



PROGRAMS & INITIATIVES



CANADIAN WOMEN'S
HEART HEALTH CENTRE

CENTRE CANADIEN DE SANTÉ
CARDIAQUE POUR LES FEMMES

YOUR**HEART**.CA

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One Canadian woman is diagnosed with heart disease every 7 minutes



One Canadian woman suffers a heart attack every 20 minutes



Heart disease is the #1 preventable cause of death among Canadian women

5x

Women are 5x more likely to die of heart disease than breast cancer



Yet, heart disease remains **under-studied, under-diagnosed, and under-treated** in women.

The **Canadian Women's Heart Health Centre (CWHHC)** at University of Ottawa Heart Institute (UOHI) is working to change the women's heart health landscape in Canada.

CWHHC is the **only centre of its kind** in Canada dedicated exclusively to:

- Conducting women-specific heart health **research**
- Enhancing care in the **prevention and treatment** of heart disease in women
- Improving **outcomes** for women
- Raising **awareness** of heart disease in women through advocacy and education

CWHHC delivers local and national initiatives to improve outcomes for women at risk or living with heart disease.

We need your help. The CWHHC is requesting one time gifts or multi-year funding commitments from private sector partners, benefactors, and government agencies to help us transform and save women's lives through research, awareness, and evidence-based care programming and initiatives.

**BE PART OF THE MOVEMENT
TO CHANGE THE FACE OF
WOMEN'S HEART HEALTH**

**DON'T MISS THIS
OPPORTUNITY.**

Contact Lisa Comber to discuss how your organization can get involved!

lcomber@ottawaheart.ca | 1-613-696-7000 ext. 17573

WOMEN'S HEART HEALTH RESEARCH

Women continue to be underrepresented in cardiovascular research. Today's treatment guidelines for heart disease are primarily based on research in men, as historically, women have represented only 30% of all research participants. However, women and men are different both biologically and based on social, environmental, and community dynamics and there are known male/female differences in presentation and outcomes related to heart disease. Sex-specific cardiovascular research is essential for better prevention and management of heart disease in women.



Dr. Thais Coutinho, Chief of the Division of Cardiac Prevention and Rehabilitation also holds the Research Chair in Cardiovascular Disease Prevention and Rehabilitation at the UOHI. UOHI is committed to sex- and gender-based research with a focus on novel approaches to the prevention, detection, and management of heart disease among women.



CARDIOPREVENT®

A HEART HEALTH PROGRAM THAT HELPS PEOPLE WITH RISK FACTORS LOWER THEIR CHANCES OF DEVELOPING HEART DISEASE

CardioPrevent® is an evidence-based, tailored primary prevention program for individuals at moderate to high risk of developing cardiovascular disease. During the year long program, CardioPrevent® health coaches guide participants through a customized program plan based on their personal risk factor profile using cognitive-behavioural and behaviour change strategies.

Program participants receive:

- Full risk factor screenings
- Tailored coaching and education
- Behaviour-based counseling support
- A full year of support and guidance
- Guidance for making lifestyle changes
- Referral and links to community resources

WOMEN'S HEART HEALTH CLINIC

The UOHI has opened a referral-based Women's Heart Health Clinic led by cardiologists who are experts in women's cardiovascular health. The clinic provides state-of-the-art care to women at risk of or with established heart disease.

The Women's Heart Health Clinic focuses on:

- Cardiovascular risk assessment and management
- Hypertensive disorders of pregnancy
- Unexplained chest pain
- Spontaneous coronary artery dissection (SCAD)

CARDIOPREVENT® POSTPARTUM

A HEART HEALTH PROGRAM FOR WOMEN AT RISK OF PREMATURE HEART DISEASE DUE TO PREGNANCY-RELATED COMPLICATIONS

Pregnancy is often described as a "stress test" that helps identify women who are at risk of developing chronic diseases later in life. Hypertensive disorders of pregnancy (i.e., preeclampsia, eclampsia and gestational hypertension) and gestational diabetes mellitus are the most common medical complications of pregnancy. These conditions put women at greater risk of premature heart disease. The CardioPrevent® program was adapted to support the specific needs of high risk women postpartum.



CARDIOVASCULAR DISEASE AFFECTS 1 IN 3 WOMEN.
THE WOMEN@HEART PROGRAM IS THERE TO SUPPORT THEM.

WOMEN@HEART PROGRAM

A peer support program led by women with heart disease, for women with heart disease that aims to create a caring environment for women to learn from each other and support one another on the road to recovery.

After a cardiac event, quality of life can be significantly lower for women compared to men, and women who lack social support have a higher risk of fatal heart disease. The Women@Heart program provides women with heart disease access to emotional support, education, and a caring environment for a better recovery, both in hospital and later through groups in the community. Groups meet regularly and are run by Peer Leaders, women who have successfully recovered from heart disease and have a strong passion for supporting and helping other women on their road to recovery. Through a three-day training workshop, Women@Heart Peer Leaders are trained to become support network leaders within their local communities.



“The group becomes your family because they understand what you’re going through for the particular situation. They understand better than anybody else.”

