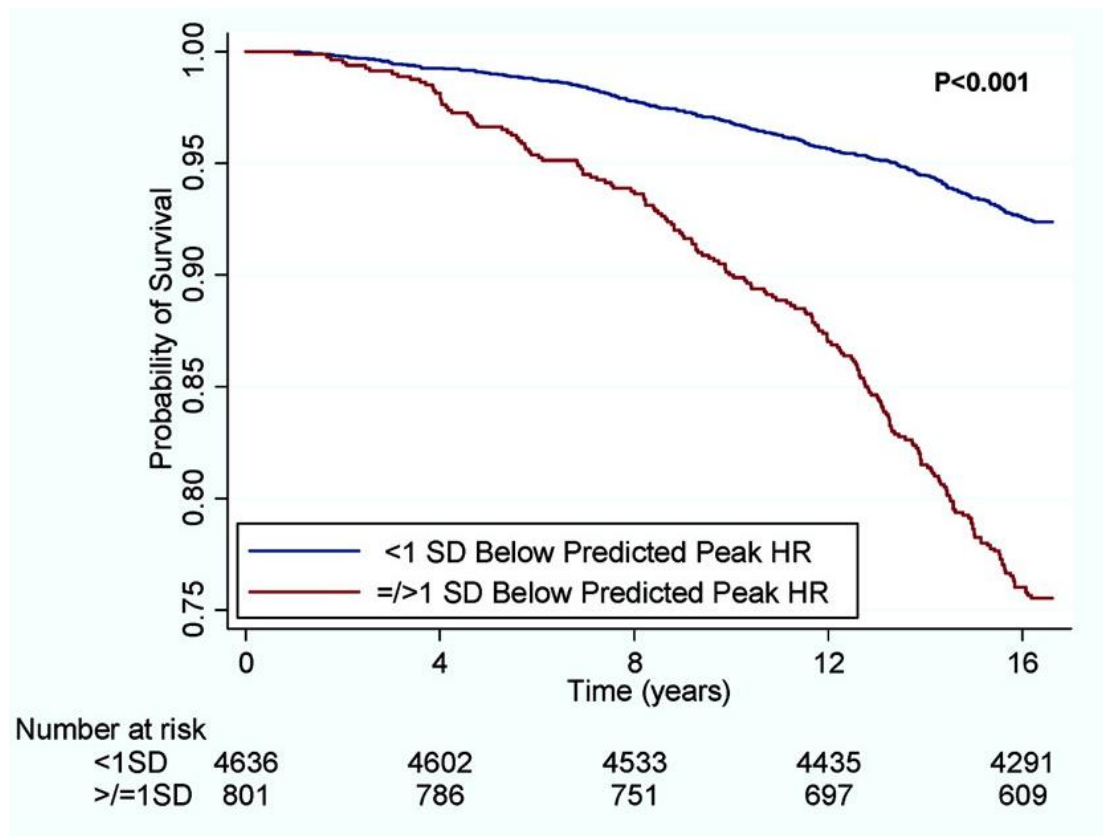
Martha Gulati et al. Circulation. 2010;122:130-137

Kaplan-Meier survival curves by heart rate response in maximal exercise stress testing in asymptomatic women



