

**sanoMidLife♀**

*Thanks for joining!  
We'll be starting momentarily...*

# Longevity Live Series

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Not just longer, but better

## Session 2: Heart Health

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**Speakers:** Dr. Kandis, ND and Kathy, NP

**Moderator:** Angela



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**Meet  
Dr. Kandis, ND  
and Kathy, NP**



# “Longevity Live Series” Our Group Flow



- Your Support Village
- Dialogue and Etiquette
  - ❑ On-camera (optional)
  - ❑ Open conversation (please raise your hand)
  - ❑ In-Meeting Chat
- Post-live session resources
  - sanoMidLife Library (recordings)
  - Peer Connect

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## Longevity Live Series: Our monthly breakdown...

January 20th	Health-span
<b>February 20th</b>	<b>Heart Health (Today)</b>
<b>March 24<sup>th</sup></b>	Metabolic Health, The Gut and Weight →
<b>April 21<sup>st</sup></b>	Bone Health
<b>May 19<sup>th</sup></b>	Endocrine Health, Thyroid and Stress
<b>June 16<sup>th</sup></b>	Cancer Prevention
<b>September 15<sup>th</sup></b>	Pelvic Health, Prolapse and Incontinence
<b>October 20<sup>th</sup></b>	Mental Health and Cognitive Decline
<b>November 17<sup>th</sup></b>	Sexual Health
<b>December 15<sup>th</sup></b>	Integrating It All, The Women's Longevity Playbook

*Next session*



# Why Cardiovascular Disease Looks Different in Women



01

Anatomical differences

02

Hormonal influences

03

Different disease patterns

04

Different plaque behavior

05

Unique female-specific risk factors

# Why Heart Attacks Are Often Missed in Women

Women frequently experience **“atypical” symptoms**, which delays diagnosis and care.

Common warning signs include:



Shortness of breath



Nausea or vomiting



Unusual or extreme fatigue



Jaw, neck, upper back, or abdominal pain



Feeling “off” or unwell rather than crushing chest pain

# Estrogen's role in heart protection

## Estrogen:



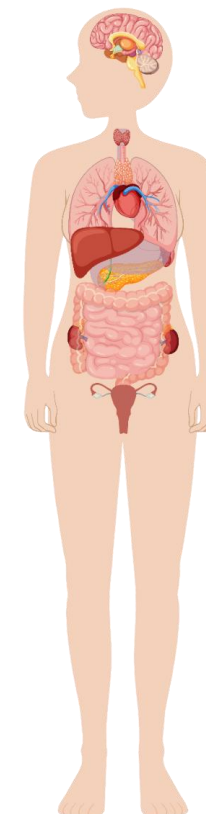
Raises HDL  
("good" cholesterol)

Lowers LDL  
("bad" cholesterol)

Helps blood vessels relax  
and dilate

Reduces oxidative stress  
in arteries

As estrogen declines, these protective effects are lost.



# Knowing Your Numbers: What Actually Matters

## Core markers everyone should know:

Blood pressure

Cholesterol (including  
triglycerides)

Blood sugar (A1C)

Global risk score  
(Framingham or CLEM)

Together, these form your **personal cardiovascular risk profile**

# Tests That Help Assess Metabolic Risk



01 **HbA1c** (>5.5% suggests prediabetes)

02 **Fasting glucose** (>6.0 mmol/L)

03 **OGTT (oral glucose tolerance test)** how well your body deals with sugar

04 **Triglycerides** (>1.47 mmol/L)

