

Cardiac Prevention Should Target Midlife Women

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ATLANTA — Better cardiac disease awareness and prevention programs that target younger women are needed, according to at least two studies presented at a prevention conference on heart disease and stroke sponsored by the Centers for Disease Control and Prevention.

In one study, risk factors for cardiac disease were common among women aged

34-64 years presenting with myocardial infarction. Of 50 such women, with a mean age of 54 years, 18% had 1-3 risk factors, 42% had 4-6 risk factors, and 40% had 7-10 risk factors, Lucia Kamm-Steigelman, Ph.D., and colleagues at Emory University, Atlanta, reported in a poster.

Risk factors included menopause (78% of patients), family history of coronary artery disease (80%), previous diagnosis of coronary artery disease (38%), diabetes (44%), hypertension (64%), hyperlipi-

demia (56%), moderate depression (36%), lack of exercise (76%), body mass index over 24 kg/m² (68%), and current smoking (58%).

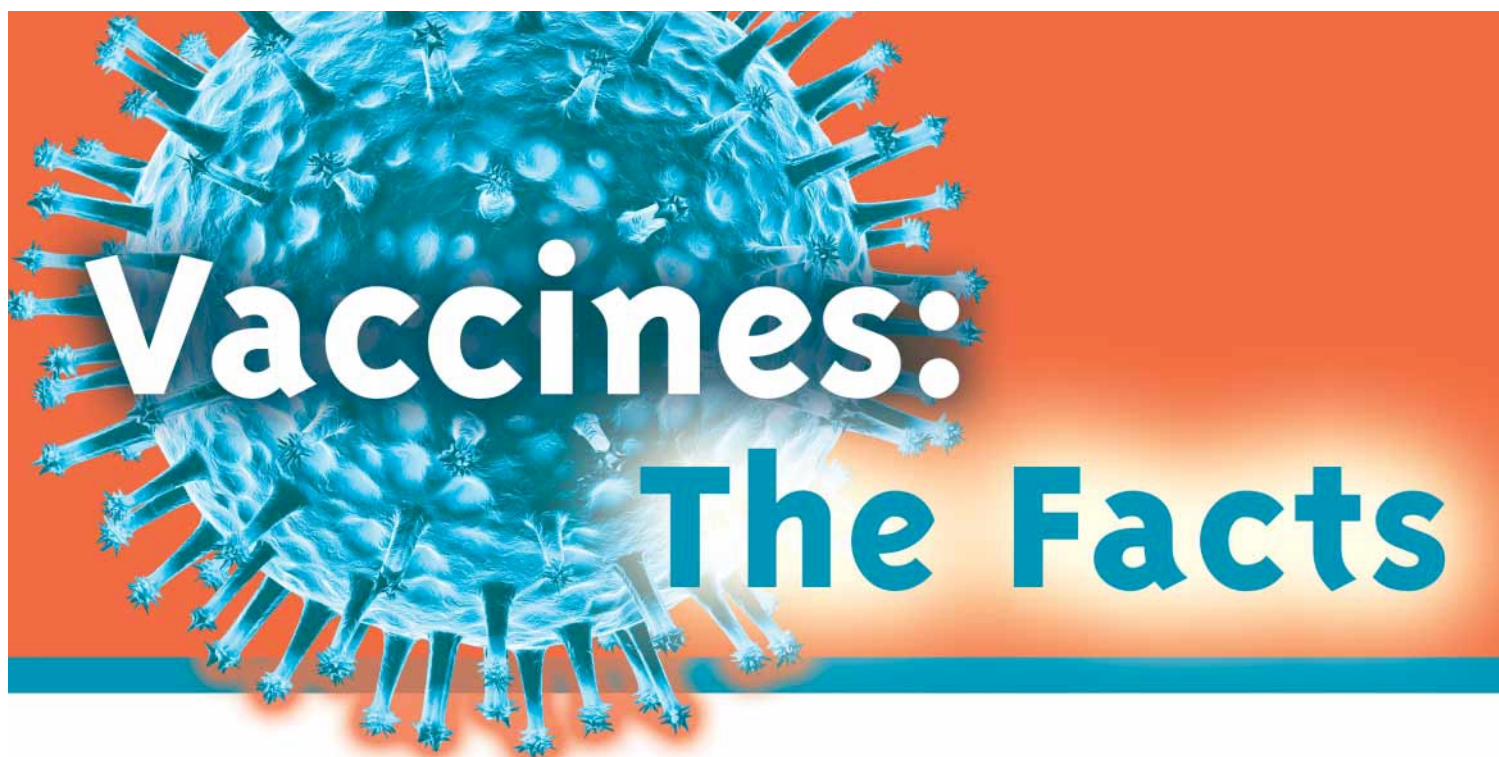
Public health and clinical prevention programs are clearly needed in this population, the investigators concluded.

Aparna Sunderam, D.O., and colleagues from the CDC analyzed data from the Behavioral Risk Factor Surveillance System and came to a similar conclusion.

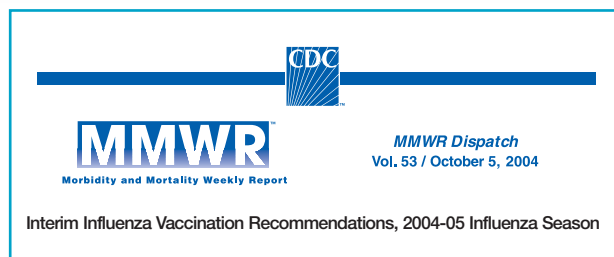
Of 28,271 women under age 65 who

took part in the state-based telephone survey, 739 white women and 118 black women reported having heart disease.

Among those with reported heart disease, 44% of white women and 56% of black women had two or more risk factors for coronary heart disease, including hypertension (86% of blacks; 57% of whites), overweight status (63% of blacks; 33% of whites), sedentary lifestyle (50% of blacks; 40% of whites), and high cholesterol (53% of blacks; 56% of whites). ■



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REFERENCES: 1. Prescribing Information for FluMist®, Influenza Virus Vaccine Live, Intranasal. MedImmune Vaccines, Inc., Gaithersburg, MD. 2. Data on file, MedImmune Vaccines, Inc., Gaithersburg, MD. 3. Centers for Disease Control and Prevention. Interim Influenza Vaccination Recommendations—2004–05 Influenza Season. Available at: www.cdc.gov/flu/protect/whoshouldget.htm. Accessed November 2, 2004.

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