

CARDIAC
college
FOR WOMEN



LIST OF RESOURCES FOR WOMEN-FOCUSED CARDIAC REHABILITATION EDUCATION

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WEBSITE PAGES

Treat Heart Disease

English: https://www.healtheuniversity.ca/EN/CardiacCollege/Disease/For_Women/Pages/default.aspx

French: https://www.healtheuniversity.ca/fr/CardiacCollege/Disease/For_Women/Pages/default.aspx

Get Active

English: https://www.healtheuniversity.ca/en/CardiacCollege/Active/For_Women/Pages/default.aspx

French: https://www.healtheuniversity.ca/FR/CardiacCollege/Active/For_Women/Pages/default.aspx

Eat Healthy

English: https://www.healtheuniversity.ca/EN/CardiacCollege/Eating/For_Women/Pages/default.aspx

French: https://www.healtheuniversity.ca/fr/CardiacCollege/Eating/For_Women/Pages/default.aspx

Feel Well

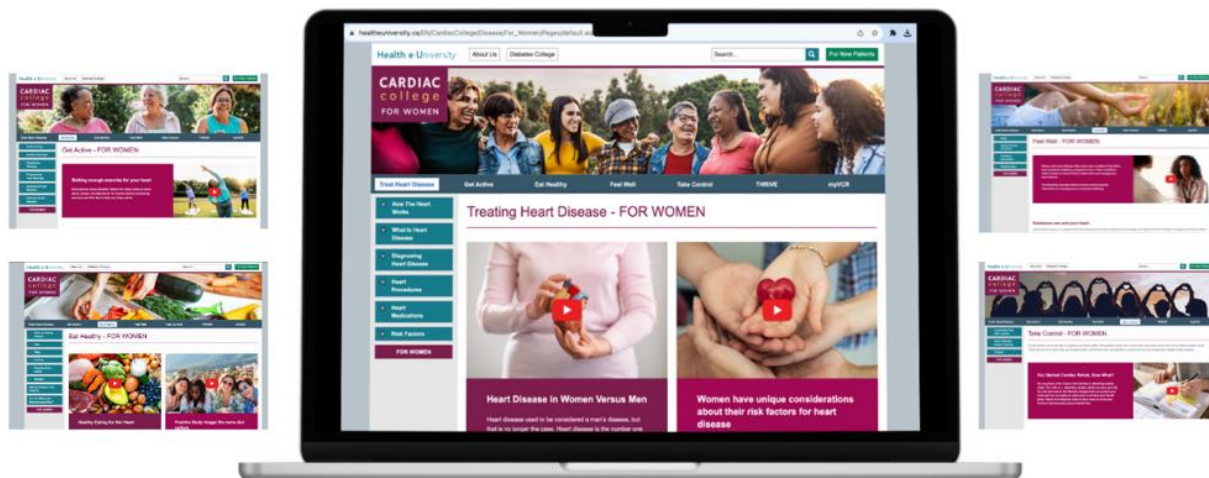
English: https://www.healtheuniversity.ca/en/CardiacCollege/Wellbeing/For_Women/Pages/default.aspx

French: https://www.healtheuniversity.ca/FR/CardiacCollege/Wellbeing/For_Women/Pages/default.aspx

Take Control

English: https://www.healtheuniversity.ca/EN/CardiacCollege/Control/For_Women/Pages/default.aspx

French: https://www.healtheuniversity.ca/fr/CardiacCollege/Control/For_Women/Pages/default.aspx



