



Louise Keehn has completed this personal reflection on **27/09/2022**

Paper: Summer 2022 CPD Questions

Personal Reflection:

Description of Learning

These two papers focussed on aneurysmal disease in females.

Evaluation and Analysis

It was interesting to read papers which examine the prevalence of arterial disease in women, as the literature on women's cardiovascular health is not as widespread as that concerned with male cardiovascular health. There are various reasons for this, such as men being more susceptible to arterial disease, and the complex interplay between female hormones and vascular health which varies throughout a woman's life, making it less straightforward to study arterial health in females. However, more research into women's health is needed and these papers were refreshing to read.

The first paper concludes that AAA screening in women is unlikely to be cost effective and may cause anxiety as represented by decreased Quality of Life. This seems a sensible conclusion. However, further work in this area could explore the idea of combining AAA screening with other screening tests that women of this age may have, to improve cost effectiveness. The same idea could apply to male patients as well.

The second paper examined the incidence of popliteal artery aneurysm in females. The paper found that in women with PAA, life expectancy matched that of males, rather than exceeding it, as is the norm. This suggests that women in whom PAA is discovered may also be suffering from more comorbidities than men, which also deserve investigation.