HER HEART MATTERS

WEAR RED CANADA • FEB 13

# ᐆᒻᒪᑎᕐᓗᒃᑐᑦ ᐊᕐᓇᐃᑦ:

## ᑐᓴᖅᑕᐅᕐᑯᔭᕗᑦ ᑐᓴᖅᑕᐅᕐᑯᓪᓗᒋᑦ

# ᐆᒪᒍᕆᖅᑐᒃᑐᑦ ᐅᓄᖅᑑᓕᕐᒪᑕ ᖁᒡᓚᖅᓯᓯᒪᔪᖅ

ᐅᓇ ᐳᖅᑐᓛᖅ
ᑐᖁᔾᔪᑕᐅᓚᒡᓗᓂ
ᐊᕐᓇᓂᑦ ᑕᐃᒪᓐᓇᐅᔪᖅ
ᑕᒪᐃᓐᓂ ᓯᓚᕐᔪᐊᕐᒥ

ᐆᒪᒪᓯᕆᔪᕕᓃᑦ ᐃᓕᓴᕆᔭᐅᓯᒪᓐᖓᑦᑐᑦ ᐆᒪᓯᕆᓐᓂᕐᒪᖔᑕ ᐅᖓᑖᓂ 50% ᐊᕐᓇᐃᑦ.

ᐊᖑᑎᑦ ᐊᔾᔨᒌᙱᓐᖓᑦᑐᓐᓇᖅᑕᖓᑦ ᐆᒪᑎᕐᓗᒃᑎᑦᑎᔪᑦ ᐊᕐᓇᓂᒃ.

ᐊᕐᓇᐃᑦ ᐊᑦᑕᕐᓇᖅᑐᒥᓐᓂᖅᓴᐅᔪᑦ ᐆᒪᓯᕆᓗᑎᑦ ᑖᒃᑯᓇᖓᑦᓕ ᐊᖑᑎᓂᑦ.

ᐊᒥᓲᕗᑦ ᐱᓕᕆᔪᓐᓇᖅᑕᕗᑦ ᐃᑲᔫᑎᓂᐊᖅᑐᑦ ᐊᑦᑎᒃᓯᓯᒪᓗᒍ ᐆᒪᑎᕐᓗᓕᕐᔭᖅᑐᓄᑦ. ᐊᒥᓲᕗᖅ ᐆᒪᑎᕐᓗᓕᖅᑕᐃᓕᑎᑦᑎᔪᓐᓇᖅᑐᑦ.

ᐊᓯᖕᓂᑦ ᐸᖅᑭᓚᐅᖕᒋᓐᓂᕐᓂᑦ, ᐃᓕᖕᓂᑦ ᐸᖅᑭᑦᑎᐊᕆᑦ. ᐅᖃᓪᓚᕐᑲᑎᕐᑲᕈᓐᓇᖅᑐᑎᑦ ᑕᒪᑐᒥᖓ ᐊᕐᓇᐅᕐᑲᑎᖕᓂᒃ.

ᐊᐱᖅᑯᑏᕐ? ᐅᕗᖓ ᐃᕿᐊᕿᕕᖅᒧᑦ ᖃᐅᔨᒋᐊᕐᓗᑎᑦ WearRedCanada.ca ᐅᕝᕙᓘᓐᓃᑦ ᐋᓐᓂᐊᓲᖅᑎᒋᔭᕐᓄᑦ ᐊᐱᕆᓗᑎᑦ.