ANIMATED VIDEOS

Fitting Exercise into your Routine

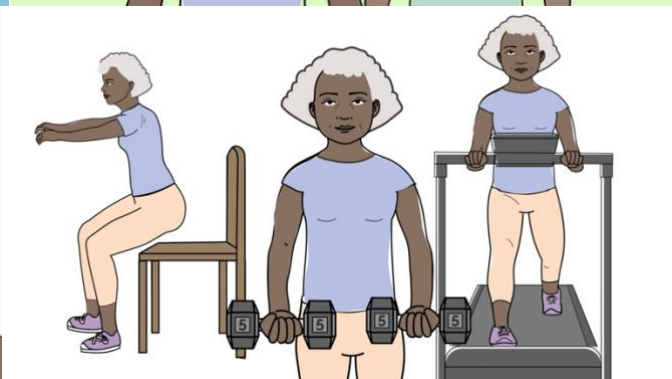
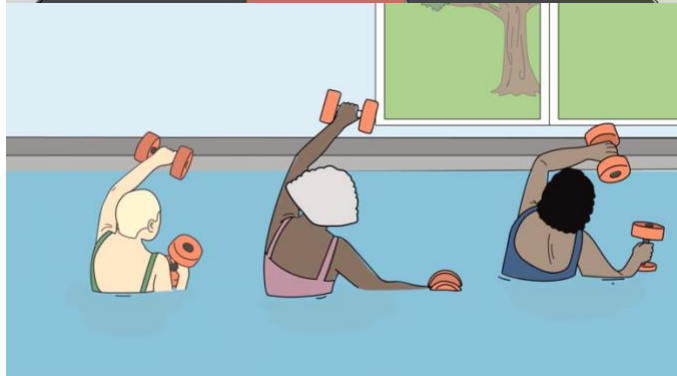
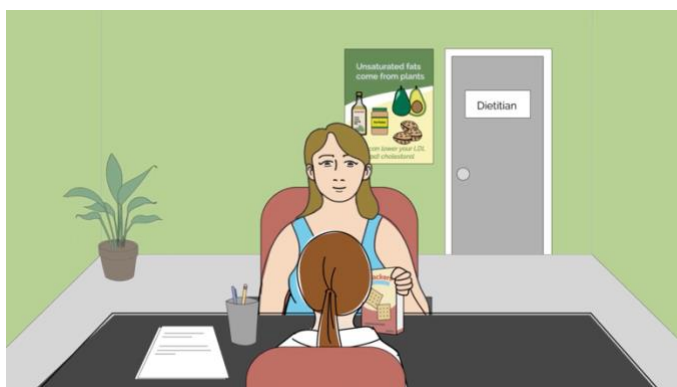
English: <https://www.youtube.com/watch?v=KDLrJ4jjGE>

French: <https://www.youtube.com/watch?v=4ZKtmGVRf0c>

Improving Heart Health without Crash Diets

English: <https://www.youtube.com/watch?v=-m05c73YCKo>

French: <https://www.youtube.com/watch?v=GDoHeNuiVMY>



SHORT VIDEOS

Video Title (ENGLISH)	Duration	Links
Myocardial infarction with non-obstructive coronary arteries (MINOCA)	3:14 min	https://www.youtube.com/watch?v=p3P6ZPBnplg
Takotsubo Cardiomyopathy in Women	4:39 min	https://www.youtube.com/watch?v=EbUp7K07peg
You Started Cardiac Rehab, Now What?	5:31 min	https://www.youtube.com/watch?v=q59UUm29b_4
Getting Enough Exercise for Your Heart	2:55 min	https://www.youtube.com/watch?v=ncJZbGl1AGk
Managing Multiple Roles	5:43 min	https://www.youtube.com/watch?v=ISDTgdQVmgM
Know Your Risk Factors, Protect Your Heart	3:30 min	https://www.youtube.com/watch?v=DhDChcNJMgg
Exercise and Breast Cancer	3:00 min	https://www.youtube.com/watch?v=bu_FJMoE-xQ
Osteoporosis	3:32 min	https://www.youtube.com/watch?v=dMfoDon4PwY
Alcohol and a Women's Heart	5:46 min	https://www.youtube.com/watch?v=Tgycc_LYrac
Positive Body Image: No More Diet Culture	2:58 min	https://www.youtube.com/watch?v=s3tajxQBR4k
Ultra-Processed Foods	5:15 min	https://www.youtube.com/watch?v=r5KgavT-HwY
Choosing Protein for Better Heart Health	4:42 min	https://www.youtube.com/watch?v=fjP95fLxdx4
Autoimmune Diseases in Women: Protect Your Heart	3:11 min	https://www.youtube.com/watch?v=CGRp83Tk3c4
Spontaneous Coronary Artery Dissection in Women	5:55 min	https://www.youtube.com/watch?v=T-Cnju8ZmR4

Video Title (ENGLISH) cont'd	Duration	Links
Heart Failure with Preserved Ejection Fraction	3:39 min	https://www.youtube.com/watch?v=gWfItojSjnU
Tobacco Use in Women	5:08 min	https://www.youtube.com/watch?v=t7ja-5gGJfo
Heart Disease in Women Versus Men	6:18 min	https://www.youtube.com/watch?v=fxh0EH47L5k



