
CANADIAN WOMEN'S
HEART HEALTH
SUMMIT ▶ 2018

POST SUMMIT
HIGHLIGHT REPORT

WOMENSHEARTSUMMIT.CA



CANADIAN WOMEN'S
HEART HEALTH CENTRE



Heart&Stroke™



CANADIAN WOMEN'S HEART HEALTH SUMMIT 2018

APRIL 5-6, 2018 | OTTAWA | WOMENSHEARTSUMMIT.CA



Hosted by the University of Ottawa Heart Institute (UOHI) and Heart & Stroke, the second Canadian Women's Heart Health Summit took place April 5-6, 2018 at the Westin Ottawa Hotel located in downtown Ottawa, Ontario.

Building on the success of the April 2016 Summit, this event brought together national and international experts and stakeholders to further advance women's heart health. Together, we will transform and enhance Canadian women's lives through research, awareness, policy development and care.

This was an accredited opportunity for knowledge exchange for a variety of stakeholders including primary care providers, cardiologists, gynecologists, pharmacists, nurses, cardiac rehabilitation providers, allied healthcare providers, researchers, policy makers, Indigenous organizations, community partners and women with lived experience.

SUMMIT OBJECTIVES

- Bring together national and international leaders, knowledge-users and women with lived experience to strengthen our capacity to develop and disseminate strategies to improve cardiovascular health among women.
- Identify emerging areas in research and clinical practice centered upon cardiovascular conditions affecting women across their lifespan.
- Delineate strategies for addressing the gaps in research and clinical practice for cardiovascular disease in women, improving risk stratification, diagnosis and therapy from a sex and gender perspective.



SUMMIT HIGHLIGHTS

- 212 delegates
- 31 presentations
- 51 poster presentations
- 6 rapid fire oral presentations
- 4 networking events
- 3 awards
- 10 media stories
- 1 Facebook Live session with over 4.6K views



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AGENDA AND SPEAKERS

THURSDAY, APRIL 5, 2018

Confederation Ballroom

7:30 - 8:30 Registration and Continental Breakfast

8:30 - 9:10 Introductory Comments

Elder Verna McGregor

Minwaashin Lodge | Ottawa, ON

Thais Coutinho, MD

Co-Chair, Canadian Women's Heart Health Summit
University of Ottawa Heart Institute | University of Ottawa | Ottawa, ON

Colleen Johnston

Co-Chair, Canadian Women's Heart Health Summit
Heart & Stroke | Toronto, ON

Ginette Petitpas Taylor (Video message can be viewed at <https://vimeo.com/261863260/86db12800e>)
Minister of Health | Ottawa, ON

Yves Savoie, MBA

Heart & Stroke | Toronto, ON

Lisa McDonnell, BSc, MSc, EMBA

Canadian Women's Heart Health Centre | University of Ottawa Heart Institute | Ottawa, ON

9:10 - 10:00 KEYNOTE PRESENTATION: Women's Cardiovascular Health Across the Lifespan: Key Opportunities for Prevention and Maximization of Health

Sonia Anand, MD, PhD, FRCPC

Hamilton Health Sciences | McMaster University | Hamilton, ON

10:00 - 10:20 Refreshment Break | Networking in Exhibit Hall

10:20 - 11:20 THEME: Maternal Placental Syndromes and Cardiovascular Health

Cardiovascular Health After Maternal Placental Syndromes and The Maternal Health Clinic: An Initiative for Cardiovascular Risk Reduction in Women with Pregnancy-Related Complications

Graeme Smith, MD, PhD, FRCSC

Kingston Health Sciences Centre | Kingston, ON

Clinical Management Guidelines: Hypertension During and After Pregnancy

Kara Nerenberg, MSc, MD

University of Calgary | Calgary, AB

Ask the Experts Panel Discussion

Moderated by: Thais Coutinho, MD

University of Ottawa Heart Institute | University of Ottawa | Ottawa, ON

11:20 - 11:50 Autoimmune Disease in Women: A Novel Risk Factor

Paula Harvey, BMBS, PhD, FRACP

Women's College Hospital | Toronto, ON



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11:50 - 12:50 Lunch

12:15 - 12:45 LUNCH AND LEARN SESSION - Governor General Room 1

From Fads to Facts: Keto Diet, Intermittent Fasting and the Mediterranean Diet

Kathleen Turner, RD

University of Ottawa Heart Institute | Ottawa, ON

12:50 - 13:50 **THEME: Young Women: A Population at Risk**

Premature Coronary Artery Disease in Women: Lessons Learned from GENESIS-PRAXY

Louise Pilote, MD, MPH, PhD, FRCPC

McGill University | Montreal, QC

Smoking and Young Women: Real Challenges and Distinct Opportunities

Kerri-Anne Mullen, MSc, PhD

University of Ottawa Heart Institute | Ottawa, ON

Physical Activity: Are Young Women Getting Enough?

Stephanie Prince Ware, MSc, PhD

University of Ottawa Heart Institute and Public Health Agency of Canada | Ottawa, ON

Ask the Experts Panel Discussion

Moderated by: Karin H. Humphries, MBA, DSc

University of British Columbia and UBC-Heart and Stroke Foundation BC Centre for Improved Cardiovascular Health | Vancouver, BC

13:50 - 14:20 **Cardiovascular Health in Indigenous Women: Current State of Affairs and Emerging Areas for Improvement**

Marcia Anderson, MD, MPH, FRCPC

University of Manitoba | Winnipeg, MN

14:20 - 14:40 Refreshment Break | Networking in Exhibit Hall





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14:40 - 15:40 **THEME: Chest Pain Syndromes in Women: Clinical Perspectives on the Identification and Treatment in Women**

Myocardial Infarction With Nonobstructive Coronary Arteries (MINOCA) in Women: Clinical Presentation, Diagnosis and Treatment

John F. Beltrame, PhD, FRACP, FESC, FACC, FCSANZ, FAHA

University of Adelaide, Queen Elizabeth Hospital and Central Adelaide Local Health Network | Adelaide, AU

Diagnostic Testing in Women with Chest Pain: Which Test Should I Order?

