

# HD or HF

Heart Disease

Heart Failure



# support and information guidance

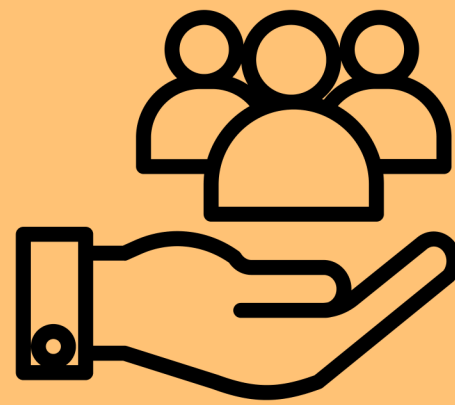
## On-Line

Knowing where to find helpful, timely and accurate information is key to building your knowledge regarding your condition.

Be aware that “Dr. Google” can be a source of excellent information, however, it can also be risky, outdated and misinformed.

Facebook groups are an excellent place to find support from those who are going through a similar heart journey - the camaraderie, understanding, and lived experience sharing can be invaluable.


This is not a comprehensive list but rather a starting point of Canadian resources to help you on your journey.



## Support

 HeartLife Canada:  
Help For Hearts and  
Help For Carers

 Canadian Women With Medical  
Heart Issues

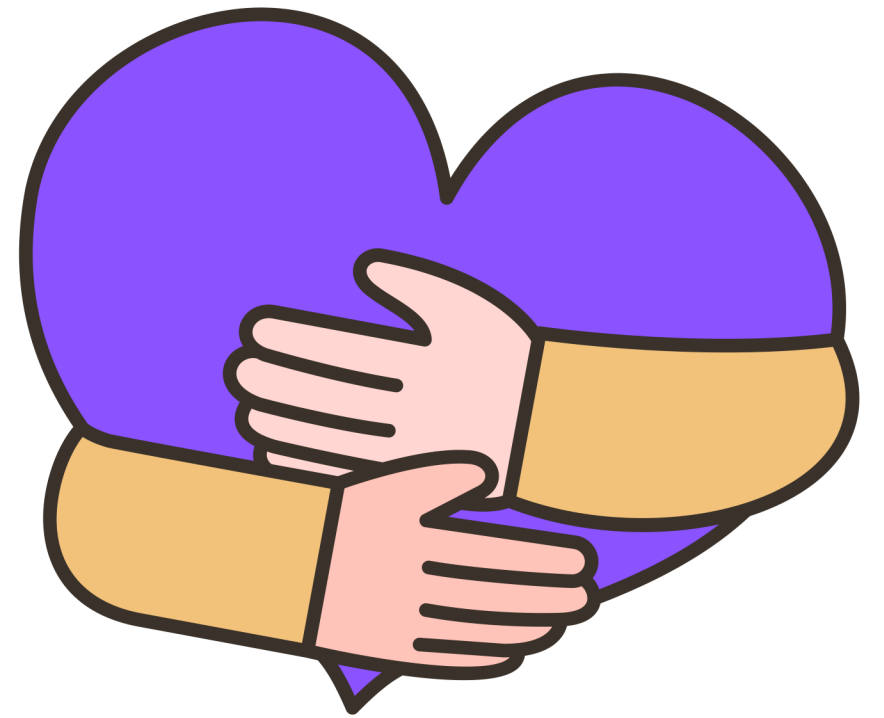
 Heart & Stroke:  
Community of Survivors and  
Carers Support Community

 Canadian SCAD Group



Reminder: your pharmacist and cardiologist are great sources of information on your HD or HF. Thank you!

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## Information

- HeartLife Foundation of Canada - Heart Failure - **HeartLife.ca**
- Heart & Stroke Canada - **HeartandStroke.ca**
- Canadian Women's Heart Health (Ottawa Heart Hospital) - **cwhhc.ottawaheart.ca**
- 'Our Heart Hub' (Ted Rogers/Peter Munk - Toronto) - **ourhearthub.ca**
- Canadian Congenital Heart Alliance - **cchaforlife.org**
- 'HeartHub.ca' BC Centre for Improved Cardiovascular Health (Coronary Artery Disease)
- Heart Valve Voice Canada - **heartvalvevoice.ca**
- Canada Food Guide - **food-guide.ca**

## Blogs and Podcasts

- Carolyn Thomas 'Heart Sisters' Blog: **MyHeartSisters.org**
- Canadian Cardiovascular Society 'Cardio Connect' Podcast: **ccs.simplecast.com**
- Heart & Stroke 'The Beat' Podcast: **heartandstroke.ca/what-we-do/podcasts**



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