



## Canadian Women's Heart Health Alliance

### Advocacy Working Group | Member Profile



**Stephanie LeBlanc, RN, BScN**

Woman with Lived Experience  
Nursing Coordinator  
University of Ottawa Heart Institute  
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#### Biography

My name is Stephanie LeBlanc. I am originally from northern Ontario. When I graduated from nursing, I came to Ottawa intentionally in hopes to work at the University of Ottawa Heart Institute. My grandfather had multiple MI's and my grandmother had heart surgery while I was in university. I truly wanted to have the most cardiac knowledge that I could to protect myself and family. I am 40 years old and have three children and a wonderful supportive husband. My mother, aunts and sisters have all struggled with hypertension in our early 30's. My middle sister experienced HELP syndrome with my nephew and I had pre-eclampsia with my first child. I also struggled with an arrhythmia after my second pregnancy and ultimately chose to have an ablation.

I am currently a Nursing Coordinator at the University of Ottawa Heart Institute. I have spent the majority of my career at the Heart Institute, with nearly 15 years at the bedside in the Cardiac Surgical ICU.