

Women's Cardiovascular Health: Prevention, Treatment and Prevention Policies**Concentration area:** 5131**Creation:** 14/04/2022**Activation:** 14/04/2022**Credits:** 2**Workload:**

Theory (weekly)	Practice (weekly)	Study (weekly)	Duration	Total
2	10	3	2 weeks	30 hours

Professor:

Antonio de Padua Mansur

Objectives:

OBJECTIVE: The course is intended for postgraduate medical students and other professionals in the area of Population Health with a specific scientific interest in "Women's Cardiovascular Health". The main objectives of the course are: to train students to apply knowledge in teaching, research, and clinical practice of the main concepts of cardiovascular diseases in adult women; to train students to design proposals for policies to protect cardiovascular disease in women and to develop and propagate the projects to health professionals; and to discuss proposals for new studies in women in the area of prevention and treatment of cardiovascular diseases in seminars

Rationale:

RATIONALE: Cardiovascular diseases are currently the main cause of death in women in Brazil, but medical care for these women is often inappropriate and often late, resulting in greater mortality from heart disease. Evidence-based treatment of heart disease is also inadequate because some of the approaches recommended for women were extrapolated from clinical studies carried out mostly on men. Likewise, sex-specific risk factors such as high blood pressure and diabetes in pregnancy, polycystic ovaries, early menopause, premature birth, and depression are inadequately explored. These are some of the factors that contributed to higher mortality from heart disease in women, especially in the lower socioeconomic strata of the population. Historical failures in teaching and researching heart disease in women have led to fundamental errors in caring for women with heart disease and have cost many lives. This course proposes to discuss the most recent information about cardiovascular diseases in adult women, their main epidemiological, clinical, laboratory, and therapeutic aspects.

Content:

CONTENT: Topics to be addressed: 1- development of educational programs on cardiovascular disease in women for physicians, scientists, allied healthcare providers, and communities; 2- discussion on sex-specific research focused on identifying the pathophysiology and natural history of cardiovascular disease; 3- how to develop strategies to improve enrolment and retention of women in cardiovascular clinical trials; 4- socioeconomic deprivation contribution to the global burden of cardiovascular disease in women; 5- strategies to educate healthcare providers and patients regarding early detection and prevention of cardiovascular disease in young women; 6- establish policy-based initiatives and medical and community outreach

cardiovascular disease risk factor programs in settings frequented by women; 7- sex-specific and other under-recognized cardiovascular disease risk factors, such as psychosocial and socioeconomic factors, appear to contribute to the global burden of cardiovascular disease in women; 8- how to embrace public-private partnerships to develop broad-scale programs to save lives in women with cardiovascular disease.

Type of Assessment:

EVALUATION CRITERIA: The final evaluation will consist of the delivery of a 5-page review manuscript or a 5-minute video on a specific topic on Women's Heart Disease.

Notes/Remarks:

NOTE: Minimum number of students: 2 Maximum number of students: 12

Bibliography:

BIBLIOGRAFIA: 1- Lindley KJ, et al; American College of Cardiology Cardiovascular Disease in Women Committee and the American College of Cardiology Health Equity Taskforce. Socioeconomic Determinants of Health and Cardiovascular Outcomes in Women: JACC Review Topic of the Week. *J Am Coll Cardiol*. 2021 Nov 9;78(19):1919-1929. doi: 10.1016/j.jacc.2021.09.011. 2- Caughey AB, et al. USPSTF Approach to Addressing Sex and Gender When Making Recommendations for Clinical Preventive Services. *JAMA*. 2021 Nov 16;326(19):1953-1961. doi: 10.1001/jama.2021.15731. 3- Norris CM, et al. State of the Science in Women's Cardiovascular Disease: A Canadian Perspective on the Influence of Sex and Gender. *J Am Heart Assoc*. 2020 Feb 18;9(4):e015634. doi: 10.1161/JAHA.119.015634. 4- Lee MT, et al. Sex-Related Disparities in Cardiovascular Health Care Among Patients With Premature Atherosclerotic Cardiovascular Disease. *JAMA Cardiol*. 2021 Jul 1;6(7):782-790. doi: 10.1001/jamacardio.2021.0683. 5- Dugani SB, et al. Association of Lipid, Inflammatory, and Metabolic Biomarkers With Age at Onset for Incident Coronary Heart Disease in Women. *JAMA Cardiol*. 2021 Apr 1;6(4):437-447. doi: 10.1001/jamacardio.2020.7073. 6- Vogel B, et al. The Lancet women and cardiovascular disease Commission: reducing the global burden by 2030. *Lancet*. 2021 Jun 19;397(10292):2385-2438. doi: 10.1016/S0140-6736(21)00684-X. 7- Ong P, Camici PG, Beltrame JF, Crea F, Shimokawa H, Sechtem U, Kaski JC, Bairey Merz CN; Coronary Vasomotion Disorders International Study Group (COVADIS). International standardization of diagnostic criteria for microvascular angina. *Int J Cardiol*. 2018 Jan 1;250:16-20. doi: 10.1016/j.ijcard.2017.08.068. 8- Braunwald E. Tratado de Doenças Cardiovasculares. Editora Guanabara Koogan. 9- Mansur AP. Prevenção primária das doenças cardiovasculares. Editora EDUSP. 2019. p. 228. 10- Cardiopatía no idoso e na mulher. Série InCor de Cardiologia. Mansur AP, Wajngarten M. Editores: Ramires JAF, Kalil Filho R. Editora Atheneu. 2012. P. 360.

Class type:

Presencial