



Presented by



Women's Heart & Brain Health

Join us to beat health inequities

Saturday May 4, 2024 Fairmont Pacific Rim




The number 1 cause of premature death in women in Canada is heart disease and stroke.

Gaps in research, awareness, diagnosis and care threaten women's heart and brain health. Together, we can change that. Dollars raised at the **2024 Heart & Stroke Gala, presented by the BC Lions**, will be invested in **women's heart and brain health**.

Your support helps us make real progress to **fight the inequities** that are putting women at risk.

Over the last seven years, we've made some significant strides in women's heart and brain health, and we couldn't have done it without you.

Between 2016 and 2022, Heart & Stroke has invested over \$10.5 M to address the health inequities that women face.

-  **26** research projects focused on women's heart and brain health funded.
-  **100+** publications as a result of the women focused funded research.
-  **200** women's health champions convened through the Women's Research Network.



What's next for the women's initiative?

Research • Awareness & education • Healthcare journey

The personnel awards

\$5 Million

The Personnel Awards aim to **increase the pool of researchers and clinician-scientists in Canada devoted to women's heart and brain health research**. Over the next five years, we will jumpstart the careers of over 100 early-career investigators, sparking life-long dedication to women's heart and brain health research.

Awareness & education

\$5 Million

Heart & Stroke has launched a comprehensive, multi-year initiative to **shine a bright spotlight on women's specific heart and brain health risks**. We are empowering and educating women of their unique challenges and enabling them to recognize and understand their own risk factors and symptoms. Through strategic partnerships with healthcare partners, we will amplify our impact to prevent and manage heart disease and stroke for women across Canada.

The centres of excellence

\$15 Million

In partnership with the Canadian Institutes of Health Research, Institute of Gender and Health, Heart & Stroke has launched a trailblazing competition in the women's heart and brain health research space: **Centres of Excellence (COEs)**. With \$15 million in support from generous donors and community partners, we can achieve our bold vision and fund each of the three COEs for a five-year timeframe.

Each COE will include researchers from at least three provinces to collaborate and mobilize their transformative research into one of three critical areas of focus:

- 1.** Risk factors across a woman's life-stages;
- 2.** Diagnosis and treatment of understudied conditions more prevalent among women; or
- 3.** Access to cardiac and stroke rehabilitation and the whole-person approach.

NOTE: Only two of the three focus areas will be captured during the initial COE competition (expected to be complete in August 2024), with a competition to address the third focus area following thereafter (timeline TBD).

Two thirds of heart disease and stroke research has focused on men. This has led to gaps in awareness, diagnosis, treatment and care for heart disease and stroke that are **not adequately addressing women's unique needs.**

It's time for a change. With your support, we are making a difference for women across Canada.



"When I went to the ER with chest pain, I was told to go get anxiety meds. When my husband had the same symptoms, he had a stress test within a week. It took over a year to get the diagnosis of microvascular disease, a less common condition that impacts more women than men. I was never able to return to the career I loved and still struggle most days. I support Heart & Stroke because I want a brighter future for my daughter, and for all the women I love."

Barb Hess, 2024 Gala Speaker

"At the start of my career, I was one of few researchers looking at sex and gender differences in the diagnosis, treatment, and outcomes of patients with cardiovascular disease. My conviction that this was an important area fell on deaf ears. But I and others persisted and have made significant progress. Let's keep this important work moving forward so we can share more precious moments with the women in our lives."

Dr. Karin Humphries, 2024 Gala Honourary Chair



Please consider raising your paddle



Moderated by Fred Lee, "Hearts Helping Hearts" is your chance to beat health inequities for women across the country. During this inspiring portion of the evening, we ask you to raise a paddle and give generously in honour of the women in your lives.

All Hearts Helping Hearts donations will be eligible for an official tax receipt. If you wish to pledge your donation over a multi-year period, we would be delighted to assist you directly after the event. Your donation can be made by a cheque, gift of securities, credit card, or electronic transfer.



Fred Lee
Vanhattan's "Man About Town"

"Heart & Stroke is very dear to me since my stroke in 2020. I am fortunate to have no lasting effects from my stroke because my husband recalled the signs of stroke campaign and acted quickly. Heart & Stroke is a critical part of my story through their research, public awareness and advocacy for women's heart and brain health."

Adrienne Martin,
2024 Gala Co-Chair



"I support Heart & Stroke to raise awareness about heart disease and stroke. Heart disease runs in my family, and I have been personally affected and have had to advocate hard for my heart health. I am thankful for the opportunity to help other women prevent being affected by a life-altering, or ending, fate."

Virginia Morgan,
2024 Gala Co-Chair