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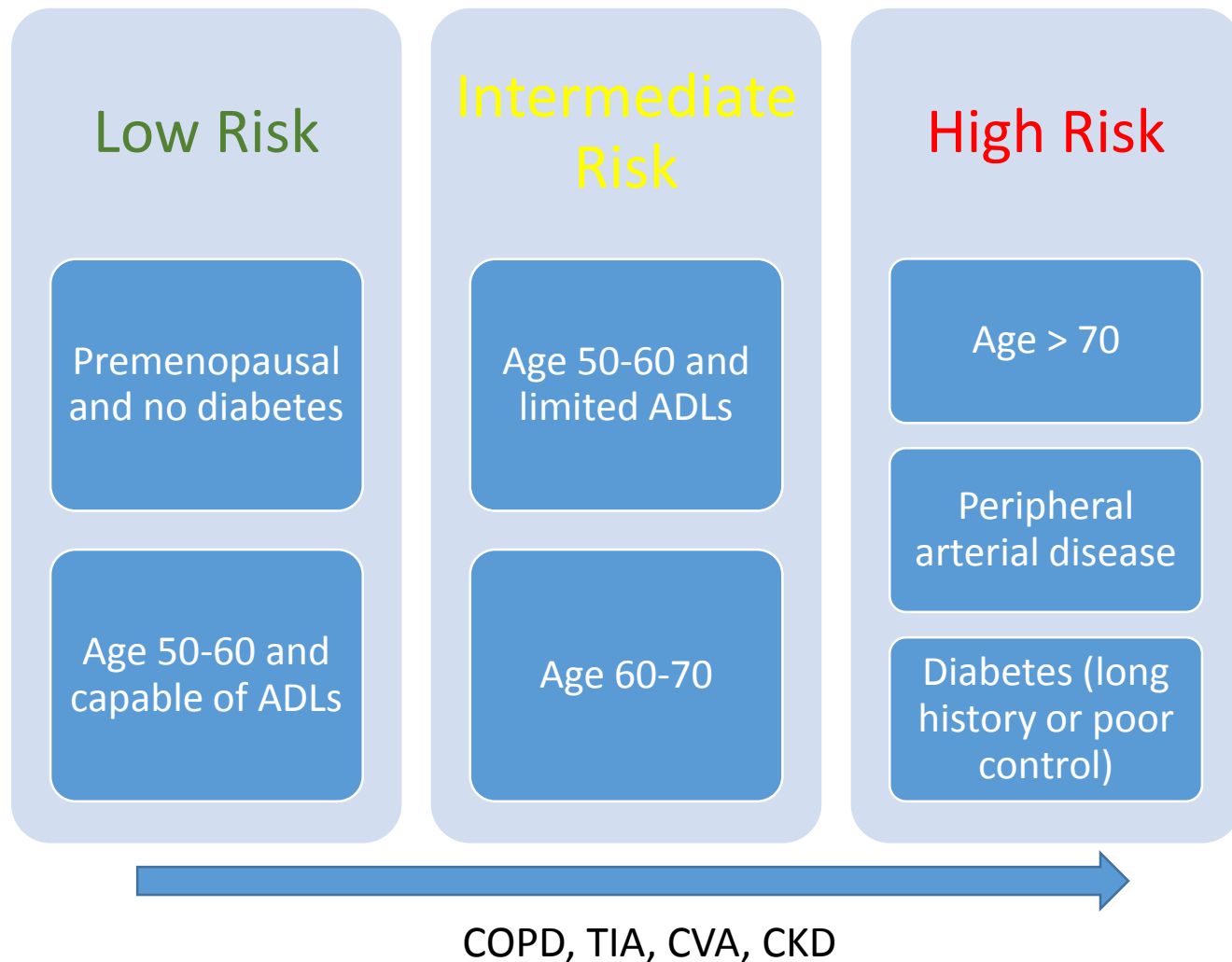


