Hysterectomy linked to cardiovascular disease
Women who have their uterus removed for reasons other than cancer may be at a greater risk of suffering a heart attack or stroke.

New Delhi, Feb 18, 2017: Hysterectomy is the surgical removal of the uterus, otherwise known as the womb; in some cases, the cervix and/or ovaries and fallopian tubes are also removed. Hysterectomy for benign indications is one of the most common surgical procedures in women, but recently the association between the procedure and cardiovascular disease (CVD) is growing. The risk appears to rise even higher for women who also have both ovaries removed.

A recent study followed more than 800,000 women with and without hysterectomies over the course of three decades. On average, women were followed for about 10 years. The researchers found that a woman who underwent a hysterectomy before age 50 had a nearly 20 percent higher risk of developing cardiovascular disease compared to a similar woman who still had both her uterus and her ovaries.

Padma Shri Awardee Dr K K Aggarwal, National President Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI) and Dr RN Tandon – Honorary Secretary General IMA in a joint statement said that “Hormonal changes that take place after the organs are removed might be to blame for the increased risks seen in the younger group. Prior research has shown that removal of the uterus can disrupt blood flow to the ovaries, which generate estrogen. Removal of the ovaries is known to trigger early menopause, which itself has been linked with an increased risk of cardiovascular disease.”

Moreover, as per extrapolated data, women who had hysterectomy and also had their ovaries removed, cardiovascular risk was more varied as it could equal that of a women without any surgeries or rise to more than double that of a woman with only a hysterectomy.

“The association between hysterectomy and CVD relies on three factors: age at surgery; disruption of ovarian circulation at hysterectomy; and the effects of concomitant bilateral oophorectomy (removal of both ovaries). Abdominal and generalized obesity are other important risk factors that determine CVD risk after hysterectomy. Women undergoing a hysterectomy should talk with their doctor about cardiovascular risks and possible prevention measures”, added Dr K K Aggarwal.
Hysterectomy as a medical intervention is required in the following cases:

- Invasive cancer of the uterus, cervix, vagina, fallopian tubes, and/or ovaries
- Unmanageable infection
- Unmanageable bleeding
- Serious complications during childbirth, such as a rupture of the uterus

-Ends-

About IMA: Indian Medical Association is the only representative, national voluntary organization of Doctors of Modern Scientific System of Medicine, which looks after the interest of doctors as well as the well being of the community at large. It has its Headquarter in Delhi and State / Terr. Branches in 30 States and Union Territories. It has over 2, 60,000 doctors as its members through more than 1765 active local branches spread across the country.

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