

Women in Cardiovascular Medicine and Science



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Leadership. Knowledge. Community.



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Communauté. Connaissances. Leadership.

Beth L. Abramson

MD, Msc, FRCPC, FACC

University of Toronto

- Women's Health and Health Prevention Cardiologist
- Director, Cardiac Prevention and Rehabilitation and Women's CV Health, St Michael's Hospital
- Paul Albrechtsen Professor
- 2018 Chair, Canadian Women's Heart Health Alliance Education Group
- 2015 Harold N Segal Award of Merit Recipient

She SPEAKS up!

As a woman in CV medicine, she's overcome barriers to become a strong advocate for women's CV health.



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Shaheeda Ahmed

MDCM, FRCPC, FACC

University of Toronto

- Associate Professor
- Cardiologist, Schulich Heart Centre, Sunnybrook Health Sciences Centre (SHSC)
- Site Director, Cardiology Training Program, SHSC
- Cardiology Examination Board Member, Royal College of Physicians and Surgeons of Canada
- Ontario Representative, Canadian Society of Echocardiography

She MAKES dreams possible.

Her biggest accomplishment:

Supporting future Cardiologists turn dreams into reality.

Ana Carolina Alba


MD, PhD

University of Toronto

- Clinician-Scientist, Heart Failure and Transplant Program, University Health Network
- Cardiologist, Former LaSorda Family Fellowship Award
- Doctoral Degree, Clinical Epidemiology and Biostatistics, Health Research, Methodology Program, McMaster University
- Vanier Canada Graduate Scholarships Award Recipient

She OVERCOMES challenges.

“My ultimate goal is to ensure that all patients with heart failure have access to the most appropriate therapy based on their risk by incorporating the use of predictive risk models as decision support tools into family and cardiology practice.”





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Katherine Allan

BSc, BASc, MASc, PhD

University of Toronto

- Research Associate, St. Michael's Hospital
- Project Manager and Co-Investigator, Canadian Sudden Cardiac Arrest Network (C-SCAN)
- Chair, Training and Education Committee, Cardiac Arrhythmia Network of Canada (CANet)
- Chair, CARE group (Cardiac Arrest Response and Education)
- Editorial Board Member, CJC & CJC Open



She **ADVOCATES** for **CARE**

"I love my job and where I am today. I have had to overcome female supervisors trying to sabotage my career, male colleagues being given more opportunities and trying to balance work and life with two small children. It hasn't been easy."



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Sonia Anand

BA, MD, PhD, FRCPC

McMaster University

- Professor of Medicine and Epidemiology
- Senior Scientist, Population Health Research Institute
- Vascular Medicine Specialist, Hamilton Health Sciences and McMaster University
- Canada Research Chair in Ethnic Diversity and Cardiovascular Disease



She's DIVERSIFYING.

She leads research on "the environmental and genetic determinants of vascular disease in populations of varying ancestral origin, women and conducts clinical trials in patient with peripheral artery disease."



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Kim Anderson

MD, FRCPC

Dalhousie University

- Assistant Professor
- Heart Failure and Transplantation Cardiologist, QEII Halifax Infirmary Hospital
- Active Member, Réseau Santé Nouvelle-Écosse

She's a MASTER.

"My biggest accomplishment is doing a thesis masters in clinical epidemiology. I did all the analysis and writing while starting my work as a full-time staff in another province. Let's say it was a challenging first year of practice!"



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Samantha J. Anthony

PhD, MSW

University of Toronto

- Assistant Professor, Factor-Inwentash Faculty of Social Work
- Health Clinician Scientist, Child Health Evaluative Sciences, Research Institute, The Hospital for Sick Children
- Received funding from: the Canadian Institutes of Health Research, the Canadian Child Health Clinician Scientist Program, Canadian Society of Transplantation, International Society for Heart and Lung Transplantation, and Health Canada

She's a TRAILBLAZER.

"I am the first Health Clinician Scientist in social work in Canada. Forging this career pathway is my biggest accomplishment and has required perseverance, advocacy and a determination to realize a vision despite challenges."





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Anita Asgar

MD, MSc, FRCPC, FACC

University of Montreal

- Interventional Cardiologist, Structural Heart Disease Intervention, Institut de cardiologie de Montréal and Associate Professor, U of M
- Co-Chair, Canadian TAVI Guidelines
- Chair, Working Group, Transcatheter Valve Therapy Quality Indicators in Canada
- Director, Transcatheter Valve Therapy Research, ICM



She's a CHAMPION.

"My biggest accomplishment has been building the transcatheter aortic and mitral programs at my institution and championing these therapies for Canadians with my colleagues in structural heart interventions."



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Stephanie Au

B.Sc, MD, MHSc, FRCPC

University of British Columbia

- Clinical Instructor
- General Cardiologist, Surrey Memorial Hospital
- Medical Director, Cardiac Rehabilitation and Prevention Clinic, Jim Pattison Outpatient Care and Surgery Centre
- Undergraduate, Economics, University of Pennsylvania

She's DEFINING innovation.

"Female physicians make creative, collaborative and effective leaders. Innovation is needed to tackle the ever-changing demands of patient care."





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Laura Banks

PhD R.Kin

Ontario Tech University

- Assistant Teaching Professor
- Affiliate Scientist, University Health Network
- Trainee Editor, Canadian Journal of Cardiology Editorial Board, 2016-2018
- Co-chair, CCS Trainee Day Planning Committee, 2014-2016
- 2016 CCS Trainee Excellence in Education Award Recipient

She's FORWARD-THINKING.

"Professor, Scientist, Mom. I'm advocating for gender equity because OUR daughters need to see a world where they can work hard and achieve success in STEM careers."



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Marie J. Béland

MD, CM, FRCPC

Mc Gill University

- Former Pediatric Cardiology Division Chief, 1996-2009
- Former President, Canadian Pediatric Cardiology Association, 2004-2007
- Member of the Executive, Association des cardiologues du Québec, 2007-2015

**She's STANDARDIZED terms
as a pediatric cardiologist.**

She's most proud of her daughter's accomplishments, and in her own career, she's proud of the work of the International Society for Nomenclature of Paediatric and Congenital Heart Disease and the Society's authorship of the Congenital Heart Disease section of the World Health Organization's International Classification of Diseases (ICD-11).



