

**Title: APSC 23: Women's Heart Disease**  
**Participants: Dr Aaysha Cader, Dr Ting Ting Low**  
**Date: 12<sup>th</sup> July 2023**

### **Dr Aaysha Cader**

Hello, I'm Aaysha Cader. I'm an interventional cardiologist based in Dhaka, Bangladesh, and a social media editor for the Journal of the Asia Pacific Society of Cardiology. That is JAPSC, which is the official journal of the APSC published by Radcliffe Cardiology. So, in anticipation of the APSC Congress happening this week in Singapore, I have with me a very special guest today to discuss Women's heart health. Programming Assistant Professor Low Ting Ting is a senior consultant, cardiologist, and Director for Women's Heart Health Program at the NUHCS, Singapore. She's also the track lead for the Women's Heart health at this APSC meeting. Welcome, Dr. Low.

### **Dr Ting Ting Low**

Thank you for having me.

### **Dr Aaysha Cader**

So, tell us, Dr. Low, what is the inspiration behind designing these sessions on women's heart disease at this meeting?

### **Dr Ting Ting Low**

Sex differences in cardiovascular disease is now being increasingly being understood with sex-specific data in all forms of cardiovascular disease, from coronary disease to heart failure phenotypes. And there is biological, sex and gender disparities when it comes to management and diagnosis as well. And we find that it's important that we dedicate a session or two to discuss considerations and nuances when it comes to heart disease in women Vs men. So, tell us a little bit more about the must-attend sessions on women's heart health that's happening this weekend at the APSC. The sessions are exciting. We have coverage on conditions that have a predilection for women, such as spontaneous coronary artery dissections. And we will have someone speak on a

percutaneous coronary intervention in pregnancy as well and cardiac rehabilitation for special conditions in women. And we already know that female participants for cardiac rehabilitation is woefully low. And come on to also hear you who will be speaking on differences in imaging and diagnostic utilities for coronary artery disease as well. So that's for the morning where we discuss female phenotype coronary artery disease under the women's heart health track. And in the afternoon, there will be a special session on pregnancy and heart disease. And these are topics which were not taught in medical school as part of medical curriculum. And now we really must put it as a necessary educational series so that everybody gets increasingly aware of the nuances when it comes to treating pregnancy and cardiovascular disease. So, we'll be talking about peripartum cardiomyopathy coronary conditions as well as aortopathies which we don't often cover in pregnancy as well as valvular heart disease in pregnancy. Very exciting sessions ahead.

## **Dr Aaysha Cader**

Thank you very much for this detailed overview of the programming as the Women's Heart Health Sessions at the APSC in Singapore. Dr. Low, I look forward to the discussions coming out of it and I hope to see you all on the 14 July at these sessions at APSC Singapore.

## **Dr Ting Ting Low**

See you there.