



Prevention

CHARACTERISTICS OF PHYSICAL AND LABORATORY DATA AND LIFE STYLE IN WOMEN HAS FAVORABLE INFLUENCE ON THE RISK FOR CARDIOVASCULAR DISEASE

ACC Moderated Poster Contributions
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Background: The purpose of this study is to clarify whether gender difference of life style can influence the risk for future cardiovascular disease or not using mass medical check-up data.

Methods: We collected data from the medical records of 90,143 Japanese (45,906 women(50.9%), age;women 45.7±11.9years, men 46.9±12.1years) who had annual medical check-up in our hospital from January 2004 to June 2010, and compared the following data between men and women; physical examination;BMI, abdominal circumference, blood pressure, pulse rate, laboratory data;Total-cholesterol, LDL-cholesterol, HDL-cholesterol, triglyceride, fasting blood sugar, HbA1c, uric acid, life style data;weight gain, sleep period, dietary intake, salt intake.

Results: The data indicated women's character in comparison with men. BMI is lower (21.0±3.0 vs 23.8±3.1, p<0.001), and abdominal circumference is smaller (76.1±9.5 vs 84.3±9.4cm, p<0.001). Blood pressure is lower (112.6/69.6±17.0/10.6 vs 122.4/76.4±16.4/10.7mmHg, p<0.001), and pulse rate is faster (75.6±10.8 vs 72.0±10.7bpm, p<0.001). Total-cholesterol is no significant difference (201.4±35.6 vs 201.5±33.2mg/dl), but LDL-cholesterol is lower (112.7±31.1 vs 121.0±29.6mg/dl, p<0.001) and HDL-cholesterol is higher (69.4±14.5 vs 55.0±13.1mg/dl, p<0.001). Triglyceride is significantly lower (74.0±47.0 vs 127.6±99.5mg/dl, p<0.001). Fasting blood sugar is lower (95.1±11.5 vs 103.9±18.0mg/dl, p<0.001), and HbA1c is also lower (5.04±0.47 vs 5.17±0.68%, p<0.001). Uric acid is lower (4.39±0.94 vs 6.22±1.22mg/dl, p<0.001). Weight gain from late 10s is lower (49.8±47.2 to 52.5±7.8kg vs 61.8±12.0 to 69.4±10.2kg, p<0.001). Sleep period is longer (6.59±4.60 vs 6.41±3.53hours, p<0.001). The amount of dietary (2131±533 vs 2428±632kilocalories/day, p<0.001) and salt intake(11.8±3.7 vs 12.5±4.0g/day, p<0.001) is smaller.

Conclusion: In Japan, with their better life style, women may be tendency to have lower risk of cardiovascular disease than men in almost parameters.