



Canadian Women's Heart Health Alliance

Advocacy Working Group | Member Profile



Charlotte Girard

Woman with Lived Experience

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Alliance member since 2018

Biography

I was 54 years old, leading an active life, when I suddenly lost vision (Amorause fugax) in my left eye. The ophthalmologist referred me to cardiology.

A week later, I could not walk 100 meters, and making my bed was all I could accomplish in one day. The chest pains, brain fog and crushing fatigue were constant, SOB and spasms were relentless as well.

I was repeatedly dismissed by ER doctors and cardiologists. I was on Rx anti-depressants for Ischemia and with ECG showing ST-depression. Cardiologist number six ordered more tests and studied all previous tests done by his peers. They gave me a diagnosis of Micro-Vascular Angina and started treatment (Diltiazem CD 360 mg + 0.8 Nitro patch). I returned to work a year ago, after three years on disability. I still have limitations, understand my triggers and adjust my sails as needed. Life is good and beautiful again.

I joined a support group for Micro-Vascular Angina. With their help, I validate my symptoms, and was offered guidance when none was available. I read medical studies on my condition. Recently, we put together an information package for our doctors to better understand us as well as new members who need to advocate for themselves.

Working with CWHHA is a place where women can speak up for better understanding and care in the near future.