

**Adult Health1** (NURS2301)

Homework

**Gender And Heart Disease**

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* **Compare the difference on risk of heart disease between male and female with rationalization?**

The term heart disease refers to several types of heart disease, including coronary artery disease and heart attack. Research identifies gender differences in heart disease, both sexes are at risk for heart disease, and males are often more susceptible, but there are some things that deny this.

Women are usually older when they have their first heart attack, and men have a higher risk of heart attacks early in life than women. Estrogen provides some protection for women from heart disease even after menopause when estrogen levels drop. This is why the average lifespan for a heart attack in women is 70, but 66 in men.

Heart failure: In men, it usually occurs due to damage from a heart attack that prevents the muscles from contracting as forcefully as they should. On the other hand, women are more likely to develop heart failure when high blood pressure, chronic kidney disease, or another condition prevents the heart muscle from relaxing properly between beats. Women with this type of heart failure generally live longer than men with heart failure. But they require frequent hospitalization for shortness of breath, have limited physical ability, and are more likely to need nursing home care.

Atrial fibrillation (atrial fibrillation): A condition that causes the heart to beat in an irregular and often fast rhythm. Recent studies have found that women with atrial fibrillation have more symptoms, a worse quality of life, a higher likelihood of having a stroke, and a worse outcome than men. They are also more likely to be treated for atrial fibrillation with catheter ablation, but are more likely to be readmitted to the hospital after the procedure than are men. Men who have atrial fibrillation are more likely to die from a heart problem.

There is some study research that states that women are more susceptible to heart disease than men, for the following reasons:

Blood lipids: Before menopause, estrogen helps a woman protect her from heart disease by increasing HDL (good) cholesterol and lowering LDL cholesterol. After menopause, women have higher concentrations of total cholesterol than men. But that alone doesn't explain the sudden rise in heart disease risk after menopause. A high level of triglycerides is an important factor that contributes to the risk of cardiovascular disease in women. Low HDL and high triglycerides appear to be the only factors that increase the risk of death from heart disease in women over 65.

Diabetes: Diabetes increases the risk of heart disease more in women than in men, possibly because women with diabetes often have additional risk factors, such as obesity, high blood pressure and high cholesterol. Although women usually develop heart disease about 10 years later than men, diabetes erases this feature. In women who have already had a heart attack, diabetes doubles the risk of a second heart attack and increases the risk of heart failure.

Metabolic syndrome: This is a group of health risks—large waist size, high blood pressure, glucose intolerance, low high-density lipoprotein cholesterol, and high triglycerides—that increase your chance of heart disease, stroke, and diabetes. Harvard Medical School research indicates that for women, metabolic syndrome is the most important risk factor for heart attacks at an unusually young age. In a study of patients undergoing surgery, metabolic syndrome caused a greater risk for women than for men who would die within eight years.

Smoking: Women who smoke are more likely to have a heart attack as male smokers. Women are also less likely to succeed in quitting, and women who do quit are more likely to start again. Moreover, women may not find nicotine replacement as effective, and — because the menstrual cycle affects tobacco withdrawal symptoms — they may get inconsistent results with antismoking medications.

* References: -

<https://www.verywellhealth.com/heart-disease-men-vs-women-4126017>

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