



## Canadian Women's Heart Health Alliance

Knowledge Translation and Mobilization Working Group |

### Member Profile



#### **Hope Sarfi**

Woman with Lived Experience

Richmond, BC [@Hsarfi](#)

Alliance member since: 2018

#### **Biography**

I am retired and living in Richmond, British Columbia with my husband and daughter nearby. Before retirement, I worked as a business analyst for the Canada Revenue Agency in Ottawa.

In February 2014, I had a heart attack and shortly followed by double bypass surgery. My family physician had not followed up on some of the signs I had leading to my episode due to my lack of knowledge of heart disease in my family history. I knew nothing about heart disease or a woman's symptoms of a heart attack.

The following year I joined the newly formed Women@Heart support group in Ottawa. I became very passionate about women's heart health and the efforts that the group was involved in. So much so, that I was asked to tell my story in Reader's Digest.

In 2016, I was invited by Nadine Elias to attend and participate in the working groups at the 2016 Canadian Women's Heart Health Summit. It was a heartfelt experience for me as I got to see firsthand that important changes were being made now and in the future. I wanted to do more. Now I am hoping to have the opportunity to work with a support group here in British Columbia.

I am very happy to be working with the Canadian Women's Heart Health Alliance to help grow the awareness in women's heart health.