

THE HEART OF WOMEN'S HEALTH

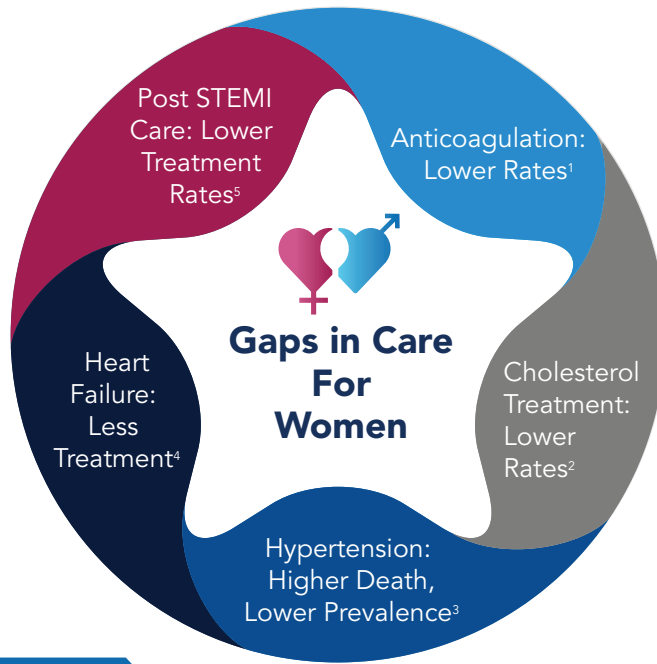
Women, compared with men, are **less likely to receive GDMT** or appropriate intensification of therapy

Lower rates of ACEI/ARBs post STEMI

Fewer achieve door-to-balloon time ≤ 90 minutes

Lower rate of diagnostic testing/specialty care

Fewer restoration procedures e.g., revascularization



Lower rate for OAC for new AFib
48% vs. **53%**

Lower statin prescription rate
67% vs. **78%**

Lower GDMT-based **statin intensity**
36.7% vs. **45.2%**

Higher death rate from high BP
52.2% vs. **47.8%**



The Impact of Gaps in Care

THE IMPACT OF GAPS IN CARE

CVD

#1 cause of death in women, responsible for **1 of 4 deaths**⁶



Greater morbidity and mortality post stroke and MI⁷⁻⁸



Toll of Ischemic Heart Disease in Women vs. Men⁹



MI

~1.5x higher 1-year mortality

CABG

~2x higher morbidity/mortality

HF

~1.5x higher incidence

Angina

~2x higher morbidity/mortality



Sex-Based Differences

SEX-BASED DIFFERENCES

Myth: Higher Bleeding Risk in Women
Fact: Similar to Men

Significantly **lower risk** of **intracranial hemorrhage**¹⁰

DOACs vs. Warfarin

HR: **0.16**



All-cause mortality

HR: **0.55**

HFpEF, Nonobstructive CAD Higher in Women

2x as likely to develop **HFpEF**; experience greater symptom burden¹¹

More likely to have **nonobstructive CAD**

Inconsistent MI symptoms leading to **delayed diagnosis & treatment**



Response to Medical Management

Post hoc analysis of major clinical trials:

TOPCAT¹²:

Secondary outcome of all-cause mortality:

15.8%



Spirolactone therapy

25.2%

22.3%



Placebo



24.3%

PARAGON-HF¹³:

Sacubitril/Valsartan treatment



Greater response by women

Call to Action



Addressing the disparities in delivery of care and cardiovascular outcomes for women requires a renewed commitment to recognizing the issue and prescribing GDMT and other evidence-based treatment.

Abbreviations:

AFib: Atrial fibrillation | CABG: Coronary artery bypass grafting | CAD: Coronary artery disease | CHD: Coronary heart disease | DOAC: Direct oral anticoagulant | HF: Heart Failure | HFpEF: Heart failure with preserved ejection fraction | HTN: Hypertension | ICH: Intracerebral hemorrhage | IHD: Ischemic heart disease | MI: Myocardial infarction

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