



HEART FAILURE

AWARENESS WEEK MAY 2-8, 2022

TIME TO TAKE ACTION

in partnership with



WHAT IS HEART FAILURE?

Heart failure is a chronic condition caused by the heart not functioning as it should, or by a problem with its structure. It can happen if the heart is too weak or too stiff, or both.

COMMON SYMPTOMS OF HEART FAILURE INCLUDE

- Shortness of breath
- Fatigue and lack of energy
- Swelling in legs or abdomen

TIME TO TAKE ACTION

KNOW COMMON RISK FACTORS



DEVELOP YOUR SELF-MANAGEMENT SKILLS

- Understand your heart failure condition
- See your health provider regularly
- Involve your caregivers and peers
- Take your prescribed medications
- Check your weight & blood pressure
- Limit salt and fluids
- Keep a healthy lifestyle
- Care for your mental wellbeing
- Maintain yearly vaccines

 **750,000** Canadians live with **heart failure**.

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“It scared the heck out of me, and it still does. The mental, emotional part is the most difficult”

- Person living with heart failure



1 in 3 Canadians has been **touched** by **heart failure**.

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A **Healthcare Checklist** will help you actively engage with your healthcare providers virtually



heartandstroke.ca/virtualchecklist

The **HeartLife Academy** is available to help you understand the heart failure experience



heartlife.ca/resources

Patient and caregiver support is available through **My HeartLife App** and Heart & Stroke online **Peer Communities**



heartlife.ca
heartandstroke.ca/connect

HEART FAILURE RESOURCES



heartlife.ca
heartfailure.ca
heartandstroke.ca/heartfailure

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