- Women@Heart participant, 2016

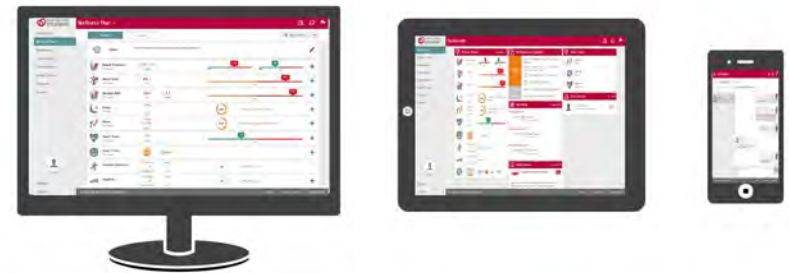
ACTIVATING PATIENTS TO PROACTIVELY MANAGE THEIR HEART HEALTH.

VIRTUAL CARE PROGRAM

An online health management platform designed to raise awareness about an individual’s heart health status and remotely support them in their health and well-being goals.

The Virtual Care Program helps users understand their current health situation through a series of health questions, and motivates them to manage and improve the risk factors that are impacting their health and well-being. The program is available to people who are at risk for developing heart disease (due to poor lifestyle behaviours and medical risk factors) and patients who have established heart disease (virtual cardiac rehabilitation option).

Participants who are at moderate to high risk are invited to connect with a health coach. The health coach will guide, support and encourage participants in improving and managing their risk factors through a personalized wellness plan over a six-month period.



“It was an awesome platform to work on especially for people that are long distance and could not attend in-person classes. It is a very convenient way to work with your health coach and stay in touch with her/him.”

VCP Participant, 2019



CANADIAN WOMEN'S
HEART HEALTH
SUMMIT ► 2020

OTTAWA | APRIL 2-3, 2020

BE PART OF THE CONVERSATION. BE PART OF THE CHANGE.

CANADIAN WOMEN'S HEART HEALTH SUMMIT

National and international leaders, knowledge-users, and women with lived experience come together to strengthen our capacity to develop and disseminate strategies to improve cardiovascular health among women in Canada.

Proudly hosted by the UOHI and the Heart and Stroke Foundation every two years, the Summit is the only event of its kind and has become the national reference point for health professionals seeking up-to-date knowledge of women's heart health.

WOMENSHEARTSUMMIT.CA

Summit Objectives

- Identify emerging areas in research and clinical practice centered upon heart, brain and vascular conditions affecting women across their lifespan.
- Delineate strategies for addressing the gaps in research and clinical practice for heart, brain and vascular disease in women, improving risk stratification, diagnosis, and therapy from a sex and gender perspective.
- Promote networking among clinicians, scientists, policy-makers and women with lived experience, facilitating translation of knowledge that will ultimately improve the health of women.

CANADIAN WOMEN'S HEART HEALTH ALLIANCE

NETWORK OF EXPERTS AND STAKEHOLDERS THAT DEVELOP AND DISSEMINATE TRANSFORM CLINICAL PRACTICE STRATEGIES TO TRANSFORM CLINICAL PRACTICE AND ENHANCE COLLABORATIVE ACTION ON WOMEN'S CARDIOVASCULAR HEALTH IN CANADA.

A COMMON AGENDA





Our vision is to improve women's cardiovascular health across the life span.

OUR MISSION

To support clinicians, scientists, patients and decision makers to implement evidence, transform clinical practice and to impact public policy related women's cardiovascular health.

The Canadian Women's Heart Health Alliance consists of over 55 members (clinicians, scientists, allied health, program managers, and patient partners) from across Canada.

The Alliance is focussed on **four main areas:**

			
Knowledge Translation and Mobilization	Training and Education	Advocacy	Health Systems and Policy

As the Secretariat, the CWHHC provides operational and communications support, knowledge brokering, builds membership engagement, maintains records, and coordinates stakeholders.



Stemming from the Alliance Advocacy Working Group is Wear Red Canada - a national awareness campaign. The 2018 inaugural campaign involved:

- 35 organizations across Canada
- 850,000 people on social media
- 1.4 million social media impressions

On February 13th, **Wear Red** to raise awareness about women's heart health in Canada. Share key messages about Women's Heart Health with colleagues and friends, and let them know where they can get more information by connecting others to **WEARREDCANADA.CA**.



#HERHEARTMATTERS



A RESOURCE TO ENABLE WOMEN TO DELIVER HEART HEALTH EDUCATION WITHIN THEIR LOCAL COMMUNITIES ACROSS CANADA.

Women tend to under-estimate the risk of dying or becoming seriously ill due to heart disease. Educating women greatly increases their willingness and ability to take heart-protective action, which is why the CWHHC aims to inform women about heart disease and how they can take appropriate action to minimize their risk.

The Community Advocate Toolkit is a resource that will support individuals in delivering heart health education within their local communities. To become a Canadian Women's Heart Health Advocate, participants complete an online training course and access online tools and resources to assist with planning their community events.



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THE MOVEMENT



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