



WOMEN'S HEART AND BRAIN HEALTH RESEARCH NETWORK NEWSLETTER

What's New?



Call for Nominations for Advocacy & Investigator Awards at the Women's Heart Health Summit

Do you know someone who is a passionate advocate for women and heart disease? Or someone who has made an outstanding commitment to advancing the inquiry and knowledge of women's heart, brain and vascular health? Two awards - the **2020 Canadian Heart Health Advocacy Award & the 2020 Canadian Women's Heart, Brain and Vascular Health Investigator Award** will be awarded at the 2020 [Canadian Women's Heart Health Summit](https://www.womensheartsummit.ca). Submission deadlines are January 20, 2020 and January 24, 2020 respectively. More details can be found [HERE](#).

Congratulations to Research Network Members for Awards at CCC

Congratulations to Research Network Members **Dr. Marie- Annick Clavel** and **Dr. Kathleen Ann MacEachen** for their recent awards at the Canadian Cardiovascular Congress.



Dr. Clavel received the *Young Investigator Award - Clinical Science*. She is an Associate Professor in the Department of Medicine of Université Laval and a researcher at the Quebec Heart and Lung Institute. Her research focuses on elucidating the sex differences in pathophysiology, clinical presentation, diagnosis and outcome in patients with valvular heart diseases and especially aortic stenosis.

Dr. MacEachen received the *CCSA Dr. Charles Kerr Award* recognizing medical residents that epitomize Dr. Kerr's goals for the cardiovascular community and strive to embody his legacy through encouraging and advocating for those in need of assistance or support.

Voice of Experience



Powerful Medicine

Days ago, my
Toronto airport stop over
prolongs. I want
home. Easily annoyed, my stamina
weak.

Petty impatience, you see,
at that very moment
a marvel of
a surgeon's hands
unblocks my love's failing heart.

As if that isn't enough
home again, caring for
him, a stroke...
plaque dislodged
saves his life
wipes his memory
impairs his sight, his speech,
ability to read. We learn a new
word: aphasia.

Six years later, we
endure, I laugh
what used to annoy, now
rely on miracles, magic,
perseverance, the paramount
wonder.

And still his heart thwacks
Again, and
again,
again....
Thinking of his,
my heart syncopates.

I chant my Mantra

all will be well;
all will be well

our quota of miracles
not yet beat.

Bio of Fred and Laurel Sproule

Fred and Laurel, both high school teachers, looked forward to an active retirement. Fred retired in 2009 and Laurel in 2013. Fred was healthy until October 25, 2013 when he suffered a heart attack with 100% blockage, which required stent insertion. Discharged October 30, 2013, he returned the same evening to Emergency and experienced a CVA (cerebral vascular accident) or stroke. His stroke resulted in aphasia, homonymous hemianopsia, (blindness to his right side) alexia without dysgraphia (he could write, but he couldn't read).

November 2014 after Fred finished cardiac rehab, Laurel and Fred were elated to complete the New York Marathon together. On June 21, 2015 he had a clono-tonic seizure, which left him unconscious. Later he was diagnosed with epilepsy. Fred relearned to read and attends a weekly book club in which all members have brain damage from various causes.

Laurel writes poetry, fiction, and nonfiction. They live in Edmonton and enjoy walking the Saskatchewan River valley with their two Bernese Mountain Dogs. They travel whenever they can: last year's highlight, a trip to Nunavut.

Coming Soon!



Save the Date - April 1, 2020

Women's Research Network Meeting

The **Annual Women's Research Network Meeting** will be held on April 1, 2020 in Ottawa at the Chateau Laurier, the day before the Canadian Women's Heart Health Summit. Stay tuned for more details!

Thank You



Happy Holidays

**Thank you for your engagement & participation this year!
We wish you a healthy and productive 2020!**



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Have Something to Share with the Network?

If you have a new publication, initiative, or opportunity to share with the Women's Heart and Brain Health Research Network, we would be more than happy to feature it in our upcoming e-blasts.

To share your feature:

SEND US AN EMAIL



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