HER HEART AT 10

A Decade of Impact and Innovation in Women's Heart Health



Her Heart

DIGITAL MAGAZINE
ALL THINGS HEART HEALTH

10TH ANNIVERSARY SPECIAL
ISSUE NO.11

WWW.HERHEART.ORG

MESSAGE FROM THE FOUNDER



For ten years, Her Heart has been at the forefront of women's cardiovascular health, empowering women through awareness, education, research, and advocacy. From pioneering resources to establishing a global presence, our journey has been driven by one goal: and that is to save lives.

As we celebrate our 10th anniversary, we reflect on key milestones and the impact we have made. This special edition highlights a snapshot of the progress, the voices, and some of our actions that continue to shape women's heart health. We are here to serve our community and this edition highlights our resources, ways we support you and how you can become more involved.

Finally, to mark this milestone, I invite you to join us on Friday, May 9, 2025, for a special lunch (just before Mother's Day!) of celebration, connection, and recognition of those who have been part of this journey.

I hope that you enjoy this edition and I look forward to seeing you in May!

Dr Linda Worrall-Carter

Prof Linda Worrall-Carter
Founder & CEO, Her Heart

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Her Heart's
10th Anniversary Event

- **A Landmark Celebration:** Bringing together our supporters, community members, advisors, industry leaders, and health professionals to reflect on achievements, celebrate, and look ahead to the future.
- **Acknowledging our Journey:** Honouring those who have supported and shaped Her Heart over the past decade.
- **Join Us in Driving Change:** As part of our anniversary celebrations, Her Heart is launching a fundraising events to drive awareness, engagement, and support for women's heart health.

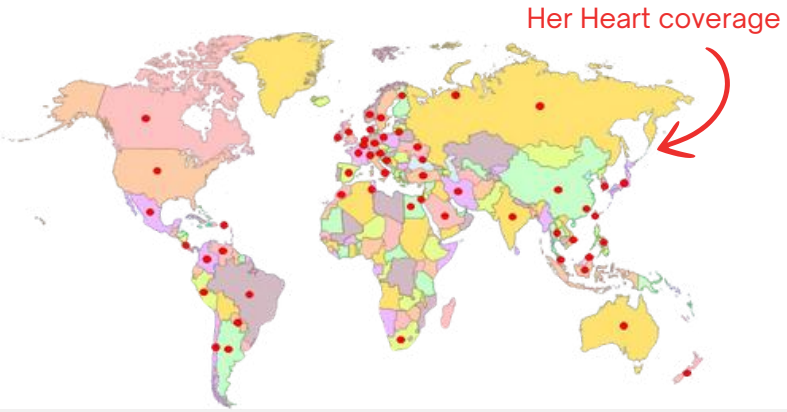
We would love for you to celebrate with us. Register to secure your seat now.

Mark your calendars!
9 May 2025

Click here to register

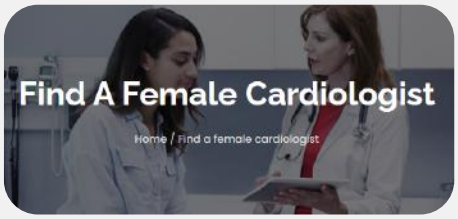
Snapshot of Key Outcomes & Initiatives

National & Global Reach: Expanded from 55 countries in the first 6 months to 195 countries worldwide.



Awareness: We amplify the patient voice through ‘Share Your Story’ and the Women IN™ Program. Provide tools and resources such as the Her Heart Checklist, the first Women’s Heart Age Calculator, and the Find a Female Cardiologist Directory (currently being expanded to Find a Heart Health Specialist).







Education: All resources and fact sheets are evidence-based, additional educational features on our Her Heart Membership plus the Her Heart Conference. We also work on specific projects such as our collaborative projects with Hitnet where we delivered culturally tailored heart health content for First Nations women.

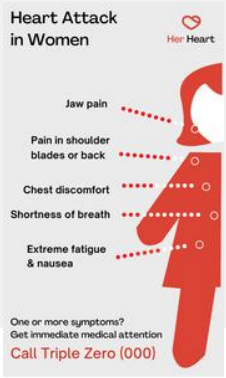
Research: Developed the first National Report Card on the status of Cardiovascular Disease in Women. Established 20+ partnerships, including the National Cardiac Registry and leading universities. Published research reports on women and cholesterol.

