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HEART INSTITUTE

INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

START THE CONVERSATION

YOUR HEART MATTERS

What everyone needs to know about heart disease

Deborah Younger-Lewis, RN, CDE
Nurse Educator
Prevention and Wellness Centre
Canadian Women's Heart Health Centre
University of Ottawa Heart Institute

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DISCLAIMER

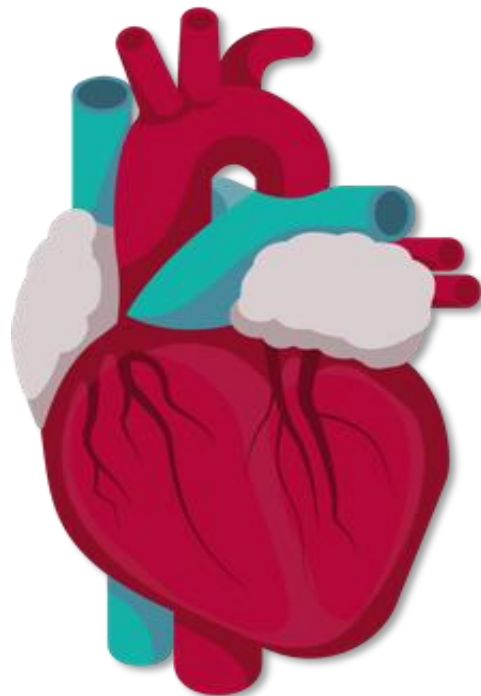
Any information provided in this presentation should not be considered medical advice and is not intended as a substitute for medical professional help, advice, diagnosis or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you have regarding your medical care.

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OVERVIEW

- What is Heart Disease
 - Is there a difference? women vs men
 - Signs & Symptoms
- Heart disease risk factors
- Know, understand, act to improve heart health
- Resources

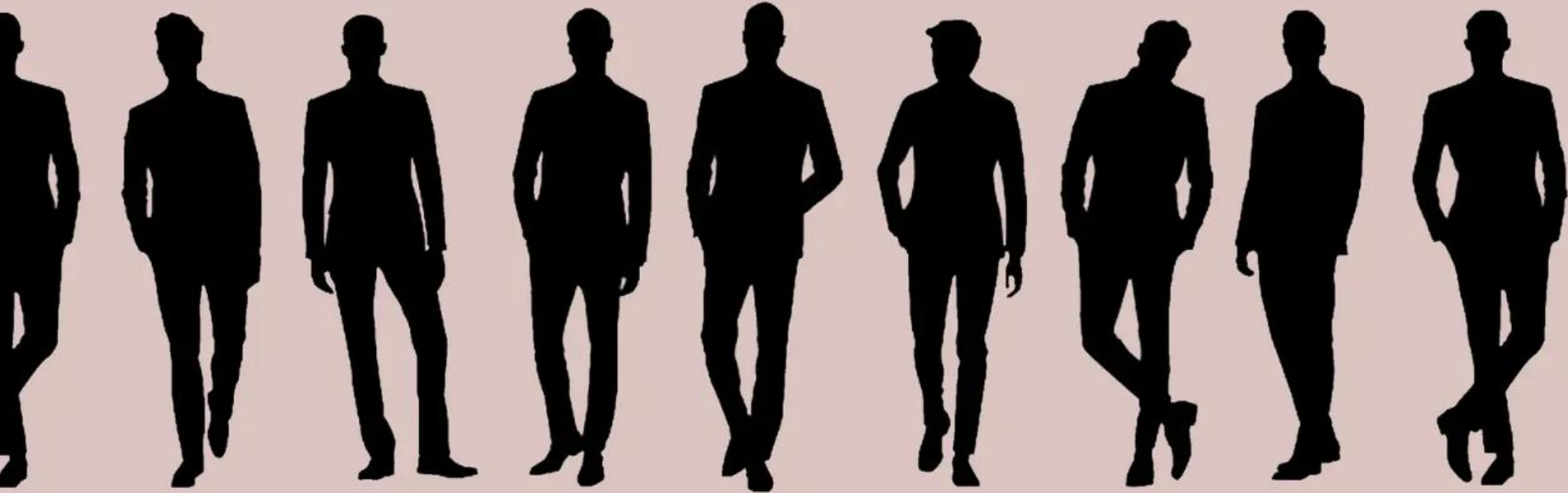
WHAT IS HEART DISEASE?

