Menopause as a Cardiovascular State

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Guiding Questions for Reflection

Use these questions to spark discussion or personal reflection before, during, or after the lecture.

Root Causes

- How do the physiological changes of menopause affect cardiovascular health?
- What systemic factors are causing adverse outcomes in cardiovascular care for women?

Clinical Interventions

- How might traditional cardiovascular risk assessment tools be modified to better serve midlife women?
- What are the cardiovascular effects of menopause hormone therapy?

Sourcing Solutions

- How can menopause be integrated into cardiovascular prevention and care?
- What strategies can be implemented to better help women understand menopause and its potential cardiovascular impacts?

This guide accompanies the lecture “Menopause as a Cardiovascular State,” presented by Dr. Jayne Morgan as part of the Gender Equity Education Series, which explores the impact that menopause has on cardiovascular health. We invite you to reflect on the significance of the menopause transition as a cardiovascular risk factor and explore solutions to improve care for cardiovascular disease in women.

Recommended Resources

Explore these articles, podcasts, and tools to deepen your understanding:

unPAUSED with Mary Claire Haver: Menopause & Heart Disease
What if your hot flashes are actually warning signs about your cardiovascular health? Dr. Mary Claire Haver sits down with research cardiologist Dr. Jayne Morgan to talk about the intersection of menopause and heart disease. Dr. Morgan explains why women present with different heart attack symptoms than men, how menopause accelerates cardiovascular risk, and why the medical system still isn't recognizing the connection.
Listen to more on Apple Podcasts

Menopause Transition & Cardiovascular Disease Risk: Implications for Timing of Early Prevention
Cardiovascular disease (CVD) is the leading cause of death in women, who have a notable increase in the risk for this disease after menopause and typically develop coronary heart disease several years later than men. Therefore, there is a crucial need to discuss the contemporary literature on menopause and CVD risk with the intent of increasing awareness of the significant adverse cardiometabolic health–related changes accompanying midlife and the menopause transition. This scientific statement provides an up-to-date synthesis of the existing data on the menopause transition and how it relates to CVD.
Read more at the American Heart Association

State-level structural sexism and cardiovascular disease outcomes in the United States
To date, research has largely focused on clinical and lifestyle-related individual-level risk factors as contributors to CVD mortality rates. This study is the first to: (1) examine the association between state-level structural sexism and CVD outcomes and (2) utilize an intersectional approach to identify how this association may vary by race and ethnicity in the US.
Read more at Social Science and Medicine