

# **HEART FAILURE:** **INCIDENCE, PREVALENCE & RISK FACTORS**



## **How to use this resource:**

- The following slides are available for use in their current form for presentations that include general information about the incidence, prevalence and risk factors for heart failure.
- The slide deck may be used in its entirety or individual slides may be selected as per the presentation objectives and target audience.

## **Target audience:**

- Health care providers with general (rather than specialized) knowledge about heart failure.
- General public
- Patients with heart failure



# Possible topics to consider in your presentation

- What is heart failure?
- Risk Factors for heart failure
- How heart failure is diagnosed?
- Ejection fraction: What is it and why is it important?
- Assessment of someone with heart failure
- Management of heart failure
  - Medications, cardiac procedures and surgery, devices
  - Cardiovascular rehabilitation
  - Patient/caregiver education and supporting self-care
- Advance care planning / goals of care conversations
- Dealing with emotions
- Personal perspectives: Patient/caregiver experiences
- What is new in HF treatments; research in heart failure
- Question and answer time



**It's not  
normal  
to be  
breathless**



**#HeartFailureWeekCan**

**May 4-10, 2025**

**HEART  
FAILURE  
AWARENESS  
WEEK**



Canadian Heart Failure Society  
Société canadienne d'insuffisance cardiaque



Canadian  
Cardiovascular  
Society



HeartLife  
FOUNDATION



Canadian  
Council of  
Cardiovascular  
Nurses



Heart & Stroke



CACPR  
Canadian Association of  
Cardiovascular  
Physicians and  
Rehabilitation



Canadian  
Heart Function  
Alliance  
Linked by the heart

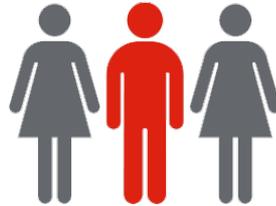


TED ROGERS  
CENTRE  
FOR HEART  
RESEARCH

# Heart Failure in Canada



- 750,000 people live with heart failure
- 100,000 people are diagnosed with heart failure every year



**1 in 3** Canadians has been **touch**ed by **heart failure.**



# Heart Failure is on the rise in Canada

**Heart failure**  
in Canada **is**  
**growing** due to:



Aging  
population



Younger people  
being diagnosed



Heart damage  
from COVID-19



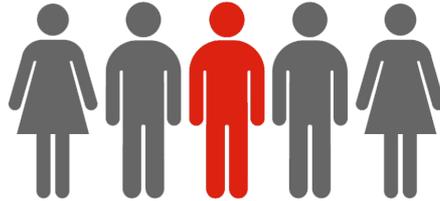
Also, due to better treatments, people are living longer with other conditions that can lead to heart failure over time (e.g., heart attack, hypertension, diabetes)



# Heart Failure is straining the Canadian healthcare system.



**Heart failure** is one of the **most common** reasons why people in Canada end up in hospital.



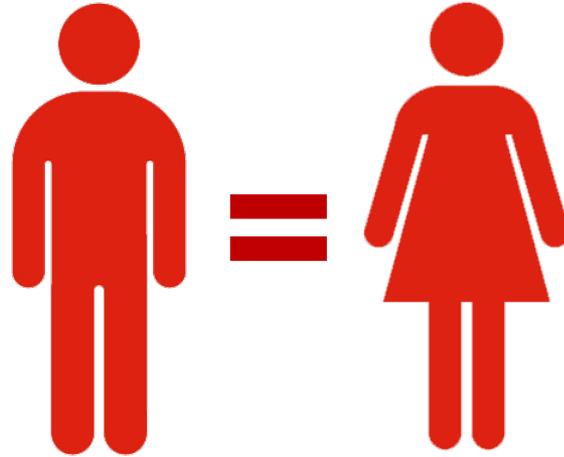
Following a hospitalization for **heart failure**, 1 in 5 people will be readmitted **within a month**.



**Heart failure** will soon cost Canada more than **\$2.8 billion** a year.



# Who Gets Heart Failure?



- The risk of developing heart failure is similar in men and women



# Who Gets Heart Failure?

While the most common causes of heart failure are coronary artery disease and high blood pressure, there are some differences between men and women.

## WOMEN with HF:

- History of high blood pressure or diabetes more common
- Tend to be older than men with HF

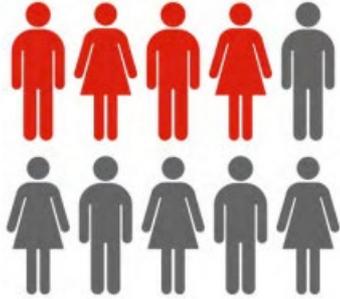


## MEN with HF

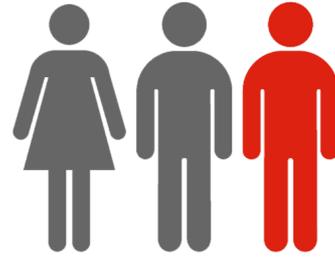
- History of heart attack and/or coronary artery disease more common



# What Canadians Know About Heart Failure



4 in 10 Canadians  
**do not understand**  
**heart failure.**



2 in 3 Canadians do not  
know there is **no cure**  
for **heart failure.**



# Did you know...?

Heart failure is more deadly than the majority of cancers

However, treatments are available to help control heart failure so people can:

- Improve their quality of life
- Reduce the need for hospitalization
- Live longer



# What is Heart Failure?

**Heart failure** is a chronic condition that means the heart:

- Is not functioning as it should
- May be too weak or too stiff or both
- May have a problem with its structure



# Heart Failure Does **NOT** Mean...

- Your heart has stopped working
- Your heart is about to stop working
- You have had a heart attack



# Symptoms of heart failure

The most common symptoms of heart failure are:

- Breathlessness or shortness of breath
- Swelling in feet or abdomen
- Fatigue

