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Control/Tracking Number: 08-SS-A-20513-AHA

Activity: Scientific Sessions Abstract

Current Date/Time: 6/8/2008 12:22:02 PM

Spectacular Decrease in Mortality in Women with STEMI: an Effect of Public Awareness Campaigns?

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Abstract:

Background: Public campaigns such as Go Red have stressed the specific CV risk of women. We assessed the potential impact of these campaigns on management and outcomes in younger and older women with STEMI. Methods & results: 3 nationwide 1-month registers in France, with 4985 STEMI pts (1384 women), in 1995, 2000 and 2005. Evolution of baseline parameters, management and outcomes was analysed according to age group (<65 v. ≥65 years). The 10-year age gap between women and men persisted throughout the observation period. The % of women ≥ 50 years, however, increased from 3.7% to 8.3% to 11.0% from 1995 to 2005. Concomitantly, the % of current smokers increased from 30% to 47% and 52%. In men, the % ≥ 50 years (20% to 23%), as well as the prevalence of current smoking (60% to 61%) remained stable. In women, reperfusion therapy increased by 20% (vs 12% in men), as did the use of in-hospital PCI (12% to 66%). Early (<48 hours) treatment with statins (6% to 74%), antiplatelet agents (88% to 95%), beta-blockers (51% to 68%) or ACE-I (44% to 48%) increased. From 1995 to 2005, 30-day mortality in women decreased from 23.7% to 12.9% to 9.7% (p<0.001). In the ≥65 age group, mortality decreased by 51% in women, compared to 31% in men so that the gender difference in early mortality in 1995 (26.4% v 16.5%, p<0.001) was no longer significant in 2005 (12.8% v 11.4%). In the younger age group, there was a huge decrease in mortality in women (12.0% v 7.1% v 1.6%, p=0.009), while it did not change in men (2.9% v 2.7% v 2.3%). Conclusion: over the past 10 years, early mortality of women, including younger women, with STEMI has become comparable with that of men. This goes along with marked increases in reperfusion therapy, PCI and recommended medications. Of note, however, the proportion of younger women has increased, with a concomitant increase in the prevalence of current smoking in this population. In spite of these remarkable achievements, efforts to combat risk factors in women should therefore continue.

Author Disclosure Information: T. Simon, None; G. Mulak, None; E. Drouet, None; J. Dujardin, None; P. Guéret, None; D. Blanchard, None; J. Lablanche, None; J. Ferrières, None; J. Cambou, None; N. Danchin, None.

Category (Complete): 93 - Epidemiology: Population Studies, Risk Factors, Biomarkers (EPI)

Keyword (Complete): Acute coronary syndromes ; Myocardial infarction, STEMI ; Health policy

Presentation Preference (Complete): All Formats

Additional Info (Complete):

: G. Other

Yes or No: No

Payment (Complete): Your credit card order has been processed on Sunday 8 June 2008 at 5:48 AM.

Status: Complete

American Heart Association

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