



**FACTSHEET for healthcare professionals**

**GENCAD**

**Gender differences in coronary artery disease  
in Europe**







## Gender, management & outcomes

- Women and, in particular, elderly women with suspected myocardial infarction arrive later at hospital emergency units than men.<sup>29</sup>
- Cardiovascular rehabilitation after myocardial infarction is not equally available for women and men.<sup>47</sup>
- Treatment of CAD should be performed according to the current guidelines for women and men. Women derive the same benefits from bypass surgery and percutaneous coronary intervention as men.<sup>39</sup>
- Women have more complications and more residual chest pain after coronary interventions for myocardial ischemia.<sup>48, 49</sup>
- Women have higher mortality and poorer health related quality of life after elective coronary artery bypass surgery.<sup>10, 50-52</sup>

*Later arrival to emergency unit for women with myocardial infarction than for men*

*Unequal access to cardiac rehabilitation*

*Adhere to ESC guidelines for CAD treatment in women and men*

*Gender differences after coronary interventions and bypass surgery*

*Poorer quality of life and more complications in women after coronary interventions*



## Conclusion

- ***Coronary artery disease differs significantly in European women and men, in age distribution, prevention, clinical manifestation, in response to therapies and outcomes.***
- ***Whenever managing women and men with risk factors or coronary artery disease, think about the differences in prevention, diagnosis, and therapy.***
- ***Take conventional risk factors seriously in women and men. Hormonal dysfunction and poor lifestyle increase the risk in both.***
- ***Choose proper and risk-adapted non-invasive and invasive tests for diagnosis of coronary artery disease in women and men.***
- ***Choose proper and risk-adapted pharmaceutical and invasive management for therapy of coronary artery disease in women and men.***

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GenCAD project partners: Institute of Gender in Medicine, Berlin School of Public Health, Andalusian School of Public Health, European Public Health Association, Institute of Health and Wellbeing, Radboud University Medical Centre, European Association for Cardiovascular Prevention & Rehabilitation.

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