



# AMERICAN ACADEMY OF FAMILY PHYSICIANS

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## F O U N D A T I O N

### **Abstract of Study Funded with a Research Stimulation Grant in 2008**

#### **Assessment of Perceptions and Evaluation of Risk Factors for Cardiovascular Disease of Women Living in Las Vegas, Nevada (G0803RS)**

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#### **Abstract**

Women in Nevada have higher rates of cardiovascular disease (449 per 100,000) than the national rates for women (438 per 100,000). The purpose of this study is to examine whether women in Las Vegas, Nevada accurately perceive their global risk factors for cardiovascular disease and explore whether a physician led presentation coupled with objective assessment of cardiovascular disease risk will improve awareness of actual risk factors for cardiovascular disease (CVD).

A pre-presentation survey will be given to participating women regarding their perceived risk factors for CVD. They will then be provided with a presentation and subsequent discussion facilitated by a physician to educate the women about the risks associated with heart disease. In order to objectively stratify their cardiovascular risks, the participants will be offered screening evaluation including fingerstick cholesterol, blood glucose, and blood pressure measurement which will be evaluated using the Framingham 10-year CVD score. The results will be discussed individually with each participant and follow up will be facilitated if necessary. Participants will then fill out a post-presentation survey to assess whether the educational session helped provide a more realistic perception of CVD risk.

This work is considered a pilot study in that the sample size and scope of research is expected to expand. Initial findings will be communicated in poster presentation format with a formal publication to follow.