

HEART FAILURE AWARENESS WEEK

May 3-9, 2026

#HeartFailureWeekCan



It's not normal to be breathless



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 both¹

What are the common symptoms of heart failure?



Dyspnea



Tired and low energy for daily activities



Edema



Nocturnal Symptoms
Orthopnea and paroxysmal nocturnal dyspnea



Persistent cough



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

What are the risk factors for heart failure?



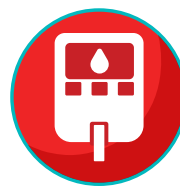
Aging



Coronary artery disease



High blood pressure



Diabetes

Routine Screening



Risk-Factor screening
Primary prevention strategy for groups at high risk of heart failure.



Physical examination



Electrocardiogram
Provide timely access to a 12-lead electrocardiogram.



Chest X-ray
Assess heart size and pulmonary congestion.



Echocardiography
Provide timely access (immediately or within two weeks for baseline assessment) to echocardiography (preferred when available) or **cardiac magnetic resonance imaging** when echocardiographic imaging is non-diagnostic.



Natriuretic Peptides (BNP or NT-proBNP)
Provide timely access to natriuretic peptide testing for all patients on first presentation to any healthcare setting with symptoms suggestive of new or worsening heart failure.

Diagnosis

HF _r EF (HF with reduced EF)	LVEF ≤ 40%
HF _{mr} EF (HF with mildly reduced EF)	LVEF 41%-49%
HF _p EF (HF with preserved EF)	LVEF ≥ 50%
HF _{imp} EF (HF with improved EF)	Previous LVEF ≤ 40% and a follow-up measurement of LVEF >40%

Management



Strategies for management of cardiac function may differ based on evaluation of LVEF.



Access to evidence based and guideline-directed medical therapy (GDMT).



Guidelines & KT Tools - Canadian Cardiovascular Society (ccs.ca).

Monitor



Vitals



Daily Weight



Coordination of Care

HF Specialists, Nurse Practitioners, Nurses, Pharmacists, Dietitians, Multi-disciplinary Team, HF Clinic, Cardiac Rehabilitation, Mental Health Support, Palliative Care Support, Families and Caregivers.

Follow Up



Establish treatment and management plan with follow-up appointments with care team.

Get more information

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



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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>



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