Advocacy: Responded to 20+ government reviews and reports, including the National Strategy on Gender Equality, National Women’s Health Strategy, and National Heart & Stroke Action Plan, and most recently on the MBS review of Heart Health Check.

What we offer



The **Her Heart Hub** is our virtual platform, available 24/7 with evidence-based information and key resources. We provide information via our Blogs, digital magazine, community bulletin, and other resources to support women's heart health.



Our pocket size! **Wallet Card** has been downloaded hundreds of times and reminds women of symptoms to look out for.



Her Heart Digital Magazine

Evidence-based blogs featuring interviews with key opinion leaders (health professionals)





Her Heart provides important **Cardiac Health Information for Aboriginal and Torres Strait Islander women** by sharing their stories, highlighting heart disease risks, and promoting prevention.

Community: How we connect with you



At Her Heart, connection is at the heart of everything we do. We raise awareness, provide evidence-based education, and advocate for women who are navigating their heart health journeys. Through community-building, storytelling, and amplifying the patient voice, we ensure that women's experiences are heard, valued, and acted upon.

Building a stronger community

Our online community is a space where women can connect, share experiences, and support one another. Through our online (Facebook) group, we provide a platform for conversations, encouragement, and support. We are keen for you to join us **here**.

No matter where you are on your health journey — seeking support, sharing experiences, or simply wanting to be part of a movement for better heart health — there's a place for you here and we would love for all women to join us.

Sharing stories that matter

Women's stories are at the heart of our advocacy. Over 100 women have shared their personal experiences with Her Heart, creating a powerful resource that inspires, educates, and supports others.

Your story could change a life. By sharing your journey, you can help others understand the reality of heart disease and the importance of early action. Read on some of the stories shared with us **here** and share yours **here.**

Only a snapshot of the powerful stories shared with us, helping to inform and support others



How we amplify your voice

At Her Heart, we believe that women's voices must be heard in the media, in healthcare, and in policy discussions. A key part of our mission is ensuring that real patient experiences drive awareness, influence decision-making, and lead to change.

Support women and help them share their stories

Through our Ambassador Program, we support women like Debra Clare, who has shared her journey at the Her Heart Conference. She has also been featured in the media including The Australian and The Telegraph.

Work with consumer-based partners

Collaborating with National organisations such as the Heart Foundation to bring patient perspectives to the forefront of healthcare discussions. Also, collaborating with International consumer groups such as the Global Heart Hub.

Advocate for change by amplifying women's voices

Engaging with Government, policymakers and health professionals to ensure that women's heart health is prioritised in research, funding, and implemented into heakth care strategies.



Debra Clare sharing her story at the Her Heart Conference 2024



Debra's story featured on The Australian

By connecting, sharing, and amplifying, we are building a strong, engaged community that is driving real change for women's heart health. **Join us and be part of the movement.**

Your Heart, Your Community: **Join Her Heart**

The Her Heart Membership was created during COVID-19 as a meaningful way to support the women who supported us.

Instead of a request for donations, we created a membership so we could give back! This provides exclusive access to resources, expert insights, and webinars.

Our membership offers two tiers — Value and Premium — providing access to our online support group, webinars, and other resources such as a planned educational program.

We are continuously expanding our offerings, including the introduction of our Conference Webinar Series, Unique Educational programs and interviews, and more. This will allow more women to engage with life-changing information, no matter where they are.

The Value Membership includes:

$49.95

- **Community Group:** Get instant access to the Her Heart community group.
- **Stay updated:** Receive our Community Bulletin and a quarterly Digital Magazine.
- **Access to online resources:** Get access to our online resources, books and factsheets.
- **Tell your story:** Share your story and help raise awareness of heart disease. Help others living with heart disease, letting them know that they are not alone.
- **Discounts:** Get exclusive access to offers from our partners and suppliers.

