

CEG is pleased to present  
this insightful program

# Women & Heart Disease



with  
**Dr. Subodh Verma**  
Cardiac Surgeon &  
Canadian Research Chair  
St. Michael's Hospital,  
University of Toronto



## Think cardiovascular disease is just a man's disease? **Think again.**

Heart disease is the leading cause of death for Canadian Women.  
It is important to understand your risk factors.

These risk factors for heart  
disease are well established:

- ✓ High cholesterol
- ✓ High blood pressure
- ✓ Smoking
- ✓ Diabetes
- ✓ Obesity
- ✓ Inactive lifestyle

**And now** there is evidence for  
one more important risk factor.

- ✓ High levels of C-reactive protein  
(CRP), which can be  
measured in the blood as a marker  
for inflammation.

## Identifying and managing your risk for heart disease is your best defense.

According to Dr. Subodh Verma, a cardiac surgeon and renowned expert on atherosclerosis and vascular disease, "women need to know if they are at risk for heart disease. They should speak with their doctors to assess their risk and to learn more about what they can do to stay healthy."

In an insightful program called "Women & Heart Disease," Dr. Subodh Verma delves into the unique challenges facing women when it comes to diagnosing and managing cardiovascular disease.

To view this educational video visit: [www.celebratingwomentv.ca](http://www.celebratingwomentv.ca)  
For more information about heart disease visit:  
[www.heartandstroke.ca](http://www.heartandstroke.ca)



Hosted by  
Dr. Marla Shapiro



*Celebrating Women*

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