

POST-SUMMIT HIGHLIGHT REPORT

CANADIAN WOMEN'S
HEART HEALTH
SUMMIT ► 2025

APRIL 25-26, 2025
OTTAWA, ON



INTRODUCTION

REFLECTING ON THE PAST, EMPOWERING THE PRESENT, AND SHAPING THE FUTURE.

Proudly hosted by the University of Ottawa Heart Institute’s Canadian Women’s Heart Health Centre and Heart & Stroke, the Canadian Women’s Heart Health Summit is the only event of its kind and has become the national reference point for health professionals seeking up-to-date knowledge of women’s heart, brain and vascular health.

Building on the success of the previous four Summits, we assembled national and international experts and collaborators to further advance women’s heart, brain, and vascular health. Together, we will transform and enhance Canadian women’s lives through research, awareness, policy development, and care.

This is an accredited, clinical, and scientific opportunity to foster knowledge exchange among a diverse group of collaborators, including primary care providers, cardiologists, neurologists, gynecologists, pharmacists, nurses, cardiac rehabilitation providers, allied healthcare professionals, researchers, policy-makers, community partners, people with lived and living experience (PWLLE), and caregivers.

SUMMIT OBJECTIVES



Discuss the progress made in sex and gender-based research and practice since the first Summit in 2016.



Unite key collaborators to improve heart, brain, and vascular health among women.



Identify emerging and future areas, gaps and health disparities in research and clinical practice for heart, brain, and vascular conditions affecting women.



Champion and make use of equity-promoting strategies to enhance the adoption of evidence-based research and clinical practices for heart, brain, and vascular health in women.



SUMMIT HIGHLIGHTS



362 REGISTRATIONS:
242 IN-PERSON,
120 VIRTUAL



**15 HOURS OF
ACCREDITED CONTENT
(MAINPRO M1 CREDITS)**



**44 INVITED SPEAKERS,
INCLUDING 7 PEOPLE WITH
LIVED EXPERIENCE (PWLE)**



**25 SESSIONS, INCLUDING
7 CONCURRENT
BREAKOUT SESSIONS**



**64 POSTER
PRESENTATIONS**



**5 RAPID-FIRE ORAL
PRESENTATIONS**



**8 AWARDS
PRESENTED**



**DEBATE ON ARTIFICIAL
INTELLIGENCE**



**LIVE “THINK-TANK” EVENT
COVERING 13 TOPICS**



**CLOSED CAPTIONING
PROVIDED THROUGHOUT**



**CHILDMINDING SERVICES
AVAILABLE ON-SITE**

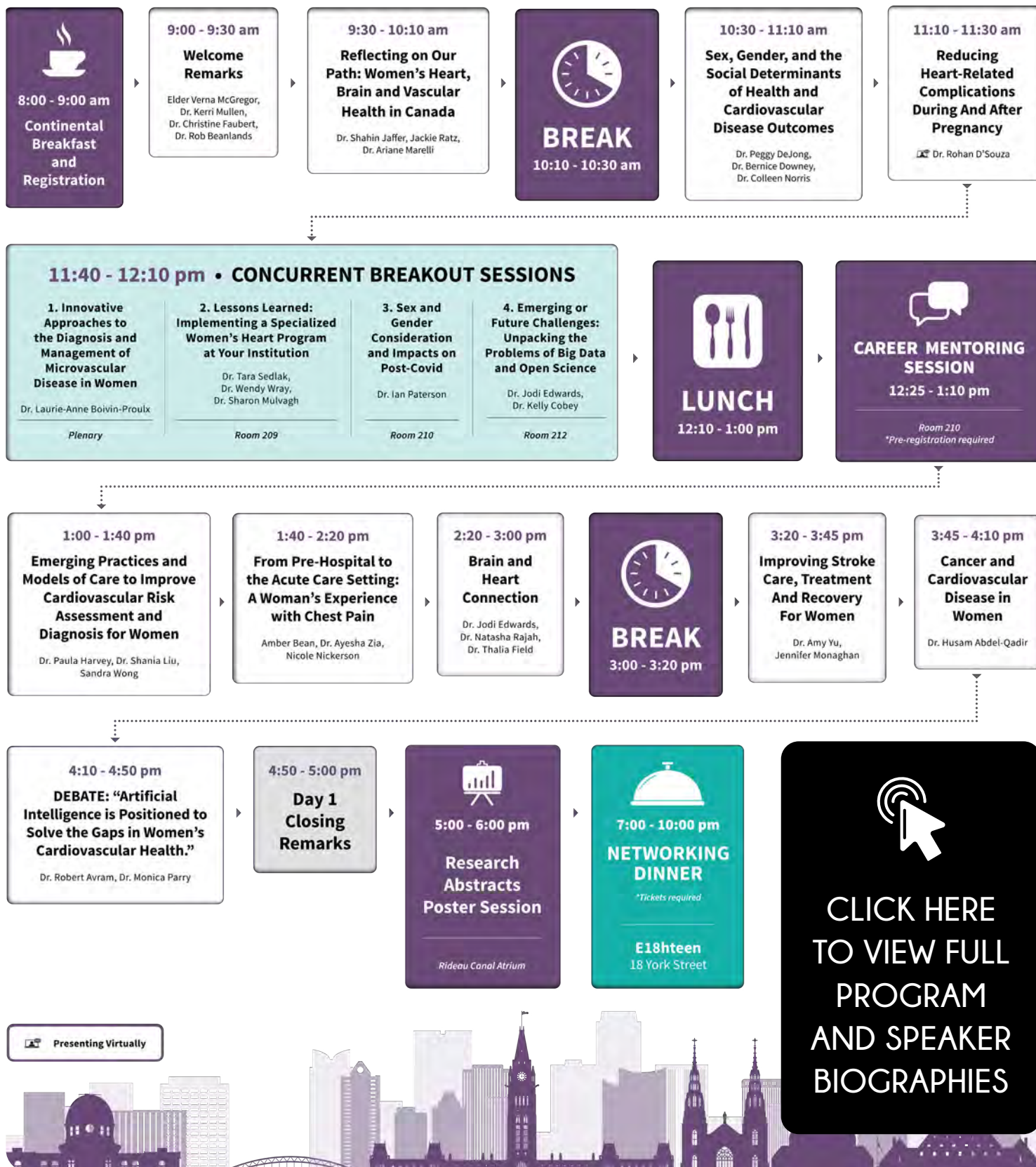


**3 NETWORKING SESSIONS: VIRTUAL EVENT FOR PEOPLE WITH LIVED
EXPERIENCE, CAREER MENTORING SESSION, AND NETWORKING DINNER**



