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***Assessment of Cardiovascular Risk  
Factors in Postmenopausal Women***

**Amos Pines, MD**


**the International Menopause Society  
World School for the Study of Menopause**

Washington, September 2008



 ***Faculty Disclosure***

- ◆ Dr. Pines has no financial affiliations to disclose
  
- ◆ Note: Additional disclosure information is located within the program

 ***Learning Objectives***

At the conclusion of the session, participants will be able to:

- ◆ Become familiar with cardiovascular risk factors for postmenopausal women
- ◆ Review screening strategies for assessing cardiovascular risk in postmenopausal women

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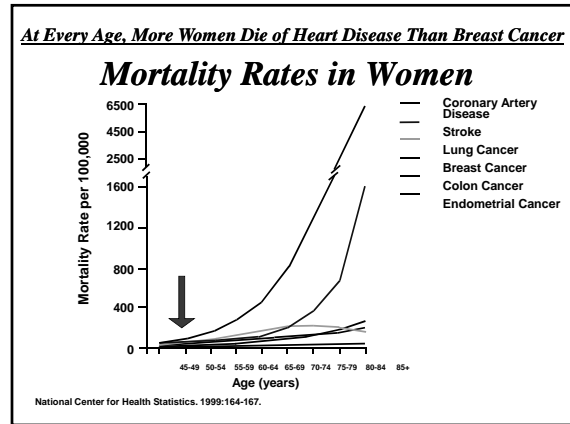
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**Prognosis of CAD in men vs. women**

◆ Women fare less well than men after MI or cardiac interventions. Their short and long term prognosis is worse and the likelihood for adverse events is higher than in men.




**Classification of CVD risk in women**  
*Mosca L, Circulation 2007;115:1481*

| Risk Status  | Criteria  |
|--------------|---|
| High risk    | Established coronary heart disease<br>Coronary artery disease<br>Peripheral arterial disease<br>Abdominal aortic aneurysm<br>End-stage or chronic renal disease   |
| At risk      | Diabetes mellitus<br>10-Year Framingham global risk $\geq 20\%$<br>1-4 major risk factors for CVD, including:<br>Cigarette smoking<br>Poor diet<br>Physical inactivity<br>Obesity, especially central adiposity<br>Family history of premature CVD (CVD at $\leq 55$ years of age in male relative and $\leq 65$ years of age in female relative)<br>Hypertension<br>Hyperlipidemia |
| Optimal risk | Evidence of subclinical vascular disease risk, coronary calcification<br>Metabolic syndrome<br>Poor exercise capacity on treadmill test and/or abnormal heart rate recovery after stopping exercise<br>Framingham global risk $< 10\%$ and a healthy lifestyle, with no risk factors  |

**CV risk factors**

- Personal +
- Family Hx. \*
- D.M.
- Smoking
- Diet
- Weight
- B.P.
- Lipids \*
- Sedentarism

CVD indicates cardiovascular disease.  
\*Or at high risk on the basis of another population-adapted tool used to assess global risk.





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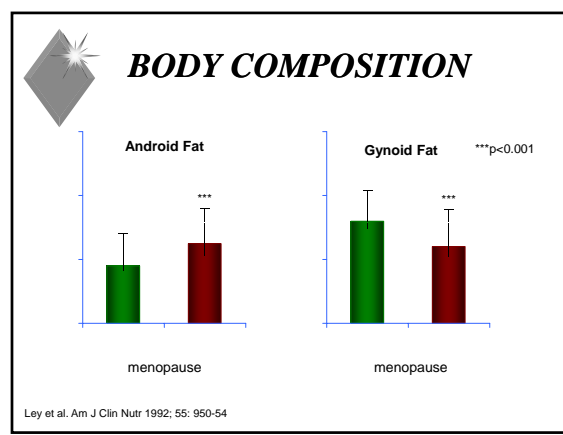
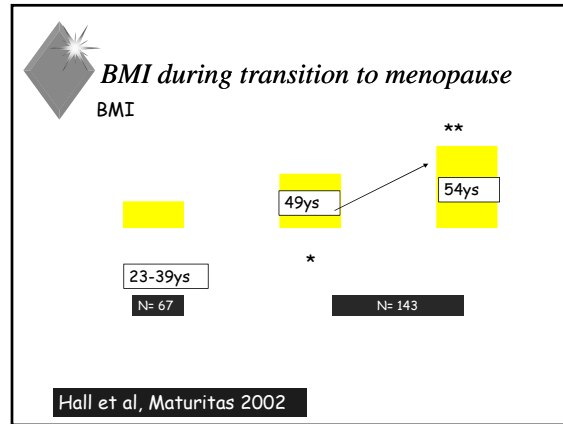
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**Obesity epidemics...**

Risk Score for CVD in females according to levels of Waist Circumference (cm)

| Low | Moderate | High |
|-----|----------|------|
| <80 | 80-88    | >88  |









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