



Prevention and Wellness & Women's Heart Health Centre News



Official Launch

The first-ever [Women's Heart Health Centre](#) in Canada was officially launched on November 7, 2014 at the Ottawa Heart Institute.

Dedicated to ensuring that women are well-informed and well-cared for when it comes to heart disease, the new Centre will seek to improve care, raise awareness and deepen knowledge of heart disease. Research will specifically target women and draw on the expertise of world-renowned experts.

Learn more about the Centre and women's heart health at cwhhc.ottawaheart.ca/changing-things

Virtual Care Program

Coming soon, our online cardiovascular health management system will help women at risk and women with established heart disease control and manage their risk factors. Participants will receive feedback through progress reports and guidance from a certified Health Coach.

The Health Coach will support and encourage patients in improving and managing their risk factors by empowering them to become active self-managers of their heart health through the use of evidence-based tools. The online program will also contain an educational library to help participants incorporate healthy habits into their everyday lives.

Stay tuned for the program release in 2015!

CardioPrevent® Program

A screening and counseling program offered to women at risk of heart disease and their families, CardioPrevent is designed to reach people at higher risk for heart disease due to genetic or lifestyle factors. Patients undergo a full risk factor screening, receive tailored education and programming supported by behavioural counseling, frequent follow-ups, and referral and community resource linkages when required.

To date, CardioPrevent has:

- Received 435 referrals,
- Reduced overall cardiovascular risk by 47%,
- Decreased TC/HDL-C cholesterol ratio by 0.7 units,
- Reduced weight by 6.6 kg,
- Reduced waist circumference by 6.5 cm, and
- Improved nutrition and physical activity behaviours

CardioPrevent supports health care providers in the Champlain Region through the deployment of preventive care models. To date, the program has achieved 502 physician contacts.

To make access in the region easier, we are also a "mobile program." Every three months, we set up intake sessions in communities across the Champlain Region by partnering with local sites. In January 2015, we will be hosting an intake in Ottawa and in Prescott & Russell, and in April, we will be hosting an intake in Ottawa and in Renfrew County.

Register today at:

pwc.ottawaheart.ca/care/cardioprevent-program

Women@Heart Peer Support Program

A peer support program for women with heart disease, led by women who have successfully recovered from a cardiac event, Women@Heart will offer a caring environment for women to learn from each other and have access to emotional and educational support.

We held our first Peer Leader training workshop on November 24-26. After three days of intensive training, eight Peer Leaders graduated. Congratulations!

Support groups will be launched in local communities throughout the Champlain Region. Upcoming peer supports groups will be located in the South West region starting in January, in the West region starting in February and in the Central region starting in March.

*For more details, visit: cwhhc.ottawaheart.ca/women%40heart
Sign up today by calling 613-798-5555 ext 10412.*

