

ADDITIONAL RISK FACTORS IN WOMEN



RISK FACTORS SPECIFIC TO WOMEN

- Age had 1st period (*under 11 or over 15*)
- Polycystic ovary syndrome
- Endometriosis
- Use of combined contraceptive
- High blood pressure during pregnancy
- Premature ovarian failure (*before the age of 40*)
- Number of pregnancies (*3 or more*)
- Gestational diabetes
- Early menopause (*before the age of 45*)
- Menopausal hot flashes (*more than 6 per day*)
- Breast cancer with chemotherapy and radiotherapy
- Breast calcifications



TYPICAL RISK FACTORS FOR BOTH MEN AND WOMEN

- High blood pressure
- Cholesterol
- Diabetes
- Obesity
- Poor diet
- Sedentary lifestyle
- Smoking



RISK FACTORS INSUFFICIENTLY TAKEN INTO ACCOUNT IN WOMEN

- Psychosocial stress
- Domestic violence
- Poverty and social isolation
- Mental load both at work and in the home
- Lack of knowledge about a healthy lifestyle
- Environmental risks
- Autoimmune and inflammatory diseases
- Migraine with aura



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Women's Cardiovascular Healthcare Foundation

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