The principal of non-maleficence in the Hippocratic oath is paramount to the safety of patients. The concept of non-maleficence is embodied by the phrase ‘first, do no harm’. Gender bias in medicine is not a new issue, with treatment bias known to affect outcomes. In settings such as cardiovascular disease, such disparities have been shown to lead to underrepresentation and under-treatment of female patients.

Gender bias can have serious consequences, as demonstrated by the under-representation of female patients in cardiovascular disease trials. For example, the Framingham Heart Study, one of the largest and most comprehensive studies ever conducted, enrolled only 30% of its participants as women. This under-representation has led to a lack of understanding of the cardiovascular disease process in women, and has resulted in a lack of effective treatment options for them.

In order to address this issue, it is important to ensure that women are included in clinical trials, and that their specific needs and concerns are taken into account. This will require a commitment to improving access to care, and to ensuring that women have the same opportunities for medical research and treatment as men.

In conclusion, the Hippocratic oath reminds us of our responsibility to always strive to do no harm in our work as physicians. By being aware of and addressing the gender bias in medicine, we can work towards providing better care for all patients, regardless of gender.