

Women with endometriosis at greater associated risk of heart attack and stroke, research finds

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According to research presented at [ESC Congress 2024](#), women with endometriosis have a 20% greater risk of significant cardiac outcomes

compared with women without endometriosis.

"For decades, [cardiovascular disease](#) (CVD) has been thought of as a man's disease and risk factors have been considered from the male perspective, for example, including [erectile dysfunction](#) in guidelines on CVD risk assessment. Yet, 1 in 3 women die from CVD and 1 in 10 women suffer from endometriosis. Our results suggest that it may be time to routinely consider the risk of CVD in women with endometriosis," said lead study author, Dr. Eva Havers-Borgersen from Rigshospitalet Copenhagen University Hospital, Copenhagen, Denmark.

The study used Danish nationwide registries of all women with a diagnosis of endometriosis between 1977 and 2021. They were matched with women from the background population without endometriosis in a 1:4 ratio based on year of birth. The primary outcome was a composite of acute myocardial infarction and [ischemic stroke](#). The secondary outcomes were the individual components of the primary outcome, as well as arrhythmias, heart failure and mortality.

There were 60,508 women with endometriosis and 242,032 matched controls included in the analysis ([median age](#), 37.3 years) who were followed for a median of 16 years and a maximum of 45 years.

Women with endometriosis had around a 20% increased risk of the composite endpoint of acute myocardial infarction and ischemic stroke compared with those without endometriosis (unadjusted hazard ratio [HR] 1.18; 95% confidence interval [CI] 1.14–1.23; adjusted HR 1.15; 95% CI 1.11–1.20). The 40-year cumulative incidence of the composite of acute myocardial infarction and ischemic stroke was 17.5% (95% CI 16.6–18.2%) and 15.3% (95% CI 15.0–15.7%) in women with and without endometriosis, respectively (p

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