

Age and gender differences in Cardiovascular and Psychosocial profiles of Cardiac outpatients: A cross-sectional analysis

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INTRODUCTION & AIM

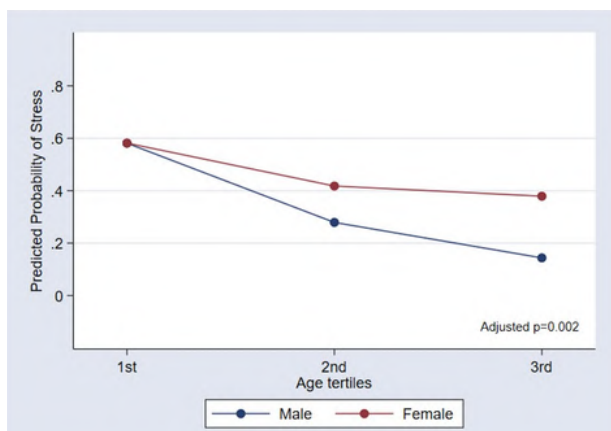
- Gender-related differences in cardiovascular risk factors and psychosocial stress may influence long-term outcomes.
- Their interaction with age in outpatient cardiology populations remains understudied.
- To explore age- and gender-specific differences among cardiac outpatients.

METHODS

- **Cross-sectional study**
- **649 consecutive** cardiac outpatients (362 males, 287 females) were enrolled
- Clinical parameters included systolic and diastolic blood pressure, heart rate, diabetes, smoking, and therapy
- Psychosocial factors, physical activity, stress, and psychotropic drug use
- Multivariable linear and logistic regression models were applied
- Age-gender interactions for stress were tested

RESULTS

- Men had higher systolic (149 ± 21 vs 144 ± 23 mmHg, $p=0.003$; adjusted $\beta=3.7$, $p=0.019$) and diastolic blood pressure (83 ± 11 vs 80 ± 11 mmHg, $p<0.001$; adjusted $\beta=3.1$, $p<0.001$); heart rate did not differ significantly
- Smoking (40% vs 22%, $p<0.001$; OR 2.2), hypertension (60% vs 48%, $p=0.001$; OR 1.5), and diabetes (14% vs 7%, $p=0.002$; OR 2.1) were more prevalent in men
- Women reported higher psychological stress (OR 1.8, $p<0.001$) and psychotropic drug use (OR 2.9, $p<0.001$)
- Physical activity was lower among women (OR 0.7, $p=0.02$) and was inversely associated with stress across genders and age groups
- **Significant age-gender interaction** for stress: older women showed disproportionately higher stress levels (3rd age tertile: females 38% vs males 14%, $p<0.01$)



CONCLUSIONS

- **Gender & CV Risk:** Men present a higher burden of traditional cardiovascular risk factors.
- **Women & Psychological distress:** Women experience greater psychological stress and higher psychotropic drug use.
- **Tailored strategies:** There is a need for age- and gender-tailored approaches in outpatient cardiovascular and psychosocial risk management.