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At the Heart of the Matter

2011 10Q Report details important unanswered questions for women with heart disease

Washington, DC (June 21, 2011) — Cardiovascular disease (CVD) is the number one killer of women in the United States. Although scientists have discovered demonstrable sex differences, treatment options remain the same. In response to this important issue, the Society for Women's Health Research (SWHR) and WomenHeart: The National Coalition for Women with Heart Disease released the long awaited *2011 10Q Report: Advancing Women's Heart Health through Improved Research, Diagnosis and Treatment* on June 21 to a captivated audience on Capitol Hill.

The *2011 10Q Report* is an update to the *2006 10Q Report* that identified the top 10 unanswered research questions concerning the prevention, diagnosis and treatment of heart disease in women. Because these and other questions still lack answers, SWHR and WomenHeart are issuing an updated 2011 report.

Over 8.6 million women die annually of CVD and more women than men die each year of heart disease. Experts also estimate that one in two women will die of heart disease or stroke per year. There are known sex differences in symptoms and treatment of CVD, yet medical treatment of women has not changed substantially nor has it resulted in appropriate research into these distinct sex differences. The *10Q Report* is a call to action to members of Congress, administration officials, researchers, health care providers, and women.

"The *10Q Report* shows the major need to focus research funding appropriately for CVD to understand the important sex differences in heart health," said Phyllis Greenberger, MSW, President and CEO of SWHR. "SWHR and WomenHeart consulted with cardiovascular experts to identify these top 10 unanswered questions to aid researchers in the study of prevention and treatment of this number one killer of women."

The lack of understanding of sex differences in CVD can be attributed to insufficient recruitment of women and minorities for clinical trials. Improved participation rates would result in more accurate data and understanding of how CVD affects women differently than men. This in turn would produce more appropriate prevention and early detection plans, accurate diagnosis and proper treatment of all women with heart disease.

"The *10Q Report* reveals a startling lack of research into how women and men are genetically differently in CVD symptoms, diagnosis and treatment," said Lisa M. Tate, CEO, WomenHeart. "To better care for women, these 10 crucial questions must finally be addressed."



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Society for Women's Health Research

The Society for Women's Health Research (SWHR), a national non-profit organization based in Washington D.C., is widely recognized as the thought leader in women's health research, particularly how sex differences influence health. SWHR's mission is to improve the health of all women through advocacy, education and research. Visit SWHR's website at swhr.org for more information.

WomenHeart: The National Coalition for Women with Heart Disease

WomenHeart: The National Coalition for Women with Heart Disease is the only national organization dedicated to promoting women's heart health through advocacy, and patient support. As the leading voice for the 42 million American women living with or at risk of heart disease, WomenHeart advocates for equal access to quality care and champions prevention and early detection, accurate diagnosis and proper treatment of women's heart disease. For more information, visit www.womenheart.org/kit.

Sponsors of the 10Q Report: Advancing Women's Heart Health through Improved Research, Diagnosis and Treatment include Boehringer Ingelheim and Vanguard Charitable Trust of Edwards Lifesciences.