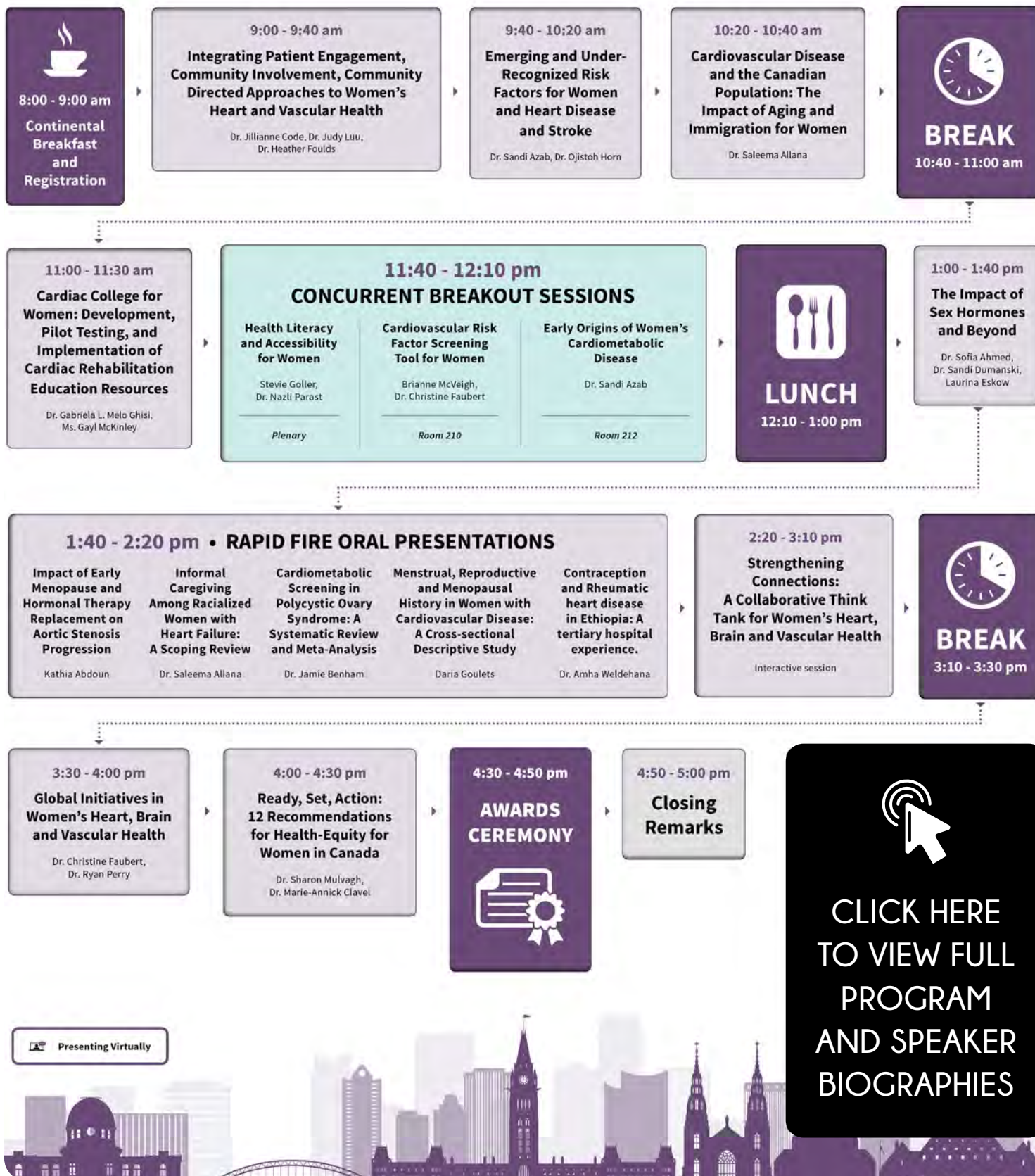
AGENDA AND SPEAKERS

FRIDAY, APRIL 25, 2025



AGENDA AND SPEAKERS

SATURDAY, APRIL 26, 2025



Strengthening Connections: A Collaborative Think Tank for Women's Heart, Brain and Vascular Health

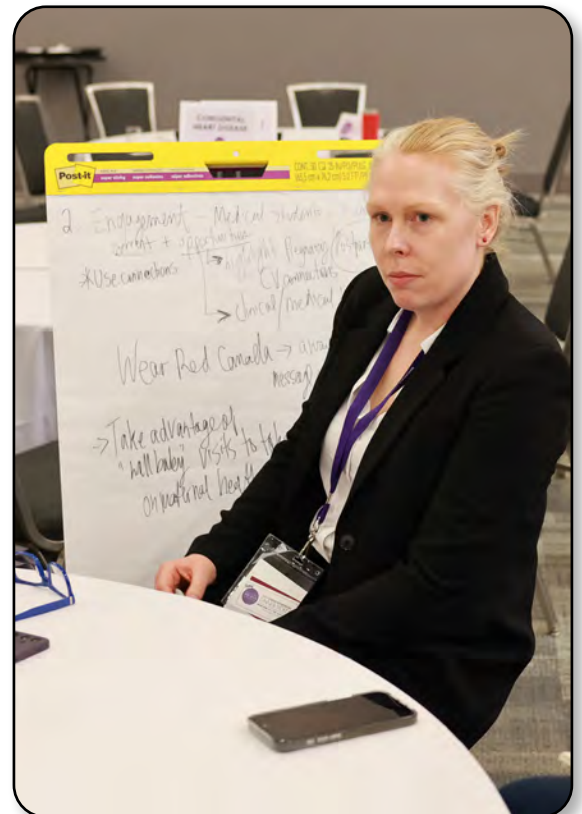
Saturday, April 26, 2025 • 2:20 – 3:10 PM

This 50-minute interactive session brought together participants from across disciplines to share strategies, tools, and experiences that support women's heart, brain, and vascular health. Rather than focusing on launching new initiatives or securing funding, the session prioritized the identification of perspectives for strengthening existing efforts, amplifying what's working, and sparking ideas for future collaboration.

Following a brief welcome and overview, attendees joined topic-specific tables for a facilitated think tank discussion. Each group explored four guided prompts over the course of 40 minutes, allowing for deep, focused conversation on key clinical and research areas such as coronary artery disease, pregnancy-related cardiovascular risk, menopausal transition, heart failure, arrhythmias, stroke, and more.

Facilitators helped participants identify current gaps, share effective resources, and explore opportunities for collaboration. The session closed with a brief reflection period where participants shared takeaways and next steps. Common themes included the need for stronger interprofessional networks, better integration of sex- and gender-specific risk factors in care, and a desire to continue building on the connections made during the Summit.

Overall, the session served as a dynamic and inclusive space to connect, learn, and support one another's work in advancing women's cardiovascular health.



RAPID FIRE ORAL PRESENTATIONS

View the special women's heart health May 2025 issue of the **Canadian Journal of Cardiology Open** for full abstracts.

1. INFORMAL CAREGIVING AMONG RACIALIZED WOMEN WITH HEART FAILURE: A SCOPING REVIEW

K Abdoun, L Tastet, E Bedard, M Arsenault, P Pibarot, M-A Clavel

- **Presenter:** Kathia Abdoun

2. INFORMAL CAREGIVING AMONG RACIALIZED WOMEN WITH HEART FAILURE: A SCOPING REVIEW

S Allana

- **Presenter:** Dr. Saleema Allana

3. CARDIOMETABOLIC SCREENING IN POLYCYSTIC OVARY SYNDROME: A SYSTEMATIC REVIEW AND META-ANALYSIS

J Evanchuk, G Brünger, K James, C McClurg, R Vettese, D Vine, J Yamamoto, J Benham

- **Presenter:** Dr. Jamie Benham

4. MENSTRUAL, REPRODUCTIVE AND MENOPAUSAL HISTORY IN WOMEN WITH CARDIOVASCULAR DISEASE: A CROSS-SECTIONAL DESCRIPTIVE STUDY

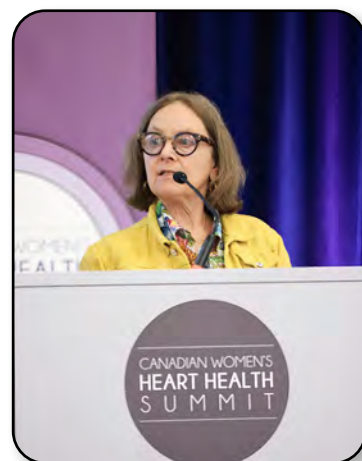
D Goulets, D Y Quansah, K Mullen

- **Presenter:** Daria Goulets

5. CONTRACEPTION AND RHEUMATIC HEART DISEASE IN ETHIOPIA: A TERTIARY HOSPITAL EXPERIENCE

A Weldehana S Zewde S Negash D Andualem

- **Presenter:** Dr. Amha Weldehana

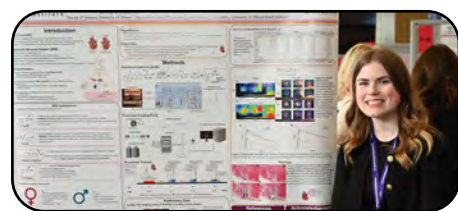


POSTER PRESENTATIONS

View the special women's heart health May 2025 issue of the **Canadian Journal of Cardiology Open** for full abstracts.

