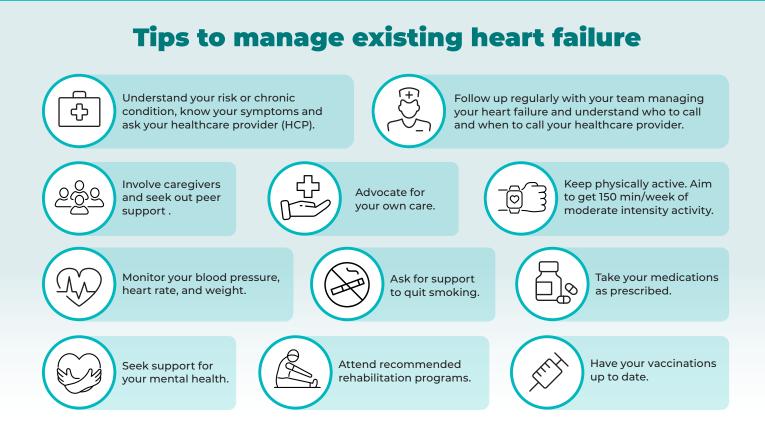


# Know the Signs and Symptoms of Heart Failure. Act Now. Live Longer.

## 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>



## **Become an advocate for your care**



Learn about the symptoms of heart failure, write down your questions and ask your healthcare team what you can do to help prevent your heart failure symptoms from getting worse.



Be patient with yourself, share your feelings and talk about your concerns with your healthcare team.



Join support groups and share your experience. Talking with your peers can help relieve some of the stress, pressure, and anxiety.

## 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 take notes.

# 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

## 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.

- @CanadianHeartFailureSociety
- f @CanHFSociety
- X @CanHFSociety
- in @CanadianHeartFailureSociety















#### SPECIAL THANKS:

This event is made possible through support from Abbott, Boehringer Ingelheim Lilly, Novo Nordisk and Pfizer.



#### Proud Creative Sponsor of HFAW · HabitHQ.ca

This content has been independently researched and/or written and reviewed by event organizers. Event sponsors have no direct influence over any aspect of the materials and activities associated with Heart Failure Awareness Week.

<sup>™</sup> The heart and / Icon on its own and the heart and / Icon followed by another icon or words are trademarks of the Heart and Stroke Foundation of Canada.

#### References

(i) 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





May 4-10, 2025