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Filio Billia

MD, PhD, FRCPC

University of Toronto

- Assistant Professor, University of Toronto
- Director of Research, Peter Munk Cardiac Centre
- Medical Director, Mechanical Circulatory Support Program
- Co-Director, Peter Munk Cardiac Centre Cardiovascular Biobank, Divisions of Cardiology and Multi-organ Transplant
- Scientist, Toronto General Research Institute

She's ATTENDING to no rules.

First Shift: Clinician-Scientist

Second Shift: Mom

Third Shift: Bring It On!



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Natalie Bottega

MD, CM, FRCPC

McGill University

- Cardiologist, ACHD Specialist
- Assistant Professor of Medicine
- Co-Director, McGill Adult Cardiology Training Program
- Cardiology Teacher of the year, 2014
- Established a Maternal Cardiac Clinic for pregnant women with heart disease

She's **BALANCED** work and home.

"I felt pressured to disprove some of my colleagues who thought that the timing of my pregnancy reflected that I was not taking my new job seriously and that I was more committed to motherhood than to my work."



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Mangeet Chahal

MD, FRCP(C), FCCS, FACC

University of Toronto

- Incoming CCSA President
- Current CCSA Secretary Treasurer
- Advanced heart failure & Transplantation cardiologist
- Lead, Advanced Heart Failure Program, Trillium Health Partners
- Former Chair, ACC Fellows Council

She's REVOLUTIONARY.

She approaches leadership "from a place of compassion, empathy, [and] intuition, with a firm strong voice."



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Anita Chan

MD, PhD, FRCPC

University Health Network

- Clinical Associate, Division of Cardiology, UHN
- Former Member, CCC Trainee Day Planning Committee, 2015 and 2016
- Teaching Award of Excellence, 2017-2018, U of T MD Program

She's NEXT GENERATION.

"The increasing presence of women leaders in cardiovascular medicine and sciences empowers the next generation to reach for the top. It breaks down perceived barriers of career advancement seen by female trainees and early career clinicians and scientists."



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Anjala Chelvanathan

HonBSc, MD, FRCPC

Scarborough Health Network
Lakeridge Health

- Multimodality Imaging Cardiologist, Centenary site
- Recipient, Merck and Sylvia Markel Award, The Heart and Stroke Foundation, 2012
- Diplomat of the American Board of Internal Medicine in General Internal Medicine and Cardiology



She's PASSIONATE.

“Passion fuels me. My patients’ well-being drives me.”



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Annabel Chen-Tournoux

MD

McGill University

- Assistant Professor of Medicine
- Co-Director, McGill Adult Cardiology Training Program
- Teaching Director, JGH Cardiovascular Integrated Practice Unit
- Advisor, Broadview Ventures, a venture philanthropy firm associated with the Leducq Foundation

She's PRIVILEGED.

"Whatever the challenges of a given situation, it is a true privilege to be able to do what I love for work."





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Annie Chou

MD, FRCPC

University of British Columbia

- Associate Program Director, UBC Adult Cardiology Program
- Clinical Instructor, UBC
- Cardiologist, St. Paul's Hospital and Vancouver General Hospital
- Director, General Cardiology, St. Paul's Hospital

**She's already PROVEN
herself, again and again.**

"Being a young woman from an ethnic minority, I had to work twice as hard to prove myself and my abilities."





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Marie-Annick Clavel

DVM, PhD, FAHA

Laval University

- Associate Professor, Medicine Department
- Scientist, Institut Universitaire de Cardiologie et de Pneumologie de Québec
- New National Investigator Award Recipient and McDonald Scholarship, Heart and Stroke Foundation
- Early Career Investigator Award Recipient, CIHR
- 2019 Young Investigator Award Recipient, CCS



She's ADVANCED practice.

She's identifying medical treatments to slow down or stop aortic stenosis progression in both men and women.



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Jillian Colbert

MD

University of Calgary

- Clinical Assistant Professor
- Medical Director, Peter Lougheed Center Echocardiography Lab
- Director, Structural Echocardiography Foothills Medical Center
- Medical Director, Bicuspid Aortic Valve Clinic



She's EMPOWERING.

"The presence of strong women leaders in cardiovascular medicine is incredibly empowering to trainees and junior staff."



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Tracey Colella

RN, PhD

University Health Network /Toronto Rehab/KITE

- Scientist, Cardiovascular Prevention & Rehabilitation Program, UHN/TR/KITE
- Associate Professor, Bloomberg Faculty of Nursing, University of Toronto
- Adjunct Professor, Rehabilitation Sciences Institute
- Inaugural Canadian Women's Heart Health Alliance, Committee Member
- Board of Directors, Canadian Association of Cardiovascular Prevention & Rehabilitation
- Scientific Program Chair, National CACPR Conference, October 2018

She's **PASSIONATE.**

“As women and clinician researchers in science, it is our honour and responsibility to champion care for the patients we serve.”



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Thais Coutinho

MD

University of Ottawa Heart Institute

- Associate Professor of Medicine
- Chief, Division of Cardiac Prevention and Rehabilitation
- Chair, Canadian Women's Heart Health Centre
- Co-Chair, first (2016), second (2018) and third (2020) Canadian Women's Heart Health Summit
- Chair, Executive Steering Committee - Canadian Women's Heart Health Alliance
- CCS Young Investigator Award Recipient, 2015



She defies STATISTICS.

"I am a Latin American, young, immigrant female with 2 young children practicing in a predominantly male specialty. Statistics suggest that these characteristics would prevent me from achieving professional/academic success and leadership... It has been a very rewarding journey and I look forward to breaking more glass ceilings as I move forward!"



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Peggy De Jong

MD, FRCPC

Queen's University

- Program Director, Adult Cardiology Residency
- President, Medical Staff Association, Kingston Health Sciences
- CCS Council Member
- Enrolled in Medical Education Masters, Dundee University



She's VISIONARY.

She believes that it is not only possible but normal to have women sitting in leadership positions.



