



Canadian Women's Heart Health Alliance

Health Systems and Policy Working Group | Member Profile



Nicole Nickerson

Patient Advocate Co-Chair, Health Systems and Policy Working Group

Woman with Lived Experience

Middle Lehave, NS | [@NicoleNickers11](https://www.instagram.com/NicoleNickers11)

Alliance member since 2018

Biography

My name is Nicole Nickerson and I live on the south shore of Nova Scotia with my husband and two children. Almost seven years ago, I lost my sister unexpectedly to heart disease. Six months later (after being told I was healthy) I had my first heart attack. It was a NSTEMI and I required a stent. I then went on to have a second heart attack while pregnant with my son (on the anniversary of my sister's death). Again, it was a NSTEMI, and after a c-section to deliver my son, I received another stent. I saw firsthand the inequities in woman's heart health in all levels of care and prevention and vowed to take a stand against it. Since then, I have enjoyed staying home and watching my children grow while working at provincial and national levels to advocate for woman's heart health.

I have a lot to offer as a co-chair for the Health Systems and Policy Working Group because I bring a lot of passion and knowledge. For the past two years I have stepped outside my comfort zone and never refused a project I was asked to be part of. My willingness to learn, my confidence, and my overall ability to work with most anybody, puts me at an advantage. I know that we are all here as equals and have a common goal of improving women's heart health. I look forward working with everyone to reach that goal