



Canadian Women's Heart Health Alliance

Knowledge Translation and Mobilization Working Group |

Member Profile



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Biography

For as long as I can remember I have been driven to find out how things work. Growing up in a small town in Northern Ontario, I constantly explored new activities, sports, and science. When it came to the working human body, there were no end to my questions. The heart is one of the organs that is one of the most complex and vital.

In 2019, I became a Basic Life Support Instructor, and I recognized the importance of education in cardiovascular and stroke management skills. My passion for mental health and cardiovascular health became prominent as I completed my thesis in depression and anxiety following acute myocardial infarction (AMI). I have three recent publications regarding mental health and cardiovascular outcomes following AMI.

In addition to these accomplishments, I have completed poster presentations at Northern Health Research Conference and McMaster's NeuroExchange conferences in which I won an award as the top presenter. These events and experiences have provided me with a foundational knowledge and understanding of cardiovascular health.

After completing my honours undergraduate degree in Life Sciences with a specialization in Biomedical Discovery at Queen's University, I went onto complete a Master of Science in Interdisciplinary Medical Sciences at Western University. I continued my cardiovascular research from Queen's University and helped to coordinate a multicentre clinical trial looking at female risk factors in depressions and anxiety following acute myocardial infarctions in the London, Ontario site. Working with patients and listening to their lived experiences with heart diseases has fueled my interests in patient advocacy and social justice in healthcare in Canada.