Sharon L. Mulvagh, MD, FRCPC, FACC, FASE, FAHA

Mayo Clinic, Maritime Heart Center Women's Heart Health Clinic | QEII Health Sciences Center, Nova Scotia Health Authority and Dalhousie University | Halifax, NS

Psychosocial Risk Factors: Their Role in the Clinical Manifestation of Coronary Disease and Chest Pain in Women

Viola Vaccarino, MD, PhD

Emory University | Atlanta, GA

Ask the Experts Panel Discussion

Moderated by: Karin H. Humphries, MBA, DSc

University of British Columbia and UBC-Heart and Stroke Foundation BC Centre for Improved Cardiovascular Health | Vancouver, BC

15:40 - 16:40 **THE DEBATE: Women with Heart Disease Should be Cared for in a Specialized Women's Heart Clinic**

Protagonist: Peter Collins, MA, MD (Cantab), FRCP, FACC, FESC

National Heart and Lung Institute, Imperial College London and Royal Brompton Hospital London, England, UK

Antagonist: Paul Oh, MSc, MD, FRCPC

University Health Network, Peter Munk Cardiac Centre and Toronto Rehabilitation Institute Toronto, ON

Chairperson: Robert Reid, PhD, MBA

University of Ottawa Heart Institute and University of Ottawa | Ottawa, ON

16:40-17:00 **Closing Remarks**

Thais Coutinho, MD

University of Ottawa Heart Institute and University of Ottawa | Ottawa, ON

17:00-18:30 **Wine and Cheese Poster Session**

19:00-22:00 **Networking Reception and Dinner | The Albion Rooms**



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AGENDA AND SPEAKERS

FRIDAY, APRIL 6, 2018

Confederation Ballroom

7:30 - 8:30 Registration and Continental Breakfast

8:30 - 8:35 Introductory Comments

Lisa McDonnell, BSc, MSc, EMBA
Canadian Women's Heart Health Centre
University of Ottawa Heart Institute | Ottawa, ON

8:35 - 9:35 **THEME: Risk Factor Management: Sex-Specific Considerations Hypertension**

Thais Coutinho, MD
University of Ottawa Heart Institute | University of Ottawa | Ottawa, ON

Diabetes

Amel Arnaout, MD
The Ottawa Hospital | Ottawa, ON

Lipids/Statins

Todd J. Anderson, MD, FRCPC
Libin Cardiovascular Institute, University of Calgary and Alberta Health Services | Calgary, AB

Ask the Experts Panel Discussion

Moderated by: Martha Gulati, MD, MS, FACC, FAHA, FASPC
University of Arizona | Phoenix, AZ

9:35 - 10:30 **THEME: Cardiac Rehabilitation and Women**

Cardiac Rehabilitation and Secondary Prevention 2018: Contemporary Issues and Contemporary Approaches

Robert Reid, PhD, MBA
University of Ottawa Heart Institute | University of Ottawa | Ottawa, ON

Cardiac Rehabilitation Benefits for Women...So How Do We Increase Utilization?

Sherry L. Grace, PhD, FCCS
University Health Network | Toronto, ON

Program Delivery Models for Women with Heart Disease

Scott Lear, PhD
St. Paul's Hospital, Simon Fraser University and Providence Health Care | Vancouver, BC

Ask the Experts Panel Discussion

Moderated by: Paul Oh, MSc, MD, FRCPC
University Health Network, Peter Munk Cardiac Centre and Toronto Rehabilitation Institute | Toronto, ON



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10:30 - 10:45 Refreshment Break | Networking in Exhibit Hall

11:45 - 11:15 Atrial Fibrillation: Does Sex Matter?

Paul Dorian, MD, CM
St. Michael's Hospital | Toronto, ON

11:15 - 12:00 Knowledge Transfer Breakout Sessions - Governor General Room

1. A Fireside Chat: How to Design and Implement a Women's Heart Health Program

Tara L. Sedlak, MD, FRCPC
Leslie Diamond Women's Heart Centre | Vancouver General and UBC Hospitals | University of British Columbia | Vancouver, BC

Lisa McDonnell, BSc, MSc, EMBA
Canadian Women's Heart Health Centre | University of Ottawa Heart Institute | Ottawa, ON

Wendy Wray, RN, BScN, MScN
Women's Healthy Heart Initiative | McGill University Health Centre | Montreal, QC

Moderated by: Sharon L. Mulvagh, MD, FRCPC, FACC, FASE, FAHA
Mayo Clinic, Nova Scotia Health Authority | Dalhousie University | Halifax, NS

2. Emerging Areas in Women's Cardiovascular Health Research - Confederation Ballroom

Karin H. Humphries, MBA, DSc
University of British Columbia and UBC-Heart and Stroke Foundation BC Centre for Improved Cardiovascular Health | Vancouver, BC

3. Clinical Conundrums in Pregnancy - Nova Scotia and Newfoundland Room

Case #1 - Woman With a Mechanical Heart Valve who is Pregnant

Nandita Srividya Scott, MD
Massachusetts General Hospital | Boston, MA

Case #2 - Woman With Complex Congenital Heart Disease who is Pregnant

Jasmine Grewal, MD, FRCPC
University of British Columbia, St. Paul's Hospital | Vancouver, BC

Moderated by: Michele Turek, MDCM, FRCPC
Co-Chair, Canadian Women's Heart Health Summit
The Ottawa Hospital and University of Ottawa Heart Institute | Ottawa, ON

4. In Their Own Words - The Day in the Life of a Women's Heart Health Advocate - Québec Room

Marion Martell
Women@Heart Peer Leader | University of Ottawa Heart Institute | Ottawa, ON

Helen Robert
Women@Heart Peer Leader | University of Ottawa Heart Institute | Ottawa, ON

Nadine Elias, BSc, KIN
University of Ottawa Heart Institute | Ottawa, ON



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12:00 - 13:00 Lunch

12:15 - 13:00 Career Mentoring Session - Governor General 1 Room (Pre-Registration Required)

13:00 - 13:45 The Burden of Heart Disease: The Voices of Women
Facebook Live Session: can be viewed at: www.facebook.com/CWHHS

Punam Gill | Calgary, AB
Louise Durocher | Pontiac, QC
Esther Sanderson | The Pas, MB
Moderated by: Caroline Lavallée | Montreal, QC

