



CANADIAN WOMEN'S HEART HEALTH SUMMIT ▶ 2023

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



2023 Canadian Women's Heart Health Summit

Speaker Details



Rebecca Henderson, MSc
Hemorrhagic stroke survivor, 2020
Founder, Comfort Headbands
London, ON

Biography

In 2020, Rebecca Henderson (she/her) had a hemorrhagic stroke on the side of a highway in rural northern Ontario with her two school aged kids in the car. An emergency craniotomy saved her life, but the stroke damaged her left temporal cortex and the occipital cortex. With tissue damage to these areas, she lost her ability to read, write and count. She was a PhD candidate who suddenly didn't recognize the alphabet.

Fascinated, frustrated and terrified by her brain, Rebecca documents her recovery and human experience on her YouTube channel, My Disordered Brain. She reflects on the female care experience, the female body, and loss of identity as a mother, wife and researcher. This is a story of the forgettable and ignorable: invisible disabilities and invisible women in a stroke rehabilitation unit. She tells us, "If you're going to have a stroke, don't be a woman. And, if you're going to have a stroke, make sure your disability is obvious."

After feeling invisible, Rebecca started a small business. Inspired by her own experience with hair loss, she needed headbands that were both comfortable and comforting. Comfort Headbands was born. Comfort Headbands are wide-wired headbands designed to stay secure without causing tightness or pressure. She uses sustainable, luxury fabric from Canadian brands. Follow her on Instagram ([@ComfortHeadbands](#)) and [Facebook](#).

In her life before stroke, Rebecca, MSc, was a PhD candidate studying cycling uptake and collisions in London, ON.