



HEART FAILURE

AWARENESS WEEK MAY 3-9, 2021

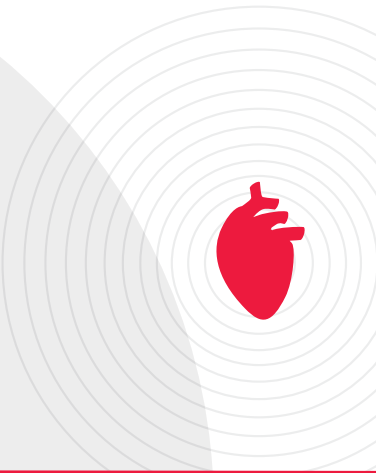
LIVING WELL WITH HEART FAILURE

in partnership with



WHAT IS HEART FAILURE?

A condition where the heart is unable to pump enough blood to meet the body's demands for oxygen



COMMON SYMPTOMS OF HEART FAILURE INCLUDE

- Shortness of breath
- Fatigue and lack of energy
- Swelling in feet or abdomen

KNOW COMMON RISK FACTORS FOR HEART FAILURE



DEVELOP YOUR SELF-MANAGEMENT SKILLS

- Monitor your symptoms
- Reduce salt in your diet
- Increase your daily activity
- Seek peer support
- Keep your blood pressure low
- Follow up with healthcare provider
- Stop smoking
- Take your medications as prescribed
- Get your vaccinations



Over **600,000** people in **Canada** are living with **heart failure**.

© Heart and Stroke Foundation of Canada, 2021

"I'm living well with heart failure and so can you. It's more important than ever for me to stay connected to my healthcare provider and other patients."

- HeartLife Foundation



45% of people with heart failure have 5 or more other health conditions.

© Heart and Stroke Foundation of Canada, 2021

A **Healthcare Checklist** will help you actively engage with your healthcare providers virtually



heartandstroke.ca/checklist

A **Patient Journey Map** is available to help you understand the Heart Failure experience.



heartlife.ca/resources

Patient and caregiver support is available through the **HeartLife Foundation** and **Heart and Stroke** online peer communities



heartlife.ca
heartandstroke.ca/connect

HEART FAILURE RESOURCES



heartlife.ca
heartfailure.ca
heartandstroke.ca

SPECIAL THANKS: This event is made possible through the support from Astra Zeneca, Bayer Inc., Boehringer Ingelheim - Lilly Canada, Novartis Canada and Servier Canada. The materials for this event have been independently researched, written and reviewed by the event organizers. Astra Zeneca, Bayer Inc., Boehringer Ingelheim - Lilly Canada, Novartis Canada, and Servier Canada have no direct influence over any aspect of the materials and activities associated with the National Heart Failure Awareness Week.