HER HEART MATTERS
WEAR RED CANADA • FEB 13

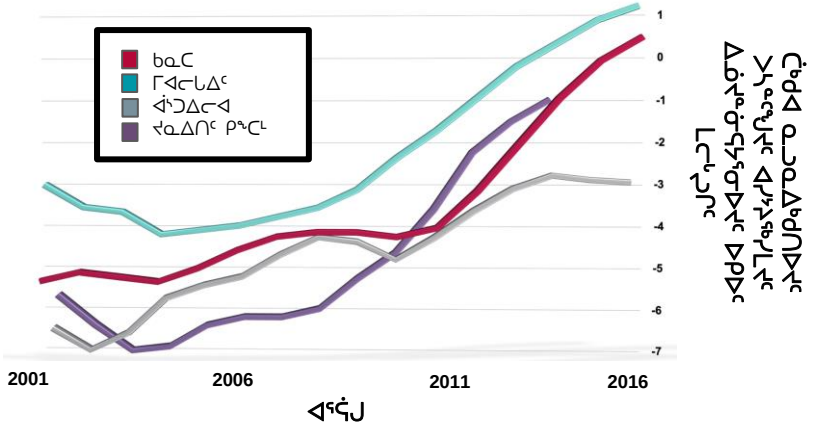
# ᑐᓴᖅᑕᐅᖁᔭᕗᑦ # 1

## ᐅᓄᖅᓯᕙᓪᓕᐊᕗᑦ ᐆᒪᑎᕐᓗᖃᑦᑕᖅᑐᑦ ᐊᒻᒪᓗ ᖁᕙᓯᓛᖓᕗᖅ ᑐᖁᔾᔪᑕᐅᖃᑦᑕᖅᑐᓂᑦ ᐊᖃᓄᑦ ᓯᓚᕐᔪᐊᓕᒫᒥ.

### ᐊᐱᖅᑯᑏᑦ?

ᐅᕗᖓ ᐃᕿᐊᕿᕕᖕᒧᑦ ᖃᐅᔨᒋᐊᕐᓗᑎᑦ WearRedCanada.ca ᐅᕝᕙᓘᓐᓃᑦ ᐋᓐᓂᐊᓲᖅᑎᒋᔭᕐᓄᑦ ᐊᐱᕆᓗᑎᑦ.

ᑭᒡᓕᓯᓐᓂᐊᖅᑎᓂᑦ ᑖᒃᑯᓇᖓᑦ ᓯᓚᕐᔪᐊᒥ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᑎᑦᑎᓂᕐᒧᑦ ᐊᐅᓚᑦᓯᔨᖕᒋᓐᓂᑦ ᑐᕐᑯᖃᑦᑕᖅᑐᑦ ᑕᒪᑐᒧᖓ ᖃᑦᓯᐅᖕᒪᖔᑕ




ᒪᓕᒃᓗᒋᑦ ᓯᓚᕐᔪᐊᒥ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᑎᑦᑎᓂᕐᒧᑦ ᐊᐅᓚᑦᓯᔨᑦ, ᑕᐃᒪᖓᓂᑦ 2015, ᑲᓇᑕ ᐱᖃᑕᐅᕗᖅ ᐊᓯᑦᑎᓐᓂ ᓄᓇᓕᖕᓂᑦ ᓯᓚᕐᔪᐊᒥ, ᐅᖃᐅᓯᐅᓯᒪᔪᖅ ᐅᓄᖅᓯᓂᖕᒋᓐᓂᒃ ᑐᕐᑯᖃᑦᑕᖅᑐᑦ ᐊᕐᓇᐃᑦ ᐆᒪᓯᓇᕐᓗᑎᒃ.

*Lopez et al. Int J Epidemiol, 2019, 1815-1823.*

CANADIAN WOMEN'S HEART HEALTH CENTRE | NATIONAL ALLIANCE

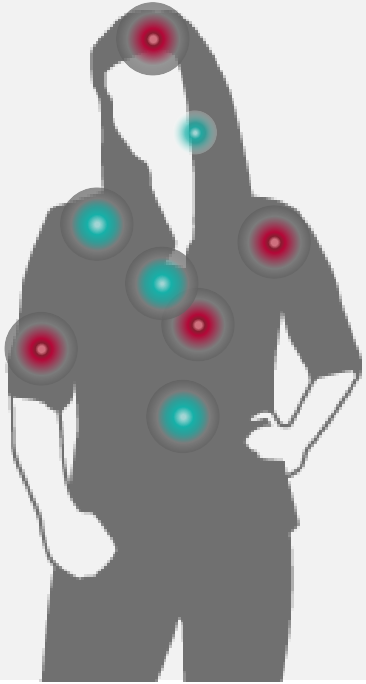
HER HEART MATTERS
WEAR RED CANADA • FEB 13

