

# Women fare worse than men following heart attack

August 22 2014, by Karen N. Peart

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(Medical Xpress)—Young women who have heart attacks have worse health outcomes than men, according to a study by Yale School of Medicine researchers.

Under the leadership of Dr. Harlan Krumholz, director of the Yale-New Haven Hospital Center for Outcomes Research and Evaluation, a Yale team tracked over 230,000 hospitalizations of patients suffering from [acute myocardial infarction](#) (AMI) between 30 and 54 years of age from 2001 to 2010. Krumholz is also a faculty member at the Yale School of Medicine.

The team searched for age-and gender-based differences in hospitalization rates and [patient outcomes](#) after hospitalization following

AMI based on age and gender.

Although hospitalization rates were higher for men than for [women](#), Aakriti Gupta, a resident at the Yale School of Medicine and lead author on this paper, found that hospitalized women had longer lengths of stay, more comorbidities (The appearance of multiple diseases), and higher in-hospital mortality rates than men.

Gupta also found that between 2001 and 2010, the hospitalization rate for AMI remained constant for both genders, whereas for older patients the [hospitalization rate](#) dropped 20%.

"It is concerning that hospitalization rates for heart attack in the young have not shown any reduction, suggesting that lack of awareness and poorer control of cardiovascular risk factors—including diabetes, high blood pressure, and smoking may be responsible," said Gupta.



Krumholz and his team are now working to identify the gender-specific biological, clinical and social factors underlying the higher risks associated with [heart attack](#) in younger women. This work is part of a larger research project known as Variation in Recovery: Role of Gender on Outcomes in Young AMI Patients (VIRGO).

In the meantime, Gupta suggests that physicians and other health care professionals seek opportunities to inform the patients, policy makers, and the public about cardiovascular risk factors, and that they direct resources toward younger [patients](#) to reduce AMI hospitalization rates.

**More information:** Aakriti Gupta, Yongfei Wang, John A. Spertus, Mary Geda, Nancy Lorenze, Chileshe Nkonde-Price, Gail D'Onofrio, Judith H. Lichtman, Harlan M. Krumholz, "Trends in Acute Myocardial Infarction in Young Patients and Differences by Sex and Race, 2001 to 2010," *Journal of the American College of Cardiology*, Volume 64, Issue 4, 29 July 2014, Pages 337-345, ISSN 0735-1097, [dx.doi.org/10.1016/j.jacc.2014.04.054](https://doi.org/10.1016/j.jacc.2014.04.054).

Provided by Yale University

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