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Catherine Demers

MD, MSc, FRCPC

McMaster University

- Associate Professor, Division of Cardiology
- Non-invasive Cardiologist, Heart Function clinic, Hamilton Health Sciences
- Researcher, McMaster University

She's **WELL-BALANCED!**

"Women can lead by bringing a different perspective to the workplace promoting a better work-life balance leading to more satisfaction and happiness."

Anne I. Dipchand

MD

University of Toronto

- Paediatric Heart Failure Transplant Cardiologist and Professor of Paediatrics
- Head, Heart Transplant Program, Hospital for Sick Children
- Past Founding President and CEO, Paediatric Heart Transplant Society Foundation
- Past President, International Pediatric Transplant Association
- Former Executive Member, CCTN



She RAISES the bar.

"My philosophy is helping other women succeed rather than stepping on them to advance. Women should take that seat at the table rather the back of the room."

Pamela M Downey

MD, FRCPC

C-era Heart Health Clinic

- Emergency Medicine Physician, C-era, Calgary, AB
- Medical Director, Advanced Cardiac Life Support courses

She's CAPITALIZED on the situation.



"When I was a resident at Denver General Hospital the program director instituted a rule that the physician leading the resuscitation had to wear a baseball cap to identify them as the leader in an often chaotic resuscitation room. The men in the program enthusiastically adopted this attire but the women hated that cap! I did wear the hat (not my style) and over the years learned how to be identifiable as the team leader without wearing a baseball cap. Now I get to choose my own hat style!"



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Robin Ducas

MD, FRCPC

University of Manitoba

- Assistant Professor, Medicine and Obstetrics, Gynecology & Reproductive Sciences
- CACHNet Treasurer

She ECHOES.

"It is important to have women as leaders in cardiovascular medicine to help shape the field and to be mentors and role models for future innovators and leaders."





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Katia Dyrda

MD, FRCPC, MSc, P.Eng.

University of Montreal

- Director, Arrhythmia and AF Outpatient Clinics
- Director, EP Program
- Physician-Researcher and Engineering Physicist



She's **ENGINEERING** the Future.

As a researcher working on electromagnetic interference, helping young children realize that "you can do just about anything you want, no matter who you are, if you choose to work hard at it" is electrifying.



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Carolina Escudero

MD, MSc, FRCPC

University of Alberta

- Assistant Professor, Division of Pediatric Cardiology
- Pediatric Cardiologist and Electrophysiologist, Stollery Children's Hospital
- Program Director, Pediatric and Congenital Electrophysiology Fellowship
- Assistant Program Director, Pediatric Cardiology
- Chair, CCS Pediatric Cardiology Trainee Review Program

She's **COMPASSIONATE.**

"My ultimate goal as a clinician is to improve the lives of children and their families dealing with cardiovascular disorders in childhood."



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Jessica Forcillo

MD-MSc, MPH, FRCSC

Université de Montréal

- Cardiac Surgeon (CHUM, ICM) and Associate Professor
- Surgical Director, Transcatheter Heart Valve Therapies Program, UDM
- Researcher, CHUM Research Center
- Masters of Biomedical Sciences and Public Health
- Cape Town (South Africa), Research Team Member & Partner, African Union: Cardiac Surgery and Heart Valve Therapies Program Development

She's **ASSERTIVE.**

"A woman surgeon can be called aggressive because of the way she...shows a confident personality due to unconscious gender bias.

The real term would be assertive."





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Nadia Giannetti

MD, FRCPC

McGill University

- Associate Professor of Medicine
- Chief of Cardiology, McGill University Health Centre
- Founder and Medical Director, Heart Failure and Heart Transplant Centre, McGill University Health Centre
- Member, Board of Directors, Canadian Heart Failure Society (CHFS)
- Member, CCS Heart Failure & Transplant Guidelines Committee
- Former Member, Advisory Boards of several pharmaceutical companies including Novartis and Servier Canada



She SAILS ahead.

She's ecstatic for having recruited top-notch clinician-scientists to her team as Division Chief.



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Anne M. Gillis

MD, FRCPC

University of Calgary

- Professor of Medicine
- Former Medical Director, Cardiac Pacing and Electrophysiology, Foothills Hospital
- Past President, CCSA, 2008-2010
- Past President, Heart Rhythm Society (HRS), 2012-13
- Past President, Canadian Cardiovascular Academy, 2008-2010
- CCS Achievement Award 2018 Awardee



She's PRESIDENTIAL.

Her biggest accomplishment has been serving as the first international member to become President of the Heart Rhythm Society.



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Sherry L. Grace

PhD, FCCS, FAACVPR, CRFC

York University

- Full Professor, Faculty of Health
- Senior Scientist, KITE-Toronto Rehabilitation Institute's Cardiovascular Rehabilitation & Prevention Program
- Director, Cardiac Rehabilitation Research, Peter Munk Cardiac Centre
- Chair, International Council on Cardiovascular Prevention and Rehabilitation

**She's a MOVER and
SHAKER.**

Her research focuses on "making sure women access cardiac rehabilitation to the same degree as men".



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Michelle Graham

MD, FRCPC, FCCS

University of Alberta

- Interventional Cardiologist and Professor of Medicine
- Former Chair, CCS Guidelines and Scientific Program Committees
- Associate Editor, CJC
- Editor-in-Chief, CJC Open

She's LIMITLESS.

“Women need to see and interact with women in leadership positions so they don't subconsciously create their own glass ceiling!”



Isabelle Greiss

B. Pharm, MD, FRCPC

University of Montreal

- Affiliate Professor, Faculty of Medicine
- Cardiologist and Electrophysiologist, Cardiovascular Center, University of Montreal Hospital Center (CHUM)
- Director, Atrial Fibrillation Clinic, CHUM
- Clinical Investigator, Research Center, CHUM
- Executive Committee Member, Integrate-AF (longitudinal study conducted in Quebec on nearly 4,000 patients with atrial fibrillation)



She's **GROUND-BREAKING.**

"My main challenge was as a young woman wanting to go into EP, namely complex ablations. There was no female model at the time in Quebec. I became the first woman doing complex EP procedures in Quebec when I started my career."



