

## Nabilah Gulamhusein - University of Calgary

### Project description: The association between female-specific events across the lifespan and blood pressure

#### Background:



Globally, cardiovascular disease is the leading cause of death in women and hypertension is the leading risk factor for cardiovascular mortality. However, the rates of hypertension awareness, treatment and control have worsened, especially among Canadian women, highlighting the urgent need to identify events across the female lifespan that may contribute to hypertension in this population. Overall, the proposed program of research aims to examine the association between female-specific events and blood pressure through the following three projects:

1) estimate the association between parity and gravidity & hypertension and blood pressure through a systematic review and meta-analysis

2) estimate the association between the duration of menopausal hormone therapy

use and blood pressure in postmenopausal individuals through an exploratory cross-sectional study

3) estimate the association between hysterectomy and incident hypertension in individuals within Alberta through a retrospective cohort study using administrative data

These projects will ultimately enhance our understanding of different events across the female life cycle and their relation to blood pressure and cardiovascular risk. An improved understanding of how female-specific factors contribute to blood pressure and cardiovascular risk will inform future clinical care, address the needs of patients, and allow informed decision-

making between individuals and their health care providers.

BIO:

Nabilah Gulamhusein is a PhD Candidate in the Department of Medicine at the University of Calgary. Nabilah obtained her Bachelor of Science in Biological Sciences from the University of Calgary in 2020. She is the Trainee Lead for Wear Red Canada in Calgary, a national campaign to raise awareness about women's cardiovascular health within the community. Nabilah's research and advocacy efforts aim to achieve health equity by advancing women's cardiovascular health. Nabilah's contributions to improving women's lives through research, leadership and advocacy have been recognized by numerous institutional, provincial and national awards, including a Top 30 Under 30 award from the Alberta Council for Global Cooperation.