



Canadian Women's Heart Health Alliance

Advocacy Working Group | Member Profile



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

Woman with Lived Experience

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Alliance member since 2021

Biography

On May 16, 2017 while grocery shopping, I developed growing discomfort in the chest discomfort. It moved to my back, shoulder, left arm and jaw. I also had shortness of breath and nausea. I experienced two episodes the previous week, but not as intense. I went to E.R. where initial testing showed “nothing wrong.”

I had to keep advocating for myself to get answers. I would go on to have multiple tests done and four different cardiologist consults. I also retired from my job as a Registered Nurse.

Over two years later, on February 7, 2019, I finally received a diagnosis. I had Microvascular Coronary Disease. Upon discharge from recovery room post procedure (Provocative Challenge Angiogram), I hugged the nurses – I had a diagnosis – it was not in my head. I still have some of the above type of episodes, but I know what they are and how to manage them.

I am still a unique patient – something new shows up at my yearly appointments and a new medication is added to my cocktail of medication yearly.

Along this road of adventure, I have discovered worldwide groups of women on social media who have become my peer support group. I've also discovered helpful websites, podcasts, and have attended conferences, summits, and webinars. “Knowledge is Power.”

In 2021, I became a member of the Canadian Women's Heart Health Alliance and its Advocacy Working Group. I volunteer on several of this working group's projects. In 2022, I took the Community Advocate Course. I am also involved in research groups as a women / person with lived experience.

Please include family in your journey (they are a part of the story!). Family conversations are important (listen and be aware of their behaviors because they are scared too).



CANADIAN WOMEN'S
HEART HEALTH CENTRE

NATIONAL
ALLIANCE

It is your body – you are the ONLY ONE who knows if something does not feel right (document it for appointments). Ask questions - keep learning. Do not be afraid to reach out for guidance. You need someone to talk to or vent to. Support is very important

#HERHEARTMATTERS – We are “Heart Sisters” – Advocacy & Peer Support Matter.
Every day is a new day – Embrace it! Life is a journey.