



## Clinical approach of Cardiovascular Disease in Women

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### Abstract

The burden of cardiovascular disease in women, is a clinical challenge in several levels.

The Author through the presentation of cases, remarks the clinical differences and a practical approach of the attention of these population. Inflammation is an obligatory marker of arterial disease, both stemming from the inflammatory activity of cholesterol itself and from well-established molecular mechanisms. Raised progenitor cell recruitment after major events and clonal hematopoiesis related mechanisms have provided an improved understanding of factors regulating inflammatory phenomena. Trials with inflammation antagonists have led to an extensive evaluation of biomarkers such as the high sensitivity C reactive protein (hsCRP), not exerting a causative role, but frequently indicative of the individual cardiovascular (CV) risk. Aim of this review is to provide indication on the anti-inflammatory profile of agents of general use in CV prevention, i.e. affecting lipids, blood pressure, diabetes as well nutraceuticals such as n-3 fatty acids. A crucial issue in the evaluation of the benefit of the anti-inflammatory activity is the frequent discordance between a beneficial activity on a major risk factor and associated changes of hsCRP, as in the case of statins vs PCSK9 antagonists. In hypertension, angiotensin converting enzyme inhibitors exert an optimal anti-inflammatory activity, vs the case of sartans.

### Biography

Yamilah Bouzid is an Internal Medicine and Clinical Cardiology Specialist, actually is the Chief of Medicine Department of Hospital Cima San Jose, with experience as speaker in local and international courses, her focus at the present time is the excellence of the attention of women with cardiovascular disease.

### Publications

Kawasaki disease and Giant Saccular Aneurysm of the Anterior Descending Artery: a case report

Rheumatic fever, National Consensus 2005

Cardiovascular management protocol in Marfan syndrome

Usefulness of echocardiography in percutaneous closure of atrial septal defect

Guidelines for the primary prevention of atherosclerotic cardiovascular disease beginning in childhood

Retrospective study of the diagnosis of congenital heart disease in the prenatal period at the National Children's Hospital June 2001 - May 2002



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