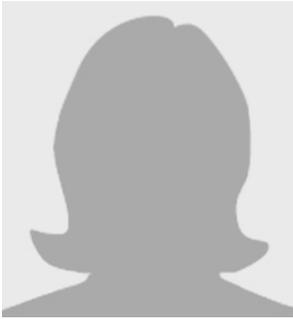




Canadian Women's Heart Health Alliance

Advocacy Working Group | Member Profile



Catherine Goodenough. Retired R.N., CGN (C)

Woman with Lived Experience

Mississauga, ON

Alliance member since 2021

Biography

My name is Catherine Goodenough. I live in Mississauga, Ontario and I am married with two adult children (boys). I am a retired Registered Nurse.

I have been involved in several health organizations – both in my professional and personal lives (my younger son has Crohn's disease). I also come from a family with cardiac issues and events – husband (HRx2), son (grew out of it), father, grandfathers, aunts and uncles.

My cardiac issues started in May 2017, at age 59. My first trip to the ER at Trillium Health Partners was five days after ending my contract job as a Research Nurse. It involved a steep learning curve and a long stressful drive. I was also working casual at Trillium Health Partners as an Endoscopy Nurse.

I went through numerous diagnostic procedures – which showed issues – BUT no answers.

In January 2018, my family doctor had her own suspicions. I then had several referrals for second, third and fourth opinions. I started Googling – but not a lot of information was available.

In September 2018, I saw a doctor in Newmarket at Southlake Regional Health Centre and one of his specialties is “Microvascular Coronary Disease.” I went through more diagnostic procedures.

In February 2019, I had the Physiology Challenge Catheterization – I had a reaction to one of the drugs and went into Atrial Fibrillation. I was diagnosed with “Microvascular Coronary Disease.”

When I was discharged from recovery, post-test, I hugged the nurses who looked after me and thanked everyone. I was so relieved that I had a diagnosis. There was something physically wrong – it was not in my head.

In April 2021 a recent stress test still showed some issues – BUT I am alive and coping. I am thankful to the supportive online, private groups where you can ask questions and get answers with judgement. I am also thankful for the CWHHA Summit and webinars and conferences (INOCA).