

# Sex and Cardiovascular Structure and Function in Health and Disease

## Recommendations/future directions

**1**

Concepts of sex differences must be integrated into research design.

**2**

Phenotypes are dictated by sex chromosomes and modulated by sex steroid hormones.

**3**

A sex difference may be the simplest possible explanation for a particular experimental outcome.

**4**

The hormonal and gonadal state must be considered along with reproductive history in females.

**5**

From a statistical standpoint, studies should be powered to detect sex differences.

**6**

Extrapolation of experimental outcomes from one sex to the other is invalid.