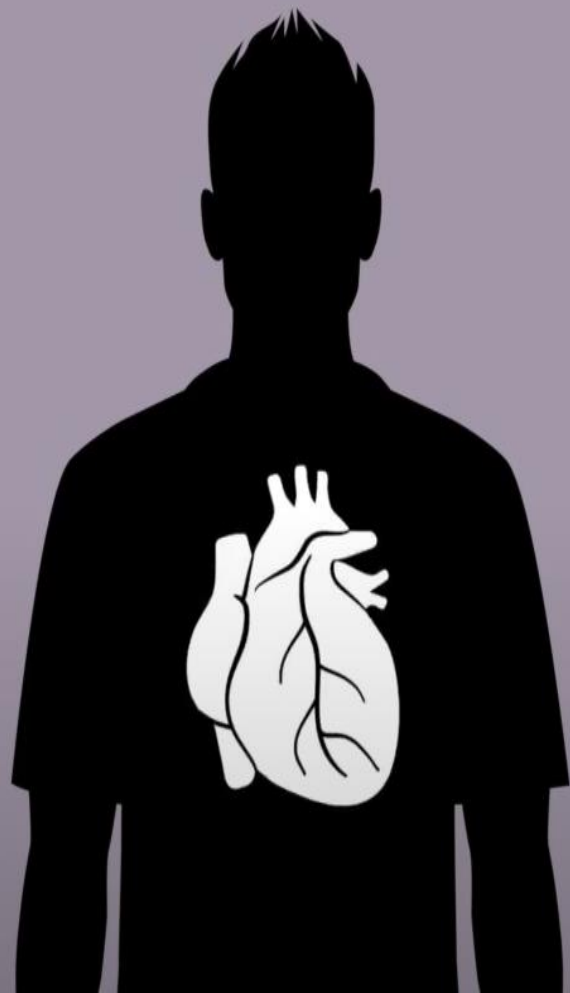


UNDER-AWARE



UNDER-RESEARCHED





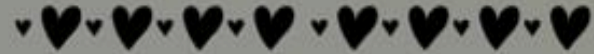


**Spontaneous coronary
artery dissection (SCAD)**

Microvascular dysfunction

Takotsubo

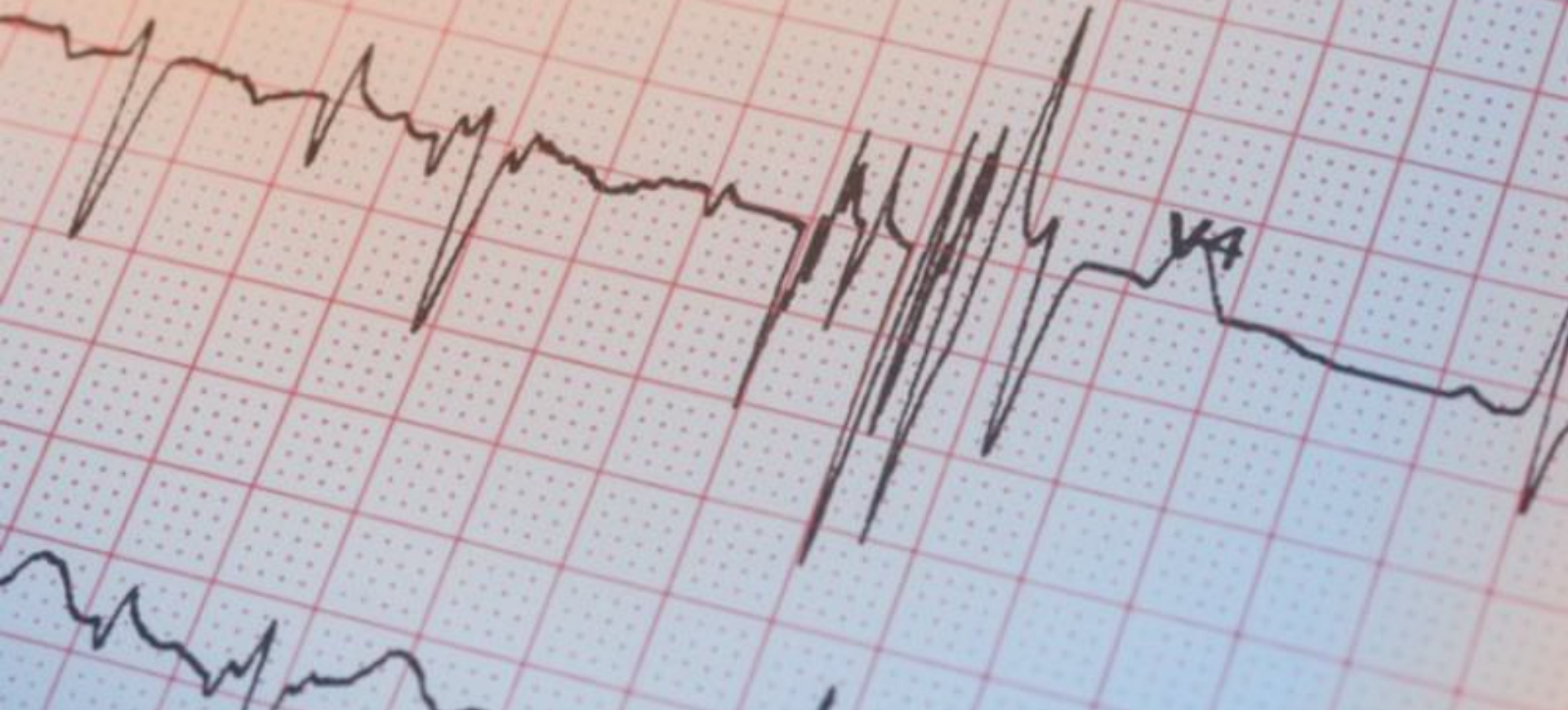
Peripartum cardiomyopathy



DIFFERENT TYPES OF
Heart Disease



UNDER-DIAGNOSED



SIGNS AND SYMPTOMS

COMMON SYMPTOMS



Chest pain or discomfort.

This can feel like a pressure, tightness, heaviness, squeezing, burning, or gripping pain or discomfort.



Pain in the neck, jaw, arm, shoulder and/or back



Stomach pain or discomfort, or feelings of indigestion



Unusual shortness of breath



Unusual or extreme fatigue



Dizziness or lightheadedness



An irregular heartbeat (arrhythmia)



Nausea and/or vomiting

Men:

- chest pain
- shortness of breath

Women:

- chest pain
- fatigue

UNCOMMON SYMPTOMS



Radiating pain to the jaw, neck, shoulders, arms, back and/or stomach



Flu-like symptoms



Generalized scared or anxiety feeling



Generalized weakness



Unusual sweating



Migraine



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Heart Disease Risk Factors

RISK FACTORS

Age



Sex



Ethnicity



Family History



Yusuf, S. et al. (2004). Lancet, 364(9438): 937-52.

TRADITIONAL CVD RISK FACTORS

The good news is that up to **80%** of heart disease is preventable and **can** be changed by managing your modifiable risk factors.



High blood pressure



High cholesterol



Diabetes



Smoking commercial tobacco



Psychosocial factors



Overweight / obesity

Know your numbers and talk to your healthcare provider.

RISK FACTORS UNIQUE TO WOMEN

Women can
be at
greater risk for
heart
disease than
men.



The following conditions lead to a greater risk of heart disease:



Certain pregnancy complications
(ex. Premature birth, diabetes or hypertension during pregnancy, preeclampsia)



Earlier menopause
(Before age 40)



Polycystic ovary syndrome



Systemic inflammatory and autoimmune disorders
(ex. Rheumatoid arthritis, lupus)



