A New Factor in Sudden Cardiac Arrest

[](http://nicholasdepacemd.burtoniaconsulting.com/wp-content/uploads/2014/09/coraz.jpg)

*“Sudden cardiac arrest kills from 250,000 to 300,000 people in the United States”*

New Study Finds Correlation Between Hormone Serum Levels and Risk of Sudden Cardiac Arrest

Sex Hormones and Sudden Cardiac Arrest

Sudden cardiac arrest, a fatal event in most cases, may now have a newly linked factor that predisposes one to the condition.

A recent study published by [Heart Rhythm](http://www.heartrhythmjournal.com/article/S1547-5271(14)00920-5/abstract), suggests that decreased levels of testosterone—the main sex hormone in men—were noticed in men who experienced sudden cardiac arrest. The study also found that suppressed estradiol—the main sex hormone in women—levels had a strong correlation with increased risk of sudden cardiac arrest in both genders.

[Sudden cardiac arrest](http://nicholasdepacemd.burtoniaconsulting.com/new-study-finds-correlation-hormone-serum-levels-risk-sudden-cardiac-arrest/)—different from the blood flow restrictive congestion of coronary arteries that cause most heart attacks—is the product of faulty electrical impulses. This can happen with minimal warning, and lead to nearly instant death. This extremely dangerous event kills from 250,000 to 300,000 people in the United States, approximately 5% to 6% of the nearly 5 million victims worldwide.

The [Oregon Sudden Unexpected Death Study](http://www.oregonsuds.org/), founded by Sumeet S. Chugh MD and conducted by the Arrhythmia Research Lab at the [Cedars-Sinai Heart Institute](http://www.cedars-sinai.edu/Research/Research-Labs/Chugh-Lab/index.aspx), was a thorough meta-study of the cardiac deaths across sixteen hospitals of the Portland, Oregon population (a population > 1 million). Sumeet Chugh, MD, detailed that this was the first noted relationship between sudden cardiac arrest and sex hormone levels. Although, further confirmation from other studies is needed, it can be inferred that greater levels of testosterone among men, and decreased estrogen levels in both genders may help protect against sudden cardiac arrest.

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<a style="float: left;" href="http://nicholasdepacemd.burtoniaconsulting.com/wp-content/uploads/2014/09/coraz.jpg"><img style="float: left;" src="http://nicholasdepacemd.burtoniaconsulting.com/wp-content/uploads/2014/09/coraz-300x294.jpg" alt="coraz" width="300" height="294" class="wp-image-1388" /></a>

<p style="font: 30px Helvetica; color: gray; margin: 0 0 15% 47%;"><em>"Sudden cardiac arrest kills from 250,000 to 300,000 people in the United States."</em></p>

<h2>New Study Finds Correlation Between Hormone Serum Levels and Risk of Sudden Cardiac Arrest</h2>

<h3 style="font: Helvetica;">Sex Hormones and Sudden Cardiac Arrest</h3>

<p>Sudden cardiac arrest, a conditional fatal in most cases, may now have a newly linked factor in the efforts to predict the event.

A recent study published by <a href="http://www.heartrhythmjournal.com/article/S1547-5271(14)00920-5/abstract">Heart Rhythm</a>, suggests that decreased levels of testosterone (the main sex hormone in men) were noticed in those (men) who experienced sudden cardiac arrest. The study also found that suppressed estradiol (the main sex hormone in women) levels had a strong correlation with increased risk of sudden cardiac arrest in both genders.

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