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Christine Henri

MD, FRCPC

University of Montreal

- Assistant Professor and Co-Director, Echocardiography Curriculum, Adult Cardiology Training Program
- Echocardiography specialist and CCU Director, Montreal Heart Institute
- Young Investigator Award Recipient, European Association of Cardiovascular Imaging, 2013
- CSE Board of Directors Member and Co-leader, Young Echocardiographer of Canada

She's a MODEL.

She models the way "for the younger generation of women in cardiovascular imaging."





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Gabrielle Horne

MBBS, PhD, MRCP(UK), FRCPC, MFA

Dalhousie University

- Associate Professor of Medicine and Biomedical Engineering
- Cardiologist, QEII Health Sciences Centre, Halifax
- Coordinator, Maritime Connective Tissue Clinic

She's a FIGHTER.

"After failing to obtain any resolution internally, to fight back against workplace bullying, I was forced to sue the hospital for a chance at justice. Sixteen years after my ordeal began, I won a landmark verdict in court. The hospital became the first public body in our province ever to be found to have acted with bad faith or malice (a rare legal event), and I won the largest damages award in Canadian history for loss of reputation."





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Debra Isaac

BN, MD, FRCPC, FACC, FCCS

University of Calgary

- Clinical Professor, Medicine and Cardiology, U of C/Libin Cardiovascular Institute
- Medical Director, Southern Alberta Transplant Program
- Director, Guyana Program to Advance Cardiac Care
- Past-president, Canadian Cardiac Transplant Network

She **ADVOCATES** for equity.

"Over the years my focus has shifted towards striving to be a role model and advocate for multidisciplinary and collaborative teamwork in the provision of accessible, equitable and sustainable cardiac care – both within Canada and in global health settings."





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Nadia Jahroudi

PhD

University of Alberta

- Associate Professor
- Postdoctorate, Dana-Farber Cancer Institute, Harvard Medical School
- Grantee, National Institute of Health (USA), Canadian Institute of Health Research, Heart and Stroke Foundation of Canada, Canadian Cancer Research Society & Natural Sciences and Engineering Research Council of Canada

She's emphasizes COLLABORATION.

"Women have a perspective that emphasizes collaboration and collective progress and achievements that transcends individual accomplishments, thus accelerating the social benefit of their goals and objective."



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Émilie Jean-St-Michel

MD

University of Toronto

- Staff Cardiologist, The Hospital for Sick Children
- Completed her Master in Clinical Epidemiology

She's GOT IT ALL.



*"Mother, pediatric cardiologist, researcher. Three callings, one goal:
make a lasting impact on pediatric heart failure."*



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Jacqueline Joza

MD, FRCPC

McGill University

- Assistant Professor of Medicine
- Cardiac Electrophysiologist
- Investigator, RI-MUHC, Cardiovascular Health Across the Lifespan Program, Centre for Innovative Medicine

She ABLATES complexity.

She manages inherited arrhythmia disorders and complex interventions to help prevent sudden cardiac death.



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Kala Kathirgamanathan

MD, FRCPC

University of Toronto

- FRCPC certified Cardiologist. Heart Failure/Transplant subspecialist
- Enjoying a busy community practice

She's **STRONG**

"Women face a unique set of challenges, in a field that has been traditionally known as a male-dominated speciality. Cardiology is one of the busiest and most challenging specialties and women may have to balance this with family and children. It is vital that women be in leadership roles to serve as a guiding force for the next generation of female leaders."





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Padma Kaul

PhD

University of Alberta

- Professor, Division of Cardiology
- Co-Director, Canadian VIGOUR Centre (CVC)
- Adjunct Professor, School of Public Health
- Recipient, Population Health Investigator Award, Alberta Innovates, 2009
- Recipient, New Investigator Award, Canadian Institutes of Health Research, 2004



**She's Re-VIGOURizing
women's health research.**

Her goal is to provide the infrastructure and multidisciplinary team environment to the next generation of researchers, especially young women interested in examining cardiovascular health outcomes.



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Michelle Keir

MD, MSc

University of Calgary

- Clinical Assistant Professor, Libin Cardiovascular Institute
- Undergraduate Journalism Degree, Carleton University, Ottawa
- Masters, Community Health, Epidemiology and Population Science

She THINKS outside the box.

"Being a great mother and being an excellent cardiologist are not mutually exclusive. There is no room for inherent bias."





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Catherine Kells

MD, FRCPC, FACC, FCCS

Dalhousie University

- Interventional Cardiologist and Professor of Medicine
- Chief of Cardiology, Dalhousie University 2008- 2016
- Past President, CCS and ACC- Canadian Chapter
- CCS representative and member, ESC Program Planning Committee

She DEFIES reality.

"We must showcase successful women in cardiovascular medicine as it lets them understand that it can be a reality for them too."



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Kaja Konieczny

M.D, FRCP

University of Toronto

- Electrophysiologist, St. Michael's Hospital
- Master of Education, Ontario Institute of Studies in Education (OISE, U of T)

She's a VISIONARY.



"We, as women, are not men, and it is narrow-minded to believe that women and men are equal in all regards. Rather, we are complimentary constituents of a system, in which we are equally essential. When a subset of contenders are denied the ability to shine, on the basis of gender or any other feature, the potential of the entire group declines, to the detriment of all involved."



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Communauté. Connaissances. Leadership.

Sheri Koshman

PharmD, ACPR, FCSHP

University of Alberta

- Associate Professor of Medicine, Division of Cardiology
- Lead, Advanced Pharmacy Residency Program in Cardiology
- Member, Canadian Cardiovascular Heart Failure Guidelines Committee
- Co-developer of the Med-HF mobile app



She's **CUTTING EDGE.**

She was one of the first 15 pharmacists to be awarded independent prescribing rights in Canada. "Let's face it, women are just different than men, different perspectives and approaches can only improve the way we care for patients."



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Laurie Lambert

PhD

Institut national d'excellence en
santé et en services sociaux

- Epidemiologist
- Senior Scientific Professional
- Coordinator, Cardiovascular Evaluation Unit, INESSS
- Grantee, National Health and Medical Research Council, Australia, 2004



She's PAYING IT FORWARD.

She remembers vividly how much it meant when senior women spoke to her about not giving up.



