Canadian Women's Heart Health Alliance
Advocacy Working Group | Member Profile

Adriana Beaman
Woman with Lived Experience
Ottawa, ON
Alliance member since 2021

Biography

Hello, my name is Adriana Beaman. I am 57 years old. I am married to Peter Beaman, and I have two (2) adult daughters, Emma and Olivia. I was born in Ottawa, and I have lived in Ottawa my whole life. I am the daughter of ltalian parents, who have since passed away. I will be celebrating my 30th Wedding Anniversary in the fall, and I am forever grateful to the Ottawa Heart Institute that I will be able to hopefully reach that milestone with my loving husband.

A few years ago in the summer of 2018, l downsized from a house to a condominium. The move was particularly stressful, and I experienced a great deal of fatigue. After the move, my daughters were experiencing a lot of difficulties and issues which posed many challenges for our family. Work, although very enjoyable, was very hectic. My fatigue seemed to linger. In the early months of 2019, I grew increasingly tired, I experienced almost daily sleepless nights, and started to experience shortness of breath. I had neglected my yearly checkups with my family physician but reached out to make an appointment to discuss what I thought were menopausal symptoms. Two days after my appointment, and within 6 weeks from the time my shortness of breath and sleeplessness started, I was unable to walk two (2) feet without resting. I went to the emergency department at the Ottawa Hospital, Civic Campus, in March 2019. I was subsequently diagnosed with congestive heart failure and spent three (3) weeks at the Ottawa Heart Institute. My ejection fraction was 10o/o - 15o/o.

I am extremely grateful for all the care I received, and I am extremely grateful for the programs and resources that I have been able to participate in and gain knowledge from over the past two (2) years. I would very much like to make any contribution I can to support the Canadian Women's Heart Health Alliance (CWHHA).