BASIC SCIENCE

- 1. EFFECT OF PREGNANCY ON THE PROGRESSION OF AORTIC AND AORTIC VALVE DISEASE IN PATIENTS WITH BICUSPID AORTIC VALVES** | K Abdoun*, M Fortin*, L Brunet*, M Shen, É Bédard, P Chetaille, M-A Clavel
- 2. PET IMAGING OF CARDIAC SNS FUNCTION WITH [18F]MFBG IN HEART FAILURE MODELS** | E L Hoddinott, U S Ismailani, B H Rotstein
- 3. IMPACT OF PREGNANCY ON ATRIAL CONNEXINS 40 AND 43 IN MICE** | É Leblanc, V Long, F Dierick and C Fiset
- 4. CHARACTERIZING ARTERIAL STIFFNESS AND REPRODUCTIVE STATUS IN HOSPITAL-BASED NURSES: RESULTS FROM THE CHAMPLAIN NURSES' STUDY** | L Lew, L Cotie, T Coutinho, P Harvey, K Way, and J Reed
- 5. A PHARMACIST CARE PATHWAY INTERVENTION FOR VASCULAR PREVENTION: PROTOCOL FOR A RANDOMISED CONTROLLED TRIAL, PRXOACT** | S Liu, RT Tsuyuki, MM Graham, D Nelson, G Semeniuk, YN Al Hamarneh.
- 6. EX SPECIFIC DIFFERENCES IN GESTATIONAL DIABETES MELLITUS INDUCED CARDIAC HYPERTROPHY AND ALTERED MITOCHONDRIAL PROTEIN ACETYLATION IN THE OFFSPRING HEART AND THE PROTECTIVE ROLE OF SIRT3** | C Menzies, M Tomczyk, B Xiang, S Kereliuk, R Leduc, V Dolinsky
- 7. THE PAUSE BEFORE THE STORM: IDENTIFYING CARDIAC MOLECULAR CHANGES IN A MOUSE MODEL OF MENOPAUSE** | S Rouhana, C Barry, JL Braun, MS Geromella, VA Fajardo, WG Pyle
- 8. PLORING THE MECHANISMS OF HOW EXCESS ANDROGENS ADVERSELY IMPACT LIPID METABOLISM IN WOMEN WITH POLYCYSTIC OVARIAN SYNDROME** | M. Wang, S Proctor, M Ghosh, D Vine

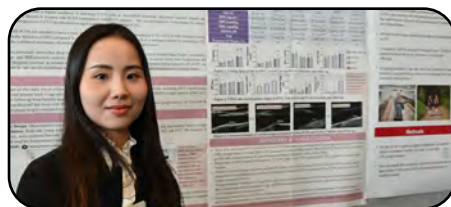


BEHAVIOURAL SCIENCE

- 1. GETTING TO THE HEART OF THE MATTER – SOCIAL DETERMINANTS OF HEALTH, BEHAVIOUR CHANGE AND CARDIOVASCULAR DISEASE: A PHENOMENOLOGICAL STUDY** | G Crichlow, S L Sibbald
- 2. IMPACT OF INTERVENTION DELIVERY METHOD ON ADHERENCE AND EXERCISE TIME IN WOMEN WITH PREDIABETES OR DIABETES** | AP Batalha, M Cassimiro, I Vilete, G Patueli, M Camargos, D Amaral, P Trevizan, L da Silva.
- 3. DEVELOPMENT AND PRELIMINARY VALIDATION OF THE CORONARY ARTERY DISEASE EDUCATION QUESTIONNAIRE FOR POSTPARTUM WOMEN WITH PREGNANCY-RELATED COMPLICATIONS (CADE-Q-PP): A MODIFIED DELPHI APPROACH** | G Lima de Melo Ghisi, L Cotie, K Nerenberg, S Gundy, G Smith, CL Pollock, K Fleming, TJF Colella
- 4. SEX DIFFERENCES IN THE COGNITIVE RECOVERY OF ADULTS WITH CARDIAC ARREST AND MYOCARDIAL INFARCTION** | S Kelly, D Debicki, L Norton, A Owen

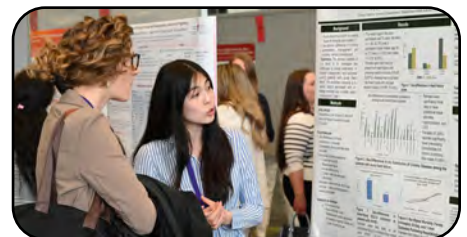
CLINICAL SCIENCE

- 1. INCORPORATING SEVERE MATERNAL MORBIDITY INTO CLINICAL PREDICTION MODELS FOR POSTPARTUM CARDIOVASCULAR DISEASE** | M Alcantara, GD Shapiro, RW Platt, M Abrahamowicz, JG Ray, UV Ukah, N Dayan
- 2. IMPACT OF PATIENT-PHYSICIAN SEX CONCORDANCE ON PATIENT OUTCOMES IN CARDIAC ELECTROPHYSIOLOGY PROCEDURES** | T Anpalagan, F Qiu, R Manoragavan, H Wijeyesundera
- 3. DISTRIBUTION OF HDL-C AND LDL-C AND THEIR SUBFRACTIONS IN MAMMARY CARCINOGENESIS. CASE-CONTROL STUDY** | S Belbraouet, M Nappert, A Meziane, N Zoubdane, T Fülöp, A Khalil
- 4. COGNITIVE FUNCTIONING AND BIOLOGICAL DIFFERENCES IN HEART FAILURE: A MATTER OF SEX OR DISEASE?** | C-A Blanchette, F Besnier, E G Dupuy, C Gagnon, T Vincent, J-L Rouleau, N Bouabdallaoui, J Iglesias-Grau, N Racine, F Tournoux, F J Apullan, P Vitali, S Belleville, L Bherer
- 5. PRESCRIBING TRENDS OF HOSPITAL DISCHARGE MEDICATIONS FOR SECONDARY PREVENTION OF PATIENTS WITH MYOCARDIAL INFARCTION WITH NON-OBSTRUCTIVE CORONARY ARTERIES (MINOCA)** | J Chai, E Théberge, T Sedlak
- 6. ACCELERATION POSTPARTUM (ACCEL-PP): A PILOT FEASIBILITY STUDY** | L Cotie, C Pollock, S Gundy, K Nerenberg, G Smith, P Oh, TJF Colella
- 7. DETECTION METHODS FOR PERSISTENT POSTPARTUM HYPERTENSION: A SCOPING REVIEW** | M Daneshmand, H Dastari, L Hales, N Patel, A Alkatat, G Altit, S Grandi, K Nerenberg, S Daskalopoulou, I Malhamé
- 8. WOMEN@HEART IN-PATIENT SUPPORT PROGRAM: BEDSIDE SUPPORT INITIATIVE FOR WOMEN WITH HEART DISEASE** | N Elias, N Parast, Z Koopman, A Charlebois, L MacArthur, J Harris, B Quinlan
- 9. ASSESSMENT OF VALVE HEMODYNAMICS FOLLOWING TRANSCATHETER VERSUS SURGICAL AORTIC VALVE REPLACEMENT IN WOMEN WITH SMALL AORTIC ANNULUS** | E Fadel, C Diep, E Calin, JB Masson, J Potvin, JF Gobeil, N Noiseux, D Kalavrouziotis, S Mohammadi, LM Stevens, J Forcillo
- 10. V02MAX DETERMINANTS ARE ASSOCIATED WITH DIFFERENT COGNITIVE OUTCOMES IN WOMEN WITH HFREF AND HFPEF** | C Gagnon, F. Besnier, PO Magnan, B Bérubé, F Sellier, J Iglesias-Grau, M Gayda, V Dionne, H Benhalima, A Nigam, M Juneau, P L L'Allier, N Bouabdallaoui, JL Rouleau, L Bherer
- 11. THE ASSOCIATION BETWEEN DURATION OF MENOPAUSAL HORMONE THERAPY AND CARDIOVASCULAR HEALTH** | N Gulamhusein, S Dumanski, T Harrison, S Butalia, S Ramesh, D Sola, S Ahmed
- 12. ESTIMATING THE ASSOCIATION BETWEEN PARITY AND GRAVIDITY & BLOOD PRESSURE AND HYPERTENSION: A SYSTEMATIC REVIEW AND META-ANALYSIS** | N Gulamhusein, B Pattar, S Dumanski, S Butalia, T Harrison, S Ahmed
- 13. HYSTERECTOMY AND HYPERTENSION RISK: A PROTOCOL FOR A RETROSPECTIVE POPULATION-BASED COHORT STUDY** | N Gulamhusein, T Harrison, S Butalia, S Dumanski, S Ahmed
- 14. EXPLORING THE FEASIBILITY OF IMPLEMENTING FIRST TRIMESTER SCREENING FOR PRE-ECLAMPSIA IN PRIMARY CARE** | N Leung, N Okun, I Wirsig, K Fleming
- 15. BAYESIAN METHODS IN HIGH-IMPACT SURGICAL JOURNALS (2000–2024): GENDER DISPARITIES, TRENDS, AND REPORTING STANDARDS** | Z Li, A Izumi, D Vervoort, S Fremes



CLINICAL SCIENCE (cont...)

