



CANADIAN WOMEN'S HEART HEALTH SUMMIT ► 2023

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



2023 Canadian Women's Heart Health Summit

Speaker Details



**Aleksandra Pikula, BSc. (Hon), MD, Dipl. ABPN (USA),
Dipl. ABLM (USA), FAHA**

Associate Prof. of Medicine (Neurology/Stroke), University of
Toronto

Director, Stroke in Young Adults (SiYA) Program, TWH/MSH

Director, Stroke Research Program, KBI/UHN

Clinician-Investigator, Krembil Brain Institute

Co-Director, Women's Neurology Fellowship

University of Toronto

Toronto, ON | [@WomensBrain_MD](https://twitter.com/WomensBrain_MD)

Biography

Dr. Aleksandra Pikula is an Associate Professor of Medicine (Neurology/Vascular Neurology) at the University of Toronto, a Clinician-Investigator at the Krembil Brain Institute, Director of Stroke Neurology Research at the UHN, Co-Director of Women's Neurology Fellowship at the U of T and Founder of the EMBRACE Lifestyle Program for Optimal Brain Care & Stroke Prevention at the UHN. She is a founder and director of the largest multidisciplinary Stroke in Young Adults (SiYA) Program in Canada.

Dr. Pikula is quadruple board-certified in Internal Medicine, Neurology, Vascular Neurology & Lifestyle Medicine. She chairs the U of T Women's Brain Health Rounds (supported by WBHI and Frontiers in Global Women's Health). The rounds present a unique international opportunity for students, faculty, residents, and patients to share translational science around women's brain health across the continents.

Dr. Pikula's overarching clinical and research interests are focused on population health with specific interest in sex-disparities in stroke prevention and outcomes, studying the effect of various factors (psychological, social, lifestyle) on HRQOL and brain care/health in young adults (women). This led to an emerging interest in developing innovative clinical strategies for optimal brain care within stroke prevention. In more recent studies, such as the Y STROKE NEEDS Study (HR-QOL/PROMs/PREMs) and the KNOW BRAIN - EMBRACE CARE Study, Dr. Pikula



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and her team are exploring patients' knowledge & awareness about impact of lifestyle on brain health and sex disparities across patient's needs and preferences in designing novel stroke preventive strategies. Her work had been published in high impact journals and recognized by, amongst others, the NIH/NINDS & ANA, the AHA/ASA and the CIHR through continuous research funding.