Women's Vascular Health

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Cardiovascular disease, long felt to be a male-dominant affliction, is the leading cause of mortality in women of all ages in the UK.¹ Many women, however, continue to site breast cancer as a major cause of death while the burden of cardiovascular disease rumbles on with seemingly little public awareness.² Furthermore, the outcome of cardiovascular disease in women is worse compared with men.³ The reasons for these observations are unclear; however, later age of onset, the presence of other co-morbidities and the role of oestrogen, to list but a few, are possible factors. Increasingly, it is recognized that new research, resources and development are required in women's cardiovascular health in order to readdress the gender gap that currently exists.

Women's Vascular Health is a timely addition to the literature. It is broadly divided into three parts: Part 1 deals with the epidemiology and pathophysiology of cardiovascular disease in women; Part 2 looks at the effects of pregnancy on cardiovascular health; and Part 3 identifies and discusses the controversy surrounding therapy such as hormone-replacement therapy and contraception. Each chapter is written by leading experts, providing a clear summary of the current understanding, evidence and literature within their field. The book is aimed at post-graduate level and because of the breadth of information covered, it appeals to a wide readership. Obstetricians with

an interest in maternal medicine, gynaecologists involved with hormone replacement and obstetric physicians, particularly in the fields of cardiology, diabetology and haematology, will all find something to satisfy their interests. It is an invaluable resource for preparing lectures or talks and would provide good background reading for those contemplating research.

To write a book that encompasses so many aspects of cardiovascular disease in women is a formidable achievement. It will, no doubt, need updating in the future as the chapters reflect what is presently 'cutting edge'. It could perhaps be enhanced by some colour and photo illustrations. However, neither of these minor drawbacks should detract from the high-quality, well-written content of this book.

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