Martha Gulati et al. Circulation. 2010;122:130-137

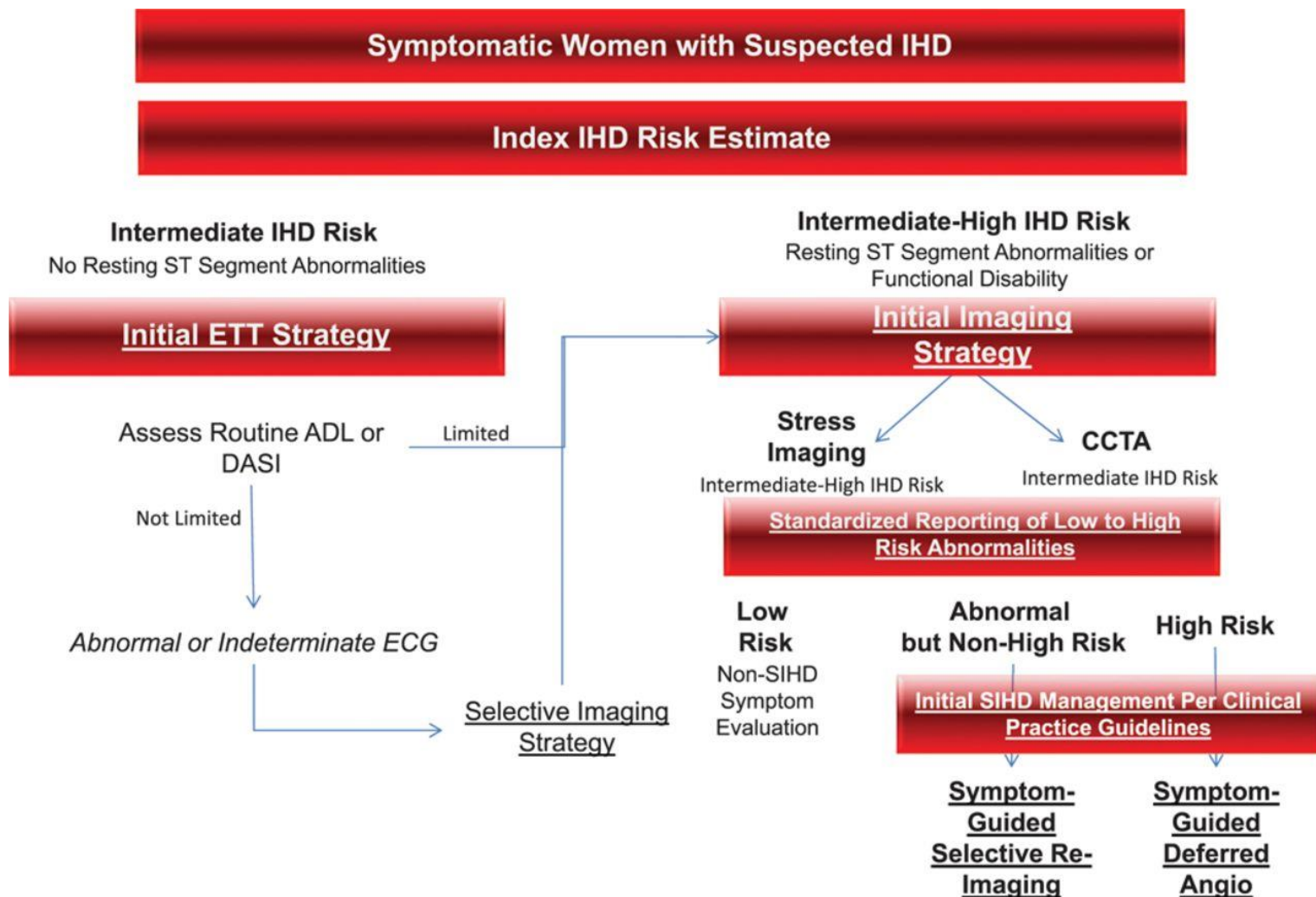
Ischemic Symptoms in Women

- More often related to mental or emotional stress vs physical exertion
- Epigastric discomfort and nausea
- Fatigue and dyspnea

Risk Stratification in Symptomatic Women



Diagnostic evaluation algorithm for women presenting with suspected ischemic heart disease (IHD) symptoms and intermediate IHD risk and intermediate-high IHD risk.



