



CANADIAN WOMEN'S
HEART HEALTH CENTRE
CENTRE CANADIEN DE SANTÉ
CARDIAQUE POUR LES FEMMES

NATIONAL
ALLIANCE
NATIONALE



HER HEART MATTERS
WEAR RED CANADA • FEB 13



FROM: _____

TO: _____

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HEART AND VASCULAR DISEASE IS ON THE RISE



IT'S THE LEADING
CAUSE OF DEATH FOR
WOMEN WORLDWIDE



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



Women and men
can have **different
types** of heart and
vascular disease.



Heart attack
symptoms are **not
recognized** in over
50% of women.



There is a lot we
can **all** do to **help
reduce the risk**.



To take care of others, you need to
first take care of yourself.
**Start the conversation with
the women in your life.**



Questions? Visit **CWHHA.ca**
or your healthcare provider.