

Title: Profile & Short term Outcome of women presenting with Acute Coronary Syndrome

Category: Acute Coronary Syndromes

Abstract

Background: Gender differences exist in presentation of acute coronary syndrome (ACS) with females carry higher morbidity & mortality. Coronary pathology interacts with biologic sex characteristics of women to produce different symptoms and worse outcome.

Purpose: To study clinical profile & short term outcome of Indian women admitted with Acute coronary syndrome

Methods: Presentation, In-hospital and outcome at 30 post ACS day was studied in 206 admitted females. ACS was diagnosed as per universal definition of ACS. MACCE were studied during ICCU stay and upto 30 days post-ACS.

Results: 116 (56.3%) had STEMI, 20 (9.7%) presented with NSTEMI and 70 (33.9%) were admitted with Unstable angina. Age at admission was 60 ± 11.34 years with 63% women were above 51 years. Atypical presentations were noted in 34% women and one or more risk factors in 58%. Majority (71%) were anemic with Hb < 12 Gm % at presentation and 13% were premenopausal. 55% patients were either overweight or obese & lipid abnormalities were detected in 7% premenopausal & 48% were postmenopausal women. Glucose intolerance was observed in 54% patients. In 116 STEMI patients, Anterior location of infarct predominated (68.42%). MAACE developed in 32% patients during hospital stay while additional 15% had MAACE after discharge upto 30 post ACS day. Post MI angina, heart failure, cardiogenic shock predominated as major coronary events. Mortality of 10% was observed in STEMI patients and overall 47 % females had one or more MACCE. Factors observed with MAACE were Age > 65 yrs, Atypical presenting symptoms, high BMI, Anterior location of MI & chronic smoking. All patients succumbing had one or more of above factors

Conclusion: Women presenting with ACS often have atypical presentation, older with higher incidence of MAACE in post ACS period.