Risk factors control in female patients treated with primary percutaneous coronary intervention

Dragana Bačić[1], Jelena Rakočević[2], Vojislav Giga[1,3], Jelena Stepanović[1,3], Ivana Paunović[1], Branko Beleslin[1,3], Ana Đorđević-Dikić[1,3]

[1]Cardiology Clinic, Clinical Center of Serbia, Belgrade, Serbia, [2]Institute of Histology and Embryology, University of Belgrade, School of Medicine, Serbia, [3]School of Medicine, University of Belgrade, Belgrade, Serbia

Introduction. The risk of heart disease in women has been underestimated in the past due to the misperception that females are 'protected' against cardiovascular diseases (CVD). Also, there are some data that risk factors are poorly regulated in female patients after myocardial infarction (MI). The aim of our study was to examine coronary risk factors control in female patients treated with primary percutaneous coronary intervention after MI.

Methods. Our study included 59 consecutive female (mean age 58.53 ± 8.74) patients treated with primary PCI for ST segment elevation MI. After two years of index event all the patients had laboratory analysis of lipid parameters, with optimal control defined as LDL-cholesterol < 1,8mmol/L. Optimal blood pressure was defined as BP < 130/80mmHg. Also smoking status was assessed in all patients, as well as physical activity (at least 30 min of exercise on 5 or more days/week). Risk factors awareness was also assessed.

Results. Our data show that majority of female patients had poorly regulated risk factors two years after ST segment elevation MI. Non-optimal blood pressure was present in 86% and LDL cholesterol was above 1.8mmol/l in 45% of patients. More than a half of patients (54.2%) continued to smoke. Sedentary lifestyle was dominant in our group of patients (52.5% didn't have any physical activity).Vast majority of patients (82.8%) did not change their nutrition habits, and that percentage was significantly higher in female patients with BMI>25 than in patients with BMI <25 (p=0.003), whereas changes in nutritional habits were not related to educational status (p=NS, high vs. other education). Majority of patients 68% considered to have optimally regulated risk factors.

Conclusion. Our data show that vast majority of female patients had poorly regulated risk factors for coronary artery disease after ST segment elevation myocardial infarction, with low awareness of risk factors levels.

Key words: risk factors, females, primary percutaneous coronary intervention