



## Podcast Show Notes

### Heart Disease in Women: Risk, Prevalence, and Diagnosis

Cardiovascular disease is the number one cause of death among men and women in the United States. The incidence of cardiovascular disease continues to increase. Women affected by the disease often present differently than their male counterparts. Those providing healthcare must be aware of the burden of cardiovascular disease and how it can affect men and women in similar but different ways. Healthcare providers generally understand that heart disease is a serious condition affecting a significant portion of the population but may not fully comprehend how it can present and, specifically, how it can affect men and women in similar but different ways. We, as healthcare providers, can best serve our patients by understanding and acknowledging this critical information.

The purpose of this course is to review important topics in cardiovascular disease as they relate to women in honor of American Heart Month (February). Key aspects covered will include defining coronary heart disease, clinical presentation (particularly in women), risk factors, prevalence, diagnosis, and prevention.

*This CE course is relevant to Nursing.*

#### Episode 1– Acute Coronary Syndrome: What is it, really?

In this episode, we focus on defining acute coronary syndrome and discuss statistics and symptoms.

#### Guest

Joshua Weinstock, MD

- Dr. Weinstock is a graduate of Cornell University where he studied Human Biology.
- Dr. Weinstock studied bioethics at the University of Pennsylvania for a year before he was accepted as a charter student into the Copper Medical School of Rowan University in Camden, NJ.
- After medical school, he completed Internal Medicine Residency at Cooper University Hospital.
- He was awarded Resident of the Year in 2019 and served as a Chief Resident in 2020.
- He subsequently stayed on for Cardiology Fellowship training at Cooper.
- He has published research projects investigating cholesterol-lowering medication as well as another studying implantable cardiac monitors for the detection of arrhythmia and presented these findings at the Heart Rhythm Society national meeting.

#### Host

Leana McGuire, BS, RN

- Over 30 years' experience in healthcare
- Teaching experience in leadership development and executive coaching
- Background in content development, visual performance, speaking and podcast hosting

## Reviewer

Candace Pierce, DNP, RN, CNE, COI

- With 15 years in nursing, she has worked at the bedside, in management, and in nursing education.
- She has demonstrated expertise and scholarship in innovation and design thinking in healthcare and education and collaborative efforts within and outside of healthcare.
- As the Lead Nurse Planner for Colibri Healthcare, she engages with nurse planners and subject matter experts to assist in developing high-quality, evidence-based continuing education for nurses and other healthcare professionals.

## References

Asleh, R., Manemann, S. M., Weston, S. A., Bielinski, S. J., Chamberlain, A. M., Jiang, R., Gerber, Y., & Roger, V. L. (2021). Sex differences in outcomes after myocardial infarction in the community. *The American Journal of Medicine*, 134(1), 114-121.

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Mosca, L., Hammond, G., Mochari-Greenberger, H., Towfighi, A., & Albert, M. A. (2013). Fifteen-year trends in awareness of heart disease in women. *Circulation*, 127(11), 1254-1263.

<https://doi.org/10.1161/cir.0b013e318287cf2f>

## Resources

### American Heart Association:

[www.heart.org](http://www.heart.org)

[www.goredforwomen.org/en/](http://www.goredforwomen.org/en/)

[www.playbook.heart.org/lifes-simple-7/](http://www.playbook.heart.org/lifes-simple-7/)

### Centers for Disease Control and Prevention:

[www.cdc.gov/heartdisease/index.htm](http://www.cdc.gov/heartdisease/index.htm)

[www.cdc.gov/heartdisease/women.htm](http://www.cdc.gov/heartdisease/women.htm)

### Women's Heart Foundation

[www.womensheart.org](http://www.womensheart.org)

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## Episode 2– Minimizing the Risk When Possible

In this episode, we continue to focus on the risks specific to women and discuss minimizing risk factors for a better outcome.

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