



CANADIAN WOMEN'S HEART HEALTH SUMMIT ► 2018
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Louise Durocher
Lived Experience with Heart Disease
Pontiac, QC

Biography

Louise Durocher has worked with the Government of Canada for the past 23 years where she is a Senior Project Officer. She is married and the mother of 2 young adults. Over the past eight years she has owned, with her husband, a small seasonal business, where she works very hard physically. She is also busy with a rental property in Florida. In 2011, while being at the top of her shape, running 5 km at least 3 times per week, exercising in boot camps twice a week and having lost excess weight, she was diagnosed with flutter arrhythmia during a medical procedure to remove a kidney stone. Over the 2 years following the diagnosis, she underwent 17 cardio version and 4 catheter ablations. During the fourth ablation she was diagnosed with atrial fibrillation, but this last procedure thankfully gave her back her life for 3 years. Then in 2016, the atrial fibrillation came back worse than ever. Louise is not discouraged by this and is learning to retrain herself as she is convinced that exercise, positive thinking and eating well reduces the effects of this heart disease. Louise will be retiring in the coming months; her health is her job number 1.