



Canadian Women's Heart Health Alliance

Advocacy Working Group | Member Profile



Risa Mallory, MEd

Retired Psychotherapist

Woman with Lived Experience

Women's Heart Health Community Advocate and Patient Advisor

Canadian Women's Heart Health Centre

Ottawa, ON

Member since 2022

Biography

As a woman with lived experience, Risa has become passionate about patient advocacy and dedicates her time volunteering to increase knowledge and awareness of women's heart health and heart disease.

She is a retired psychotherapist who spent her paid career in a variety of professional roles which included;

- Clinical therapist with a diverse caseload of children, adults, couples and groups
- Co-Author, coordinator and therapist on several Randomized Controlled Research Trials including:
 - Attention Deficit Disordered children
 - Smoking Cessation
 - Depressed Adolescents
 - Obese pre-adolescents
- Developing and delivering a variety of mental health intervention programs for populations including:
 - Attention Deficit Disordered children,
 - Post Traumatic Stress Disordered active and retired military members
 - Smoking cessation
 - Stress Management

In 2018, after suffering a massive heart attack caused by Spontaneous Coronary Artery Dissection (SCAD), Risa began to research her diagnosis and heart disease in general and was alarmed by the large gaps which exist in the knowledge around the diagnosis, treatment and rehabilitation of women with heart disease. After participating in the University of Ottawa Heart Institute's (UOHI) Women@Heart Peer Support Program, she was invited to train as a peer facilitator and thus began her volunteer career.

Currently, and in addition to facilitating the UOHI's Women@Heart Program, Risa volunteers as a patient advocate and patient advisor in other capacities with the UOHI, the Canadian Women's Heart Health Centre, the Canadian Women's Heart Health Alliance, Heart & Stroke Canada and Global Heart



CANADIAN WOMEN'S
HEART HEALTH CENTRE

NATIONAL
ALLIANCE

Hub. She co-administers a Facebook group for men and women with SCAD. As well, she participates in clinical research trials to further scientific knowledge around women and their heart disease and health.

When Risa is not engaged in community advocacy and patient advisory volunteer endeavours, she spends her summers golfing, her winters traveling and as much time with her new granddaughter as she can.