

Media release

Bern, 2 September 2013 /gs/mk

**Embargoed: 2 September 2013, 14h**

## **Inselspital: Drug-eluting stents best for women**

**Last generation drug-eluting stents are the safest and most effective therapy for percutaneous coronary revascularization in female heart patients. This was demonstrated today in a large-scale analysis by the Department of Cardiology at Inselspital.**

Compared to men women have a lower risk of developing coronary heart disease. Accordingly, data on safety and efficacy of stents in women remain sparse owing to the restricted inclusion of women into randomized trials. This is contrasted by the fact that percutaneous coronary interventions (PCI) have become the most frequently performed therapeutic intervention in medicine with more than 1 million procedures performed every year worldwide – a third of which on women.

### **Focussing on the female heart patient**

For this reason Dr. Giulio Stefanini from the Department of Cardiology at Bern University Hospital has analysed a large-scale study on the safety and efficacy of drug-eluting stents in women, today published in the Lancet.

In the study individual patient data of 11,557 female participants from 26 pivotal randomized trials on drug-eluting stents performed between 2000 and 2013 were pooled. The Department of Cardiology of Bern University Hospital contributed 3 randomized trials including 1,190 women to the analysis.

### **Reduction of follow-up heart conditions**

The findings of the study indicate that the use of drug-eluting stents in women is more effective and safe than bare-metal stents during long-term follow-up. Indeed, drug-eluting stents of the new generation not only reduced the risk of repeat revascularization by 60% compared with bare metal stents but also the risk of death or myocardial infarction. Moreover, the study shows that newer-generation drug-eluting stents are associated with an improved safety profile compared with early-generation drug-eluting stents in women and should be considered the standard of care for percutaneous coronary revascularization.

The study "[Safety and efficacy of drug-eluting stents in women: a patient-level pooled analysis of randomised trials](#)" was presented at the annual congress of the European Society of Cardiology in Amsterdam and simultaneously published in the Lancet. It was supported by the "Women in Innovation Initiative" of the Society of Cardiovascular Angiography and Interventions chaired by Prof. Roxana Mehran from Mount Sinai School of Medicine in New York, NY, USA.

*Pictures:*

[Full-scale stent / Dr. Giulio Stefanini](#) (photos: Inselspital)  
[Insertion of a stent via catheter](#) (source: <http://www.webmd.com/heart-disease/coronary-stent>)

*More information for media professionals:*

*Dr.med. Giulio Stefanini, Department of Cardiology, Inselspital, Bern University Hospital  
to be reached at: 076 330 36 63 or [giulio.stefanini@insel.ch](mailto:giulio.stefanini@insel.ch).*