

Strategies to increase the proportion of women in cardiovascular trials

Be inclusive

Avoid upper and lower age limits in exclusion criteria for enrolment in trials



Meet women where they are

Target outreach in community settings frequented by women
Involve primary care physicians and family members
Provide education and information about the risk but also the benefits of participation



Exchange knowledge

Educate recruiting personnel on importance of enrolling women
Share experience of enrolling women after each study
Conduct routine surveys on motivations for participation and non-participation in trials



Remove barriers

Arrange childcare and free transportation
Offer flexible hours and at-home follow-up



Read more: *The Lancet* women and cardiovascular disease Commission: reducing the global burden by 2030