



Canadian Women's Heart Health Alliance

Health Systems and Policy Working Group | Member Profile



Nadia Lappa

Woman with Lived Experience
Ottawa, ON | [@tweetsbynadia](https://twitter.com/tweetsbynadia)
Alliance member since 2018

Biography

Nadia received her degree in Applied Sciences from the University of Ottawa. She has enjoyed a successful career in the Federal Public Service working as a Civil Engineer and currently works at Transport Canada where she manages a portfolio of largescale infrastructure projects across Canada.

Her proudest role, and that which she claims is the hardest but most rewarding job of all, is being mom to her three children; Sebastian, Olivia, Nicholas. She has been involved in her Italo-Canadian community for nearly twenty years, volunteering for a many different organizations and has contributed to many cultural projects, notably in the development of two books.

In 2016 following the birth of her third child, Nadia suffered a myocardial infarction caused by Spontaneous Coronary Artery Dissection (SCAD). The majority of SCAD patients are women (80-90%), and 10-40% of all heart attacks in women under the age of 50 are due to SCAD. As a University of Ottawa Heart Institute Alumni, Nadia acts as an advocate for Women's Heart Health and is a Peer Leader for the Women@Heart Program. Nadia would like to continue to raise awareness about the risks and reality surrounding heart disease, especially in younger women.

In her free time, Nadia bakes.