

The Women and Heart Program - Empowering women's health through early identification and prevention of coronary risk

Institute for Cardiovascular Prevention and Rehabilitation
Zagreb, Croatia

KEY PARTNERS / STAKEHOLDERS

Andrea Snagić | Goran Krstačić | Ante Miljak | Sonja Frančula-Zaninović

In Croatia, cardiovascular disease (CVD) is the leading cause of death. In 2020, greater than 22,000 people died of CVD, accounting for 40% of all deaths, of which 58% were women. In light of these statistics, there is an urgent need to screen for and implement preventative measures against cardiovascular disease. This is particularly true for post-menopausal women, as they are disproportionately affected. As such, a new clinical screening program for women aged 45 years or older was implemented through the "Women and Heart" program. The Women and Heart program utilizes a testing panel of biomarkers, including high-sensitivity troponin I (hs-TnI), to identify cardiovascular risk and enable cardiac follow-up for early initiation of preventative care, where appropriate.

Within the first year (2021) of the Women and Heart program, greater than 1000 healthy women were screened, enabling identification and subsequent connection to care for 10.9% of women at moderate to high-risk of CVD. Patients and clinicians alike share the sentiment that the screening program is an integral component to improving health outcomes through education, lifestyle changes and prevention. CVD screening using hs-TnI has subsequently been adopted into routine care, regardless of age or sex, and is reimbursed through the Croatian National Insurance House.



UNIVANTS™
OF HEALTHCARE EXCELLENCE