13:45 - 14:40 Rapid Fire Oral Presentations

Multiple Presenters
Moderated by: Lisa McDonnell, BSc, MSc, EMBA
University of Ottawa Heart Institute | Ottawa, ON

14:40 - 15:00 Refreshment Break | Networking in Exhibit Hall

15:00 - 16:00 THEME: Hormones and Cardiovascular Disease

Contraceptives and Hormone Replacement Therapy: Do They Impact Cardiovascular Health?
Ruth McPherson, PhD, MD, FRCPC, FACP, FRCS
University of Ottawa Heart Institute | Ottawa, ON

Premature Ovarian Insufficiency (POI): Influence on Cardiovascular Risk
Jennifer Blake, MD, FRCSC
The Society of Obstetricians Gynaecologists of Canada | Ottawa, ON

Sex and Venous Thromboembolism
Marc Rodger, MD, FRCPC, MSc (Epidemiology)
University of Ottawa and The Ottawa Hospital | Ottawa, ON

Ask the Experts Panel Discussion
Moderated by: Michèle de Margerie, MD, CCFP
University of Ottawa Heart Institute | University of Ottawa | Ottawa, ON

16:00 - 16:40 KEYNOTE PRESENTATION: Health Care Gaps for Women: Attributions to Sex Differences in Cardiovascular Medicine and Steps for Creating an Equitable Health Care System

C. Noel Bairey Merz, MD, FACC, FAHA
Cedars-Sinai Medical Center | Los Angeles, CA

16:50 - 17:00 Awards Ceremony and Closing Remarks

Thais Coutinho, MD
University of Ottawa Heart Institute and University of Ottawa | Ottawa, ON

Michele Turek, MDCM, FRCPC
The Ottawa Hospital and University of Ottawa Heart Institute | Ottawa, ON

Anne Simard, MHSc
Heart & Stroke | Toronto, ON



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RAPID FIRE ORAL PRESENTATIONS

See special women's heart health April 2018 issue of the Canadian Journal of Cardiology for full abstracts. Available online at onlinecjc.ca

FRIDAY, APRIL 6, 2018 | 13:45 - 14:40 | Confederation Ballroom

1. **Coronary Microvascular Dysfunction is Associated with cBIN1 Score (CS)– Insights from the Women's Ischemia Syndrome Evaluation – Coronary Vascular Dysfunction (WISE-CVD) Continuation Study**
Christine Pacheco | Los Angeles, California, USA
2. **Gender and Tobacco Marketing in Social Media: How Celebrity Smoking Culture is Conveyed and Perceived by Young Women**
Harsha Kasi Vishwanathan | Toronto, Ontario, Canada
3. **Sex Differences in the Incidence and Outcomes of Newly Diagnosed Atrial Fibrillation-Related Stroke**
Jodi Edwards | Ottawa, Ontario, Canada
4. **Preterm Birth and Future Risk of Maternal Cardiovascular Disease: A Systematic Review and Meta-Analysis**
Martha Gulati | Phoenix, Arizona, USA
5. **A Population-Based Study Evaluating Differences in Admission Rates and Outcomes Between Men and Women Presenting to Emergency Departments with a Primary Diagnosis of Syncope**
Roopinder Sandhu | Edmonton, Alberta, Canada
6. **The State of Affairs for Cardiovascular Health Research in Indigenous Women in Canada: A Scoping Review**
Stephanie Prince Ware | Ottawa, Ontario, Canada





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POSTER PRESENTATIONS

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Available online at onlinecjc.ca

THURSDAY, APRIL 5, 2018 | 17:00 - 18:30 | Wine and Cheese Poster Session | Confederation Foyer

- 1. Psychological Distress and Quality of Life long after Takotsubo Syndrome**
A Hausvater, TM Spruill, HR Reynolds | New York City, New York, USA
- 2. A Narrative Inquiry into Women's Cardiovascular Health as Promoted by the Heart and Stroke Foundation of Canada (HSFC) to the Public Through Facebook.**
CA Gonsalves, KR McGannon, A Pegoraro, RJ Schinke | Sudbury, Ontario, Canada
- 3. Pregnancy Risks and Future Cardiovascular Health: A Missed Opportunity for Women's Health Across the Lifespan?**
D Elman, H Davidson, S Bhat, K Fleming | Toronto, Ontario, Canada
- 4. Cardiovascular Risk Factors in Women with History Hypertensive Disorder of Pregnancy Seen at Post Partum Maternal Health Clinic: A Retrospective Study**
K Fleming, D Steinberg, S Poon | Toronto, Ontario, Canada
- 5. Pregnancy Complications and Future Cardiovascular Health: Survey of Academic Family Physicians**
K Fleming, S Bhat | Toronto, Ontario, Canada
- 6. Women Postpartum Cardiovascular Health: What Do Women Need to Know About Their Heart Health When Meeting Their Family Physician After Pregnancy?**
S Bhat, K Fleming | Toronto, Ontario, Canada
- 7. Sex Differences in Aerobic Interval Training in Patients with Cardiovascular Disease**
D Chirico, ML Keast, T Terada, JL Reed | Ottawa, Ontario, Canada
- 8. Sex Differences in End-Criteria for Reaching Maximal Oxygen Consumption in Patients with Cardiovascular Disease**
D Chirico, HK Hans, T Terada, KG Scott, JL Reed | Ottawa, Ontario, Canada
- 9. Effect of Sex on Incidence of Post-Operative Atrial Fibrillation in Cardiac Surgery Patient**
J Ngu, D Tran, F Rubens | Ottawa, Ontario, Canada
- 10. The Association Between Time in Canada and Diet Quality in South Asian Immigrants: A Study of Pregnant Women**
J Limbachia, D Desai, RJ de Souza, G Wahi, MK Gupta, SS Anand | Hamilton, Ontario, Canada
- 11. Sex Differences in the Associations of Arterial Stiffness and Pulsatile Hemodynamics with Thoracic Aortic Aneurysm Size**
J Jue, M Boodhwani, L Beauchesne, C Dennie, K Chan, T Coutinho | Ottawa, Ontario, Canada
- 12. High Burden of Frailty in Women Participating in Cardiac Rehabilitation**
K Liu, M Landry, F Delos-Reyes, P Harvey, J Price | Toronto, Ontario, Canada