Video Title (FRENCH)	Duration	Links
Faire assez d'exercice pour avoir un cœur en santé	3:11 min	https://www.youtube.com/watch?v=KITETg01huQ
L'alcool et le cœur des femmes	6:40 min	https://www.youtube.com/watch?v=XLWjKta31kU
Exercice et cancer du sein	3:12 min	https://www.youtube.com/watch?v=XLWjKta31kU
Les maladies auto-immunes chez les femmes	2:57 min	https://www.youtube.com/watch?v=QzAiLLd6i3g
Maladies du cœur: les différences entre les hommes et les femmes	5:41 min	https://www.youtube.com/watch?v=KzcvW7QUZqU
Infarctus du myocarde sans obstruction coronarienne ou MINOCA	3:05 min	https://www.youtube.com/watch?v=-ul-2DmeWvU
Des protéines pour une meilleure santé du cœur	5:08 min	https://www.youtube.com/watch?v=O9GaSokE-9M
Gérer plusieurs rôles à la fois	5:19 min	https://www.youtube.com/watch?v=X963G8omPTY
La dissection spontanée de l'artère coronaire chez les femmes	5:46 min	https://www.youtube.com/watch?v=vieKAD2v8bs
Insuffisance cardiaque avec fraction d'éjection préservée	3:54 min	https://www.youtube.com/watch?v=9trELTYPQ_Y

Video Title (FRENCH)	Duration	Links
La cardiomyopathie takotsubo chez les femmes	4:36 min	https://www.youtube.com/watch?v=Fb3SBvwwk4U
Vous avez commencé la réadaptation cardiaque? Voici quelques conseils pour en tirer le maximum!	5:22 min	https://www.youtube.com/watch?v=Ss-LK1WeLdE
Ostéoporose	3:44 min	https://www.youtube.com/watch?v=WPVWMh9BsK0
Connaissez vos facteurs de risque, protégez votre cœur: l'entraide au féminin	3:35 min	https://www.youtube.com/watch?v=SjAACGRKXHg
Image corporelle positive – fini la culture des régimes!	3:38 min	https://www.youtube.com/watch?v=-OWSNCd5lJ0
Aliments ultratransformés	5:19 min	https://www.youtube.com/watch?v=QXqLGgJorOU
Usage du tabac chez les femmes: laissons le jugement de côté, il est difficile d'arrêter de fumer	4:03 min	https://www.youtube.com/watch?v=qWYm37UmwSU

YOUR NEW NORMAL VIDEO SERIES

Your New Normal

- Part 1: My heart journey <https://youtu.be/6oY2LVOuD1s>
- Part 2: About women's hearts <https://youtu.be/kh5fSLboXjs>
- Part 3: Your new normal <https://youtu.be/jEq9NkIFRyE>

Votre nouvelle normalité

- Partie 1: Mon parcours cardiaque <https://www.youtube.com/watch?v=H5iPGxcq-HU>
- Partie 2: À propos du cœur des femmes <https://www.youtube.com/watch?v=vnLBVYQgif0&t=0s>
- Partie 3: Votre nouvelle normalité <https://www.youtube.com/watch?v=JxLgVfxGFII&t=0s>



WEBINARS (FRENCH ONLY)

Série éducative: Cardiac College pour Femme	
Les bases de la réadaptation cardiovasculaire	https://www.youtube.com/watch?v=EACSmuZWLCA
À propos de votre coeur	https://www.youtube.com/watch?v=TQfRhm9HrUk
Les facteurs de risque cardiovasculaire	https://www.youtube.com/watch?v=6-ZcK530ltw
Médicaments pour le coeur	https://www.youtube.com/watch?v=JcQpTY7PrSE
L'exercice aérobie	https://www.youtube.com/watch?v=W-iueY3qY2M
Exercices de musculation (contre-résistance)	https://www.youtube.com/watch?v=kQhPKZopxKg
Sécurité et progression de l'exercice	https://www.youtube.com/watch?v=TDo-EZSjeHw
Développer une relation saine avec la nourriture	https://www.youtube.com/watch?v=AxUxue2zoiU
Manger sainement	https://www.youtube.com/watch?v=64IAoPinBwg
Santé psychosociale: dépression et anxiété	https://www.youtube.com/watch?v=V49MmCwwNYA
Santé psychosociale: stress, sommeil, relations sociales, rôles multiples	https://www.youtube.com/watch?v=aE5TltkeqRw
Le maintien après le programme	https://www.youtube.com/watch?v=EKvga6JByEY

EDUCATION SESSION SLIDES

We developed a 12 slide sets for online or in-person delivery, covering all areas of secondary prevention, with notes. Please contact us if you are interested and using these resources.

