

presents



HEART FAILURE

AWARENESS WEEK • MAY 1-7, 2023

IT'S NOT NORMAL TO BE BREATHLESS

in partnership with



KNOW SIGNS AND SYMPTOMS OF HEART FAILURE. ACT NOW AND LIVE LONGER.

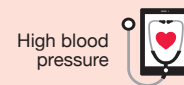
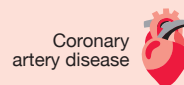
WHAT IS HEART FAILURE?

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

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

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 medications as prescribed
- Monitor blood pressure, heart rate & weight
- Keep a healthy lifestyle
- Care for your mental wellbeing
- Have vaccinations up to date

750,000 Canadians live with **heart failure**.
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“People living with heart failure require support, resources, knowledge and skills to build their confidence and self-advocacy as leaders of their heart failure care”

- Person living with heart failure



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



heartlife.ca
heartfailure.ca
heartandstroke.ca/heartfailure

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

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