



Canadian Heart Failure Society
Société canadienne d'insuffisance cardiaque

Short of Breath, Get It Checked.

**It's not normal
to be breathless**

#HeartFailureWeekCan



**HEART
FAILURE
AWARENESS
WEEK**

May 4-10, 2025

What are the common symptoms of heart failure?



Shortness of breath



Persistent cough especially when lying down



Tired and low energy for daily activities



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



Increased swelling in your feet, ankles, legs or stomach

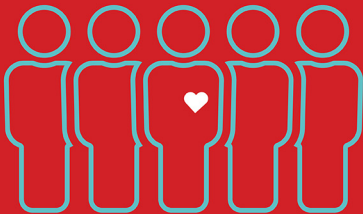
Learn more at heartfailure.ca

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Did you know? Nearly 800,000 Canadians live with Heart Failure.

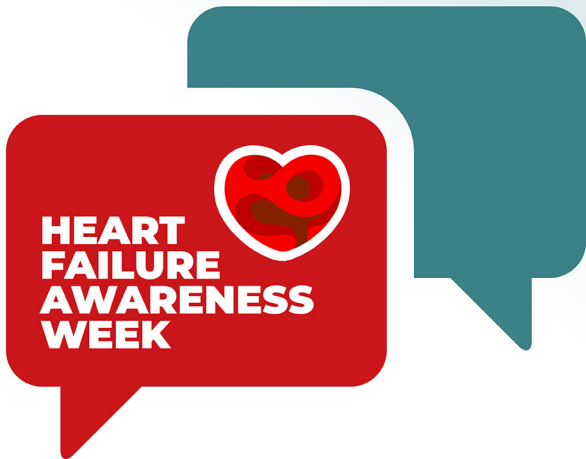
Learn more during #HeartFailureWeekCan



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**Thank you for your support
in raising awareness for
heart failure!**





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The countdown is on!

Get Involved.

Learn more about heart failure
and join us to raise awareness!



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