The Premium Membership includes:

$197.00

- **Community Group:** Get instant access to the Her Heart community group.
- **Assess your risk:** Access to our Women's Heart Age Calculator.
- **Stay updated:** Receive a Community Bulletin and a quarterly Digital Magazine.
- **Tell your story:** Share your story and help raise awareness of heart disease. Help others living with heart disease, letting them know that they are not alone.
- **Educational programs:** Access to our new Webinar series - starting with Her Heart Conference, plus unique opportuntities to to learn about heart health.
- **Unlimited access to online resources:** Get access to our comprehensive range of heart health resources.
- **Discounts:** Get exclusive access to offers from our partners and suppliers.
- **Member Rewards Program (in progress):** The opportunity to earn Her Heart dollars which can be used towards any purchase on the website.

How old is your heart?

You know your age — but do you know your heart age?

A global review of all the online consumer-based heart health calculators were found to be missing key female-specific risk factors. Her Heart decided to create the ONLY Women's Heart Age Calculator.

Why This Matters

During the course of their life life, women face unique risk factors that many other traditional assessments overlook,. These can include:

- High blood pressure during pregnancy
- Raised blood sugar during pregnancy (Gestational diabetes)
- Multiple miscarriages
- Early Peri-menopause and Menopause





Developed by Her Heart, this 10-minute online heart age calculator gives women a personalised heart health assessment. It compares their biological age to their heart age and provides clear guidance using an easy-to-understand traffic light system:

- Green? Keep up the great work!
- Amber? Time to check in, see your GP and make small changes.
- Red? Do not ignore it — take action now and book that appointment with your GP

This is Australia's first Women's Heart Age Calculator and is available as part of the Her Heart Premium Membership.

Are you asking your doctor the right questions?

When it comes to heart health, knowing what to ask is just as important as knowing the answers. That is why the **Women's Heart Health Checklist** was created - to help women feel confident and prepared for their GP visits.

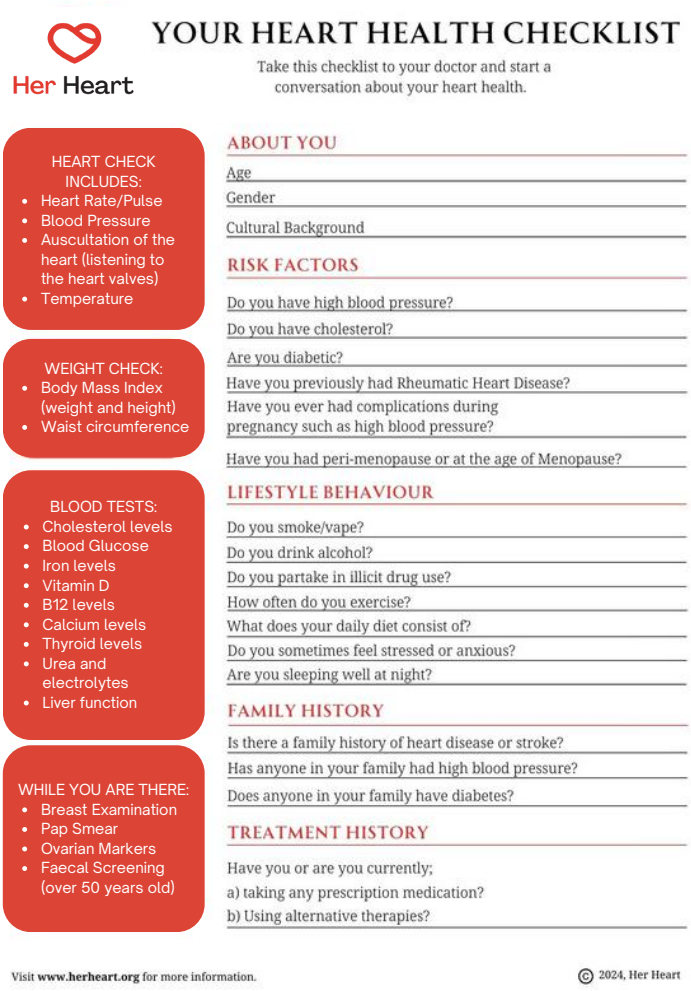
Why This Matters

Women can sometimes miss the early signs of heart disease because symptoms can be different from men's. Our checklist provides:

- A structured list of essential questions to discuss with your doctor
- Guidance on knowing key numbers like blood pressure and cholesterol that women should monitor regularly
- Support for Annual Heart Health Checks, making GP visits easier and more effective

Developed with consumer input and GP feedback, this downloadable resource ensures women get the most out of their appointments.

