



The Canadian Women's
Heart Health Centre.

*Saving lives,
one heart beat at
a time.*



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

CANADIAN WOMEN'S
HEART
HEALTH CENTRE

Whether we acknowledge it or not, women tend to be the gatekeepers of family health. They're more likely to book doctor's appointments, pick up prescriptions and stay home if someone is unwell. As caregivers, they are often responsible for family diet and ultimately, their family's heart health.



Look around you.

Whether they are a wife, mother, grandmother, sister, daughter or friend, women are more likely to die from a heart attack than men. In fact, heart disease is the number one killer of Canadian women.

Why? That's a good question. And it's one that we're determined to answer. We already know that many of women's heart health issues are modifiable. Heart disease in women is different than in men...resulting in lower diagnostic rates, reduced clinical response and hampered treatment.

But that's just part of the problem.



“Women do everything; men do the rest.” – RUSSIAN PROVERB

Every day, the women in our lives influence us. They teach us. They organize. They manage, wipe tears and manage careers. And they lead by example.

At least, that's the theory. With all that multi-tasking, women are often too busy to care for themselves.



The result? Cardiovascular disease, including stroke, is now the leading cause of death amongst Canadian women. Two out of every three women have at least one major heart disease risk factor.

“No country can advance unless its women advance.” – MAIE CASEY

Here's another statistic. Eight out of 10 Canadian women can be free of heart disease.

Exciting? You bet.

To get there, we need focused, on-going research. We need greater education, awareness and advocacy.

That's why, as Canada's largest cardiovascular centre, we're building the Canadian Women's Heart Health Centre (CWHHC). It will be the first heart health centre designed specifically for women.

Our plan is bold.

The Canadian Women's Heart Health Centre (CWHHC) will address the disparities in diagnosis, treatment and on-going care for women with heart disease through a number of ways.

We will increase awareness, knowledge and correct misconceptions. We will support primary care providers with preventative care model. We will roll out innovative online aids for self-management. And we will develop a network of leadership and knowledge-users.

Our goal is inspiring.



“I heard a definition once: Happiness is health and a short memory! I wish I'd invented it, because it is very true. – AUDREY HEPBURN

Through the Centre, we will offer exceptional activities and programs built on three pillars of action:

Care including an on-site *CardioPrevent* program aiming to lower the risk of cardiovascular disease starting with the development of a personal risk factor profile. A *VirtualCare* strategy will also be implemented utilizing innovative social media applications. Our goal is to empower Canadian women to participate in their own heart health, get support and exchange insights across the country.

Through the Centre, we will prevent and reduce heart disease in Canadian women.

Reducing health risks before heart attacks occur will prevent or postpone 33 percent of all deaths.

At the CWHHC, we will increase women's accessibility to care, enable self-management, research preventative approaches, correct misconceptions, heighten public awareness... and ultimately save lives.

Our vision is unique.



Research into prevention and rehabilitation through an Endowed Chair in Cardiovascular Disease Prevention to identify novel approaches to the prevention, the early diagnosis and the management of heart disease among women.

Awareness propelled by educational campaigns, health awareness events, community outreach and innovative social media campaigns. These will be critical in helping women understand heart disease risks and prevention methods. Knowledge is power—and the heart health of Canadian women depends on it.

Our dream is dynamic

Better health and longer life for women can be achieved, with your contribution. By donating to the Canadian Women's Heart Health Centre, you will help save the lives of women in your life, in your community and across the country.

Please help us fulfill the dream!
Consider making a donation today.

Contact

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Notre rêve est dynamisant.

Une meilleure santé et une plus longue vie pour les femmes : voilà l'objectif que l'on peut atteindre avec votre contribution. En faisant un don au Centre canadien de santé cardiaque pour les femmes, vous aiderez à sauver la vie des femmes de votre vie, de votre communauté et d'ailleurs au pays. Aidez-nous à réaliser ce rêve! Pensez à faire un don dès aujourd'hui.

Personne-ressource

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