



## Canadian Women's Heart Health Alliance

### Health Systems and Policy Working Group | Member Profile



**Amy Kirkham, PhD, P.Kin, ATTH**

Assistant Professor

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Alliance member since 2020

#### Biography

Dr. Amy Kirkham is an Assistant Professor in the Faculty of Kinesiology and Physical Education at the University of Toronto. Her graduate and postdoctoral training spans the departments of Kinesiology, Rehabilitation Sciences, and Biomedical Engineering with a unifying focus on clinical cardiovascular and exercise physiology. Dr. Kirkham's multidisciplinary research program uses advanced cardiovascular imaging techniques to study cutting edge exercise and nutrition approaches to cardiovascular health.

The overarching goal of Dr. Kirkham's research program is to use a multi-disciplinary approach that leverages cutting edge, non-invasive, imaging techniques to study precisely prescribed, mechanistically targeted, lifestyle interventions to prevent and ameliorate cardiovascular dysfunction and disease, with a particular focus on aging women. Much of her past and current work is focused on cardiovascular disease in breast cancer survivors, the top causes of death of women and most highly funded diseases in Canada. As a recognized expert in this important aspect of cardiovascular health in women, she is now broadening this focus to include the continuum of cardiovascular disease in women. Her current work involves advanced magnetic resonance imaging techniques to assess cardiac, vascular and skeletal muscle structure and function, body composition, as well as tumour regression in women receiving lifestyle (i.e. exercise and diet) interventions.