Jennifer H. Mieres et al. Circulation. 2014;130:350-379

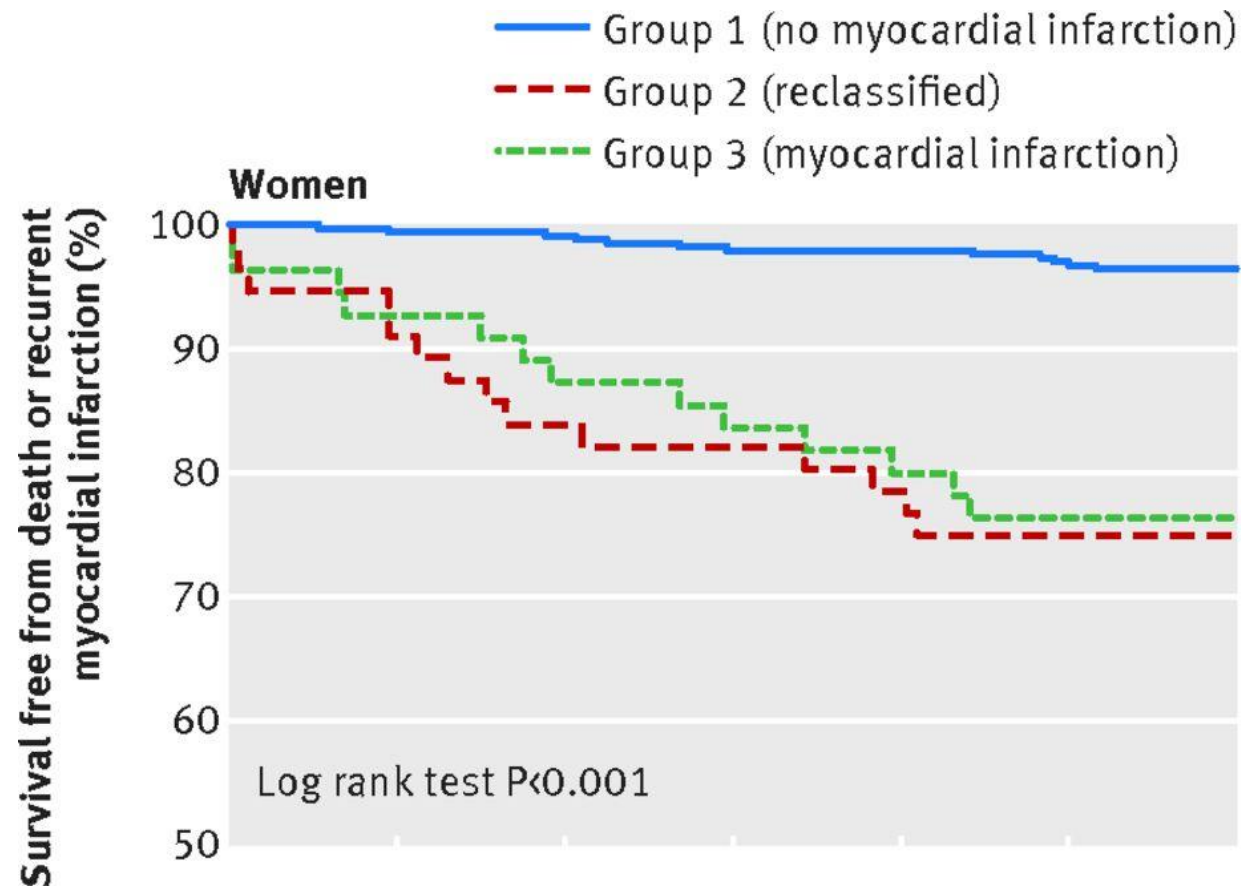
Acute Coronary Syndromes in Women vs Men

- Plaque erosion with distal embolization vs plaque rupture with occlusive thrombus
- Increased incidence of coronary microvascular disease
- Increased frequency of pathological vasoreactivity
- Spontaneous coronary artery dissection
- Takotsubo

High Sensitivity Troponin Improves Diagnosis of Myocardial Infarction in Women

- Women: > 16 ng/L
- Men: > 34 ng/L

Survival free from death or recurrent myocardial infarction in women with suspected acute coronary syndrome



Anoop S V Shah et al. BMJ 2015;350:bmj.g7873

Non-obstructive Epicardial Disease /S Clinically Significant

- Women with stable ischemic symptoms have increased risk of coronary events
- Myocardial ischemia is associated with higher mortality in symptomatic women vs men
- Women with non-obstructive CAD and stress test abnormalities should be classified as having elevated risk of ischemic events.



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