



CANADIAN WOMEN'S HEART HEALTH SUMMIT ► 2023

APRIL 28-29, 2023 · VANCOUVER, BC · WOMENSHEARTSUMMIT.CA



2023 Canadian Women's Heart Health Summit

Speaker Details



Carolyn Thomas
Heart Sisters
Victoria, BC

Biography

Carolyn Thomas is a heart attack survivor who in 2008 became the first Canadian ever invited to attend the annual WomenHeart Science & Leadership patient advocacy training at Mayo Clinic in Rochester, Minnesota. Before her cardiac event resulted in an unexpectedly early retirement, her entire professional career was in public relations - in corporate, government and non-profit sectors ranging from Mercedes-Benz to The Salvation Army.

In her award-winning blog HEART SISTERS, she writes mostly for women living with heart disease. So far, her site has attracted over 19 million views from 190 countries, and her writing about women's heart health has been published internationally, including in the British Medical Journal. Since 2012, she has served as a Patient Reviewer for cardiology papers submitted to the BMJ for publication.

Carolyn's "Heart-Smart Women" public presentations have been described as "part cardiology bootcamp - and part stand-up comedy!" Carolyn is also the author of the book, *A WOMAN'S GUIDE TO LIVING WITH HEART DISEASE*, published by Johns Hopkins University Press.



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She lives in beautiful Victoria, BC - where she loves her balcony garden, her walking groups, her paper & textile art, perfecting her homemade pizza dough, and playing with two of the cutest and smartest grandkids on the west coast.

Heart Sisters: www.myheartsisters.org

Twitter: @HeartSisters