



Predicting cardiovascular risk using routine mammograms – March 2023



The George Institute
for Global Health

Facts:

- 1.4 million Australians have a high chance of heart attack or stroke in the next five years. Many are unaware of this risk.
- Women 45 and over are far less likely than men of the same age to have had their risk of a heart attack assessed by a doctor.
- More than 7,000 women die from coronary heart disease each year in Australia.

Project Cycle:

2020–2023

Partners:

*The George Institute Australia
UNSW Sydney, Australia
University of Sydney, Australia*

Supporters:

*The George Institute
National Health and Medical Research Council (NHMRC)
Medical Future Fund*

Principal Investigator:

A/Prof Clare Arnott

Background:

- Cardiovascular disease (CVD) is a leading cause of death in women, but women are less likely to have a heart health check than a mammogram.
- Women at risk of cardiovascular disease are often unaware of their risk.
- Breast arterial calcification (BAC) identified on a mammogram is a strong predictor of subsequent cardiovascular disease.

Aims:

- To use routine mammograms to predict the risk of a major adverse cardiovascular event in women

Methods:

- This study uses data provided from Lifepool, a cohort of 54,000 women across Australia.
- All women within this cohort have completed a comprehensive baseline health survey and 99.9% have consented to have their Lifepool information linked to routinely collected health administrative datasets.

Impact:

- Creating a CVD risk algorithm using routine mammograms will allow mammography to be used as a '2 for 1' screening test in women, potentially identifying more women at risk.

Contact:

To find out more about this project and its principal investigator or The George Institute please contact Tina Wall +61 410 411 983 or at twall@georgeinstitute.org.au

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