



Fight the No.1 killer of women, HEART DISEASE.

- Early detection can make all the difference. At WHHC we encourage women over 45 years to have their annual check-up.
- Check your heart once a year. February is the national month for cardiovascular disease awareness.

What can we recommend for primary prevention of cardiovascular disease in women?

We already highlighted in previous newsletters the specificities of cardiovascular disease (CVD) in women, which continues to be the leading cause of death among women in the world, accounting for ≈1 of every 3 female deaths.

Awareness of CVD as the primary cause of mortality in women has been slowly increasing over years. However, unique aspects of CVD in women have contributed to less aggressive lifestyle and medical preventive interventions.

Biological variances among women and men may be related to sex differences (chromosomes and hormones). In contrast, they may be also related to gender differences (like behaviors, environment, lifestyle and nutrition).

CVD in women can include: atherosclerotic obstruction by a plaque, coronary microvascular dysfunction (not visible on routine angiogram), spontaneous coronary artery dissection, atherosclerotic plaque erosion with subsequent thrombus formation, and stress-induced cardiomyopathy (Broken Heart Syndrome). Women with heart failure are twice more likely than men to develop a special entity which is heart failure with preserved contractile function of the heart.

Among risk factors are: aging, hypertension, diabetes, dyslipidemia, smoking, obesity, and physical inactivity. However, this excess risk is typically not observed before menopause.

However, there are emerging, nontraditional risk factors. They include: pregnancy-related disorders (hypertension and cardiomyopathy), breast cancer treatments, radiotherapy, autoimmune diseases, and depression. These women are candidates for long-term cardiac surveillance.

Recommendations:

Lifestyle modification: women can substantially reduce their risk of coronary events by not smoking, maintaining healthy body weight (BMI <25 kg/m²), consuming a healthy diet, exercising for 30 minutes a day, and consuming no more than a moderate amount of alcohol.

Aspirin and statin: Overall, there is a very modest improvement in cardiovascular events with low-dose aspirin. The use of statins and aspirin in primary prevention may rely on the calculation of a 10-year risk of CV events by a specific score.

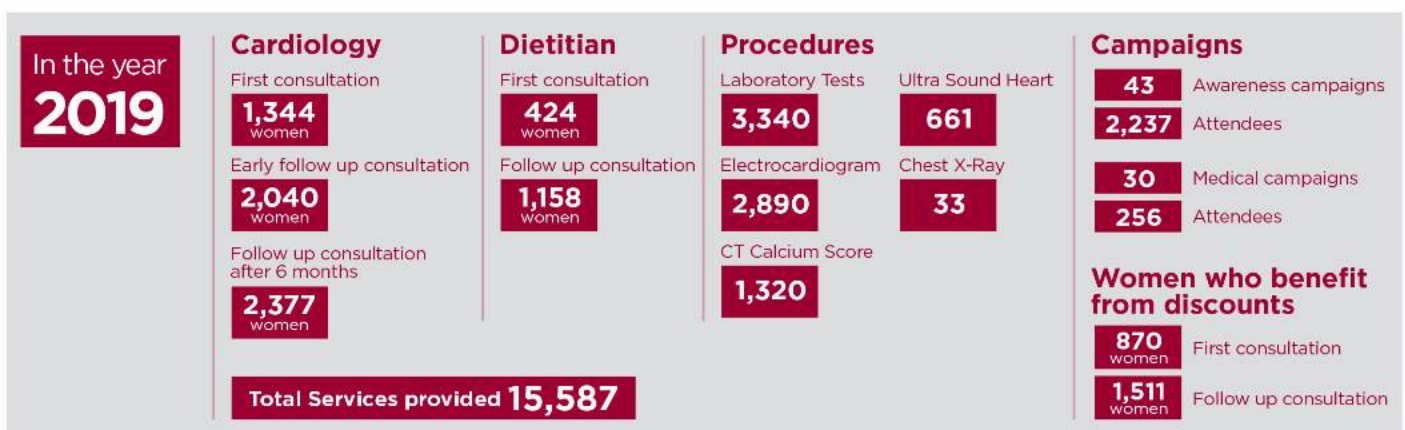
Hormone replacement therapy: Since the mid-2000s, there is a marked decline in the use of hormone replacement worldwide. Overall, hormone therapy should not be prescribed for the express purpose of preventing CVD.

In Conclusion

Women represent 51% of the world's population, and it is time to address their cardiovascular disease in a specific and dedicated manner.

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Is red wine beneficial for your heart health?

Cardiovascular diseases are the leading cause of mortality worldwide. It has been shown that a diet high in saturated fats increases the risk of ischemic heart diseases. However, the "French Paradox" shows that the French population shows a decreased incidence of cardiovascular disease despite their high saturated fats intake. This raises the question of whether this cardioprotective effect is due to the habit of red wine consumption with food in the French culture.

The chemical components of red wine:

Red wine is mainly composed of water, ethanol (the alcoholic component), and its bioactive antioxidants constituents, polyphenols. The polyphenols can be divided into two main categories: the flavonoids which give the taste and color to red wine but also have several health benefits, and the non-flavonoids. The most interesting flavonoid is Quercetin and the most studied non-flavonoid is Resveratrol.

The protective cardiovascular mechanisms of red wine intake:

- Improved lipid profile: decreasing LDL oxidation and increasing HDL levels
- Decreasing inflammation: by decreasing the C-reactive protein levels
- Vascular tone and blood pressure regulation: by increasing the release of Nitric Oxide
- Decreasing blood coagulation
- Increasing insulin-sensitivity

Recommendations for wine consumption:

The American Heart Association recommendations are no more than 1 drink/day for women and 2 drinks/day for men to avoid the negative effects of consuming an excess of alcoholic beverages.

It is also recommended that red wine should be a part of an overall healthy, moderate and adequate diet to benefit the most of its protective effects, not to mention exercising on a regular basis.

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Ref: Haseeb S, et al. Wine and Cardiovascular Health. *Circulation*. 2017; 136: 1434-1448.
Castaldo L, et al. Red Wine Consumption and Cardiovascular Health. *Molecules*. 2019; 24(19): 3626.



Activities and Achievements

In conjunction with World Heart Day on September 29, Yaduna Foundation in collaboration with Domaine Wardy, launched an awareness campaign aimed at shedding light on the prevention of cardiovascular diseases, during which several prominent figures from various Lebanese media outlets were invited to spend a special day at Domaine Wardy winery under the "Here's to Your Heart" theme.

One of our major achievements, that helped spread alertness about women heart disease are the awareness sessions lead by the social worker, with the collaboration of our doctors and dietitian.

These awareness sessions became a ritual since the opening of our centre. We believe that prevention is the most important step in fighting heart diseases in Women and it all starts with the sensitization of the population about the importance of preventing this disease.

During 2019, 2237 women and men attended 43 awareness sessions that were organized in all Lebanese regions in collaboration with many municipalities, NGOs, women committees.

After participating in these sessions; 238 women were engaged and visited the centre individually, 256 other women living in far regions or couldn't afford transportation have chosen to visit the centre in 30 organised groups. All these women benefited from Yaduna's medical services to take care of their heart health and lifestyle.

We hope to be able to reach a bigger population in 2020!

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