A NOVEL APPROACH TO IDENTIFY WOMEN WITH CARDIOVASCULAR RISK FACTORS: RESULTS FROM THE OB/GYN SCREENING PILOT PROGRAM

ACC Moderated Poster Contributions
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Background: Cardiovascular (CV) disease is the leading cause of mortality among women in the US. Furthermore, the rate of CV mortality in women aged 35 to 44 continues to increase by approximately 1% each year, and many women remain undertreated for CV risk factors.

Methods: A pilot program was implemented in ten US centers, to screen women for CV risk factors or disease in obstetrics and gynecology (OB/GYN) clinics. Pts undertook a simple, one page survey regarding traditional and gestational CV risk factors and any current symptoms. Blood pressure (BP) was measured in all pts with no prior screening.

Results: From 1 May 2010 to 31 July 2011, 1,453 pts were screened, 15% considered their OB/GYN as their primary health care provider. The mean age was 53 ± 11, 45% were postmenopausal, and of these pts, 29% were on hormone replacement therapy. A significant proportion of pts either did not know, or had no prior testing of their BP, cholesterol or blood sugar levels (15%, 34%, and 18% respectively). The table shows the CV profiles of surveyed pts. After the screening process, 13% of pts were referred to another health provider (primary care physician, cardiologist, endocrinologist, other).

Conclusion: Amongst middle aged women screened in this pilot, multicenter program in community OB/GYN clinics, the prevalence of CV risk factors and symptoms were common (61% and 44% respectively). CV assessment in the setting of OB/GYN clinics may enhance the delivery of primary CV prevention and education to female pts.

Cardiovascular Risks and Symptoms Among Women Surveyed in Ob/Gyn Clinics

<table>
<thead>
<tr>
<th>Risk Factors</th>
<th>% (N=1453)</th>
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<tbody>
<tr>
<td>Hypertension*</td>
<td>8.0%</td>
</tr>
<tr>
<td>LDL &gt;200mg/dL*</td>
<td>20.1%</td>
</tr>
<tr>
<td>HDL &lt;45mg/dL*</td>
<td>15.3%</td>
</tr>
<tr>
<td>Current smoker</td>
<td>19.5%</td>
</tr>
<tr>
<td>Ex-smoker</td>
<td>25.5%</td>
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<tr>
<td>Diabetes or abnormal fasting blood sugar</td>
<td>0.0%</td>
</tr>
<tr>
<td>Family history of coronary artery disease</td>
<td>39.7%</td>
</tr>
<tr>
<td>BMI &gt;25</td>
<td>30.5%</td>
</tr>
<tr>
<td>Sedentary lifestyle</td>
<td>53.3%</td>
</tr>
<tr>
<td>Presence of at least one traditional risk factor*</td>
<td>51.0%</td>
</tr>
</tbody>
</table>

Past History:
- Gestational diabetes | 7.9%
- Gestational hypertension | 10%
- Preeclampsia | 4.7%
- Heart attack or angina | 2.9%
- Stroke / TIA | 2.3%

Current Symptoms:
- Chest, jaw, shoulder or neck discomfort with activity | 8.6%
- Chest, jaw, shoulder or neck discomfort at rest | 10.5%
- Shortness of breath | 15.8%
- Fainting without explanation | 1.3%
- Palpitations | 15.2%
- Fatigue | 24.2%
- Leg pain with walking | 10.8%

Any of the above | 43.9%

*Self reported, or from measurements taken at OB/GYN clinic including hypertension, high LDL, current smoking status, family history of coronary disease, diabetes or abnormal fasting glucose.