

WOMEN IN CARDIOLOGY – IMPORTANCE

I.B. Vijaya Laxmi

A woman is a foundation stone for the family and she is a brick for the building of society. A mother is the first teacher to her children and she is the first doctor to the family too. Hence her health is of paramount importance. I am extremely happy and proud that Dr. Jyotsna and her team are toiling tirelessly for the better health of women and children. I congratulate them and wish them all the success for all important CME in Women Cardiac care 2014 on international women day. The international women day is not just about fighting for the right of the women but it is rededicating ourselves towards the up liftment of women literally, physically, financially and socially. The definition of health by WHO is-“financially, socially leading a fruitful life” In this direction our sincere endeavor is to have healthy women for healthy society.

But unfortunately many women are illiterate, ill-advised and not diagnosed in time and fail to get the appropriate timely treatment. Hence the mortality rate is very high in women of child bearing age as well as in old age. There is gender bias among the doctors too. Hence our task is formidable we have to change the mindset of both the doctors and the women. When we did a retrospective analysis of all the 18,377 admissions, in Sri Jayadeva Institute of Cardiovascular Sciences and research (SJICSR), India in the last one year, totally 5805(31.5%) were women. Out of them 2889(49.7%) were admitted for ischemic heart disease (IHD) and 1225

(21%) were for various VHDs. Among the VHD patients, 690 (56%) cases were admitted for severe MS to undergo balloon mitral valvotomy (BMV). This shows that rheumatic MS predominantly affects women. Total mortality in women in one year was 440 (7.5%). Out of which 251(57%) died due to IHD and 128 (29%) due to RHD. Regarding prognosis it is well accepted that women have higher mortality rates than men during cardiac surgery, both coronary artery bypass surgery and in valve surgery.

Hence educating the women about health and hygiene, taking care of themselves and the family is important. I hope and pray that we all concentrate our energy towards the wellbeing of women. Let our slogan be “Healthy women, healthy Society” I wish them a grand success.