

Women's heart health: Closing the global gap in diagnosis and treatment

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Women continue to face disparities in cardiovascular diagnosis, treatment, and research representation. This session explores unique risk factors, symptom patterns, and care barriers affecting female cardiac patients. Topics include microvascular angina, pregnancy-related cardiomyopathy, hormonal influences, and autoimmune diseases. The presentation will highlight sex-specific diagnostic challenges and the need for tailored prevention programs. Case studies demonstrate the benefits of women-focused cardiac clinics and targeted education initiatives. The session concludes with policy recommendations for advancing gender-equitable heart care globally.

Biography

Nadia Hussein is a cardiologist and women's heart health specialist at UAE University. She leads regional initiatives advancing cardiovascular care for women and has published extensively on sex-specific cardiac risk. Her advocacy focuses on awareness, early diagnosis, and equitable access to heart services.

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