

# Manual of Gynecardiology

Angela H.E.M. Maas • C. Noel Bairey Merz  
Editors

# Manual of Gynecardiology

Female-Specific Cardiology

 Springer

*Editors*

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# Preface

In the past 25 years, we have made notable progress in our understanding of women's heart disease and women's hearts. Groundbreaking studies have informed us so much more about the novel risk factors that can impact women's likelihood for cardiovascular disease (CVD).

Ongoing work is aimed at achieving wide-scale understanding and usage of these risk factors, which include adverse pregnancy outcomes, estrogen deficiency, and premature menopause, in medical guidelines for diagnosing and treating women. Even so, we still have a job to do in educating women, including young women, about heart disease risk—and in educating their physicians. Meanwhile, CVD death rates are declining in all age groups except one—women 35–54 years.

Investigation advocacy campaigns are needed to translate these findings into clinical practice and care. Healthcare provider education regarding sex- and gender differences in CVD and clinical trials testing sex- and gender-based therapies are needed. We need to continue to advocate for women's heart disease as a specific research topic in education and funding agencies.

The *Manual of Gynecardiology* gives an update on our current knowledge in cardiology care for women and provides practice tools for cardiologists, trainees, and nurse practitioners. Women with signs and symptoms of ischemic heart disease are still too often evaluated and treated along the male standard, leading to uncertain diagnoses and inappropriate treatment. This especially accounts for younger females under 65 years of age, who have more often nonobstructive coronary artery disease and vascular dysfunction rather than focal obstructive disease. Considering women's health along a horizontal life approach can be helpful to distinguish low- and high-risk women from each other.

We hope that this book adds to the knowledge of all those who aim to improve cardiology care in women.

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