



Prevention and Wellness & Women's Heart Health Centre News



The Ottawa Women's Canadian Club

On March 19, the Canadian Women's Heart Health Centre was invited to be the guest speaker at the [Ottawa Women's Club Luncheon](#).

The Club is one hundred and four years old. Part of their mandate is to stimulate interest in Canada, its institutions, history and resources and to present national and international issues. Their aim is to draw on the expertise of world-renowned experts.

It was a pleasure to have taken part in such a cause and to present our plans to lead the way in women's heart health.

To request presentations for your community events, please visit <http://pwc.ottawaheart.ca/awareness/community-presentations>

Heart Health Series

The Prevention & Wellness Centre has teamed up with [Francoforme](#) to develop a series of heart healthy videos that are educating *and* entertaining! The videos cover modifiable risk factors for heart disease such as:

- Weight
- Nutrition
- Smoking
- Diabetes
- Cholesterol
- Blood Pressure
- Stress
- Physical Activity

They aim to educate viewers about the importance of achieving healthy targets.

Stay tuned for the videos being released in Spring 2015!

National Physician's Survey

A national survey of physicians is underway in an effort to better understand the risks facing Canadian women from cardiovascular disease. The survey will provide insight on the awareness levels of physicians concerning the incidence, prevalence and significance of heart disease in women.

The survey will also identify barriers in adopting heart disease prevention guidelines and strategies for women's heart health. We want to gain a better understanding of how best to support physicians regarding the identification and management of cardiovascular disease in women.

Results are being compiled throughout May 2015. Stay connected for more progress on the survey!

Women@Heart Program Coming This Spring!

Women may face different challenges than men after having a heart event; some challenges may only be fully understood by other women. Women@Heart teaches self-management strategies to help reduce recurrent events and optimize recovery. The program is led by women who, themselves, may have successfully recovered from heart disease and who are trained to provide emotional and educational support.

[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

The program has three new sessions starting in May, June and July. To find a group in your area, please email sives@ottawaheart.ca or call 613-798-5555 x19275. Space is limited.

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

