



## Preventing Heart Disease in Women - Which Guidelines?



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Nanette K. Wenger, MD, Professor of Medicine (Cardiology) Emeritus, Emory University School of Medicine (Atlanta, GA), has published a clear and concise review article on how to apply the many new and continuously updated guidelines for preventing cardiovascular disease (CVD) and reducing CVD risk factors in women. The article titled [Juggling Multiple Guidelines: A Woman's Heart in the Balance](#) is published in the *Journal of Women's Health*.

Dr. Wenger recommends using a hands-on, prudent approach to evaluate, monitor and treat patients. She relies on basic guidelines from the American Heart Association and the American College of Cardiology. She also presents her approach to risk stratification and screening for risk factors and addresses risk factors that are unique to women. In addition, Dr. Wenger deals with lifestyle management issues and therapies that effectively control blood pressure and cholesterol.

See Also: [Heart Attacks in Women: Statement from American Heart Association](#)

"This very practical review by Dr. Wenger provides excellent guidance to clinicians in the evaluation and management of risk factors for cardiovascular disease in women," says Susan G. Kornstein, MD, Editor-in-Chief of *Journal of Women's Health*, Executive Director of the Virginia Commonwealth University Institute for Women's Health, Richmond, VA, and President of the Academy of Women's Health.

Source: [Journal of Women's Health](#)

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