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Andrea J. Lavoie

MD, FRCPC

Saskatchewan Health Authority

- Interventional Cardiologist, Saskatchewan Health Authority (SHA), Mosaic Heart Centre
- Director, Cardiac Care Unit, SHA Regina Site Medical
- Founder, Prairie Cardiac Foundation and Saskatchewan Cardiac Care Network
- Clinical Co-Director, Prairie Vascular Research Network
- Board Member, Hospital of Regina Foundation

She's the **FUTURE.**

"Women bring a diverse and unique perspective to leadership. If we have women and men leading side-by-side, we are better equipped to build the future in cardiovascular medicine."





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Sherryn Levinoff Roth

MD, FRCPC, FACC

The Scarborough Health Network

- Medical Director, Heart Function Clinic, General Site servicing more than 500 active patients
- Former Chief of Medicine, General Division, 2003-2008
- Assistant Professor, University of Toronto, Faculty of Medicine

She's a TRAILBLAZER.

"I started my career in Cardiology in 1971 when there was extreme male dominance. Somehow, I was accepted into the University of Toronto program, the only woman in the Toronto program at the time. Interviews for positions after completion of residency and fellowship were formalities as my male colleagues were accepted first. There was no maternity leave available at that time for women in Medicine and during training, vacation time had to be used after delivery!"





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Krystina B. Lewis

RN, MN, PhD, CCN(C)

University of Ottawa

- Assistant Professor, School of Nursing
- Affiliate Investigator, University of Ottawa Heart Institute
- Recipient, Governor General Gold Medal for her doctoral dissertation focused on the design, development, and preliminary evaluation of decision support for patients and families facing implantable cardioverter-defibrillator replacement



She's all about COLLABORATIVE CARE.

Ultimate goal: To work in an environment where patients and families are active and equal partners in decisions about their cardiovascular health.



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Jane Lougheed

MD, FRCPC

University of Ottawa

- Associate Professor, Department of Pediatrics
- Pediatric Cardiologist, Children's Hospital of Eastern Ontario (CHEO)
- Chief, Division of Cardiology, CHEO
- Past-Chair, Examination Board, Pediatric Cardiology, RCPSC
- Former Program Director, Pediatric Cardiology Training Program



She's **INSPIRATIONAL.**

"My ultimate goal as a clinician in cardiovascular medicine is to provide exceptional, comprehensive and thoughtful care to my patients, whether they are a fetus, infant, child or adolescent. My happiest moment is when I see a patient who I have followed from fetal life or infancy graduate out of my clinic at age 18."



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Christina Luong

B.Sc, MD, MHSc, FRCPC

University of British Columbia

- Clinical Assistant Professor
- Head, Stress Echocardiography, Vancouver General Hospital
- Recipient, UBC Friedman Award for Scholars in Health, 2018

She ECHOES forward.

"My goal is to make point of care cardiac imaging accessible to all care providers who need it. I hope to foster the use of cardiac point of care ultrasound and help develop new technologies for the automated acquisition and augmented interpretation of echocardiography."



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Kristin Lyons

MDCM, BSc, FRCPC, FACC

University of Calgary

- Clinical Assistant Professor
- Director, Echocardiography Lab Medical, Rockyview General Hospital
- Member, CCS Guidelines Committee, 2014-Present
- Former CCS Trainee Committee member, 2012-2013
- Undergraduate degree, Biochemistry and Psychology, University of British Columbia

She MODELS the way for the next generation of women in CV medicine

Her ultimate goal: To be a good role model to the next generation of women pursuing a career in clinical cardiovascular medicine.