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- 13. The High Stress of Caregiving on Women Living With a Cardiovascular Health Condition**
J Price, D Restrepo Gomez, L Drazek, F Delos-Reyes, D Childerhose, M Landry, P Harvey | Toronto, Ontario, Canada
- 14. Postural Orthostatic Tachycardia Syndrome (POTS) and Cardiac Rehabilitation: Successes and Challenges**
F Delos-Reyes, P Harvey, D Childerhose, M Landry, J Price | Toronto, Ontario, Canada
- 15. A Heart Health Promotion Initiative for Women at Moderate/High Risk for Cardiovascular Disease: The Women's Perspective**
JV Sawatzky, S Santos, TA Duhamel | Winnipeg, Manitoba, Canada
- 16. Strategies to Enhance Participation in a Cardiac Rehabilitation Program (STEP): Barriers to Success**
JV Sawatzky, S Santos, AE Ready, T Sawicz-Hanesiak | Winnipeg, Manitoba, Canada
- 17. Cardiovascular Related Outcomes and Receipt of Statin Therapy in Women with Hypertensive Disorders of Pregnancy 4 Years After Delivery**
C Wen, A Metcalfe, T Anderson, K Nerenberg | Calgary, Alberta, Canada
- 18. Living with Stroke: A Woman's Experience of Stroke From Hospital to Home and Beyond**
D Kandola, D Banner, B Croome | Prince George, British Columbia, Canada
- 19. Redemption Characteristics and Quit Rates in a Cohort of Female Inpatients Receiving Quit Cards for Smoking Cessation - A Pilot Study**
KL Walker, SM Noble, G Pritchard, K Jessup, KA Mullen | Ottawa, Ontario, Canada
- 20. Examining the Microvasculature Following a Pregnancy Complicated by Preeclampsia**
LC Barr, C Sumner, GN Smith | Kingston, Ontario, Canada
- 21. Longer-Term Objective Cognitive Performance in Women with Versus Without a History of Preeclampsia: Results from the Longitudinal CARDIA Cohort**
N Dayan, M Elharram, A Kaur, L Pilote | Montréal, Québec, Canada
- 22. Hypertensive Disorders of Pregnancy and Long-term Cognitive Impairment: Systematic Review and Meta-analysis**
M Elharram, N Dayan, A Kaur, T Landry, L Pilote | Montréal, Québec, Canada
- 23. Does a Women's Heart Centre Change Clinical Outcomes in Women with Refractory and Undiagnosed Chest Pain Syndromes?**
M Parvand, K H Humphries, J E Park, N Prodan-Bhalla, A Starovoytov, T Sedlak | Vancouver, British Columbia, Canada
- 24. Sex-Related Differences in Aortic Stenosis Lesions are Present in Bicuspid and Tricuspid Aortic Valves**
M Hervault, MShen, M Clisson, MC Boulanger, P Mathieu, MA Clavel | Québec City, Québec, Canada
- 25. Defining Mechanistic Links Between Ischemia and No Obstructive Coronary Artery Disease and Heart Failure with Preserved Ejection Fraction: Role of Peripheral Vascular Stiffness**
MD Nelson, P Rezaeian, G Cook-Wiens, C Pacheco Claudio, J Wei, B Sharif, LEJ Thomson, B Samuel, D Berman, CL Shufelt, CN Bairey Merz | Los Angeles, California, USA
- 26. Cardiac Monitoring in HER2 Positive Breast Cancer: Life-Saving Prevention or Hindrance to Cancer Care?**
M Rushton, I Lima, S Hawken, S Dent | Ottawa, Ontario, Canada



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- 27. The Self-Management of Cardiac Pain in Women with Coronary Artery Disease: A Systematic Review and Meta-Analysis**
M Parry, AK Bjørnnes, JC Victor, AP Ayala, E Lenton, H Clarke, P Harvey, C Laloo, J McFetridge-Durdle, M McGillion, J Price, J Stinson, J Watt-Watson | Toronto, Ontario, Canada
- 28. The Women@Heart Program: Impact of a Peer Support Program for Women with Coronary Artery Disease**
N Elias, R Reid, T Coutinho, LA McDonnell | Ottawa, Ontario, Canada
- 29. Treadmill Exercise Responses in Newly Diagnosed Hypertensive African Women**
O Lamai, M Balogun, F Daniel, T Coutinho | Ottawa, Ontario, Canada
- 30. Strategic Framework for Monitoring the Quality of Heart and Brain Care in Canada**
MP Lindsay, C Goia, C Yip | Toronto, Ontario, Canada
- 31. Arterial Stiffness Ventricular Remodeling and Myocardial Perfusion in Coronary Microvascular Dysfunction: A Report from the WISE-CVD Continuation Study**
P Rezaeian, CL Shufelt, J Wei, C Pacheco, G Cook-Wiens, D Berman, B Tamarappoo, LE Thomson, MD Nelson, RD Anderson, J Petersen, EM Handberg, CJ Pepine, CN Bairey Merz | Los Angeles, California, USA
- 32. Epicardial Thoracic and Liver Fat Are Not Associated with Myocardial Steatosis in Patients with Heart Failure with Preserved Ejection Fraction: WISE-CVD Continuation Study**
P Rezaeian, J Wei, M Goeller, LS Szczepaniak, G Cook-Wiens, RS Marpuri, D Berman, B Tamarappoo, MD Nelson, LE Thomson, D Dey, CN Bairey Merz | Los Angeles, California, USA
- 33. Cardiovascular Risk Assessment and Follow-Up of Women After Hypertensive Disorders of Pregnancy**
R Gladstone, J Pudwell, G Smith | Kingston, Ontario, Canada
- 34. Does Gender Impact Heart Failure Readmissions in Older Patients?**
R Hassan, N Azad | Ottawa, Ontario, Canada
- 35. Predicted Versus Observed Major Adverse Cardiac Event Risk in Women with Evidence of Ischemia and No Obstructive Coronary Artery Disease: A Report from Women's Ischemia Syndrome Evaluation (WISE)**
T Sedlak, R Herscovici, G Cook-Wiens, E Handberg, J Wei, C Shufelt, V Bittner, S E. Reis, N Reichek, C Pepine, C, N Bairey Merz | Los Angeles, California, USA
- 36. Estrogen Receptor Regulation of the Heart in an Animal Model of Menopause**
RD Fernandes, A Hall, V Balasubramaniam, I Lorenzen-Schmidt, WG Pyle | Guelph, Ontario, Canada
- 37. Reducing Over Investigation of Women with Stable Chest Pain at Low/Intermediate Risk for Coronary Artery Disease: The Rationale for the RESOLVE Trial**
E Nguyen, V Lemieux, J Udell, K Hanneman, S Bhatia, N Ivers, P Harvey | Toronto, Ontario, Canada
- 38. Serum Anti-Mullerian Hormone Levels and Measures of Arterial Stiffness in Women**
S Dumanski, C Kalenga, S Ramesh, K Nerenberg, A Metcalfe, J MacRae, D Sola, S Ahmed | Calgary, Alberta, Canada
- 39. Effects of Pre-Eclampsia on Maternal and Paediatric Health at 10 Years Postpartum**
S Chan, J Pudwell, GN Smith | Kingston, Ontario, Canada
- 40. Maternal Cardiovascular Health – Improving Post-Partum Follow-Up**
S Chan, C Nowik, J Pudwell, GN Smith | Kingston, Ontario, Canada
- 41. Women's Perceptions of Heart Health Messages**
T Berry, T Oliphant, and C Norris | Edmonton, Alberta, Canada