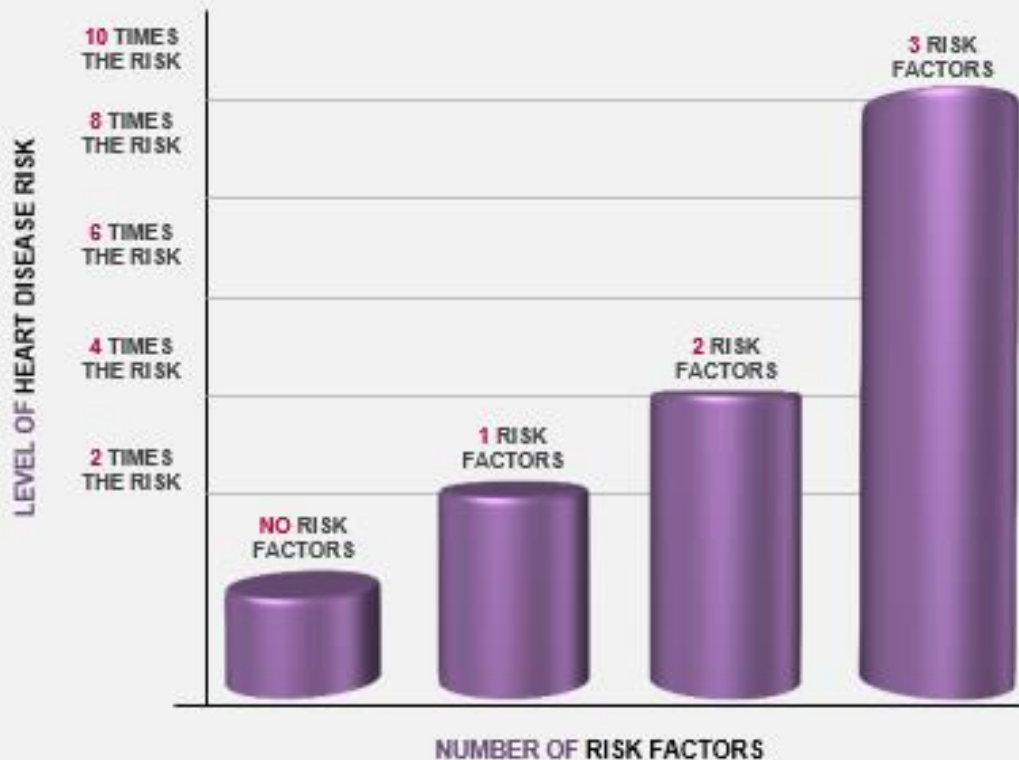
Cigarette smoking
(Women have 3x higher risk of heart attack due to cigarette smoking compared to men)



Diabetes mellitus
(Women living with diabetes are 3x more likely to die from heart disease compared to men)

Garcia, M. et al. (2016). *Circ Res*, 118(8), 1273-1293.
Yusuf, S. et al. (2004). *Lancet*, 364(9438): 937-52.

WHAT IS YOUR RISK?



PRIMARY AND SECONDARY PREVENTION



Reducing risk factors **before** a first heart disease event would prevent or **postpone 33% of all deaths.**



Managing risk factors **after** a heart event can **reduce mortality by 25%.**



KNOW | UNDERSTAND | ACT



You can change destiny by modifying your risks.

HYPERTENSION SCREENING



High Blood Pressure



Excess Damage to the Arteries



Fatty Deposits



Narrowed Blood Vessel Walls



Reduced Blood Flow



HEART DISEASE

KNOW YOUR NUMBERS

TOP NUMBER

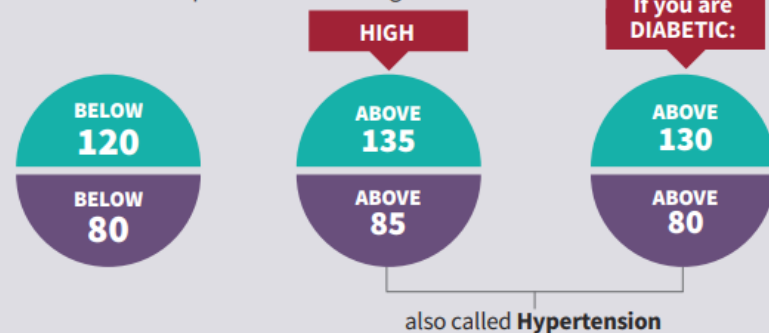
The pressure or force
measured in the arteries
when the heart beats

BOTTOM NUMBER

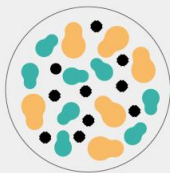
The pressure or force
measured in the arteries
between heartbeats



KNOW WHAT YOUR BLOOD PRESSURE NUMBERS MEAN. Using the automated cuff or home blood pressure monitoring:



DYSLIPIDEMIA SCREENING



Cholesterol is a **type of fat** in your blood. Too much blood cholesterol can lead to heart disease.



Total cholesterol, triglycerides and LDL cholesterol levels **increase** after menopause.



1 in 2 women have elevated cholesterol.



↓ LDL cholesterol by 1mmol/L = ↓ risk of heart disease by 20-25%.



