

Heart conditions are a leading cause of disability, impacting millions of people in Canada and their families.

What's the issue?

Heart conditions include many different heart problems beyond heart attack. For example, heart failure, congenital heart disease, heart rhythm problems, heart valve problems and more.



1 in 5 deaths in Canada are caused by **heart conditions**. That's a life taken every 10 minutes¹

80% of premature heart conditions are **preventable** through healthy lifestyle choices²⁻⁴



Signs of **heart attack** can vary and may be **different** for men and women⁵

Nearly **1 in 2 people** with multiple conditions are discharged from hospital with **limited support**⁶

What Heart & Stroke is doing



Supporting life-saving research

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Educating people in **Canada** about their risks

[Learn more](#)



Teaching people in Canada to recognize and respond to **emergency signs**

[Learn more](#)



Providing support and resources for people living with **heart conditions** and their caregivers

[Learn more](#)

Get involved

Help Heart & Stroke promote health, save lives, and enhance recovery.

Fundraise or partner with us.

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