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- 42. Sex Differences in Perceived Health and Cardiovascular Risk Profiles in Patients Enrolled in Cardiac Rehabilitation**
T Terada, D Chirico, AL Pipe, JL Reed | Ottawa, Ontario, Canada
- 43. The Women's Heart Health Programme: A Pilot Trial Of Sex-Specific Cardiovascular Management**
TT Low, SP Chan, SH Wai, A Zhou, K Kyu, KY Lee, A Ching, S Comer, N Tan, E Thong, T Nang, M Dutta, C Lam | Singapore
- 44. Pre-Frailty and Cardiovascular Disease Risk in Women Age 55 Years and Older**
TA Duhamel, KF Boreskie, D S Kehler, EC Costa, PC Cortez, NC Hamm, TL Moffatt, AN Stammers, DE Kimber, BM Hiebert, DE Kent, DE Cornish, H Blewett, T Nguyen, RC Arora, SM Strachan, BN Semenchuk, JL Hay, I Berkowitz
Winnipeg, Manitoba, Canada
- 45. Gender-Related Determinants of Smoking Behavior After Premature Acute Coronary Syndrome**
V Raparelli, A Kaur, M Elharram, H Behloui, L Pilote | Montréal, Québec, Canada
- 46. Myocardial Infarction with No Obstructive Coronary Artery Disease: Insights from GENESIS PRAXY cohort**
V Raparelli, M Elharram, A Shimony, MJ Eisenberg, AN Cheema, L Pilote | Montréal, Québec, Canada
- 47. Assessing the Consistency and Quality of the Evidence for the Association Between Dietary Factors and Gestational Diabetes Mellitus: A Systematic Review and Meta-Analysis of Prospective Cohort Studies and Randomized Controlled Trials**
V Ha, B Keating, R Arora, T Tieu, A Noori, L Banfield, J Beyene, S Anand, R de Souza | Hamilton, Ontario, Canada
- 48. Diet, Pre-eclampsia and Gestational Hypertension: A Systematic Review and Meta-Analysis of Prospective Cohort Studies and Randomized Controlled Trials**
V Ha*, B Keating*, R Arora, T Tieu, A Noori, L Banfield, J Beyene, S Anand, R de Souza *Contributed equally | Hamilton, Ontario, Canada
- 49. Women & Outpatient Cardiac Rehabilitation: Time for a Paradigm Shift**
TJF Colella, P Oh, J Angus | Toronto, Ontario, Canada
- 50. Recreational Cannabis Use Among Women in Canada: A Descriptive Analysis of a National Survey**
T Jose, SM Noble, KM Mullen | Ottawa, Ontario, Canada
- 51. Understanding Barriers and Facilitators to Changing Diet and Physical Activity Patterns in South Asian Women at Risk of Gestational Diabetes Mellitus: A Pilot Qualitative Study (DESI-GDM Q)**
S Kandasamy, L Nyguen, D Sherifali, P Ritvo, SS Anand, RJ de Souza | Hamilton, Ontario, Canada



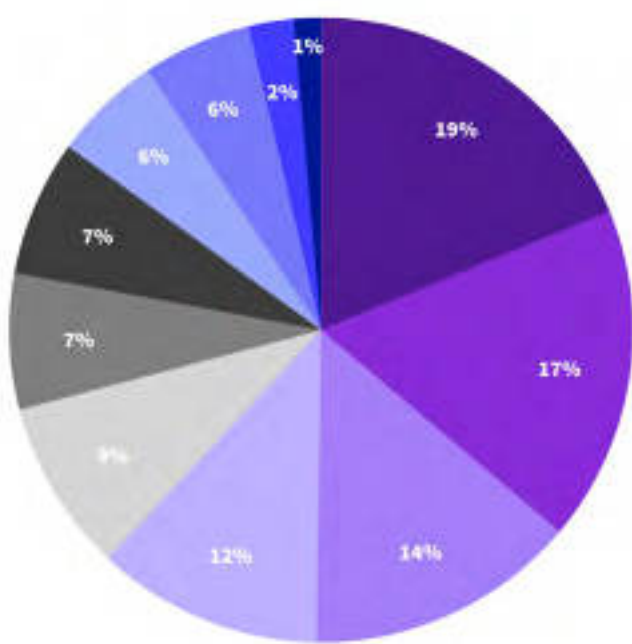


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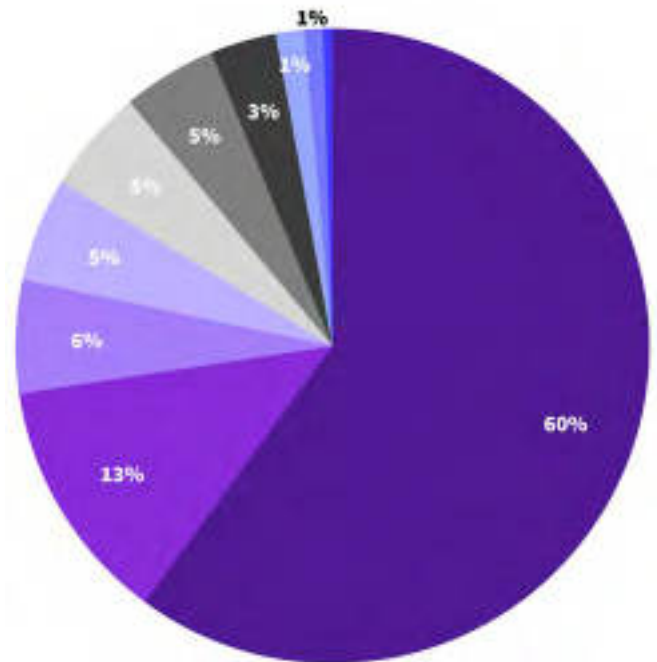