# ᑐᓴᖅᑕᐅᕐᑯᔭᕗᑦ # 2

## ᐆᒻᒪᓯᕆᔪᕕᓃᑦ ᐃᓕᓴᕆᔭᐅᓯᒪᓐᖓᒋᑦᑐᑦ ᐆᒻᒪᓯᕆᓐᓂᕐᒪᖔᑕ ᐅᖓᑖᓂ 50% ᐊᕐᓇᐃᑦ.

**3+** ᐊᕐᓇᐃᑦ ᐅᖃᕈᓐᓇᖅᑐᑦ 3 ᐅᒡᔪᓘᓐᓃᑦ ᐅᓄᕐᓂᖅᓴᓂᒃ ᐋᓐᓂᐊᕈᑎᒋᔭᒥᖕᓂᒃ ᑖᓐᓇᓗ ᐋᓐᓂᐊᕐᓂᕋᕐᓗᒍ ᓴᒡᕕᓂ.

ᐃᓱᒪᖃᕈᕕᑦ ᑭᓇᑐᐃᓐᓇᖅ ᐆᒻᒪᓯᕆᓇᓱᒋᓗᒍ, ᐃᕐᖓᓐᓇᖅ ᐋᓐᓂᐊᕕᖕᒥᒃ ᑐᓴᕐᑎᕐᑎᓗᑎᑦ.



### ᐆᒻᒪᓯᕆᓂᕐᒧᑦ ᐃᒃᐱᒋᔭᐅᒐᔪᒃᑐᑦ ᐅᕐᑲᐅᓯᐅᓪᓗᐊᑕᖅᐸᒃᑐᑦ ᐊᕐᓇᓂᑦ

- ᓴᒡᕕᓕᕆᔪᖅ ᐅᕝᕙᓘᓐᓃᑦ ᐊᑲᐅᑦᑎᐊᖕᒋᑦᑐᑦ (ᓱᕐᓗ, ᐋᓐᓂᐊᔪᖅ, ᑕᑎᔪᖅ ᐊᓂᕐᓂᖅ, ᐅᕝᕙᓘᓐᓃᑦ ᓱᖅᑐᖅ)
- ᐋᓐᓂᐊᓗᓂ ᐊᒡᓕᕈᒃᑯᑦ, ᕐᑯᖓᓯᒃᑯᑦ ᐅᕝᕙᓘᓐᓃᑦ ᑐᓄᒃᑯᑦ
- ᑭᐊᒃᑎᓯᓗᐊᒪᔾᕐᓗᓂ ᐃᓕᖅᑯᓯᕆᖕᒋᑕᖓᓂ
- ᐃᔾᖑᔪᖅ/ᐃᐱᓂᐊᔪᖅ
- ᐊᕿᐊᕈᓕᕆᓗᓂ ᐃᓗᐊᕆᖕᒋᓪᓗᓂᐅᓪᓘᓐᓃᑦ ᐅᕝᕙᓘᓐᓃᑦ ᒥᕆᐊᖑᖅᑰᔨᓗᓂ ᓈᖑᓗᓂᓘᓐᓃᑦ

### ᐊᓯᖏᑦ ᐃᒃᐱᒋᖅᑲᓯᐅᑎᒐᔭᖅᑕᑎᑦ ᐅᕝᕙᓘᓐᓃᑦ ᑕᒪᑐᒧᖓ ᐋᓐᓂᐊᕈᑎᒋᓗᒋᑦ

- ᓄᑭᑭᐅᔭᖅᑰᔨᓗᓂ ᐅᕝᕙᓘᓐᓃᑦ ᑕᖅᑲᒪᖓᐃᓐᓇᖅᑰᔨᓗᓂ
- ᑐᓄᓕᕆᓗᓂ, ᑕᓕᓕᕆᓗᓂ ᐅᕝᕙᓘᓐᓃᑦ ᑕᓕᖓ ᑕᓕᖅᐱ ᐋᓐᓂᐊᕆᓗᓂᐅᑉ
- ᓯᓂᑦᑎᐊᑲᑕᒍᓐᓃᕐᓗᓂ
- ᐅᐃᔾᔭᖑᔪᖅ ᐅᒡᔪᓘᓐᓃᑦ ᑖᖅᑎᓕᒫᔪᖅ
- ᐆᒻᒪᑎᕕᑦ ᑎᑦᓕᕐᓂᖓ ᐊᔾᔨᒋᔪᓐᓃᖅᑕᖅᓗᓂ

