



2021 Canadian Women's Heart Health Summit

February 10-13, 2021



Nadia Lappa

Woman with lived experience
Ottawa, ON

Biography

Nadia received her degree in Applied Sciences from the University of Ottawa. She has enjoyed a successful career in the Federal Public Service working as a Civil Engineer for the Canadian Intellectual Property Office, Public Works and Government Services, and currently for Transport Canada where she manages a portfolio of large scale infrastructure projects across Canada.

Her proudest role, and that which she claims is the hardest but most rewarding job of all, is being mom to her three children; Sebastian, Olivia, Nicholas. She has been involved in her Italo-Canadian community for nearly twenty years, volunteering for a variety different organizations (Community News Program Tele-30, Regional Italian Cultural Association, Italian Provincial Government Immigrant Outreach group, etc.) and has contributed to many cultural projects, notably in the development of two books (*A cookbook: Alla Tavola della Nonna*, and a historical account of the founding of St. Anthony's Church: *A Journey of Faith*).

In 2016 following the birth of her third child, Nadia suffered a myocardial infarction caused by *Spontaneous Coronary Artery Dissection* (SCAD). The majority of SCAD patients are women (80-90%), and 10-40% of all heart attacks in women under the age of 50 are due to SCAD. As a University of Ottawa Heart Institute Alumni, Nadia would like to raise awareness about the risks and reality surrounding heart disease, especially in younger women.

In her free time, Nadia bakes.