DELEGATE DEMOGRAPHICS

A total of 212 delegates attended the Summit, which was comprised of primary care providers, cardiologists, gynecologists, pharmacists, nurses, cardiac rehabilitation providers, allied healthcare providers, researchers, policy makers, Indigenous organizations, community partners and women with lived experience from across Canada, United States, Australia and the United Kingdom.



- Trainees
- Administrative and Policy Makers
- Researchers
- Primary Care Physicians
- Nurses
- Cardiologists
- Women with Lived Experience
- Allied Healthcare Providers
- Sponsors
- Indigenous Organizationa
- Obstetrics and Gynecologists



- Ontario
- Québec
- Alberta
- British Columbia
- International
- Manitoba
- Nova Scotia
- Newfoundland and Labrador
- Prince Edward Island
- New Brunswick



DELEGATE TESTIMONIALS

**“The poster session was incredible.
The overall organization was excellent.”**

**“My first time at this summit.
I would definitely come again”**

**“Pleased to see a
largely female expert
list of speakers at a
cardiology conference”**

**“knowledge validation
and new knowledge,
learning and networking”**

**“Well organized, on
time, relevant, focused”**

**“The expertise of presenters and relevance
of subjects with multidisciplinary teams”**

**“Nice variety
of presentation
formats!”**

**“Good job. I came.
I enjoyed. I learned.”**

**“I thought it was a great mix
for your diverse audience”**

**“The theme of cardiovascular disease
across the lifespan really spoke to the
various aspects and differences
in women’s heart health.”**

**“Excellent
conference:
interesting
& inspiring”**



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NETWORKING EVENTS

THURSDAY, APRIL 5, 2018

MEET THE EXPERTS NETWORKING SESSION

Exhibit Hall

This session provided an additional opportunity for delegates to further connect and network with Summit speakers throughout the two days.

MORNING REFRESHMENT BREAK: 10:00-10:20

(Dr. Sharon Mulvagh, Dr. Paula Harvey, Dr. Martha Gulati, Dr. Michele Turek)

AFTERNOON REFRESHMENT BREAK: 14:20-14:40

(Dr. Viola Vaccarino, Dr. Todd Anderson, Dr. Kerri Mullen, Dr. Kara Nerenberg)

WINE AND CHEESE POSTER SESSION

17:00 - 18:30, Confederation Foyer

We are thrilled to say that in our second year we have more than doubled the number of abstract presenters to 51 posters. Presenters took part in this session to provide delegates a snapshot into the wide variety of research being conducted related to the conference theme, “women’s cardiovascular health across the lifespan”. Delegates were encouraged to ask questions and network with delegates and speakers.

NETWORKING RECEPTION AND DINNER

19:00 - 22:00, The Albion Rooms, Heritage Room

Over 90 guests took part in this elegant, fun-filled evening at The Albion Rooms featuring local and contemporary ‘farm-to-table’ cuisine. Delegates networked with colleagues and friends while enjoying a heart-healthy 3-course plated dinner, delicious wine and wonderful company in a relaxing and intimate setting.





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NETWORKING EVENTS

FRIDAY, APRIL 6, 2018

MEET THE EXPERTS NETWORKING SESSION

Exhibit Hall

MORNING REFRESHMENT BREAK: 10:30-10:45

(Dr. C Noel Bairey Merz, Dr. Graeme Smith, Dr. Bob Reid, Dr. Karin Humphries)

AFTERNOON REFRESHMENT BREAK: 14:40-15:00

(Wendy Wray, Caroline Lavallée, Dr. Thais Coutinho, Dr. Tara Sedlak)

CAREER MENTORING SESSION – FOR CLINICAL AND RESEARCH TRAINEES 12:15 - 13:00, Governor General 1

This year, we were excited to bring a new networking opportunity to trainees. This highly successful career mentoring session hosted 11 mentors and 45 trainees and included a 45-minute round table with experts in the field of women's heart health. It was an invaluable opportunity for graduate students, fellows and early-career researchers to discuss their research projects, programs, and career development plans with each other and with leading researchers and clinicians in their fields.

The event included predetermined round table sessions and mentoring discussions about works-in-progress, theoretical problems, practical issues, future directions and career suggestions – all within an informal setting.





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AWARDS

2018 CANADIAN WOMEN'S HEART HEALTH ADVOCACY AWARD

The 2018 Canadian Women's Heart Health Advocacy Award recognizes the contributions of an individual or group working to improve the heart health of women in Canada through advocacy, awareness, and support. The award recognizes the outstanding commitment in mobilizing women and health professionals to take heart health seriously and act to reduce women's risk of heart disease.

We were very fortunate in our second year to receive so many high quality nominations. The award was presented to the winning individual during the closing ceremonies of the Canadian Women's Heart Health Summit on Friday April 6, 2018. The winner received an award of recognition plaque and a cheque for \$500.