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Mina Madan

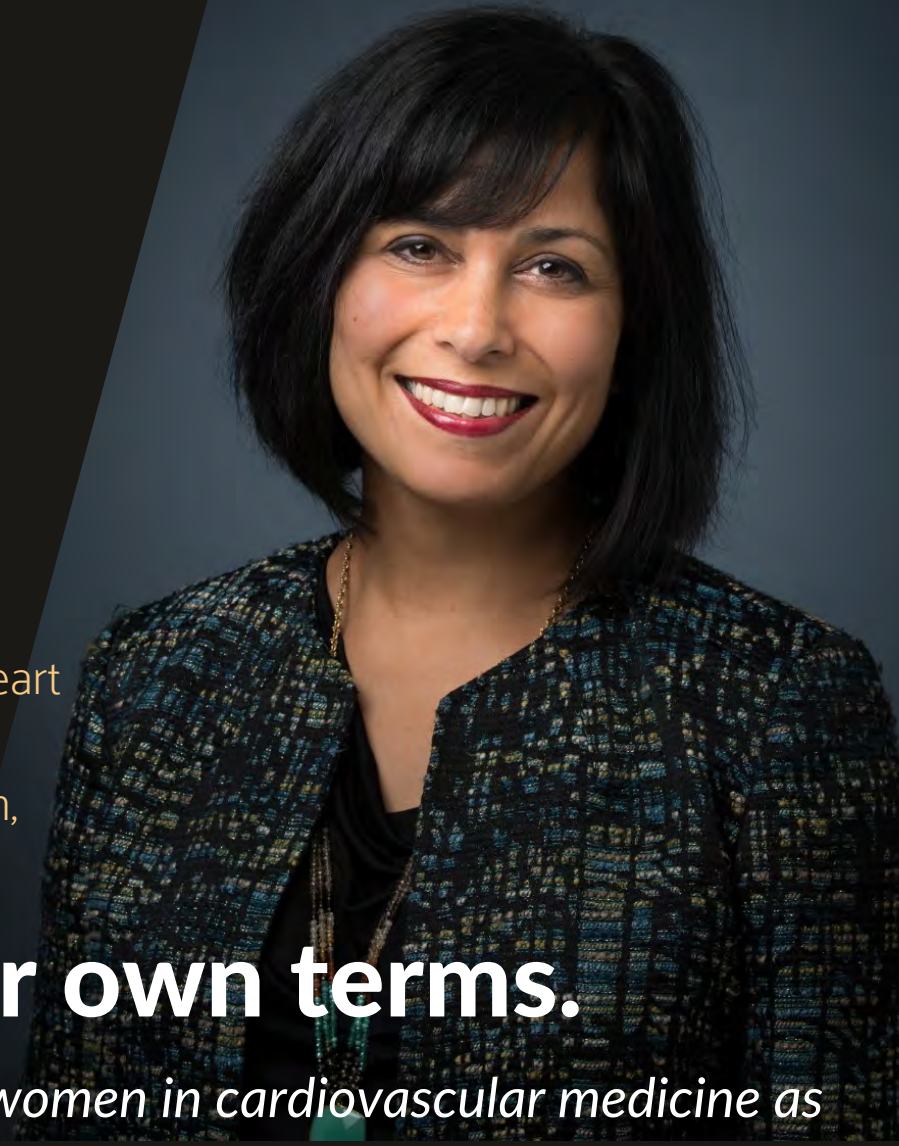
MD, MHS, FRCPC, FSCAI

University of Toronto

- Associate Professor of Medicine
- Interventional Cardiologist and Clinical Trialist, Schulich Heart Centre, Sunnybrook Health Sciences Centre
- Director of Interventional Cardiology clinical trials research, Sunnybrook Research Institute, 2006-2019

She LEADS with her own terms.

"I believe the proverbial glass ceiling still exists for women in cardiovascular medicine as it pertains to promotion, career opportunities and leadership roles; albeit, it is getting thinner and thinner every year. The biggest challenge for young women embarking on their cardiovascular medicine or science careers is figuring out, not necessarily how to break through this ceiling, but how to rise above it on your own terms to achieve your goals."





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Susanna Mak

MD, PhD

University of Toronto

- Cardiologist and Clinician Scientist
- Department Division Director, U of T Cardiology
- Director, Anna Prosserman Heart Function Clinic and Harold & Esther Mecklinger & The Posluns Family Cardiac Catheterization Research Laboratory, Mount Sinai Hospital

She's got a VOICE.

Her research focuses on "the cardiovascular physiology of men and women, the pathophysiology of pulmonary arterial hypertension and heart failure, and the quality of care for patients with acute and chronic heart failure."



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Ariane Marelli

MD, MPH, FRCPC, FACC, FAHA

McGill University

- Professor of Medicine
- Founder, McGill Adult Unit for Congenital Heart Disease
- Director, Research and Academic Affairs Cardiology, McGill University Health Center
- President, Canadian Adult Congenital Heart (CACH) Network
- First Recipient, Heart Heroes Award, Adult Congenital Heart Association, 2011

She's **LEADING** the way.

“We incubate the ideas of the future by passing on knowledge and by teaching, not only to our students, but also to our daughters and our sons. It is in this dual role, that we find challenge and pleasure.”



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Marisha McClean

MBBS, DM (Paediatrics) MD, FRCPC

Formerly of

University of Alberta

- Paediatric Interventional Cardiac Catheterization
- Paediatrics training, University of the West Indies, Cave Hill, Barbados

She's LEADING international efforts.

Her ultimate goal is "to assist with the advancement of pediatric cardiovascular services in Barbados and the Eastern Caribbean and to become the first female pediatric interventional cardiologist in the region."



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Hélène Mayrand

MD, FRCPC

Cite de La Santé, Laval, QC

- General Cardiologist
- Vice-President, Board of Directors, Association des Cardiologues du Québec (ACQ)
- Director of Continuing Professional Development, ACQ
- Former Chief, Department of medicine
- Former Head of Neuro-Cardiology Program

She's **COMPASSIONATE.**

She's "master[ing] the intricacies of cardiology but at the same time, [being] empathetic towards patients' states of mind and fears."



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- Professor of Medicine
- CCS Council Member and Incoming Secretary
- Chair, Tier 2 University of Ottawa Heart Function Research
- Vice-Chair Patient Quality and Clinical Services
- Director, Advanced Heart Failure Program
- Director, Pulmonary Hypertension Clinic & Telehome Monitoring Program

Lisa

Mielniczuk

MD, FRCPC

University of Ottawa

**She's TRANSLATIONAL
in more ways than one.**

She contributes to "enhancing clinical [patient] outcomes, novel scientific discovery, and the promotion and support of young women considering a career in CV medicine and science."





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Seema Mital

MD, FACC, FAHA, FRCPC

University of Toronto

- Professor, Paediatrics, U of T
- Head, Cardiovascular Research, Hospital for Sick Children
- Heart Failure and Transplant Cardiologist
- Senior Scientist, Sick Kids Research Institute
- Chair, Heart and Stroke Foundation
- Scientific Co-Lead, Ted Rogers Centre for Heart Research



She's DRIVEN.

She's "nurtur[ing] the next generation of clinician-scientists who will continue to work towards improving the lives of children with heart disease."



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- Cardiologist, Professor of Medicine
- Co-Director, Maritime Heart Center Women's Heart Health Clinic
- Director, Internal Medicine Point of Care Ultrasound Curriculum
- Professor Emeritus, Mayo Clinic and College of Medicine, Rochester, MN, USA

Sharon L. Mulvagh

MD FRCPC, FACC, FASE, FAHA

Dalhousie University

**EMPOWERING diversity
and gender equity.**

*"Women must see themselves in
leadership roles...we can't be what
we don't see."*





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Isabelle Nault

MD, FRCPC

Laval University

- Cardiologist Electrophysiologist
- Speaker at many international and national conferences: Heart Rhythm Society, Cardiostim, Japanese Heart Rhythm Society, Canadian Cardiovascular Congress, Quebec Cardiology Association

She BALANCES perspectives.

"Women bring a different perspective than men, and to have both men and women in a team makes for a healthy balance."





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Colleen Norris

PhD, FAHA

University of Alberta

- Professor, Faculty of Nursing, and Adjunct Professor, Faculty of Medicine and School of Public Health
- Scientific Director, Cardiovascular Health and Stroke Strategic Clinical Network, Alberta Health Services
- Chair, Canadian Women's Heart Health Alliance, Health Policy and Services Working Group
- Member, Women's Heart and Brain Health Network Research Steering Committee



She's brought a VOICE to the table.

