



CANADIAN WOMEN'S
HEART HEALTH CENTRE
CENTRE CANADIEN DE SANTÉ
CARDIAQUE POUR LES FEMMES



2021 Canadian Women's Heart Health Summit

February 10-13, 2021



Charlotte Girard

Woman with Lived Experience
Otterburn Park, QC

Biography

I was 54 years old, leading an active life when I suddenly lost vision (Amorause fugax) in my left eye. An Ophthalmologist referred me to Cardiology. A week later, I could not walk 100 meters, making my bed was all I could accomplish in one day. The chest pains, brain fog and crushing fatigue were constant, SOB and spasms were relentless as well. I was repeatedly dismissed by ER Doctors and Cardiologists. Was prescribed anti-depressants for Ischemia and with ECG showing ST-depression. Cardiologist number 6 ordered more tests and studied all previous tests done by his peers. Gave me a diagnosis of Micro-Vascular Angina and started treatment. I returned to work a year ago, after 3 years on disability. I still have limitations, understand my triggers and adjust my sails as needed.