*Lichtman JH, et al. Circulation. 2018;137:781–790*

CANADIAN WOMEN'S HEART HEALTH CENTRE | NATIONAL ALLIANCE

HER HEART MATTERS
WEAR RED CANADA • FEB 13

# ᑐᓴᖅᑕᐅᕐᑯᔭᕗᑦ # 3

## ᐊᖑᑎᑦ ᐊᔾᔨᒌᙱᓐᖏᑦᑐᓐᓇᖅᑕᖏᑦ ᐆᒪᒪᑎᕐᓗᒃᑎᑦᑎᔪᑦ ᐊᕐᓇᓂᒃ.

ᐋᓐᓂᐊᓲᑏᑦ ᐃᓚᖏᑦ ᐅᔾᔨᕈᓯᑲᐅᑎᒋᖅᑲᑦᑕᖏᒻᒪᑕ ᐊᕐᓇᐃᑦ ᐊᖑᑏᑦᓗ ᐆᒪᓯᕆᑲᓴᖕᓂᖏᑕ ᐊᔾᔨᒌᖏᓐᓂᖏᓐᓂᑦ.

ᐊᐱᕐᑯᑎᒃᓴᑦ?
ᖃᕆᓴᐅᔭᒃᑯᑦ ᒪᑐᐃᕐᓗᒍ WearRedCanada.ca.

### ᐆᒪᒪᑎᕐᓗᓕᕈᑕᐅᒐᔪᒃᑐ ᐅᑯᐊ:

- ᑕᕐᑲᕕ ᐆᒪᒪᑎᐅᑉ ᓯᓚᑖᓈᖕᒐᔪᖅ ᐱᐅᔪᓐᓃᖅᓯᒪᔪᖅ
- ᐆᒪᒪᑎᖕᒐᑕ ᓯᒥᑦᑕᐅᑎᖏᑦ ᓯᒥᑦᑎᐊᕈᓐᓇᐃᓕᔪᑦ
- ᐆᒪᒪᑖᑕ ᑎᒡᓕᓂᖕᒐ ᐊᓯᖑᖅᑕᕐᑲᑦᑕᖅᑐᑦ

### ᐊᕐᓇᐃᑦ ᐆᒪᒪᑎᕐᓗᖕᓂᖅᓴᐅᓲᖑᕗᑦ ᐊᖑᑎᓂᑦ ᐅᑯᓂᖕᒐ ᐆᒪᒪᑎᕐᓗᒍᑎᖅᑲᕋᔭᕐᒪᑕ:

- ᑕᕐᑲᕕ ᐆᒪᒪᑎᐅᑉ ᓯᓚᑖᓈᖕᒐᔪᖅ ᑕᕝᕙᖕᒐᑲᑦᓚ ᓯᒥᒍᓐᓇᕐᒪᒍ ᑕᕐᑲᕐᔪᐊᖅ
- ᓱᑲᒃᐸᑦᓕᐊᔪᖅ ᑕᕐᑲᕐᔪᐊᖅ
- ᑕᕐᑲᖏᑦ ᐊᐅᖕᒥᑦ ᐆᒪᒪᑎᐅᑉ ᓄᑭᖏᓐᓄᐊᖅᑲᐃᑦᑎᐊᖏᑦᑐᖅ
- ᐆᒪᒪᑎᐅᑉ ᓄᑭᖏᑦ ᓴᙵᓲᓗᐊᓕᖅᑐᑦ ᐊᒃᓱᕈᓗᐊᖅᑕᑦᑕᕐᓂᕐᒧᑦ
- ᐋᒪᒪᑎᕐᓗᓕᕐᓂᑯ ᓇᔾᔨᓚᐅᖅᑎᑦᓗᒍ ᐃᕐᓂᕋᑖᓚᐅᖅᑎᑦᓗᒍᑦᓘᓐᓃᑦ

