

# Tips to prepare for your healthcare visit

- ✓ Consider having someone you trust participate in the visit with you if possible.
- ✓ Come prepared with your health card, current medication list, pharmacy name, recent blood pressure readings and if applicable, glucose levels and weight records.
- ✓ Write down your list of concerns and questions and bring a pen and paper or electronic device to make notes.
- ✓ Ask your healthcare provider what each test check is for and how the results may impact your management.
- ✓ Ask about reliable online resources and applications to help you manage your risk or condition.
- ✓ Ask about warning signs to be aware of and when to go to the emergency room or call 9-1-1.

## Get more information

Visit [HeartFailure.ca](https://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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#### References

(1) Heart and Stroke Foundation of Canada. Falling Short. How Canada is Failing People with Heart Failure-and How We Can Change That. 2022 Spotlight on Heart Failure.2022 <https://www.heartandstroke.ca/heart-disease/conditions/heart-failure>

# It's not normal to be breathless



## HEART FAILURE AWARENESS WEEK

**May 3-9, 2026**

[#HeartFailureWeekCan](https://HeartFailureWeekCan)



## Know the Signs and Symptoms of Heart Failure. Act Now. Get It Checked.

# 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<sup>1</sup>

## What are the common symptoms of heart failure?



Shortness of breath



Tired and low energy for daily activities



Increased swelling in your feet, ankles, legs or stomach



Persistent cough especially when lying down



Weight gain  
> 4 lbs (2kg) in  $\geq 2$  days or  
> 5 lbs (2.5kg) in 1 week

## When should you go to the emergency department or call 9-1-1?



You are struggling to breathe



Your shortness of breath does not go away while sitting still



You have a fast heartbeat that does not slow down when you rest



You have chest pain that does not go away with rest or with medicine



You are having trouble thinking clearly or are feeling confused

## What are the risk factors for heart failure?



Aging



Coronary artery disease



High blood pressure



Diabetes

## How is heart failure diagnosed?



Review clinical history & risk factors



Physical Exam



Blood tests



Chest x-ray



Cardiac MRI



Echocardiogram



Electrocardiogram