

## **Women Health Initiative at the Tel Aviv Medical Center - an Effective Clinic for Risk Management**

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**Background.** There is growing awareness of coronary heart disease (CHD) as a leading cause of death in women. Differences in risk factors, clinical presentation, and pathophysiologic mechanisms of the disease in women lead to difficulties in diagnosis, less aggressive therapy and worse outcome in women.

**Aim.** A new clinic of women's heart health was established at the Tel Aviv Medical Center which is dedicated to the early risk evaluation, diagnosis and treatment of CHD in women.

**Methods.** We reviewed the data from the clinic's activity during the last year.

**Results.** There were 258 visits of 187 women in the clinic between July 2007 and June 2008. Mean age of women after hospitalization due to ACS was significantly higher than those who visited in purpose of primary prevention,  $68\pm 12$  and  $52\pm 11$ , accordingly. In 49 out of 84 visits of women (58%) with known hypertension blood pressure levels were not well controlled. In the other 174 visits, optimal BP was found in 75 of the visits, suboptimal in 51 and high in 48 visits. In 28% (20/74) of visits with known dyslipidemia lipids levels were well treated. Out of the other 184 visits 66 were within optimal range, 51 and 33 suboptimal and high, accordingly. In 54 visits no information was recorded. Only 81 visits (31%) women reported about any physical activity, mostly at a low level.

**Conclusions.** Efforts for increasing the general awareness of CHD risk, personalization of risk, proper diagnosis, and preventive measures within a dedicated clinic may help to improve cardiovascular health in women.