- 16. BETA-BLOCKERS IN PATIENTS WITH SPONTANEOUS CORONARY ARTERY DISSECTION (SCAD) — EASING ANGINA, BUT NOT ANXIETY** | L-M Maukel, T Coutinho, S Mulvagh, D So, M Madan, K Bouchard, C Pacheco, J Saw, J Reed, S Liu, L Sun, G Wells, H Robert, N Lappa, H Tulloch
- 17. SEX BASED DIFFERENCES IN EPICARDIAL ADIPOSE TISSUE VOLUME AND ASSOCIATION WITH HISTOLOGICAL ACUTE CELLULAR REJECTION AMONG POST CARDIAC TRANSPLANT PATIENTS** | B. Mengesha, M.C. Caires, R. DeKemp, R. Beanlands, B. Chow, D. Dey, S. Chih, K.M. Boczar
- 18. MONITORING, MANAGING AND PREVENTING CARDIOVASCULAR RISKS IN WOMEN WITH HYPERTENSIVE DISORDERS DURING PREGNANCY: A SCOPING REVIEW** | N Moubarak, G Maria-Cécilia
- 19. AN ENVIRONMENTAL SCAN OF PSYCHOLOGICAL CARE OFFERED THROUGH WOMEN'S HEART HEALTH CLINICS** | J Stadlwieser & V Patel, N Tegg, CM Norris
- 20. RECOGNIZING THE RISKS TO WOMEN FOR CARDIOVASCULAR DISEASE: A QUALITY INITIATIVE IN THE CARDIAC IMAGING PROGRAM AT THE UNIVERSITY OF OTTAWA HEART INSTITUTE (UOHI)** | V Skinner, C Brewer, S Wong
- 21. EXPLORING ASSOCIATIONS BETWEEN ESTROGEN AND GENE CANDIDATES IDENTIFIED BY CORONARY ARTERY DISEASE GENOME-WIDE ASSOCIATION STUDIES** | ET Théberge, AP Aminbakhsh, E Burden, C Kalenga-Adejumo, A Gravely, A Lehman, TL Sedlak
- 22. NATURAL HISTORY OF CARDIOVASCULAR DISEASE IN YOUNG WOMEN: CARDIOMETABOLIC RISK, ATHEROSCLEROTIC CARDIOVASCULAR DISEASE AND CARDIAC FUNCTION IS EXACERBATED IN THOSE WITH POLYCYSTIC OVARY SYNDROME** | X Wu, M Ghosh, H Becher, J Windram, K Nadeau, M Cree, D Vine
- 23. HEART HEALTH IN YOUNG WOMEN: PROGRESSION OF ATHEROSCLEROTIC CARDIOVASCULAR DISEASE IS INCREASED IN THOSE WITH POLYCYSTIC OVARY SYNDROME** | X Wu, J Batara, H Becher, J Windram, P Raggi, M Ghosh, M Cree, D Vine
- 24. EXPLORING WOMEN'S INVOLVEMENT IN CARDIAC REHABILITATION: WOMEN IN THE HEART OF RECOVERY** | J Harris, K Wolf, CD O'Neill, G Davies
- 25. PROGRESSION OF ATHEROSCLEROSIS AND LEFT VENTRICULAR DYSFUNCTION IN HIGH-RISK YOUNG WOMEN WITH AND WITHOUT POLYCYSTIC OVARY SYNDROME** | X Wu, M Ghosh M, P Raggi, H Becher, J Windram, D Vine



DIGITAL HEALTH AND ARTIFICIAL INTELLIGENCE

- 1. HOW DO CLINICIANS PERCEIVE THE ROLE OF AI IN CARDIOVASCULAR DISEASE PREVENTION FOR WOMEN?**
T Wang, A Sandhu, K Vamvakas, H Bergman, R Grad, I Vedel, M-P Gagnon, S Yousefi, S Abbasgholizadeh Rahimi

EQUITY, DIVERSITY, JUSTICE AND BELONGING

1. EMPOWERING KOREAN IMMIGRANT WOMEN THROUGH CULTURALLY TAILORED CARDIOVASCULAR HEALTH EDUCATION: AN EDUCATIONAL TOOL CREATION | L Moon, N Tegg, CM Norris

2. INTERSECTIONALITY AND UNPAID CAREGIVING: IMPLICATIONS FOR CAREGIVER'S HEALTH AND WELLBEING ACROSS CULTURES IN CANADA | M Parry, K Patel, F Tavangar, D Baiden, R Nissim, R Betini, H Burnside, D Gaetano, S Hemani, N Nickerson, C Norris, T Owadally, L Pilote, P Baxter, A Coupal, S Hasan, M Ho, O Kulbak, S Mohammed, L Mullaly, J Theriault, W Wu, A O'Hara, E Peter

3. HER-CROWN – RE-EXAMINING HER CARDIOVASCULAR RISKS – OTTAWA WOMEN'S LONGITUDINAL COHORT PILOT STUDY – PROTOCOL AND PRELIMINARY ANALYSIS | C Van Dam, T Coutinho, A Dicks, R Crosier, H Mir, K Boczar, E Quirouette, K Mullen

4. INCIDENCE OF CARDIOMETABOLIC ASSOCIATED REPRODUCTIVE EVENTS (CARE) OVER 2010-2020 IN ALBERTA, CANADA | K Bal, B Eckert, Z Liu, EA Martin, C Job-McIntosh, A Metcalfe, J Negre, K Nix, A Shahid, D Southern, TLA Hawkins, M Vlasschaert, KA Nerenberg

5. ENGAGING WOMEN WITH LIVED EXPERIENCE IN TAILORING EDUCATIONAL RESOURCES FOR CARDIOVASCULAR REHABILITATION | AP Batalha, G McKinley, GLM Ghisi

6. DEVELOPMENT OF A POST-PREGNANCY INTER-PROFESSIONAL WORKSHOP FOR PATIENTS WITH A HYPERTENSIVE DISORDER OF PREGNANCY WITHIN AN ACADEMIC FAMILY HEALTH TEAM | J Rao, M Shireen, I Wirsig, T Johannsen, N Leung, D Elman, L Caplan, K Fung, L Copeland, M Feldt, K Fleming

7. IMPROVING PATIENT CARE FOR WOMEN'S HEART HEALTH BY INCREASING WOMEN'S HEART HEALTH EDUCATION | Z Koopman, M Sergerie, N Parast, B Quinlan

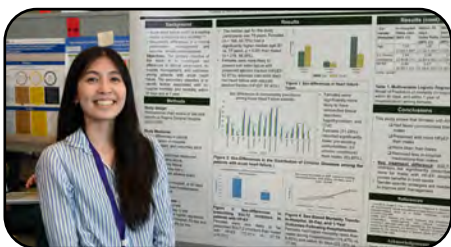
8. THE DEVELOPMENT OF A CHEST-PAIN PROTOCOL FOR WOMEN PRESENTING TO THE EMERGENCY DEPARTMENT | S Jaffer, M Noble, A Pozgay, V Randhawa, M Gulati, E Mensour, N Parast, N Tegg, E Theberge, EK Harchaoui, SL Mulvagh

9. A PROVIDER TOOLKIT FOR THE POST-PREGNANCY CARDIOVASCULAR ASSESSMENT OF PATIENTS WITH A HYPERTENSIVE DISORDER OF PREGNANCY | J Rao, M Shireen, I Wirsig, T Johannsen, N Leung, L Dubrofsky, D Elman, K Fleming

10. CALLS FOR ENGAGING PATIENT PARTNERS HAVE LARGELY GONE UNHEARD IN CARDIOVASCULAR RESEARCH KD Cobey, MA Albert, K MacKinnon, S Gariepy, H Robert, A-M Julien, AC Vieira Armond, E Xu, F Almoli, B Almoli, A Gulati, N Yaa Barnes, SG Nicholls, S Visintini, D Moher

