

# It's not normal to be breathless

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



**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 3-9, 2026 #HeartFailureWeekCan**

**Get more information**

Visit [HeartFailure.ca](http://HeartFailure.ca) or scan the QR code to learn more and access patient education and support resources.



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