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Behavior of the Cardiovascular Diseases in Women

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Background
Coronary artery disease (CAD) remains the leading cause of death in Mexico and Western world. Symptoms in women are more subtle. Women usually feel general tiredness and lack of energy, in contrast to men having chest pain. This implies that women do not receive a timely and early diagnosis. According to the National Health Information System, 20 of 100 Mexican women die of cardiovascular disease, 68.5% of Mexicans have problems of obesity, overweight, diabetes, high blood pressure, conditions that increase the risk of CAD. SPECT myocardial perfusion scintigraphy (MPS) is currently appropriate for diagnosis, risk assessment, stratification, myocardial viability, evaluation of left ventricular function. The Objective of this investigation is to show that SPECT MPS is a noninvasive diagnostic test that identify women with increased CAD risk.
Method
A 60 years old female patient with diabetes, high blood pressure and overweight was referred for a cardiac scan, for suspicion of ischemia. Her symptoms were general tiredness, lack of energy and occasionally light chest pain. A SPECT-gated myocardial perfusion test was done. The images where acquired with a gamma camera after the injection of 10 mCi (stress) and 20 mCi (Rest) of 99mTc-Tetrofosmin. Images were reconstructed using Emory toolbox.
Results
The images showed light hypoperfusion septal and inferior walls, and a small left ventricular chamber size with thickened walls. Angiography showed significant diffuse coronary stenosis in the three vessels.
Conclusion
Women suffering CAD constitute a high-risk group that potentially poses a diagnostic and therapeutic challenge. Cardiac SPECT MPS is a noninvasive diagnostic and prognostic test that identify women with high CAD risk and establish timely and early the therapeutic interventions.

Country or International Organization

Mexico

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