Abstract:

Background and objective: spontaneous coronary artery dissection (SCAD) is an infrequent cause of acute coronary syndrome, which mainly affects women. The characteristics of SCAD in men and the potential clinical differences between genders remain poorly established. The aim of this study was to compare baseline characteristics, clinical presentation, angiographic features, management strategies, and hospital course between men and women with SCAD.

Methods: The Spanish SCAD Registry (SR-SCAD) (NCT03607981) is a prospective nationwide multicenter study on SCAD. From June 2015 to April 2019, 344 consecutive patients with SCAD were included from 31 Spanish centers.

Results: A total of 39 men and 279 women with SCAD were compared. The most important finding are the differences between men and women regarding precipitating factors and angiographic findings. Recreational drug consumption was significantly higher in men, and they had more frequently ventricular arrhythmias as the onset symptom and also during hospitalization. Angiographic patterns such as the "inverted radish" morphology and the termination of the SCAD just before the origin of a side branch, were more frequently observed in males. Conversely, the "stick insect" and "broken line" morphology mainly occurred in females.

Conclusion: SCAD is a disease that also affects men with some differences compared to SCAD in women. Both sexes benefit from initially conservative management with an excellent hospital outcome.