

**EMBARGOED UNTIL  
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**Depression Linked to Increased Risk of Heart Disease**

*New study suggests that a history of depression can significantly increase the risk of coronary artery disease, particularly in women younger than 65 years old*

CLEVELAND, Ohio (October 5, 2016)—A wide range of studies have confirmed that depression is a major risk factor for coronary artery disease (CAD). A new study coming out of The Reading Hospital in Pennsylvania is the first, however, to demonstrate how this risk may differ by age. The study results will be presented at the 2016 Annual Meeting of The North American Menopause Society (NAMS) in Orlando, October 5-8.

The new study involved 10 years of follow-up with 1,084 women with a mean age of 54.8 years at baseline. Participants were questioned in the second, fourth, fifth, and tenth years of the study to obtain follow-up data and record any change in CAD status. A logistic regression model was applied to assess the contribution of depression, as well as other established risk factors, in the manifestation of CAD. As a result, depression was identified as the only significant risk factor for CAD in women aged younger than 65 years who had no history of CAD at baseline. However, in women aged 65 years or older, age was the only significant predictive factor for CAD.

“We saw a significant difference in the association of depression with the risk for CAD based on a patient’s age,” said Xuezhi Jiang, MD, from The Reading Hospital and lead author of the study. “Compared with women aged 65 years and older, women under the age of 65 were far more likely to incur CAD as a result of depression.”

“This study highlights the need for healthcare providers to screen women for signs of depression, especially if they are younger, in order to be more proactive in helping them manage their risk for CAD,” says Dr. JoAnn Pinkerton, NAMS executive director.

Drs. Jiang and Pinkerton are available for interviews before the presentation at the Annual Meeting.

Founded in 1989, The North American Menopause Society (NAMS) is North America’s leading nonprofit organization dedicated to promoting the health and quality of life of all women during midlife and beyond through an understanding of menopause and healthy aging. Its multidisciplinary membership of 2,000 leaders in the field—including clinical and basic science experts from medicine, nursing, sociology, psychology, nutrition, anthropology, epidemiology, pharmacy, and education—makes NAMS uniquely qualified to serve as the definitive resource for health professionals and the public for accurate, unbiased information about menopause and healthy aging. To learn more about NAMS, visit [www.menopause.org](http://www.menopause.org).