



Canadian Women's Heart Health Alliance

Knowledge Translation and Mobilization Working Group

Member Profile



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Biography

I have had the pleasure of being involved with research throughout my undergraduate degree and first two years of medicine (both at Queen's University) in women's health and cardiology. I am predominantly interested in the way that these two areas intersect, acknowledging the historical gender disparity in research pertaining to women's cardiovascular health. Of note, studies as early as 1989 (Schleifer et al.) have identified that women are at higher risk of adverse mental health outcomes following acute myocardial infarction. Despite several studies indicating this, there is little to explain the underlying pathophysiology. I am fascinated by the complex cardiovascular risk factors as well as social determinants of health that may contribute to this higher risk, especially given the well-established impact that mental health has on long-term cardiovascular health. An awareness of the urgency for continuing research in this area as well as passion for understanding cardiovascular disease inspired me to integrate an MSc in Translation Medicine at Queen's University into my medical school education as well as to join the CWHHA.