



Prevention and Wellness & Women's Heart Health Centre News



The Daughter's of Penelope

On May 11, we were invited to "Spring into Style" with the [Daughters of Penelope](#) "Fashion FUNraiser", a fashion show held at Shepherd's Trainyards with models showing off the latest trends. Part of the proceeds from all purchased merchandise was donated to the Canadian Women's Heart Health Centre. The event was a success as there was no shortage of energy on the runway.

A big thanks to the Daughter's of Penelope for choosing the Canadian Women's Heart Health Centre their charity of choice. We are so grateful for your support!

Heart Health News

SAGE magazine is the official quarterly magazine of the National Association of Federal Retirees. The summer issue of *SAGE* features an article on the signs of heart disease in women and highlights the Canadian Women's Heart Health Centre activities.

Read the summer edition [online](#).

The latest issue of *The Beat* features articles on lesser known risk factors for heart disease and the dangers of sitting for long periods of time (sedentary behaviour).

Check them out at beat.ottawaheart.ca.

National Physician's Survey

The Canadian Women's Heart Health Centre conducted a national survey of physicians to gain better insight on the awareness levels of physicians concerning the incidence, prevalence and significance of heart disease in women.

Did you know...? We asked health care providers across Canada if current diagnostic strategies to detect heart disease are more accurate in men than they are in women and 53% indicated they were "unsure".

Fact: 70% of what we know about heart disease is based on studies conducted primarily in men. As a result, knowledge gaps exist regarding appropriate diagnostic procedures to detect heart disease in women.

Follow us on [Facebook](#) as we share more results!

Summer Registration for Women@Heart Workshops Is Now Open!

Women may face different challenges than men after having a heart event. Some of these challenges may only be fully understood by other women.

[Women@Heart](#) groups meet every two weeks in a supportive, caring environment where participants learn to:

- Reduce their risk of isolation
- Adopt effective coping and recovery strategies
- Better understand their heart condition for optimized recovery

The program has three new sessions starting in July, August and September. To find a group in your area, please call 613-798-5555 x19275. Space is limited.

For more details, visit: cwhhc.ottawaheart.ca/women%40heart

CardioPrevent® Is Accepting New Patients for July!

If you have one or more risk factors for heart disease you could qualify for our risk reduction program, free of charge.

CardioPrevent® helps people with risk factors lower their chances of having cardiovascular disease. CardioPrevent Health Coaches develop tailored, personalized plans to improve participants' well-being and quality of life.

The CardioPrevent® Program is now accepting new participants for the July 9 program start. The program requires a referral from a physician. Space is limited.

To learn more about our program or to download our referral form, please visit our [website](#).