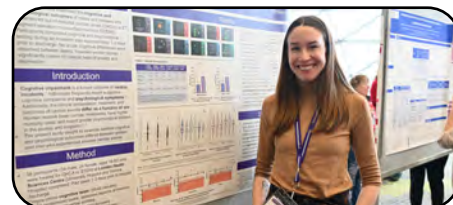
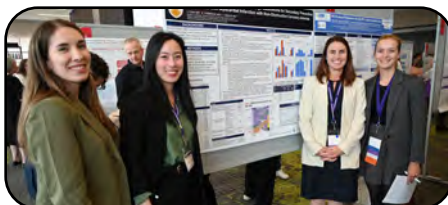
11. GETTING TO THE HEART OF "ADHERENCE": PROTOTYPING TREATMENT SUPPORT FOR YOUNG WOMEN AFTER HEART EVENTS | A Saby

12. DEVELOPMENT OF PROVINCIAL PATIENT AND PRIMARY CLINICAL CARE PATHWAYS FOR THOSE WITH POLYCYSTIC OVARY SYNDROME TO MANAGE THEIR HEALTH AND RISK FACTORS FOR HEART HEALTH | S Chambers, P Beckles, M McPherson, L Sadiq, M Kupreeva, L Mereu, A Achi, T Motan, C LeJour, BC Sydora, J Robison, M Ghosh, DF Vine



INDIGENOUS HEALTH

1. EXPLORING DETERMINANTS OF CARDIOVASCULAR HEALTH IN MÉTIS WOMEN: THE ROLE OF ADVERSE CHILDHOOD AND DISCRIMINATION EXPERIENCES, SOCIAL SUPPORT, AND PHYSICAL FITNESS | S Johnson, S Moore, G Selinger, J LaFleur, M Fatima, H Foulds



POPULATION HEALTH

1. CHALLENGES AND OPPORTUNITIES FOR IMPROVING THE CARDIOVASCULAR HEALTH IN WOMEN WITH BREAST CANCER | S Ali, KA Mullen

2. THE EFFECT OF GENDER RELATED FACTORS IN THE ASSOCIATION BETWEEN HYPERTENSIVE DISORDERS OF PREGNANCY AND WHITE MATTER HYPERINTENSITIES | A Angarita-Fonseca, M Marcotte, A Kaur, H Behlouli, M Rajah, L Pilote

3. MAKING THE SHIFT FROM KNOWING TO UNKNOWING AND LIVING WITH ONE'S RISK FOR CORONARY ARTERY DISEASE FOLLOWING A DIAGNOSIS OF GESTATIONAL DIABETES: A GROUNDED THEORY STUDY | D. Baldwin, A. Pike, M. Mackay, D. Moralejo, K. Jarvis

4. MULTIPLE CVD RISK FACTORS IN WOMEN EARLIER IN THE LIFESPAN: RESULTS OF A SECONDARY ANALYSIS FROM A CLUSTER RCT IN CANADA | J Bruneau, D Moralejo

5. LOSING SOCIAL CONNECTIONS AS WE AGE AND LINKS TO HYPERTENSION RISK IN ADULTS IN CANADA: A GENDER-SENSITIVE SECONDARY DATA ANALYSIS STUDY OF THE CANADIAN LONGITUDINAL STUDY ON AGING (2011-2021) | G Ceolin, NA Khan, G Veenstra, R Madani Civi, S Mehranfar, AI Conklin

6. ADVERSE CHANGES IN SOCIAL TIES ARE A RISK OF DEVELOPING CENTRAL OBESITY OVER 6 YEARS AMONG AGING WOMEN AND MEN IN CANADA | G Ceolin, G Veenstra, NA Khan, R Madani Civi, S Mehranfar, AI Conklin

7. THREE SYSTEMATIC REVIEWS OF PROSPECTIVE ASSOCIATIONS BETWEEN SOCIAL CONNECTIONS AND CARDIOVASCULAR RISK FACTORS USING A GENDER LENS | AI Conklin, S Mehranfar, R Madani Civi, P Guo

8. ESTIMATION OF THE PREVALENCE OF CARDIOMETABOLIC SCREENING AMONG FEMALES WITH POLYCYSTIC OVARY SYNDROME IN ALBERTA | J Ha, J Yamamoto, R Vettese, J Benham

9. LONG-TERM BRAIN HEALTH AMONG FEMALES WITH HYPERTENSION DURING PREGNANCY | A Kaur, A Angarita Fonseca, H Behlouli, N Rajah, L Pilote

10. SEX DIFFERENCES IN IN-HOSPITAL MANAGEMENT AND OUTCOMES OF PATIENTS WITH ACUTE HEART FAILURE | A Li, N Mehta, S Kader, J Singh, A Lavoie

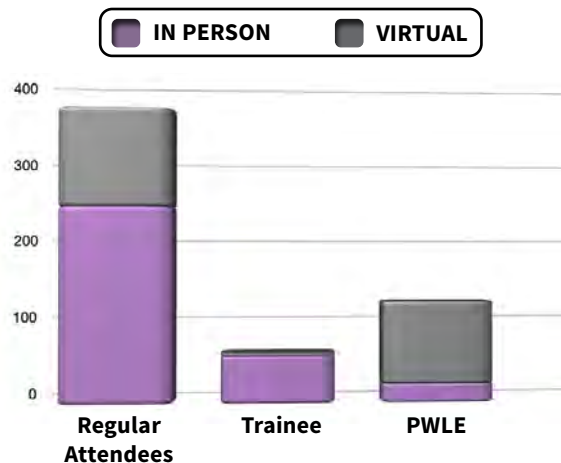
11. GENDER, ALTERATIONS IN SOCIAL CONNECTIONS AND CHANGES IN HEALTHY EATING: A PROSPECTIVE STUDY OF AGING CANADIANS | S Mehranfar, G Ceolin, R Madani Civi, AI Conklin

12. PHYSICAL ACTIVITY, SEDENTARY BEHAVIOUR, AND CARDIOVASCULAR DISEASE RISK FACTORS IN CANADIANS LIVING WITH AND WITHOUT CARDIOVASCULAR DISEASE | J Reed, D Zaman, M Betancourt, C Robitaille, M Majoni, C Blanchard, C O'Neill, S Prince

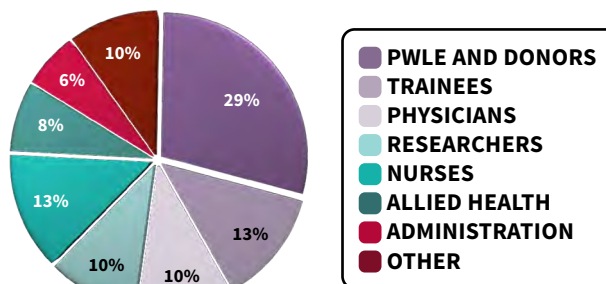
13. IMPACT OF SECONDARY AMENORRHEA ON CARDIOVASCULAR DISEASE RISK IN PHYSICALLY ACTIVE WOMEN: A SYSTEMATIC REVIEW AND META-ANALYSIS | N Tegg, C Myburgh, E O'Donnell, M Kennedy, C M Norris

DELEGATE DEMOGRAPHICS

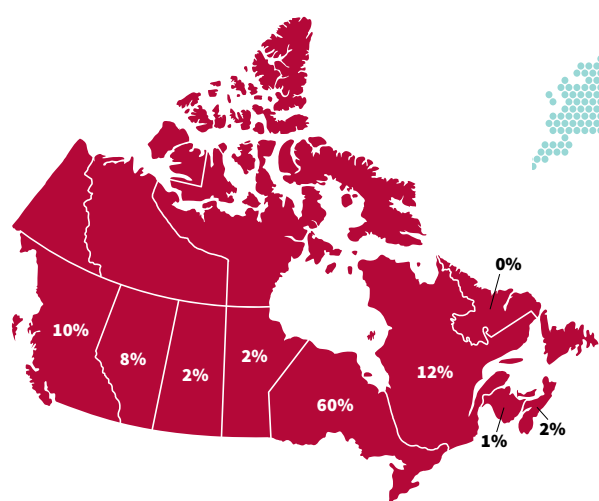
A total of 362 delegates attended the summit, 242 IN-PERSON and 120 VIRTUALLY via live stream. Delegates were primary care providers, cardiologists, gynecologists, pharmacists, nurses, cardiac rehabilitation providers, allied healthcare providers, researchers, policy makers, Indigenous organizations, community partners and persons with lived experience and carers from across Canada, United States, and Australia, Great Britain, France, Kuwait, Nigeria, South Africa, and Switzerland.



