

Coronary care needs to take gender differences into account

Both men and women need the right treatment to reduce the risk of death caused by coronary artery disease. New factsheets, presented at the European Public Health Conference, will increase the knowledge about cardiological gender differences.

The factsheets are available in different languages and in two different versions: one for the general public and one for health care professionals. The differences between women and men in symptoms, diagnosis and treatment of coronary heart disease have been reviewed and compiled and are based on approx. 1,000 scientific studies.

The researchers behind the project have summarized the most important issues in the factsheets. Some examples:

- Diabetes increases the risk of coronary heart disease more in women than in men.
- Women underestimate their risk of coronary heart disease more often than men. Therefore, they might not take in information about disease prevention.
- Exercise can be a stronger protective factor in women than in men, but women generally exercise less than men.
- Men generally eat less healthy than women. A healthy diet is an important preventive measure in both women and in men.
- High cholesterol levels are equally dangerous and must be treated in both women and men.

The factsheets have been developed by the EU funded GENCAD. Mental health, socioeconomic status, autoimmune and inflammatory diseases, and disturbances of sex hormones and of sexual function are gender-specific risk factors.

The European Public Health Conference (EPH) is one of the world's leading public health conferences. It takes place at Stockholmsmässan on 1-4 November and gathers more than 1,500 experts. GENCAD is one of the topics in the conference programme regarding coronary heart disease and how it can be prevented. Coronary heart disease, such as heart attack, is the most common cause of death in Europe today.

Factsheets: https://eupha.org/general_page.php?p=155

Press conference 2 November 10:00

Media is invited to meet the researchers of the survey on Thursday 2 November at 10:00.

Read more: [Press invitation – Public Health Conference in Stockholm](#)

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