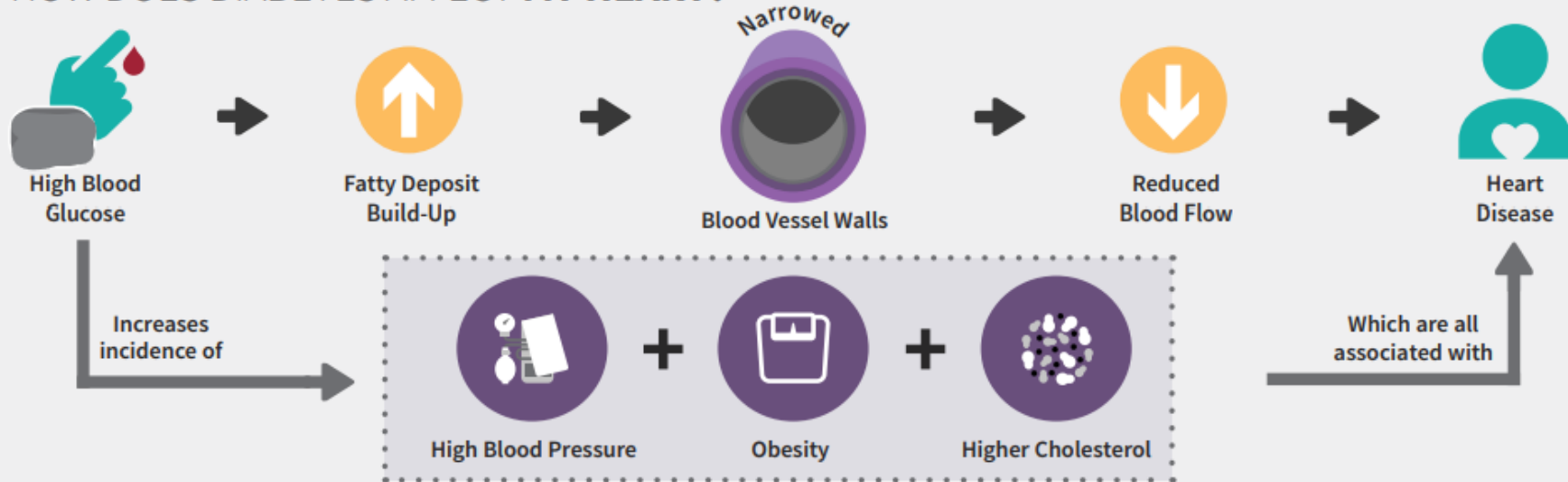
LOUSY CHOLESTEROL

HEALTHY CHOLESTEROL



DIABETES SCREENING

HOW DOES DIABETES AFFECT **MY HEART?**



KNOW YOUR NUMBERS

If you have prediabetes, aim for:

- Fasting blood sugar and before meals: **Between 4 and 6 mmol/L**
- Hemoglobin A1C: **Less than 6%**

If you have diabetes, aim for:

- Fasting blood sugar and before meals: Between **4 and 7 mmol/L**
- Hemoglobin A1C: **7% or less**

PSYCHOSOCIAL FACTORS



BEST WEIGHT



SMOKING





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Taking Heart Health Action

Seven hands of different skin tones are arranged in a circle, each pointing its index finger towards the center. The hands are positioned at approximately the 12, 2, 4, 6, 8, 10, and 11 o'clock positions. The background is a solid, bright white.

YOU

Top 10 tips for healthy eating:

1. **Plan your meals** and cook at home.
2. **How you eat** is as important as what you eat.
3. **Listen to your body.** Eat when you're hungry and stop when you feel satisfied.
4. **Eat at regular times.** Eat breakfast within 1 to 2 hours after waking up.
5. **Plan healthy snacks.**
6. **Eat a variety of vegetables and fruit** at every meal.
7. **Eat whole grains** more often.
8. **Eat fish** at least twice a week.
9. **Include legumes** like beans, chickpeas, lentils, nuts and seeds more often.
10. **Don't be afraid of fat** - You need fat for good health and it adds flavour to your cooking.



