

# Young women with diabetes have six-fold risk of heart attack

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Women aged 45 years and under with diabetes have a six-fold risk of heart attack, according to research presented at ESC Congress today. The study in more than 7 000 women also found that young women who had a heart attack (myocardial infarction, MI) were more likely to be smokers than older women with MI.

"Cardiovascular diseases (CVDs) affect mainly the elderly, but for many years an increase in incidence has been observed in [young people](#) as well, regardless of gender," said Professor Hanna Szwed, last author and head of the 2nd Department of Coronary Artery Disease, Institute of Cardiology in Warsaw, Poland. "The World Health Organization estimates that CVDs cause more than 52% of all deaths in [women](#) and the number continues to rise. Up to 1% of all heart attacks are in [young women](#)."

This study in 7 386 women assessed the effect of risk factors on MI incidence in young women and assessed differences related to age. The epidemiological profile of 1 941 young women (aged

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