*Norris CM, et al. J Am Heart Assoc 2020 Feb 16; 9(4): e015634.*

CANADIAN WOMEN'S HEART HEALTH CENTRE | NATIONAL ALLIANCE

HER HEART MATTERS
WEAR RED CANADA • FEB 13

# ᑐᓴᖅᑕᐅᕐᑯᔭᕗᑦ # 4

## ᐊᕐᓇᐃᑦ ᐊᑦᑕᕐᓇᖅᑐᒦᓐᓂᖅᓴᐅᔪᑦ ᐆᒪᔪᓇᓗᑎᑦ ᑖᒃᑯᓇᖕᒐᑦᓕ ᐊᖑᑎᓂᑦ.

ᐊᐱᕐᑯᑎᒃᓴᕐ? ᐅᓇ ᒪᑐᐃᕐᓗᒍ WearRedCanada.ca ᐅᒡᔪᓘᓐᓃᑦ ᐊᐱᓇᓗᑎᑦ ᐋᓐᓂᐊᕕᖕᒧᑦ.

## ᓇᓗᓇᐃᖅᓯᒪᔪᑦ ᐆᒪᒪᑎᕐᓗᓕᕈᑕᐅᓂᖅᐸᓲᖕᒍᔪᑦ:

ᓇᔾᔨᑦᑎᐊᖃᑦᑕᖕᒋᑦᑐᕕᓂᐅᒍᓂ
(ᓲᕐᓗ ᐃᕐᓂᓵᓕᔪᖅ, ᓱᒃᑲᓗᐊᕐᓂᕐᒧᑦ ᐅᒡᔪᓘᓐᓃᑦ ᐊᐅᑉ ᕐᑯᔪᖅᓯᒪᓗᐊᕐᓂᖕᒐ ᓱᒃᓴᓗᐊᕐᓂᖕᒐ ᑕᐃᑲᓂ ᓱᖕᒐᐃᓪᓗᓂ)

ᐊᐅᓈᖃᑦᑕᕈᓐᓃᖅᑐᖅ ᑎᒥᖕᒐ ᐃᓐᓇᕈᖅᑐᖅ
(ᐊᐅᓈᖃᑦᑕᕈᓐᓃᕐᖕᒐ ᐅᑭᐅᖃᒐᔪᒃᑐᑦ 50-52 ᐊᑯᓐᓂᖕᒐᓂ ᐅᑭᐅᖃᓕᕐᖕᒐᒥᑦ)

ᕿᑐᖕᒋᐅᕈᓐᓇᖕᒋᓐᓂᕐᒧᑦ

ᑎᒥᐅᑉ ᓴᐳᒻᒥᔾᔪᑎᖕᒋᑦ ᓴᙵᕆᓕᓯᒪᔪᑦ ᐊᒻᒪᓗ ᑎᒥᖕᒐ ᐱᐅᒃᓴᕈᓐᓇᖕᒋᓐᓂᖕᒐ ᑭᓯᑐᐃᓐᓇᕐᓄᑦ
(ᓲᕐᓗ ᓇᒡᒍᐊᒃᓗᖕᓂᖅ, ᐊᒥᕐᓗᖕᓂᒃ)

ᓯᒡᒐᓕᐊᖅᑐᖃᑦᑕᕐᓂᖅ
(ᐊᕐᓇᐃᑦ 3x ᐊᖕᒋᓂᖅᓴᐅᕗᖅ ᐆᒪᓯᔾᔪᑎᒥᔪᓐᓇᖅᑕᖕᒐ ᓱᒡᒐᓕᐊᕐᓂᖅ ᓯᐳᖅᑐᓲᓂᑦ ᐊᖑᑎᓂᑦᓕ)

ᑎᒥᒥᒍᑦ ᓱᒃᑲᓗᐊᕐᓂᖅ
(ᐊᕐᓇᐃᑦ ᐃᓅᓯᒃᑲᓕᖅᑐᑦ ᐋᕿᒃᑲᐅᑎᒥᔪᓐᓇᖕᒋᓂᖕᒐᓄᒃ ᐊᐅᒃᑯᒃ ᓱᒃᑲᓗᐊᖅᑐᑦ 3x ᐱᓂᖅᓴᑦ ᑐᕐᑯᔾᔪᑎᒥᕗᒐᓗᒥ ᐆᒪᓯᓇᔾᔪᑎᒥᓪᓗᒥᑦ ᑖᒃᑯᓇᖕᒐᑦᓕ ᐊᖑᑎᓂᑦ)