"As the first sex and gender champion/scientist on the CCS Guidelines Committee, I found my voice to identify the significant gaps in evidence on cardiovascular issues in women, and more importantly advocate for women's heart health"



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Deirdre O'Neill

MD, MSc, FRCPC

University of Alberta

- Assistant Professor, Division of Cardiology
- Geriatric, Palliative & Cardiac Rehabilitation Cardiologist, Department of Cardiac Sciences
- Masters of Science, Translational Medicine

She DOES it all.

Having more women in prominent roles within cardiovascular medicine, while maintaining a fulfilling family-life/work-life balance, allows demonstration of the ability to “do it all” and mentorship that encourages all of the best and brightest trainees to enter this incredible field.

Christine Pacheco

MD, MSc, FRCPC

University of Montreal

- Non-invasive Cardiologist, Pierre-Boucher Hospital, University of Montreal Health Centre (CHUM)
- Completed an advanced fellowship in Women's Heart Health, Barbra Streisand Women's Heart Center, Cedars-Sinai Heart Institute

**She's WORKING HARD
for Women.**

"My biggest accomplishment is completing a fellowship in women's heart health gave me the necessary expertise to improve treatment, promote awareness and conduct clinical research in cardiac disease in women, on both a provincial and national level."





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Ratika Parkash

MD, MS, FRCPC

Dalhousie University

- Professor of Medicine
- Past Chair, Canadian Heart Rhythm Society Device Committee
- Associate Scientific Director of the Cardiac Arrhythmia Network
- Masters of Science in Epidemiology from the Harvard School of Public Health
- Lead Investigator in initiatives to improve outcomes in patients with cardiac implantable devices and atrial fibrillation



She's **STAYING THE COURSE.**

With work-life balance, she's "forging ahead".



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Sherryn Rambihar

MD, MHPE, FRCPC, FASE

University of Toronto

- Cardiologist, Mackenzie Health
- Adjunct Assistant Professor, Division of Cardiology, University of Toronto
- Masters of Science in Health Professions Education, University of Illinois, Chicago
- Former Medical Director of the Echo Lab, Women's College Hospital



She's MEMORABLE.

"There were many moments along the way that were professionally rewarding,...however, the most memorable one was having my family present as I received my academic hood."



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Sarah Ramer

MD, FRCPC

Dalhousie University

- Cardiologist and Associate Professor
- Former Program Director, Adult Cardiology, 2012-2019
- Chair, CCS Adult Cardiology Trainee Review Program
- Former CCC Education Track Captain
- Former CSE Board Member

**She TEACHES
to pay it foward.**

"My goal is for generations of trainees in the future to benefit from my teachings of today."





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Lucy Roche

MB ChB

University of Toronto

- Adult Congenital Heart Disease (ACHD) and Paediatric Cardiologist
- Founder of Peter Munk Cardiac Centre's subspecialty ACHD-Heart Failure Clinic
- ACHD Fellowship Director, PMCC, UHN Toronto

**She's MEASURABLY
improved outcomes.**

"When I asked about my aptitude for a career in pediatric cardiology I was told, 'We had a girl once, it didn't work out.' Thank goodness, I wasn't put off by that!"





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- Heart Failure Transplant Cardiologist and Professor of Medicine
- Division Head, Cardiology, Peter Munk Cardiac Centre, UHN
- Site Lead, Ted Rogers Center for Heart Research
- Chair, Heart Function (Loretta A Rogers) and CV Research (Pfizer)
- Past president, CCS and Canadian Society of Transplantation
- Canadian Geographic Top 100 Modern Day Explorer

Heather Ross

MD, MHSc, FRCP(C), FACC, FCCS

University of Toronto

She's a PEAK performer.

“After a senior male colleague told me that my research path was akin to committing career suicide, I got up the next morning, pursued the research and received CIHR peer-reviewed funding for it.”



Tara Sedlak

MD, FRCPC, MBA

University of
British Columbia

**She's a DIAMOND
in the rough.**

*She spearheaded the creation
of the Leslie Diamond Women's
Heart Health Clinic with a focus on
women with undiagnosed or
refractory chest pain syndromes.*



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- General Cardiologist, VGH and BC Women's Hospital
- Director, Leslie Diamond Women's Heart Health Clinic
- 2019 Chair, Advocacy Working Group, Canadian Women's Heart Health Alliance





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Colette Seifer

B.Sc. (Hon), M.D., FRCPC

University of Manitoba

- Professor of Medicine, Rady Faculty of Health Sciences
- Medical Director of Cardiology, Winnipeg Regional Health Authority (WRHA)
- Associate Medical Director, Cardiac Sciences Program, WRHA
- Recipient, Morley Lertzman Subspecialty Teaching Award, 2017

She **ASPIRES** to accomplish.

"My biggest professional accomplishment is achieving Professor of Medicine. I always aspired to become an academic physician and to inspire the next generation!"



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Roya Shaikholeslami

MD, FRCPC

Cambridge, ON

- Graduate, Medicine and Cardiology, Tehran University Medical Sciences, Iran
- Former Assistant Professor, Gilan University, Iran



She's ESTABLISHED.

"My biggest achievement was to be able to practice cardiology and establish myself as an echocardiographer in Canada."



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Yana Shamiss

BSc. Pharm, Pharm D, CDE

Southlake Regional Health Center

- Clinical Pharmacist in cardiac surgery
- Former Chair, Executive, Canadian Cardiovascular Pharmacists Network
- Completed a Fellowship in Cardiovascular and Critical Care Pharmacy

**She's shown
DETERMINATION.**

"Being able to succeed as both a career Clinical Pharmacist and a mom has been my greatest achievement, and the challenge of having to do both helped me grow and develop as an individual."





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Katy Shufelt

MD, FRCPC

Peterborough Regional Health Centre

- Interventional Cardiologist
- Ontario elected Canadian Medical Protective Association (CMPA) Councillor



She's defining norms for women leaders.

"Women leaders are in the unique position to understand and recognize potential gender specific barriers and the hidden curriculum which exists in many medical training environments. I am a firm believer in the saying, "If you see it, you can be it".

With increasing numbers of women leaders, younger trainees will see this as normative."