Since its launch, it has been accessed over 100,000 times and is now used by a significant number of consumers and recommended by health professionals across Australia. With its latest 2024 update, the checklist continues to empower women to take charge of their heart health.



Her Heart

YOUR HEART HEALTH CHECKLIST

Take this checklist to your doctor and start a conversation about your heart health.

HEART CHECK INCLUDES:
- Heart Rate/Pulse
- Blood Pressure
- Auscultation of the heart (listening to the heart valves)
- Temperature

WEIGHT CHECK:
- Body Mass Index (weight and height)
- Waist circumference

BLOOD TESTS:
- Cholesterol levels
- Blood Glucose
- Iron levels
- Vitamin D
- B12 levels
- Calcium levels
- Thyroid levels
- Urea and electrolytes
- Liver function

WHILE YOU ARE THERE:
- Breast Examination
- Pap Smear
- Ovarian Markers
- Faecal Screening (over 50 years old)

ABOUT YOU
Age
Gender
Cultural Background

RISK FACTORS
Do you have high blood pressure?
Do you have cholesterol?
Are you diabetic?
Have you previously had Rheumatic Heart Disease?
Have you ever had complications during pregnancy such as high blood pressure?
Have you had peri-menopause or at the age of Menopause?

LIFESTYLE BEHAVIOUR
Do you smoke/vape?
Do you drink alcohol?
Do you partake in illicit drug use?
How often do you exercise?
What does your daily diet consist of?
Do you sometimes feel stressed or anxious?
Are you sleeping well at night?

FAMILY HISTORY
Is there a family history of heart disease or stroke?
Has anyone in your family had high blood pressure?
Does anyone in your family have diabetes?

TREATMENT HISTORY
Have you or are you currently;
a) taking any prescription medication?
b) Using alternative therapies?

Visit www.herheart.org for more information.

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Find a Women's Heart Health Specialist

Finding the right heart specialist can be challenging for many women especially in a country as vast as Australia. Access is even more limited in rural and remote areas, where specialist care can be hard to find.

That is why Her Heart created Find a Female Cardiologist, an online directory connecting women with female specialists. However, with only 15% of cardiologists in Australia being women - many regions simply do not have a female cardiologist available.

To ensure that all women can access gender-sensitive cardiac care, and be inclusive of the many male cardiologists who specialise in women's heart health - we are expanding this resource into **Find a Heart Health Specialist**. This will include male cardiologists with expertise in women's heart health.

Why This Matters

- Currently features 120+ cardiologists across Australia
- Developed in response to community demand for a trusted referral source
- One of our top resources - accessed more than 23,000 times

Health professionals now recommend Her Heart as a go-to resource, helping women find specialists who understand their unique heart health needs.

As we transition to Find a Heart Health Specialist, this directory will continue to grow, ensuring that every woman — no matter where she lives — has access to the right care.

More specialists. More access. Better heart health for women.



Health Professionals in Women's Heart Health

Improving women's heart health requires collaboration across the healthcare system. At Her Heart, we recognise that supporting health professionals, including specialists, GPs, nurses, nurse practitioners, and allied health professionals is just as important as empowering patients.

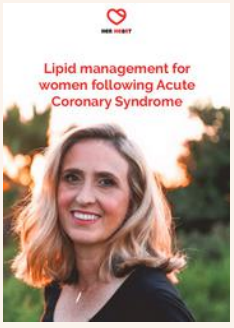
We provide:

- **Education & Knowledge-Sharing:** Through conferences, expert-led sessions, access to key opinion leaders and a webinar series, we support health through highlighting the latest developments in women's cardiovascular health.
- **Research & Data-Driven Resources:** The Her Heart Report Card and research reports offer valuable insights into risk factors, diagnosis, treatment disparities. They are useful tools for health professionals, research and policy makers.
- **A Platform for Collaboration:** We actively engage with health professionals to amplify the patient voice, highlight gaps in care, and advocate for change. By working together, we can drive better prevention, diagnosis, and treatment for women's heart health - real change happens when patients and professionals unite.