*Garcia, M. et al. (2016). Circ Res, 118(8), 1273-1293.*
*Yusuf, S. et al. (2004). Lancet, 364(9438): 937-52.*

CANADIAN WOMEN'S HEART HEALTH CENTRE | NATIONAL ALLIANCE

HER HEART MATTERS
WEAR RED CANADA • FEB 13

ᑐᓴᖅᑕᐅᕐᑯᔭᕗᑦ # 5

# ᐊᒥᓲᕗᑦ ᐱᓕᕆᔨᓐᓇᖅᑕᕗᑦ ᐃᑲᔫᑎᓂᐊᖅᑐᑦ ᐊᑦᑎᒃᓯᓯᒪᓗᒍ ᐆᒻᒪᑎᕐᓗᓕᕋᔭᖅᑐᓄᑦ.

## ᐊᒥᓲᕗᖅ ᐆᒻᒪᑎᕐᓗᓕᖅᑕᐃᓕᑎᑦᑎᔨᓐᓇᖅᑐᑦ.

ᓄᖅᖓᑐᐃᓐᓇᓐᖏᓪᓗᑎᑦ, ᑎᒦᑦ ᓄᒃᑕᖅᑏᓐᓇᕐᓗᒍ

ᓂᕆᖅᑕᑦᕐᓗᑎᑦ ᐊᔾᔨᒌᓐᖏᑦᑐᓂᒃ ᓂᕿᑦᑎᐊᕙᓐᓂᒃ

ᐊᑐᖅᓯᓗᑎᑦ ᐃᓕᖕᓄᑦ ᐊᒃᓯᑭᓐᓇᓐᖏᑦᑐᓂᒃ

ᐃᓅᓯᖅᑐᓗᑎᑦ ᐊᑐᓐᖏᑦᑎᐊᕐᓗᒋᑦ ᑕᒪᒃᑯᐊ ᓂᐅᕕᓇᐊᖅᑲᖅᐸᒃᑕᑎᑦ ᓯᑕᐹᑦ ᐊᒻᒪᓗ ᓱᐳᖅᑐᖅᑕᐅᓲᑦ

ᒥᑭᔫᑎᓪᓗᒍ ᐃᒥᐊᓗᖅᑲᑦᑕᕐᓃᑦ

ᐊᑯᓚᐃᑦᑐᒥᒃ ᖃᐅᔨᓴᖅᑕᐅᖅᑲᑦᑕᕐᓗᑎᑦ ᐋᓐᓂᐊᕕᖕᒥ
(ᖃᐅᔨᓴᖅᑕᐅᓗᑎᒃ ᐊᐅᒃ ᓱᑲᖅᓗᐊᕐᒪᖔᑦ, ᑎᒡᓕᕐᓃᑦ ᐊᒻᒪᓗ ᐃᖕᓇᐅᑎᖅᓗᐊᓐᖏᓪᓗᑎᑦ)

ᐸᕿᓂᐊᕐᓗᒋᑦ ᐊᓯᑎᑦ, ᑕᐃᒪᓗ ᓱᕗᑦᓕᕐᒥᒃ ᐸᕿᔭᕆᐊᖃᖅᑐᑎᑦ ᐃᓕᖕᓂᒃ ᐅᓇ ᒪᑐᐃᕐᓗᒍ WearRedCanada.ca ᐅᒡᔪᓘᓐᓃᑦ ᐊᐱᕆᓗᑎᑦ ᐋᓐᓂᐊᕕᖕᒧᑦ.


*Hu, F. B., et al (2000). New England Journal of Medicine, 343(8), 530-537*
*Yusuf, S. et al. (2004). Lancet, 364(9438): 937-52.*


CANADIAN WOMEN'S HEART HEALTH CENTRE | NATIONAL ALLIANCE