

## **P-1481 - SEX DIFFERENCES IN DEPRESSION AND CARDIOVASCULAR DISEASE**

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It has been long established that depression is an independent risk factor for cardiovascular disease (CVD) and that CVD is a risk factor for depression. Three lines of evidence have been proposed to date in an effort to explain the comorbidity of CVD and mood, as well as anxiety disorders:

(1) the epidemiological evidence for a causal role of depression in the evolution and progression of CVD;

(2) the biological evidence for the plausibility of an etiologic role of depression in CVD and

(3) both depression and CVD are manifestations of a common underlying pathophysiological process.

The goal of this presentation is to briefly review and synthesize the evidence for the above proposed explanations with a special focus on the roles of serotonin, platelets and the immune system. Sex and gender differences in both depression/anxiety and CVD and the relevance of these differences as they pertain to women will be emphasized.