CONGRATULATIONS TO OUR 2018 CANADIAN WOMEN'S HEART HEALTH ADVOCACY AWARD WINNER:



IN PHOTO: Anne Simard, Chief Mission and Research Officer at Heart & Stroke and Marion Martell, Women @ Heart Ambassador, Canadian Women's Heart Health Centre at the University of Ottawa Heart Institute

NOMINEES

Karen Fleming, MD

Division Lead, Sunnybrook Family Medicine Obstetrics
Interim Chief, Department of Family and Community Medicine
Department of Family and Community Medicine
Sunnybrook Health Sciences Centre | Toronto, ON

Kara Nerenberg, MSc, MD

Assistant Professor, University of Calgary
Departments of Medicine, Obstetrics & Gynecology,
Community Health Sciences
Division of General Internal Medicine (Obstetric Medicine)
Calgary, AB

Joannie Rochette

Women's Heart Health Advocate | Montreal, QC

Esther Sanderson

Director of Aboriginal Languages and Culture
University College of the North | The Pas, MB

Tara L. Sedlak, MD, FRCPC

Cardiologist, Vancouver General, St. Paul's, and UBC Hospitals
Clinical Assistant Professor
University of British Columbia | Vancouver, BC

On behalf of the Advocacy Award Committee and the Canadian Women's Heart Health Summit Planning Committee, we extend our heartfelt thanks to all who submitted nominations.



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BEST RAPID FIRE ORAL PRESENTATION AWARD

The **WINNER** for 2018 Best Rapid-Fire Oral Presentation was Dr. Jodi Edwards from the University of Ottawa Heart Institute for her abstract titled:

Sex Differences in the Incidence and Outcomes of Newly Diagnosed Atrial Fibrillation-Related Stroke.

BEST POSTER PRESENTATION AWARD

The **WINNER** for the 2018 Best Poster Presenter was Vanessa Ha from McMaster University for her abstract titled:

Assessing the Consistency and Quality of the Evidence for the Association Between Dietary Factors and Gestational Diabetes Mellitus: A Systematic Review and Meta-Analysis of Prospective Cohort Studies and Randomized Controlled Trials



IN PHOTO: Vanessa Ha, PhD Candidate from McMaster University and Dr. Michele Turek, Co-Chair, Canadian Women's Heart Health Summit



IN PHOTO: Dr. Jodi Edwards, Scientist and Director Brain and Heart Nexus Research Program at the University of Ottawa Heart Institute and Dr. Michele Turek, Co-Chair, Canadian Women's Heart Health Summit.



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MEDIA COVERAGE

APRIL 5, 2018

RADIO ONE OTTAWA 91.5 FM

Dr. Thais Coutinho gave an interview to Robyn Bresnahan (Ottawa Morning).

<http://www.cbc.ca/player/play/1203260483925>

ICI RADIO-CANADA PREMIÈRE OTTAWA-GATINEAU, 90,7 FM

Dr. Michèle de Margerie gave an interview to Philippe Marcoux (Les Matins d'ici).

<https://ici.radio-canada.ca/premiere/emissions/Les-matins-d-ici/segments/entrevue/66409/sante-cardiaque-femmes-ottawa>

1310 NEWS

Dr. Thais Coutinho gave an interview to Rick Gibbons (Rick Gibbons Show).

<http://www.1310news.com/audio/the-rick-gibbons-show/>
 (April 5, first interview, 2nd hour)

ICI RADIO-CANADA PREMIÈRE OTTAWA-GATINEAU, 90,7 FM

Dr. Michèle de Margerie and Marie-Annick Clavel (Université Laval), Suzanne Hudon and Caroline Lavallée gave an interview to Josée Guérin (Sur le vif).

<https://ici.radio-canada.ca/premiere/emissions/sur-le-vif/episodes/404275/audio-fil-du-jeudi-5-avril-2018/4>

ICI RADIO-CANADA PREMIÈRE OTTAWA-GATINEAU

Dr. Michèle de Margerie, Marie-Annick Clavel (Université Laval) and Suzanne Hudon gave an interview to Godefroy Macaire Chabi. <https://ici.radio-canada.ca/nouvelle/1093492/sante-cardiaque-femmes-premiere-ligne-rencontre-scientifique-ottawa>

GLOBAL NEWS

Dr. Thais Coutinho, Dr. Kara Nerenberg (University of Calgary) and Punam Gill gave an interview to Lesley Young.

<https://globalnews.ca/news/4126296/preeclampsia-heart-disease-stroke-risk/>



The Agenda with Steve Paikin

Caring for a Woman's Heart

Heart disease is the leading cause of premature death in women. So why do the majority of them miss the early warning signs of heart attacks? Joining The Agenda to discuss the deadly consequences of the gap in women's cardiac health care are Thais Coutinho, a cardiologist with the University of Ottawa's Heart Institute; Sherry Grace, a former scientist with the University Health Network and a professor at York University; and Paula Harvey, director of the Cardiovascular Research Program at Women's College Hospital.

Episodes:
 Section in Science: Disparities in Women's Heart Health

Aired: April 11, 2018

Comments: 2

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MEDIA COVERAGE

APRIL 6, 2018

CTV OTTAWA

Dr. Michele Turek gave an interview to Annette Goerner (CTV Morning Live).

<https://ottawa.ctvnews.ca/video?binId=1.1487308>

CTV OTTAWA

Dr. Thais Coutinho, Dr. Sonia Anand (McMaster University), Punan Gill and Helen Robert gave an interview to Claudia Cautillo (CTV News).

<https://ottawa.ctvnews.ca/video?clipId=1365466>

ASSOCIATION DE LA PRESSE FRANCOPHONE

Dr. Michèle de Margerie, Marie-Annick Clavel (Université Laval) and Caroline Lavallée gave an interview to Lucas Pilleri.

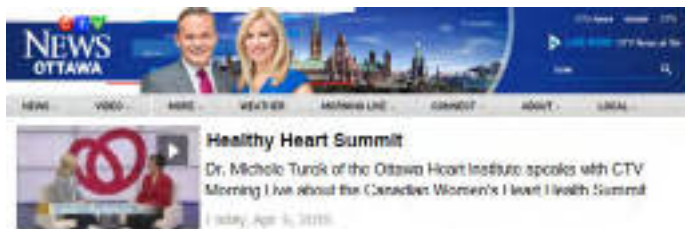
<https://www.francompresse.ca>

APRIL 11, 2018

TVO

Dr. Coutinho took part in a discussion on women's heart health on The Agenda with Steve Paikin alongside Sherry Grace (York University) and Paula Harvey (Women's College Hospital). The show was aired on Wednesday, April 11 at 8 p.m.

