



Women Heart Health Center
مركز صحة قلب المرأة

New Beats

No. 7 / January 2019



Fight the No.1 killer of women, HEART DISEASE.

Early detection can make all the difference. At WHHC we encourage women over 45 years for an annual check-up.

After 5 years at YADUNA, what can I say?

The challenge is won. The original shy idea is now a reality with a geographical location, convenient space, excellent tools, and complete staff.

The idea of caring for women's hearts is now well recognized worldwide. We were among the pioneers. The achievement of this goal would not have been possible without a smooth distribution of tasks in the phase of project preparation, a clear job description for the staff, and clear medical pathways elaborated between AUB and USJ.

Continuous efforts are made, many meetings dedicated to administrative and medical issues and marketing issues. Indeed, while the center is fully operative, what becomes important is to convince the public opinion that heart problems can also kill women, and to attract women to YADUNA center. This is called advocacy. Clearly, the results are good but can we still do better? With many campaigns, TV and radio interviews, municipalities gathering and conferences, joint activities with the ministry of public health, could the results be better in term of the number of women visiting the center? Is the number of visits the target and only defined goal of YADUNA?

Definitely not. The next steps should be to build on what we already achieved. We have data and it's time to explore them and to have reliable information on women's heart status in Lebanon, risk factors prevalence of cardiovascular disease, association with biological markers etc. these data should be presented, published and would constitute a deep marker of legitimacy for our center. We may need also to think about our communication strategy, being more innovative, interactive with the women's population. So, fortunately, the job is not finished. And that's a good thing in order to keep the YADUNA team in a dynamic state. However, if I go back in time, five years ago, I would quote Mark Twain "they did not know it was impossible so they did it".

Antoine Sarkis
MD, FESC, FACC

Professor of Cardiology, Saint Joseph University & Hotel Dieu de France Hospital, Beirut, Lebanon
President of the Lebanese Society of Cardiology.
Yaduna Board of Trustees and Board of Director

In **5** Years

Cardiology

First consultation

5,012
women

Follow up consultation

12,121
women

Dietitian

First consultation

1,977
women

Follow up consultation

5,612
women

Procedures

Laboratory Tests

9,575

Electrocardiogram

8,194

CT Calcium Score

3,738

Ultra Sound Heart

2,998

Chest X-Ray

282

Total Services provided 49,509

Activities & Achievements

Since 2013, Yaduna has been a pioneer in its work to support and protect women's heart health, thanks to its advanced equipment and highly qualified medical staff. The center's services are not limited to medical treatments but it also provides social services; We organize awareness campaigns across all Lebanon's regions, in coordination with municipalities, associations, women's organizations, the Ministry of Health and the Ministry of Social Affairs.

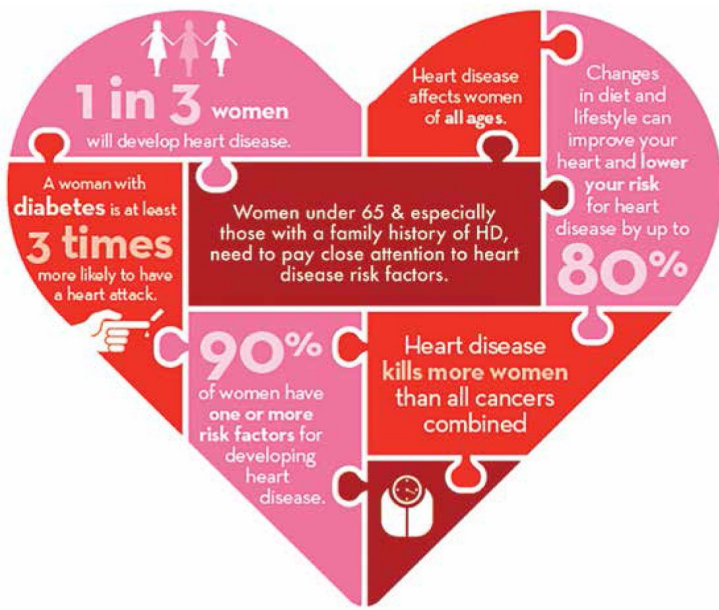
In 2018, we organized 36 awareness sessions for more than 1,500 women, 500 of whom underwent medical examinations at the center. We provide financial support to those who can't afford the medical tests.

Last but not least, we highlight our coordination of group seminars where women meet regularly to share psychosocial and health support.

Alongside physical health, heart health has psychological and social factors. This is what we seek in Yaduna's strategy!

Diana el Helou

Social worker / Yaduna -WHHC



Heart diseases risk factors for women

Risk factors for heart diseases are various, but some of them can affect women more severely than men, and are related specifically to this gender. These risk factors include:

Diabetes: Women with diabetes are at greater risk of heart diseases than diabetic men

Mental stress and depression: Women's hearts are affected by stress and depression more severely than men's. Mood swings and depression risk increase after menopause

Smoking: Smoking is a greater risk factor for heart disease in women than it is in men

Inactivity: Studies have shown that women are more inactive than men

Menopause: Low levels of estrogens after menopause are a significant risk factor for developing cardiovascular diseases

Certain chemotherapy drugs and radiation therapy for cancer: Some chemotherapy drugs and radiation therapies, such as those used to treat breast cancer, may increase the risk of cardiovascular diseases

Pregnancy complications: High blood pressure during pregnancy or gestational diabetes can increase women's long-term post-partum risk of having chronic high blood pressure and diabetes

(Ref: Mayo Clinic)

Stéphanie Nassar

Clinical and Community Dietitian
Yaduna WHHC



World Heart Day in Sept. 29
اليوم العالمي للقلب في ٢٩ أيلول



Awareness Campaign with Kababji Restaurants in October
حملة التوعية بالتعاون مع مطاعم «كبابجي» في شهر تشرين الأول



Eat Red, World Food Day on October 16
يوم الأغذية العالمي، أطايب اللون الأحمر ١٦ تشرين الأول

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Visit our Website
www.yaduna.org



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