



Identifying sex disparities in management of cardiovascular diseases in Australia – March 2023



The George Institute
for Global Health

Facts:

- Each year, 45,000 Australians die from CVD, the biggest killer of women and men in Australia and globally.
- Women are more likely to be misdiagnosed or experience delayed diagnosis for conditions such as heart attack and stroke compared to men.
- Early and accurate assessment of symptoms can facilitate early diagnosis and treatment and help to significantly reduce the morbidity and mortality associated with CVD.

Project Cycle:
2019 - 2024

Partners:
The George Institute Australia
UNSW Centre for Big Data Research in Health

Supporters:
The George Institute for Global Health
National Health and Medical Research Council (NHMRC), Australia
The Heart Foundation, Australia

Principal Investigators:
Prof Mark Woodward
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Background:

- Evidence suggests women and men experience medical care differently after they develop cardiovascular disease (CVD).
- For example, women attending primary health care in Australia are less likely to have their risk factors for CVD measured. For those at high risk of CVD, young women are frequently less likely to receive appropriate treatment.
- Information on whether women (or men) are being undertreated in other aspects of CVD management in Australia is lacking.

Aims:

- To identify sex disparities in CVD care and outcomes.
- To explore how these vary across key population subgroups, including age, social class and, where possible, ethnicity.

Methods:

- Together with the UNSW Centre for Big Data Research in Health, analyse 'Big Data' for a whole-of-population cohort of over 100,000 women and men admitted to hospital with incident CVD.
- Conduct analysis of sex and gender differences in treatment after stroke, using a linked administrative dataset, which includes all patients treated in NSW hospitals between July 2005 and June 2020.

Impact:

- This project will provide sex disaggregated information on social-demographic and clinical differences for CVD management, including: treatment delivered both in and upon discharge from hospital; secondary prevention treatment packages relative to existing Australian recommended standards; and all serious adverse outcomes after hospital discharge.
- This improved understanding of sex differences in stroke management among Australian women and men will enable the identification of appropriate sex-specific changes to treatment for better health outcomes.

Contact:

To find out more about this project and its principal investigators or The George Institute please contact Tina Wall +61 410 411 983 or at twall@georgeinstitute.org.au

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