Top 10 tips for exercise:

1. **Get your heart pumping every day**
2. **Work your other muscles**
3. **Work your balance**
4. **Any exercise is great**
5. **Track your progress**
6. **Warm up and cool down**
7. **Listen to your body**
8. **Use the talk test**
9. **Upping your game? Check in with an expert**
10. **Sit less, move more**



EMOTIONAL HEALTH

Top 10 tips for emotional health:



1. Practice deep breathing
2. Name your emotions
3. Try not to judge your emotions
4. Know your emotional triggers
5. Be more mindful
6. Move your body
7. Talk to someone you care about
8. Sleep well
9. Stop “shoulds” in their tracks
10. Do the things that make you happy

MANAGING STRESS

Top 10 tips for managing stress:

1. Exercise regularly
2. Breathe deeply
3. Be aware of quick fixes
4. Notice your thoughts
5. Relax the muscles in your body
6. Recognize what you can't control
7. Take a break
8. Make time for things you enjoy
9. Avoid exposure to stress
10. Evaluate your commitments





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A photograph of a female doctor with dark hair, wearing a white lab coat and a stethoscope, smiling and talking to a patient whose back is to the camera. The doctor is holding a tablet. The background is a bright, out-of-focus hospital corridor.

Talking with healthcare providers

Talking with your Health Care Provider

Prepare

- ☐ Keep Track
 - Help your doctor spot trends
- ☐ Report
 - Be specific rather than general
- ☐ List
 - Main concerns or questions at the beginning

Ask Questions

- ☐ Diagnosis and tests
- ☐ Medications and follow-ups
 - Indicate the answers needed before leaving

Repeat

- ☐ Summarize information
- ☐ Clear miscommunication
- ☐ Take notes

Take Action

- ☐ Express barriers to recommendations
- ☐ Make an action plan

WHAT ABOUT YOUR MEDICATIONS

5 QUESTIONS TO ASK ABOUT YOUR MEDICATIONS

when you see your doctor,
nurse, or pharmacist.

1. CHANGES?

Have any medications been added,
stopped or changed, and why?

2. CONTINUE?

What medications do I need to keep
taking, and why?

3. PROPER USE?

How do I take my medications, and for
how long?

4. MONITOR?

How will I know if my medication is working,
and what side effects do I watch for?

5. FOLLOW-UP?

Do I need any tests and when do I book
my next visit?



Keep your
medication
record
up to date.

Remember to include:

- ✓ drug allergies
- ✓ vitamins and minerals
- ✓ herbal/natural products
- ✓ all medications including non-prescription products

Ask your doctor,
nurse or pharmacist
to review all your
medications to see if
any can be stopped
or reduced.

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SELF-MANAGEMENT

Be an empowered consumer

Advocate for yourself

Know the guidelines

Ask for your health information because you own it!





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A background image showing a close-up of a white computer keyboard, a gold-colored pen, and a spiral-bound notebook with lined pages on a light-colored desk surface.

Take Home Messages

KEY MESSAGES



**Heart disease
is largely
preventable.**

80% of risk are
within your
control!



Low levels of heart
health **knowledge** and
high levels of
unhealthy behaviours
put you at risk.



**Be your own
advocate.** Seek
out information and
ask questions.



**Talk to your health
care providers**
about your health
status and what can
be done to make
improvements.

KEY MESSAGES



Start the conversation!

To take care of others, you need to first take care of yourself. Build a support system.



Set realistic goals.

Take it one step at a time. Small changes add up.



When in doubt, check it out! Call 911 or seek immediate medical care if you think you are having any possible heart related symptoms.

KEY MESSAGES



There is a need to **increase the awareness** and recognition that women are at a significant risk of heart disease.




The **types of heart disease can be different** for women than men. Make sure to recognize the symptoms!



Volunteer for research studies. We need to better understand how heart disease is different in women. Research informs evidence for clinical practice.



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We are here to help
Learn more about programs, services and resources available

- **University of Ottawa Heart Institute: [OttawaHeart.ca](https://ottawahheart.ca)**
 - Top 10 tips: Eating Healthy, Managing Stress, Exercise, Emotional health, etc.
 - Heartwise webinars. Patient guides
 - CardioPrevent Program, Cardiac Rehabilitation
- **Canadian Women's Heart Health Centre: [YourHeart.ca](https://yourheart.ca)**
 - Infographics
 - Questions to ask your healthcare provider
 - Become a Community Advocate
 - Postpartum CardioPrevent Program
- **Canadian Women's Heart Health Alliance: [CWHHA.ca](https://cwhha.ca)**
 - Wear Red Canada: [WearRedCanada.ca](https://wearredcanada.ca)
 - Multilingual key messages + other resources
 - Canadian Women's Peer Support Heart Hub: [WomensHeartHub.ca](https://womenshearthub.ca)

www.yourheart.ca



Thank you all !!