<https://tvo.org/programs/the-agenda-with-steve-paikin>





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ACKNOWLEDGEMENTS

THANK YOU TO OUR VALUED PARTNERS

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SPECIAL THANKS TO THE FOLLOWING INDIVIDUALS WHO HAVE CONTRIBUTED THEIR TIME TO THIS EVENT:

PLANNING COMMITTEE

Lisa Comber (Summit Coordinator), Colleen Johnston (Co-Chair), Greg Killough, Judith Lachance, Dr. Thais Coutinho (Co-Chair), Marion Martell, Lisa McDonnell, Dr. Andrew Pipe, Dr. Stephanie Prince Ware, Dr. Jennifer Reed, Dr. Robert Reid, Helen Robert, Heather Sherrard, Dr. Michele Turek (Co-Chair), Micheline Turnau

ADVOCACY AWARD COMMITTEE

Lisa Comber, Dr. Thais Coutinho, Lisa McDonnell, Dr. Michele Turek, Micheline Turnau

RESEARCH COMMITTEE

Lisa Comber, Greg Killough, Dr. Robert Reid, Dr. Stephanie Prince Ware, Dr. Jennifer Reed

POSTER PRESENTATION JUDGES

Dr. Thais Coutinho, Dr. Martha Gulati, Dr. Karin Humphries, Dr. Paula Harvey, Dr. Shahin Jaffer, Leslie James, Dr. Scott Lear, Dr. Sharon Mulvagh, Dr. Nandita Scott, Dr. Graeme Smith, Dr. Robert Reid

'RAPID FIRE' ORAL PRESENTATION JUDGES

Dr. Todd Anderson, Dr. Kerri Mullen, Dr. Kara Nerenberg

SPONSORSHIP COMMITTEE

Linda Barlow, Danielle BeGora, Lisa Comber, Katharina Mertens-Tropper, Greg Killough

MARKETING AND PROMOTIONS COMMITTEE

Lisa Comber, Charlotte Deponte, Jane-Diane Fraser, Judith Lachance, Micheline Turnau

CAREER MENTORING SESSION - MENTORS

Dr. Todd Anderson, Dr. Amel Arnaout, Dr. C. Noel Bairey Merz, Dr. Thais Coutinho, Dr. Martha Gulati, Dr. Paula Harvey, Dr. Scott Lear, Dr. Kara Nerenberg, Dr. Paul Oh, Dr. Nandita Scott, Dr. Graeme Smith

VOLUNTEERS

Amélie Bertrand, Dr. Lisa Cotie, Nadine Elias, Francine Forget Marin, Natalie Gierman, Sarah Ives, Natalie Martin, Melissa Martins, Eilyn Rodriguez, Manu Sandhu, Karine Savard, Moira Teed, Kate Walker, Deborah Younger-Lewis





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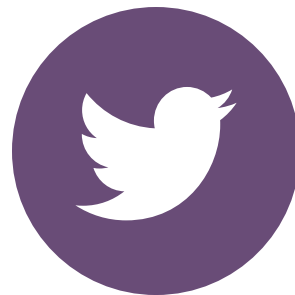
CANADIAN WOMEN'S
HEART HEALTH CENTRE



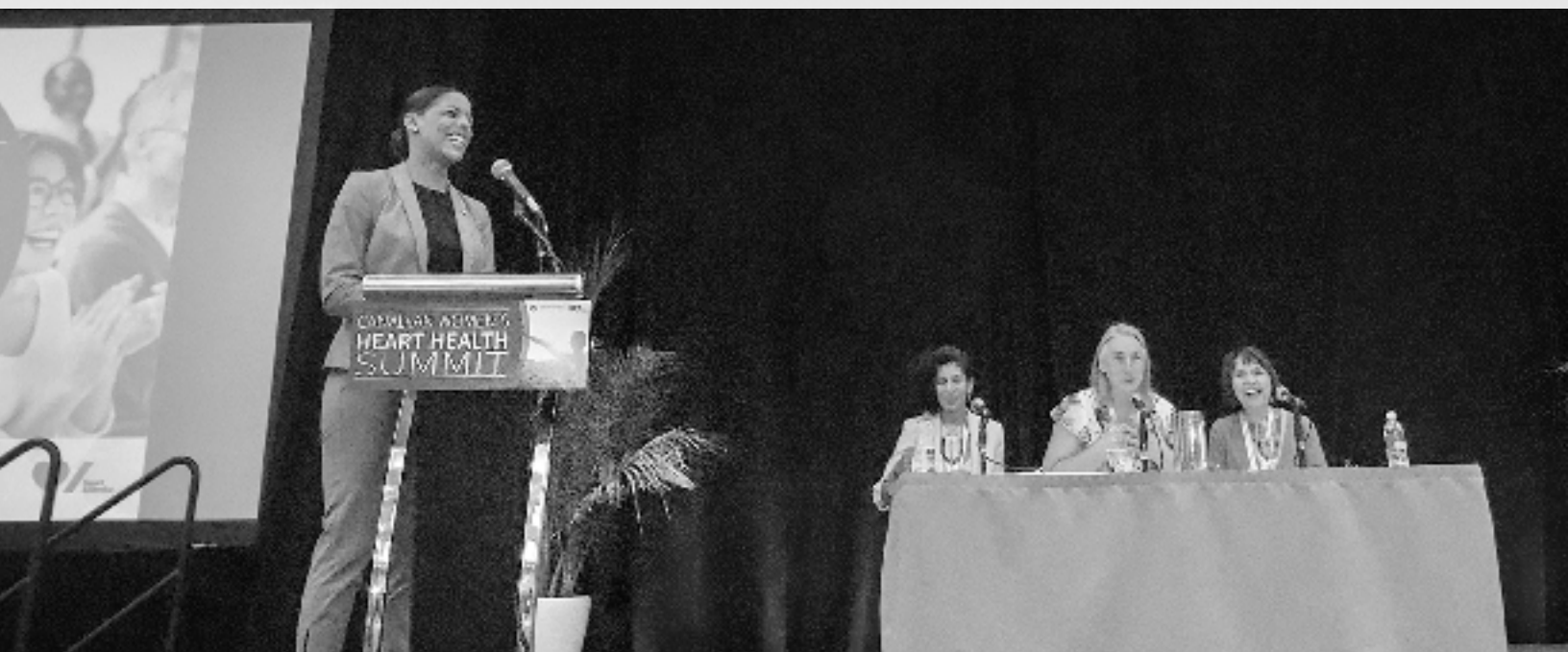
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