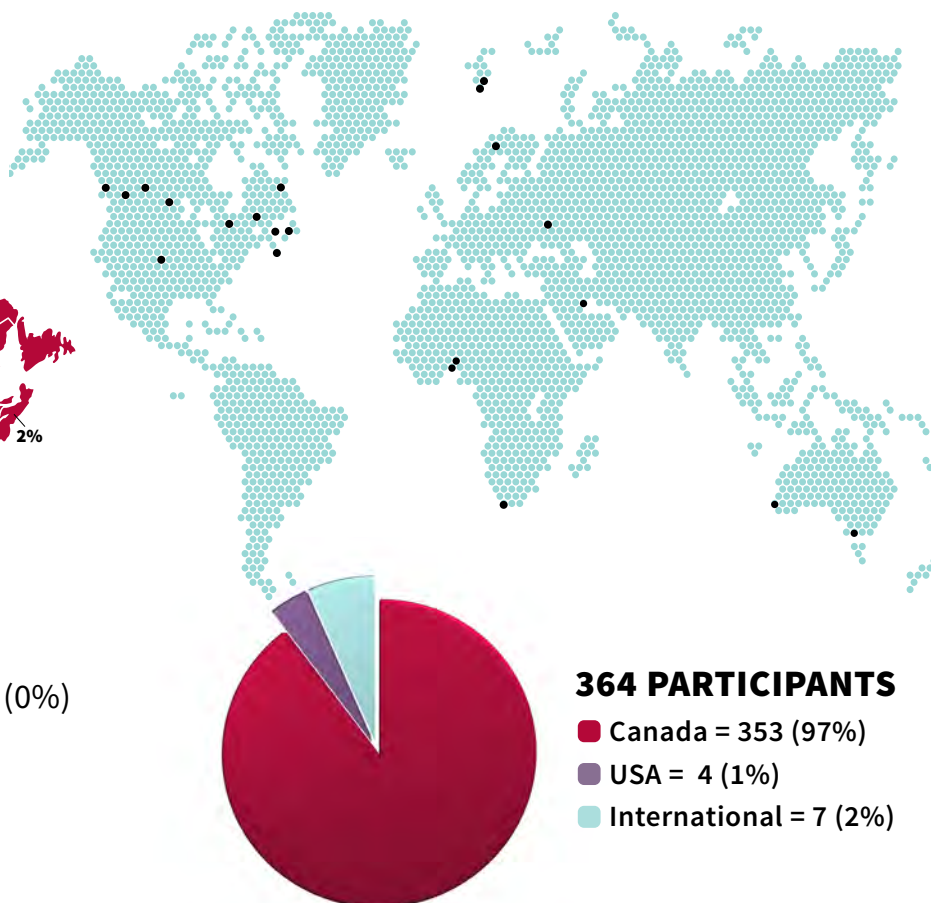
- **Regular attendees:** 161 in person, 15 virtual / 176
- **Trainees:** 58 in person, 4 virtual / 62
- **PWLE:** 23 in person, 102 virtual / 125



GEOGRAPHICAL BREAKDOWN



- **Alberta** - 28 (8%)
- **British Columbia** - 35 (10%)
- **Manitoba** - 7 (2%)
- **New Brunswick** - 3 (1%)
- **Newfoundland & Labrador** - 1 (0%)
- **Nova Scotia** - 9 (2%)
- **Ontario** - 218 (60%)
- **Quebec** - 45 (12%)
- **Saskatchewan** - 7 (2%)



364 PARTICIPANTS

- Canada = 353 (97%)
- USA = 4 (1%)
- International = 7 (2%)

NETWORKING EVENTS

VIRTUAL SESSION FOR PEOPLE WITH LIVED EXPERIENCE: LIVING BRAVELY AND LOVING BOLDLY: HOW YOUR DIAGNOSIS CAN DRIVE ACTION FOR HEART, BRAIN, AND VASCULAR HEALTH

Tuesday, April 22, 2025 • 3:00 - 5:00 pm EST

This inspiring two-hour virtual networking session brought together persons with lived and living experiences of cardiovascular disease to connect, share, and take action. The event welcomed over 100 attendees from across the country.

Participants heard from leading experts and advocates, engaged in meaningful breakout discussions, and were moved by powerful personal stories. The session provided a unique opportunity to explore how personal health experiences can fuel advocacy, influence research, and build peer support networks. Whether newly diagnosed or long on the journey, attendees left feeling empowered, connected, and ready to drive change in heart, brain, and vascular health across Canada.

CAREER MENTORING SESSION FOR TRAINEES AND EARLY-CAREER RESEARCHERS (ECRS)

Friday, April 25, 2025 • 12:25 - 1:10 pm ET

This in-person mentoring session brought together 59 trainees and 16 expert mentors in heart, brain, and vascular health. Through small-group discussions on topics like funding strategies, career planning, and patient engagement, participants received personalized guidance and feedback. The session concluded with a dynamic Q&A period, leaving attendees with new connections, fresh insights, and actionable advice to advance their careers and research goals.

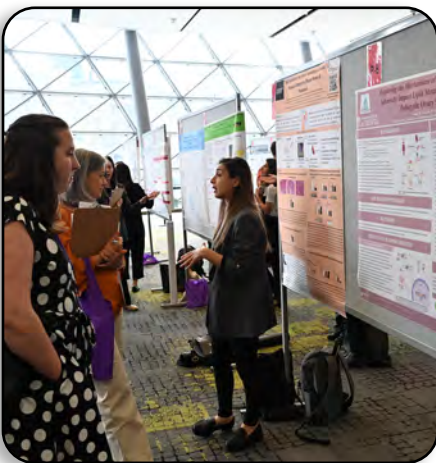


RESEARCH ABSTRACTS POSTER SESSION: SHOWCASING INNOVATION ACROSS DISCIPLINES

Friday, April 25, 2025 • 5:00 - 6:00 pm ET

The Summit hosted an engaging in-person Research Abstracts Poster Session featuring 64 oral poster presentations across diverse categories, including Basic Science, Behavioural Science, Clinical Science, Digital Health and AI, Equity and Belonging, Indigenous Health, and Population Health.

Aligned with the 2025 summit theme—“Reflecting on the past, empowering the present, and shaping the future”—this session offered delegates a dynamic snapshot of emerging research aimed at closing the gaps in women’s heart, brain, and vascular health. Attendees were encouraged to ask questions, engage directly with presenters, and build valuable research connections.



NETWORKING DINNER

Friday, April 25, 2025 | 7:00 - 10:00 pm ET

Restaurant e18hteen, 18 York St, Ottawa, ON

Over 105 attendees gathered for an elegant and fun-filled evening at Restaurant e18hteen, located just minutes from The Westin. Guests enjoyed a relaxed yet sophisticated dining experience featuring seasonal dishes in a beautifully restored historic venue. The event provided a warm and welcoming atmosphere for networking, conversation, and connection among colleagues and peers.

AWARDS

2025 CANADIAN WOMEN'S HEART, BRAIN AND VASCULAR HEALTH ADVOCACY AWARD

This award recognized individuals who made visionary contributions to improving women's heart, brain, and vascular health in Canada. Recipients demonstrated outstanding leadership in raising awareness, mobilizing communities, and driving action to reduce risk and support disease management.

WHY AN ADVOCACY AWARD?

The 2025 award honoured individuals who advanced women's cardiovascular, brain, and vascular health through advocacy, education, and support. Nominees were evaluated on their work in:

- **Mobilizing Communities** – Increasing community knowledge and capacity to advocate for programs and policies.
- **Fostering Coalitions and Networks** – Engaging partners to identify and address key community issues.
- **Promoting Community Awareness** – Supporting public campaigns to elevate understanding of women's cardiovascular health.
- **Changing Organizational Practices** – Advocating for policy and procedural change within organizations.

