

It's not normal to be breathless

Know the Signs and Symptoms of Heart Failure. **Act Now. Live Longer.**



What are the common symptoms of heart failure?



Shortness of breath



Low energy



Swelling in your feet, ankles, legs or stomach



Persistent cough



Weight gain

HEART FAILURE AWARENESS WEEK



May 4-10, 2025 #HeartFailureWeekCan

Get more information

Visit HeartFailure.ca or scan the QR code to learn more and access patient education and support resources.



Stay up to date by following us on social media.

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Canadian Council of Cardiovascular Nurses



SPECIAL THANKS:

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