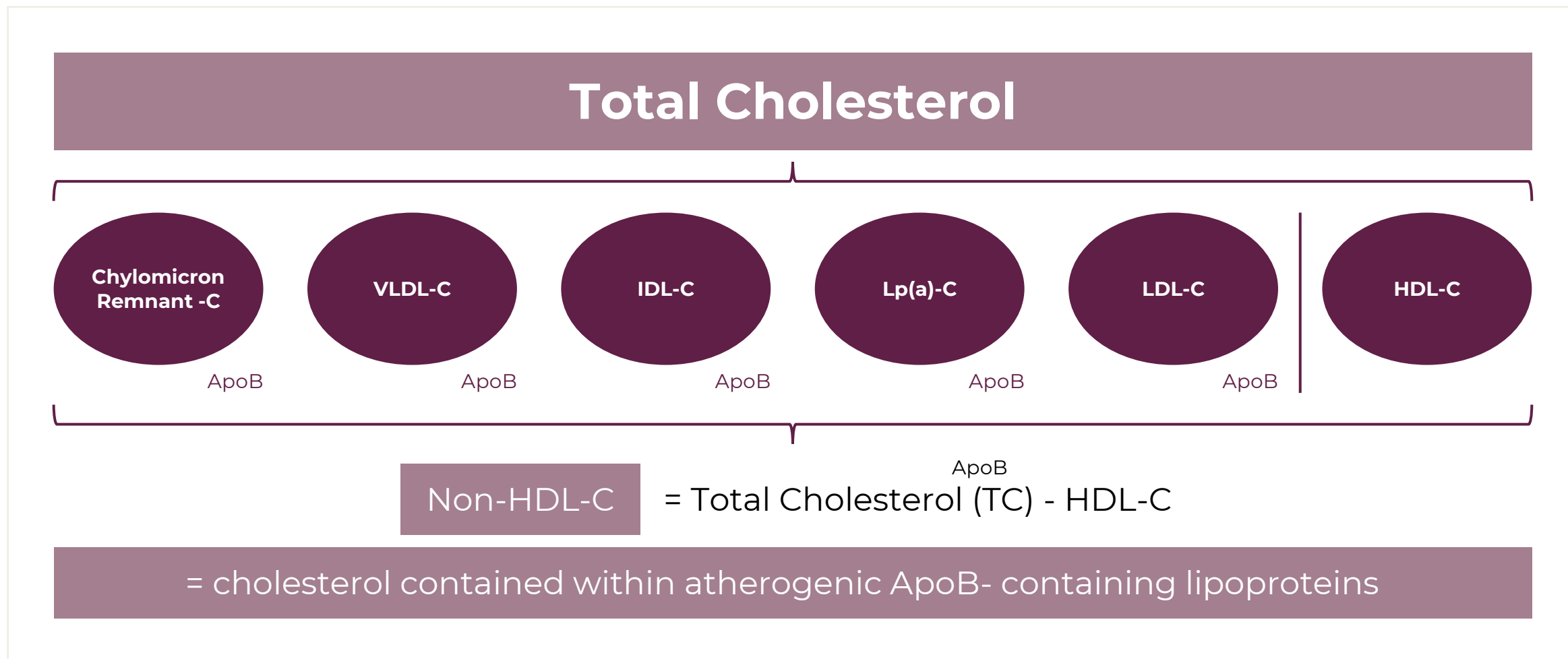
05 **Triglyceride: HDL ratio** (>3.0 mg/dL)

06 **Fasting insulin** Levels above 15.7 microU/mL (109 pmol/L) may suggest insulin resistance, though this test has limitations due to lack of standardization.

# Bloodwork – Explained

	Flags	Results	Reference	Units
<b>Lipids</b>				
Hours After Meal		14		Hours
Triglyceride		0.76		mmol/L
		FASTING: <1.70 mmol/L NON-FASTING: <2.00 mmol/L		
Cholesterol		4.96	<5.20	mmol/L
		Total cholesterol and HDL-C used for risk assessment and to calculate non HDL-C.		
HDL Cholesterol		2.23	>=1.30	mmol/L
		HDL-C <1.30 mmol/L indicates risk for metabolic syndrome.		
Non HDL Cholesterol		2.73	<4.20	mmol/L
		Non HDL-Cholesterol is not affected by the fasting status of the patient.		
LDL Cholesterol		2.41	<3.50	mmol/L
		LDL-C is calculated using the NIH equation.		
		For additional LDL-C and non-HDL-C thresholds based on risk stratification, refer to 2021 CCS Guidelines. Can J Cardiol. 2021;37(8):1129-1150.		
Cholesterol/HDL Ratio		2.2		
Lipoprotein (a)		35	<100	nmol/L

# Total Cholesterol Breakdown



# The Good News: Most Heart Disease Is Preventable



Up to **80%** of **cardiovascular disease is preventable.**

This is where **knowledge becomes power.**



# Building Cardiovascular Resilience



Nutrition



Exercise



Supplements  
(With Provider  
Guidance)



Stress  
Regulation



Sleep



Menopause  
timing



Hormone  
therapy



# Ask

Dr. Kandis and Kathy ...

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# How to Access Our Resources

You must be logged in to see the Longevity Live Replays. Simply log in to your sanoMidLife account.  
To make it easy, **follow the login path that matches how you originally joined:**



<b>Insurance</b> (i.e., Medavie Blue Cross): <a href="#">LOGIN   sanoMidLife/sanoMidVie</a>	<b>Employer:</b> <a href="#">LOGIN   sanoMidLife/sanoMidVie</a>	<b>Individual Purchase:</b> <a href="#">LOGIN   sanoMidLife/sanoMidVie</a>
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