



## **Defense Health Agency (DHA) Clinical Communities Speaker Series**

### **Feb 2021 CCSS: Emerging Priorities in Women's Health**

#### **S04: Women and Cardiovascular Conditions: A Micro and Macro Look**

##### **Resource List – February 2021**

[Million Hearts® 2022](#) is a national initiative to prevent 1 million heart attacks and strokes within 5 years. It focuses on implementing a small set of evidence-based priorities and targets that can improve cardiovascular health for all. Visit the website to learn more on priority topics including cholesterol management, clinical tools for hypertension and cardiac rehabilitation, and resources including self-measured blood pressure monitoring, and many more.

Pregnancy presents the heart with a unique physiological challenge. When a pregnant woman contracts infections, such as the COVID-19, it puts more strain to the heart. The study, [Two cases of coronavirus 2019-related cardiomyopathy in pregnancy](#) (2020), presents two cases of pregnant women with confirmed COVID-19 at a single tertiary care center who presented during March 2020 and developed cardiomyopathy.

The U.S. Department of Veterans Affairs (VA) joins the rest of the nation to bring awareness of the risks of heart disease and stroke. [February as American Heart Month](#) (2021) discusses the warning signs and risks to heart problems, encourages healthy living, and provides resources to various heart health support. Visit the VA's Women Veterans Health Care website for more information.

[Sex Differences in Cardiovascular Disease and Cognitive Impairment: Another Health Disparity for Women?](#) (2019) examines sex differences in CVD and a broad range of CVD risk factors that may contribute to cognitive impairment (CI) that may help explain the increased prevalence of CI and dementia in women. A big factor is women having a greater longevity compared with men, and thus longer exposure to cardiovascular disease (CVD) and its risk factors. The article recommends improvements to prevention, treatment, and better understanding of CVDs to reduce prevalence of mild CI.



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### References

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<https://millionhearts.hhs.gov/>

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U.S. Department of Veterans Affairs (VA). (2021). *February is American Heart Month*.

<https://www.womenshealth.va.gov/WOMENSHEALTH/OutreachMaterials/GeneralHealthandWellness/hearthealth.asp>

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