



## **Risk Factors, Signs and Symptoms, Prevention & Treatment**

### **General:**

Heart and Stroke Foundation of Canada:

[Ms. Understood](#)

Women's Heart Alliance:

<https://www.womensheartalliance.org/womens-heart-disease/>

### **Risk Factors, Signs and Symptoms:**

Canadian Women's Heart Health Centre:

<https://cwhhc.ottawaheart.ca/education/risk-factors>

<https://cwhhc.ottawaheart.ca/education/symptoms>

Women's Healthy Heart Initiative

<http://whhionline.ca/awareness/>

<http://whhionline.ca/prevention/>

Mayo Clinic:

<https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-disease/art-20046167>

Women's Healthy Heart Initiative

<http://whhionline.ca/awareness/>

<http://whhionline.ca/prevention/>

Heart and Stroke Foundation of Canada:

<https://www.heartandstroke.ca/women/risk-and-signs>

### **Diagnosis and Treatment:**

Diagnosis:

<https://cwhhc.ottawaheart.ca/education/diagnosis>



CANADIAN WOMEN'S  
HEART HEALTH CENTRE

NATIONAL  
ALLIANCE

Treatment:

<https://www.heartandstroke.ca/heart/recovery-and-support/cardiac-rehabilitation>

<https://cwahc.ottawaheart.ca/women-and-heart-disease-101/treatment>