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Michelle Stinson

BScPhm, MD, FRCPC, FACC

Hamilton, Ontario

- Community Cardiologist
- Consultant in Therapeutic Cannabinoid Medicine
- Former Assistant Clinical Professor, McMaster University
- Pharmacy Degree Gold Medalist, University of Toronto



She **THRIVES** in the face of challenges.

"The most difficult facets of my career relate to those externally controlled by the "managers" in my professional life. Thus, the greatest challenges have been the repeated adjustments of my career ambitions to best accommodate my personal and family values and goals."



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Louise Sun

MD, SM, FRCPC, FAHA

University of Ottawa

- Assistant Professor of Anesthesiology and Epidemiology
- Cardiac Anesthesiologist and Clinician Scientist
- Director, Cardiacore Big Data Unit and Health Bioinformatics Research
- Adjunct Scientist, ICES

She's making BIG waves.

“Be a champion of women’s heart health by striving to make a real difference in the way we deliver personalized, patient-centered medical and surgical care.”



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Elizabeth Swiggum

MD, FRCPC

University of British Columbia

- Clinical Associate Professor
- Medical Director, Heart Function Clinic and Cardiac Rehabilitation Program, Royal Jubilee Hospital
- Board Member, Canadian Heart Failure Society
- Recipient, Clinical Teaching Excellence Award, UBC
- Member, CCS Heart Failure Guidelines Committee

She's CHAMPIONING the community.

I want all Canadians living with, or at risk for, heart failure to have confidence that the care they receive doesn't depend on their postal code. My role is to build that confidence in the community.



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Edythe Tham

MBBS, FRACP

University of Alberta

- Associate Professor, Pediatrics
- Director, Pediatric Cardiology Residency Program
- Director, Advanced Imaging Fellowship Training Program



She's MIGHTY but HUMBLE.

"Women are not afraid to admit and learn from their mistakes, and in doing so, can lead with humility."



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Olga Toleva

MD, FRCPC

University of Manitoba

- Interventional Cardiologist, St. Boniface Hospital
- Advocacy Group Member, Canadian Women's Heart Health Alliance
- Masters in Public Health, The Harvard School of Public Health
- Medicine Degree, Sofia, Bulgaria



She's all about AWARENESS.

She's interested in research and increasing awareness for spontaneous coronary artery dissection and coronary microvascular dysfunction. Both conditions are still understudied and predominantly seen in women causing myocardial infarction and ischemia.



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Michele Turek

MDCM, FRCPC

University of Ottawa

- Co-Chair, Canadian Women's Heart Health Summit
- Associate Professor of Medicine and Staff Cardiologist
- Co-founder, Cardio-Oncology Clinic, Ottawa Hospital
- Former Co-chair, CCS Consensus on Women and Ischemic Heart Disease

She's a DREAMER.

"I have modeled good clinical care with my patients, trainees and peers. That is the reason I chose the demanding yet fulfilling field of cardiovascular medicine. The dream never dies if it's strong!"

Harriette Van Spall

MD MPH FRCPC

McMaster University

- Cardiologist, Associate Professor of Medicine
- Clinical Trialist, CIHR-funded Scientist
- Published in high-impact medical journals: JAMA, Lancet, Circulation, and Annals of Internal Medicine
- Holds more than \$3 million in competitive grant funding
- Invited speaker and media correspondent
- Passionate advocate for equality, diversity and inclusion

She DEFIES status quo.

*Her research in health systems improvement helps
shape healthcare policy and practice.*





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Indra Warren

B.Sc. (Hon), M.D., FRCPC

McMaster University

- Assistant Clinical Professor (Adjunct)
- Head of Cardiology, Joseph Brant Hospital
- Multimodal Cardiac Imaging Fellowship, Mount Sinai Health System, New York City, 2016

She's **LEADING** the way.

Her proudest accomplishment so far is becoming the division head of cardiology very early in her career at Joseph Brant Hospital in Ontario. Her first years were focused on cardiac diagnostics, leveraging her expertise in cardiac imaging. Her advocacy for her cardiology division was heard, leading to her current position.



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Sarah G. Weeks

MD, FRCPC

University of Calgary

- Director, Specialist & Inter Professional Education CME
- Associate Clinical Professor, Libin Cardiovascular Institute of Alberta Cumming School of Medicine
- Faculty Advocate Against Mistreatment (of undergraduate medical students)
- Co-chair, Faculty Development Program on Cultivating Humanism in Medicine



She STANDS UP to the challenge.

"There still exists implicit and explicit bias against women (as well as many other minority groups) in medicine. One of the greatest barriers to change is not speaking out when bias is exhibited."



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Anne E. Williams

MD FRCP(C), FACC

Memorial University of Newfoundland

- Associate Professor Medicine, Memorial (Cardiology)
- Active Staff Eastern Health, Health Sciences Center St-John's
- Hub Director, Canadian Adult Congenital Heart Network, Janeway Children's Hospital, NL
- Clinical Co-Director, Cardiac Genetics Clinic, Department of Medical Genetics, Memorial University of NL
- CCS Executive Representative, RCPSC, 2001-2003

She **STRIVES** high.

“My advice is to work hard and have an organized work ethic. Strive high in your profession and respect yourself and others. Be understanding of peoples' differences.”



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Tina Zhu

MD, FRCPC

Kingston Heart Clinic

- Community cardiologist
- CEO and Founder, Silver Nodes, a web platform dedicated to improving seniors' well-being through a social networking platform and a marketplace for senior services
- 3rd prize recipient, Bayer Resident Vascular Award, 2016



She's CUTTING EDGE.

She's focused on creating a "seamless care transition for patients between their homes, clinics, and the hospitals".



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Shelley Zieroth

MD, FCCS, FHFA, FRCPC

University of Manitoba

- Associate Professor, College of Medicine, Max Rady Faculty of Health Sciences
- Director, Heart Failure and Heart Transplant Clinics
- Head, Medical Heart Failure Program, Winnipeg Regional Health Authority, Cardiac Sciences Program
- President, Canadian Heart Failure Society
- Primary Panel Member, Heart Failure and Heart Transplant Guidelines

She LEADS where no woman has.

*As President of the Canadian Heart Failure Society, she tweets
"to eliminate manels in Canada and abroad."*



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