Winners demonstrated exceptional commitment to engaging women and healthcare professionals in taking action on heart, brain, and vascular health.

Each recipient received a recognition plaque, \$500 cheque, and complimentary Summit registration.

AWARD CATEGORIES

Two awards were presented:

- **Healthcare Professional/Researcher** – A clinician, researcher, or clinician scientist.
- **Person with Lived and Living Experience (PWLLE)** – An individual living with heart, brain, or vascular disease, or a caregiver.

CONGRATULATIONS TO THE 2025 CANADIAN WOMEN'S HEART, BRAIN AND VASCULAR HEALTH ADVOCACY AWARD WINNERS!



HEALTHCARE PROFESSIONAL/RESEARCHER ADVOCATE

Sharon L. Mulvagh MD, FRCP, FASE, FACC, FAHA

Professor of Medicine, Dalhousie University
Professor Emeritus, Mayo Clinic
Past-President, Canadian Society of Echocardiography
Co-Director, Women's Heart Health Clinic
QE II Health Sciences Centre
Halifax, Nova Scotia | @HeartDocSharon



PERSON WITH LIVED AND LIVING EXPERIENCE (PWLLE) ADVOCATE

Jackie Ratz, BA

Person with Lived Experience
Past Co-Chair, Patient Advisory Committee
Canadian Women's Heart Health Alliance
HeartLife Manitoba Champion
Global Heart Hub Affiliate
Winnipeg, MB

AWARDS

2025 CANADIAN WOMEN'S HEART, BRAIN AND VASCULAR HEALTH INVESTIGATOR AWARD

This award recognized investigators whose research advanced knowledge on women-specific heart, brain, and vascular health in Canada. Their work aimed to reduce disease risk, improve quality of life, and prevent premature death.

WHY AN INVESTIGATOR AWARD?

The 2025 award celebrated emerging leaders in science who demonstrated outstanding commitment to advancing inquiry into women's heart, brain, and vascular health. Honourees contributed to improving outcomes through evidence generation and research excellence.

Each recipient received a recognition plaque, \$500 cheque, and complimentary Summit registration.

AWARD CATEGORIES

- 1. Mid-Career Investigator:** Held an independent research position for 5–15 years.
- 2. Early-Career Investigator:** Held a first independent research appointment within the past five years. Eligible leaves (e.g., maternity, parental, medical) were credited at twice the time taken and did not count toward the five-year limit. Professional leaves and non-research roles were not considered for extensions.

EVALUATION CRITERIA

Nominees were assessed by the Canadian Women's Heart Health Summit Research Sub-Committee based on:

1. Relevance to women's heart, brain, or vascular health, including sex- and gender-based plus analysis
2. Innovation, impact, and significance of the work
3. Related grants, awards, and collaborator roles
4. Confirmation of a full-time academic or research appointment at time of nomination

CONGRATULATIONS TO THE 2025 CANADIAN WOMEN'S HEART, BRAIN AND VASCULAR HEALTH INVESTIGATOR AWARD WINNERS!



MID-CAREER INVESTIGATOR AWARD

Kara Nerenberg, MD, MSc
Associate Professor, University of Calgary,
Departments of Medicine, Obstetrics &
Gynecology and Community Health Sciences,
General Internal Medicine, Obstetric Internal Medicine
Calgary, AB | @KaraNerenberg



EARLY-CAREER INVESTIGATOR AWARD

Saleema Allana, RN, PhD
Assistant Professor
University of Western Ontario
London, Ontario

2025 CANADIAN WOMEN’S HEART, BRAIN AND VASCULAR HEALTH TRAINEE AWARD

This award recognized a trainee who demonstrated excellence in research design, execution, and presentation related to women’s heart, brain, or vascular health. Eligible applicants included full-time students in medical, graduate, or professional health programs, as well as residents and fellows.

EVALUATION CRITERIA

- Submissions were evaluated based on:
- 1. Relevance to women’s heart, brain, or vascular health and inclusion of sex- and gender-based plus (SGBA+) analysis
 - 2. Novelty, significance, and impact of the research.

APPLICATION PROCESS

Trainees indicated their interest in the award during the abstract submission process and reported their percentage contribution in the areas of design, analysis, writing, and review.

The winning trainee received a recognition plaque, a \$250 award, and complimentary registration to the Summit.

CONGRATULATIONS TO THE 2025 CANADIAN WOMEN’S HEART, BRAIN AND VASCULAR HEALTH TRAINEE AWARD WINNER!



2025 TRAINEE AWARD RECIPIENT

Daria Goulets
Undergraduate Student, University of Ottawa
Ottawa, ON

Abstract Title: Menstrual, Reproductive and Menopausal History in Women with Cardiovascular Disease: A Cross-sectional Descriptive Study

2025 BEST RAPID-FIRE ORAL PRESENTATION

The 2025 Canadian Women’s Heart Health Summit included an award for Best Rapid-Fire Oral Presentation. The person judged as preparing and delivering the best Rapid Fire Oral Presentation receives a plaque of recognition and an award of \$250. Rapid Fire Oral presentations were judged by the 2025 Canadian Women’s Heart Health Summit Review Committee.

EVALUATION CRITERIA:

- 1. Originality
- 2. Design and methodology
- 3. Supporting data
- 4. Quality of presentation
- 5. Presenter stays within allotted time

CONGRATULATIONS TO THE 2025 CANADIAN WOMEN’S HEART, BRAIN AND VASCULAR HEALTH RAPID-FIRE AWARD WINNER!



2025 RAPID-FIRE AWARD RECIPIENT

Daria Goulets
Undergraduate Student, University of Ottawa
Ottawa, ON

Abstract Title: Menstrual, Reproductive and Menopausal History in Women with Cardiovascular Disease: A Cross-sectional Descriptive Study

2025 BEST POSTER PRESENTATION

The 2025 Canadian Women's Heart Health Summit included an award for Best Poster Presentation. The person judged as preparing and delivering the best Poster Presentation receives a plaque of recognition and an award of \$250. Poster presentations were judged by the 2025 Canadian Women's Heart Health Summit Review Committee.

EVALUATION CRITERIA:

1. Originality
2. Design and methodology
3. Supporting data
4. Quality of presentation

CONGRATULATIONS TO THE 2025 CANADIAN WOMEN'S HEART, BRAIN AND VASCULAR HEALTH **BEST POSTER PRESENTATION** WINNER!



2025 BEST POSTER PRESENTATION RECIPIENT

Daisy Baldwin, RN, PhD(c)

Assistant Professor
Memorial University, Faculty of Nursing
Clarks Beach, NL

Abstract Title: Making the shift from knowing to unknowing and living with one's risk for coronary artery disease following a diagnosis of gestational diabetes: A grounded theory study

PERSONS WITH LIVED AND LIVING EXPERIENCE (PWLLE) **TOP CHOICE AWARD**

This award recognized the top abstract presentation as selected by a panel of judges with lived and living experience. Judges evaluated presentations based on clarity, relevance to women's heart, brain, and vascular health, and potential impact on the patient experience.

All poster presentations were judged during the poster session on April 25, 2025. The winner received a certificate of recognition and a \$250 award.

EVALUATION CRITERIA:

1. Was the research communicated in plain language, accessible to the general public?
2. Was the proposed research relevant and impactful to women's heart disease and/or stroke?
3. Did the research demonstrate clear relevance to women's health outcomes?
4. How was the overall quality of the presentation, including visual appeal and clarity?

CONGRATULATIONS TO THE 2025 PWLLE TOP CHOICE AWARD WINNER!