Her Heart Adviser and Foundation member, Dr Noel-Bairey Merz MD



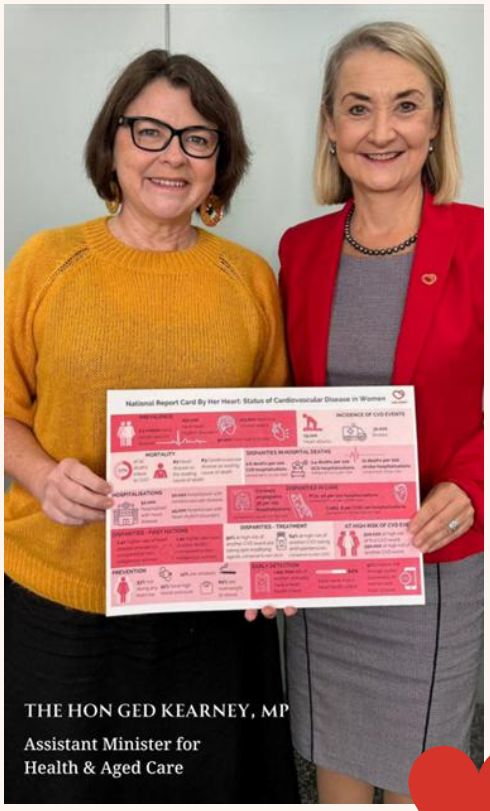




The Her Heart Report Card: A Data-Driven Call to Action

At Her Heart, we believe it is essential to support and collaborate with Government, health policy individuals, and health professionals. One of the ways we do this is by providing reliable data and insights to drive better outcomes for women's heart health.

Data shapes change. That is why we created the **Her Heart Report Card**, the first national report card on the status of cardiovascular disease in women. It presents critical findings on disparities in diagnosis, treatment, and outcomes:



- Includes the prevalence of risk factors such as high blood pressure and diabetes, and rates of access to screening and treatment services for women.
- Highlights significant disparities, especially for First Nations women - 2.4 times higher risk of CVD than non-Indigenous women & 1.9 times higher rate of heart disease deaths
- Lifestyle Factors – 33% of women do not engage in any exercise, and 60% are overweight or obese, highlighting gaps in prevention efforts.
- Need for Awareness – 91% believe there is not enough public awareness about heart disease in women.
- With over 2.1 million Australian women living with CVD, and 500,000 at risk of their first event, there is an urgent need to improve prevention, early detection, and equitable access to care.
- This resource has been used to advocate for better policies and funding, ensuring that women's heart health remains a national priority.

Her Heart Conference 2025: **Expanding the Conversation**



Following the success of our Inaugural Conference in October 2024 in Sydney, Her Heart is proud to announce that our next annual conference will be held in Melbourne in late October 2025. This flagship event continues to bring together leading experts, researchers, and advocates to advance women's heart health.





What to Expect in 2025

Expert-Led Discussions: Addressing the latest research, treatment gaps, and innovations in cardiovascular care for women

Exclusive Networking Opportunities: Bringing together health professionals, policy makers, researchers, industry leaders and consumers.

Convenient & Accessible: Attendees will benefit from discounted accommodation and dedicated networking spaces

Her Heart Conference Webinar Series: As part of our Her Heart Premium Membership, we are giving access to our Conference Webinar Series, so for those who can't make the conference it will provide access to all presentations from the conference.

Get involved

There are many ways you can support Her Heart's life-changing work:



Donate

Make a donation for long-lasting impact on women's heart health.



Partner with us

Let's collaborate and explore sponsorship opportunities that make a difference.



Become a member

Join our community membership to access additional resources such as webinars and stay connected with others.



Spread the word

Help us spread the word! Share our content on our digital channels and start conversations with your friends and family.



Share your story

Do you or a loved one have heart disease? Are you a carer or health professional with a story to share? Your story is valuable and could help save lives — we'd love to hear it!



Your support, time, and donations can help save a woman's life every hour.

Her Heart acknowledges Traditional Owners of Country throughout Australia and recognises the continuing connection to lands, waters and communities. We pay our respect to Aboriginal and Torres Strait Islander cultures, and to Elders past and present of all communities who also work and live on this land.

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