SL11

Dyslipidemia and Cardiovascular Disease in Japanese Women
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Japanese women have the highest longevity in the world with the lowest mortality from coronary heart disease in spite of relatively high mortality from stroke. Their cardiovascular risk factor profiles are lower levels of serum total cholesterol, serum glucose, body mass index and blood pressure and a high level of serum HDL-cholesterol than Japanese men and other ethnic women. Japanese diets, characterized by low energy, low fat, and high fish intake, may contribute to these risk profiles. However, after menopause, women have increased levels of serum total cholesterol, triglycerides and blood pressure and decreased HDL-cholesterol levels, which lead to accelerated risks of coronary heart disease and ischemic stroke. The impact of serum triglyceride on risk of coronary heart disease and that of serum glucose on risk of ischemic stroke were somewhat larger in women than in men while an opposite trend was observed for serum cholesterol on risk of coronary heart disease. Since women have the 40% higher proportion of ages>=65 years, the number of patients with cardiovascular disease is larger in spite of their lower incidence compared with men. Cardiovascular health among women has become an important issue in an aging nation like Japan.

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SL12

Teaching Psychosomatic Obstetrics and Gynecology
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The gynecologist is confronted with many tasks for which she/he needs a biopsychosocial competence: patient education and health promotion, counselling and management of psychosocial problems, care for patients with unexplained physical symptoms and patients with chronic incurable diseases. A teaching tool is needed which comprises psychology, psychosocial medicine, psychiatry adapted to the specific needs of gynecologists. Based on supervision experience, extensive study of the literature and focus group discussions such a curriculum was developed and a training program established.

A basic part consists in teaching patient centered communication with active listening, responding to emotions and information exchange as well as breaking bad news, risk counselling and shared decision making. Building on these skills trainees are introduced into the biopsychosocial process of diagnosis, establishing a 9 field comprehensive workup using the ABCDEFG guideline (Affect, Behavior, Conflict, Distress, Early life Experiences, False beliefs, Generalized frustration). The therapeutic interventions are based on a working alliance between physician and patient and are taught as basic elements. The overall technique for gynecologists can be summarized as supportive counselling / psychotherapy (CCCISH) including elements like catharsis, clarifying conflicts and conflict resolution, cognitive reframing, insight and understanding, stress reduction techniques and helping in behavioural change.