

CARDIOVASCULAR DISEASE IN WOMEN

Cardiovascular disease is the leading cause of death for women and is often difficult to diagnose because the symptoms can be subtle and hard to recognize. The result is that women may delay going to the doctor, discovering their heart disease at a later stage or when it's too late.

SIGNS AND SYMPTOMS TO LOOK FOR

Women often have subtler, less recognizable symptoms than men including:

- Pain or discomfort in the stomach, jaw, neck or back
- Fullness and/or pressure in the chest
- Nausea
- Shortness of breath

Let your doctor know if you experience any of these symptoms.

TAKE HER HEALTH TO HEART

FOR MORE INFORMATION AND ADDITIONAL RESOURCES ON CLINICAL TRIALS, VISIT:

-  National Institutes of Health (NIH) Website: [ClinicalTrials.gov](https://clinicaltrials.gov)
-  American College of Cardiology, CardioSmart Website, Clinical Trial Finder: www.cardiosmart.org
-  American Heart Association: www.goredforwomen.org

What is a Cardiovascular Clinical Trial?

An introduction for women and families

TAKE HER HEALTH
TO HEART 

WHAT IS A CARDIOVASCULAR CLINICAL TRIAL?

Cardiovascular clinical trials are studies that help doctors learn about heart health and how treatments work. It's important that women participate in clinical trials for medical devices to assess the benefits and risks of a new treatment and to demonstrate safety and effectiveness – because medical devices may affect women differently than men. By not having data on women, women may not always get the best treatments for their disease. Participation can help make a difference in your life, and in the lives of future women patients.

“I participated in a trial because I did not want heart disease to keep me away from my family. The device I received allowed my doctor to monitor my condition remotely, meaning fewer hospital visits.”

TONYA MOORE | CARDIOVASCULAR PATIENT

“We need to put ourselves first in order to take better care of our families. I would encourage all women with heart disease to consider participating.”

TONYA MOORE | CARDIOVASCULAR PATIENT



THE BENEFITS OF PARTICIPATION

Consult with your doctor. If you have been diagnosed with cardiovascular disease, ask about clinical trials being conducted for your specific condition. By participating, you can play an active role in your health care and gain access to innovative new treatments before they are widely available. Your participation may also benefit other women. And it's important to know that patients enrolled in clinical trials receive the current gold standard of care, and in some cases, may even receive better care.

IS A CLINICAL TRIAL RIGHT FOR ME?

Here are some of the questions you may wish to ask your doctor:

- Am I eligible for a clinical trial?
- How can I find out about trials being offered for my specific condition?
- What are the benefits?
- What are the risks and side effects?
- What is involved and how long will I participate?
- What is the time commitment to participate?
- How will the trial affect my daily life?
- Will the trial or my insurance cover all costs associated with participation?