

**AB**

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**DR. ALEX BASTIANY**

# *Speaker Portfolio*

SERVICES & RATE GUIDE



# Bio

Dr. Bastiany trained in cardiology at the Université de Montréal before completing a fellowship in Interventional Cardiology and becoming the first Black female Canadian Interventional Cardiologist.

Born and raised in Montreal, she developed a deep commitment to serving visible minority communities, partnering with local centers to host learning sessions on health issues affecting the Haitian population.

Blending her expertise in cardiovascular disease with her dedication to equity, she works to dismantle race and gender biases that drive gaps in care and outcomes.

**CV**

**PRESSKIT**

**FEATURED**



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**ADVOCACY  
IS HEART  
WORK.**



# Topics

## CHAMPIONING WOMEN'S CARDIOVASCULAR HEALTH

Dr. Bastiany sheds light on the unique risks and realities of heart disease in women, especially among BIPOC communities. She exposes systemic gaps in research, diagnosis, and care, and equips audiences with practical tools to advocate for themselves and their loved ones. Her sessions blend evidence-based medicine with human stories, making cardiovascular health an urgent and empowering conversation.

### OBJECTIVES

- UNDERSTANDING UNIQUE FEMALE AND BIPOC CARDIOVASCULAR RISK FACTORS
- NAVIGATING SYSTEMIC BARRIERS IN HEALTHCARE
- SELF-ADVOCACY TOOLS, KEY QUESTIONS, ABC HEALTH METRICS, AND THE SURE FRAMEWORK

## REPRESENTATION, EQUITY, AND LEADERSHIP IN MEDICINE

From being the first Black Canadian female interventional cardiologist to advocating for diversity in clinical research leadership, Dr. Bastiany shares the profound impact representation has on patient care and medical innovation. She challenges institutions to see "in full colour," provides strategies to foster equity, and inspires the next generation to lead with authenticity and intention.

### OBJECTIVES

- THE RESEARCH GAP: HOW EXCLUSION AFFECTS OUTCOMES
- BUILDING EQUITY INTO MEDICAL EDUCATION, POLICY, AND TRIALS
- CHAMPIONING DIVERSITY IN LEADERSHIP ROLES AND CLINICAL RESEARCH DESIGN

# Topics

## BEYOND THE WHITE COAT: STAYING WHOLE IN HIGH- PRESSURE CAREERS

Drawing from her own journey through medical training and practice, Dr. Bastiany offers strategies for sustaining identity, purpose, and wellbeing in demanding careers. She equips audiences—especially students and early-career professionals—with tools for self-advocacy, mentorship, and work-life integration, reminding them that professional success and personal fulfillment go hand-in-hand.

### OBJECTIVES

- PRACTICAL STRATEGIES FOR RESILIENCE AND MENTAL HEALTH IN MEDICINE
- BUILDING COMMUNITY: MENTORSHIP, SPONSORSHIP, AND PEER NETWORKS
- STAYING AUTHENTIC WHILE NAVIGATING HIGH-PRESSURE, HIGH-STAKES ENVIRONMENTS

## ADVOCACY IN ACTION: FROM CLINIC TO COMMUNITY

Dr. Bastiany bridges the gap between medical expertise and community impact. Whether working with patients in clinic, speaking at national conferences, or challenging policy in boardrooms, she demonstrates how advocacy at every level can change health outcomes. Audiences leave with practical ways to champion better care for themselves, their communities, and the populations most often overlooked.

### OBJECTIVES

- RECOGNIZING WHERE HEALTH SYSTEM GAPS START — AND HOW TO ADDRESS THEM
- BUILDING ADVOCACY SKILLS FOR BOTH PERSONAL AND SYSTEMIC CHANGE
- LEVERAGING STORYTELLING, LIVED EXPERIENCE, AND EVIDENCE TO INFLUENCE POLICY AND PRACTICE

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**THE MOST  
POWERFUL  
TOOL IN  
HEALTH-  
CARE IS AN  
INFORMED  
PATIENT.**