2025 PWLLE TOP CHOICE AWARD RECIPIENT

Jocelyn Chai, MD

University of British Columbia, Richmond, BC

Abstract Title: Prescribing Trends of Hospital Discharge Medications for Secondary Prevention of Patients with Myocardial Infarction with Non-obstructive Coronary Arteries (MINOCA)

MEDIA COVERAGE

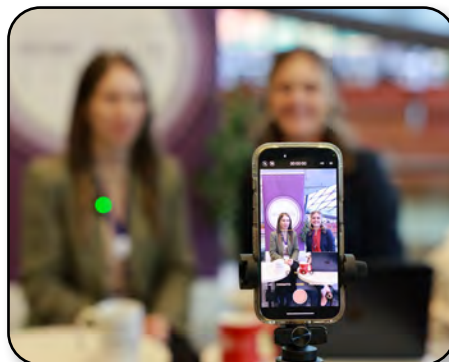
A total of 111 news stories with all of them including at least one key message about the Summit and an interview with at least one spokesperson (speaker, co-chair and/or PWLE). Stories appeared in outlets across Canada, including the Globe and Mail, CTV News Toronto, CTV Ottawa, CP24, CTVnews.ca, the National Post, Vancouver Sun, Calgary Herald, Ottawa Citizen, Montreal Gazette, Chronicle Herald, and The Telegram. A special thank you Dr. Kerri Mullen, Dr. Christine Faubert, and women with lived and living experience Dr. Jillianne Code and Jackie Ratz for their participation in the CTV interview.



Highlights include:

- **CTV News** | Women's Heart Health Takes Centre Stage at Ottawa Summit
 - www.ctvnews.ca/ottawa/article/womens-heart-health-takes-centre-stage-at-ottawa-summit
- **Healthing.ca** | Feature on women and stroke
 - www.healthing.ca/stroke/why-stroke-affects-women-differently-and-what-researchers-are-doing-about-it
- **The Globe and Mail** - "Taking action to improve cardiovascular health care and outcomes for Canadian women"
 - Sponsored content, available in print only
- **National News Release** | Heart & Stroke, UOHI
- **Heart & Stroke Foundation** | Experts converge in Ottawa to shape the future of women's heart, brain and vascular health | Heart and Stroke Foundation

Several high-profile health journalists expressed interest in the Summit's theme, highlighting the continued momentum and growing national awareness of women's heart health.



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EXHIBITOR



ACKNOWLEDGEMENTS

SPECIAL THANKS TO THE FOLLOWING INDIVIDUALS WHO HAVE CONTRIBUTED THEIR TIME TO THIS EVENT:

Co-Chairs

Dr. Kerri-Anne Mullen and Dr. Christine Faubert

Program Planning Committee

Kelsey Bolger, Rajaa Boukhriss, Lisa Comber, Kate Comeau, Melissa Core-Gunn, Ismália De Sousa, Jude Drory, Dr. Jodi Edwards, Dr. Christine Faubert, Dr. Sadaf Faisal, Dr. Heather Foulds, Dr. Shahin Jaffer, Dr. Amy Johnston, Hadil Kaawar, Judith Lachance, Stephanie Lawrence, Dr. Patrice Lindsay (Research Chair), Dr. Martha Mackay, Jamie McCormick, Francesca McGrath, Jennifer Monaghan, Leigh Morris, Dr. Sharon Mulvagh, Dr. Kerri Mullen, Amanda Nash, Dr. Kara Nerenberg, Dr. Rajni Nijhawan, Dr. Ryan Perry, Jackie Ratz, Dr. Katey Rayner, Jennifer Reed, Dr. Tara Sedlak, Dr. Graeme Smith, Deborah Younger-Lewis

Program Planning Committee

Ismália De Sousa, Dr. Jodi Edwards, Dr. Christine Faubert, Dr. Sadaf Faisal, Dr. Heather Foulds, Dr. Shahin Jaffer, Amy Johnston, Dr. Patrice Lindsay, Dr. Kerri Mullen, Dr. Sharon Mulvagh, Jennifer Monaghan, Leigh Morris, Dr. Kara Nerenberg, Dr. Rajni Nijhawan, Dr. Ryan Perry, Jackie Ratz, Dr. Tara Sedlak, Dr. Graeme Smith, Deborah Younger-Lewis

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Rajaa Boukhriss, Kate Comeau, Melissa Core-Gunn, Judith Lachance, Stephanie Lawrence, Francesca McGrath, Leigh Morris

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Kelsey Bolger, Ismália De Sousa, Dr. Jodi Edwards, Hadil Kaawar, Dr. Amy Johnston, Dr. Patrice Lindsay, Dr. Martha Mackay, Francesca McGrath, Jaime McCormick, Dr. Jennifer Monaghan, Dr. Kerri Mullen, Dr. Katey Rayner, Dr. Jennifer Reed

Think Tank Session Facilitators

Dr. Jamie Benham, Nadine Elias, Archie Gelda Kumar, Jennifer Harris, Dr. Amy Johnston, Zandra Koopman, Heather Lannon, Brianne McVeigh, Dr. Carley O'Neill, Dr. Nazli Parast, Jackie Ratz, Helena Van Ryn, Courtney Westcott, Deb Younger-Lewis

Abstract Reviewers

Ismalia De Sousa, Fatos Erguven, Sadaf Faisal, Dr. Christine Faubert, Charlotte Girard, Catherine Goodenough, Dr. Amy Johnston, Dr. Martha Mackay, Risa Mallory, Jennifer Monaghan, Dr. Kerri-Anne Mullen, Dr. Sharon Mulvagh, Dr. Carley O'Neill, Dr. Ryan Perry, Jackie Ratz, Dr. Jennifer Reed, Jeanette Smith, Dr. Patrice Lindsay, Deborah Younger-Lewis

Best Rapid-Fire Oral Presentation Judges

Dr. Sandra Dumanski, Dr. Shania Liu, Risa Mallory

Best Poster Presentation and PWLLE Top Choice Award Judges

Dr. Husam Abdel-Qadir, Dr. Saleema Allana, Dr. Sandi Azab, Dr. Jamie Benham, Dr. Laurie-Anne Boivin-Proulx, Catherine Boudreau, Dr. Marie-Annick Clavel, Joan Clark, Dr. Jillianne Code, Dr. Jodi Edwards, Heather Ebbs, Fatos Erguven, Laurina Eskow, Dr. Christine Faubert, Dr. Heather Foulds, Lucie Gauthier, Charlotte Girard, Stevie Goller, Dr. Paula Harvey, Dr. Shahin Jaffer, Dr. Amy Johnston, Dr. Lorrie Kirshenbaum, Heather Lannon, Marie-France Lapierre, Gayle McKinley, Dr. Martha Mackay, Marion Martell, Dr. Sharon Mulvagh, Dr. Kerri-Anne Mullen, Dr. Ryan Perry, Dr. Nazli Parast, Dr. Amelie Paquin, Dr. Jennifer Price, Jackie Ratz, Dr. Jennifer Reed, Dr. Tara Sedlak, Christina Stuwe, Sven Stuwe, Dr. Judy Luu

Sponsorship Committee

Kelsey Bolger, Lisa Comber, Jude Drory, Francesca McGrath

Virtual Session for People with Lived Experience

Planning Committee: Jackie Ratz, Jennifer Monaghan, Lisa Comber, Melissa Core-Gunn, Francesca McGrath
Presenters and Facilitators: Sarah Blanchard, Dr. Jillianne Code, Nadine Elias, Fatos Erguven, Denise Johnson, Zandra Koopman, Heather Lannon, Dr. Colleen Norris, Dr. Nazli Parast, Jackie Ratz, Moira Teed, Helena Van Ryn

Networking Dinner Committee

Kelsey Bolger, Lisa Comber, Melissa Core-Gunn

Career Mentoring Session - Mentors

Dr. Husam Abdel-Qadir, Dr. Marie-Annick Clavel, Dr. Jodi Edwards, Dr. Heather Foulds, Dr. Paula Harvey, Dr. Lorrie Kirshenbaum, Dr. Sharon Mulvagh, Dr. Ryan Perry, Dr. Jennifer Reed, Dr. Tara Sedlak

On-Site Volunteers

Nadine Elias, Stephanie Karapas, Becky Petronella, Courtney Westcott, Katie Trudeau, Deb Younger-Lewis

The background of the entire page is a photograph of the Ottawa skyline at sunset. The sky is a mix of purple, pink, and orange, with clouds catching the low light. The city's architecture, including the Parliament Hill buildings with their distinctive spires and towers, is silhouetted against the colorful sky. The water of the Ottawa River is visible in the foreground, reflecting the colors of the sky.

CANADIAN WOMEN'S HEART HEALTH SUMMIT ► 2025

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