

# what does a diagnosis of HD or HF mean

Heart Disease      Heart Failure

## Chronic Condition

Both Heart Disease (HD) and Heart Failure (HF) are chronic conditions which fall under the umbrella of Cardiovascular Disease (CD). HD includes diseases of the heart muscle, heart valves or blood vessels of the heart that effect normal heart function and rhythm. HF often results from HD, and means that the heart can no longer function at its full capacity.

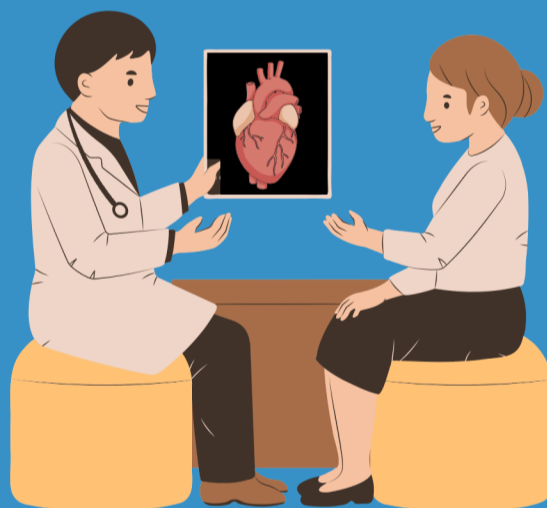
There are no cures for HD or HF but treatment advancements are making them manageable conditions for the longer term.

You can help yourself by learning about your diagnosis and becoming familiar on your care path.

## Tests

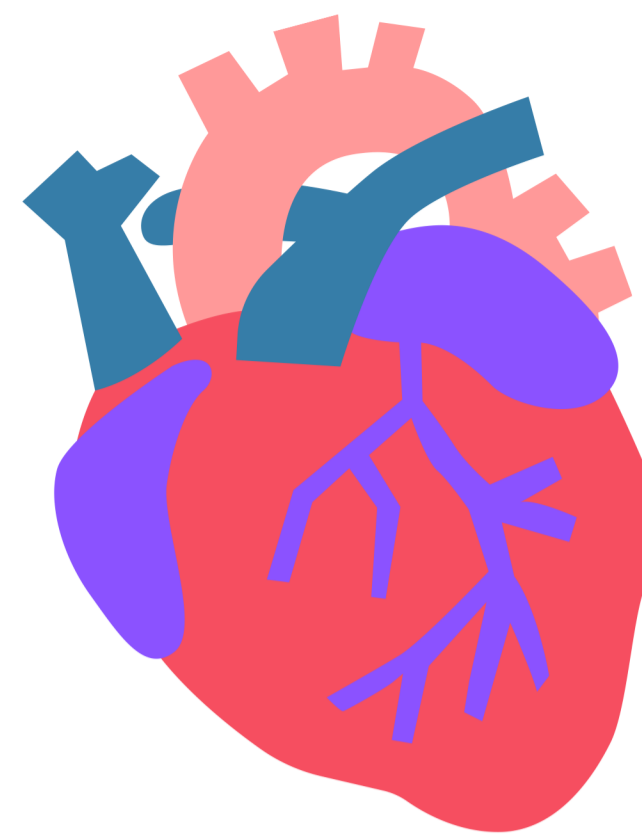
There are standard tests used to diagnosis and manage HD and HF. Here is a list of the most common tests you can expect:

- Blood Work
- X-ray
- EKG/ECG
- Echocardiogram
- Angiogram
- MRI
- CT Scan
- MUGA, MIBI, PET (Nuclear Medicine)
- Stress Test
- Your own symptoms



This information sheet is compiled as general guidance and is not illness specific. Thank you!

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## Medications

It is likely you will be prescribed medication to help treat your Heart Disease. This will be based on Canadian guidelines and in consultation with your cardiologist depending on your individual circumstances.

Get to know the medications you are prescribed. It is good to know what the medications are helping with and to be aware of the potential side effects and interactions.

Make sure to discuss all vitamins, herbs, and over-the-counter treatments you may be taking so interactions can be discussed as well as a schedule for your prescriptions and vitamins to determine optimization. Some over the counter medications are not recommended with certain medications, so always double check.

## Know Your Numbers

Be knowledgeable about your baseline information. Get to know your resting heart rate, blood pressure range, and weight (including waist circumference). From your bloodwork results, keep an eye on your cholesterol, potassium and blood sugars. Record your results or you can request copies of your test results from your doctor.

## Resources

Visit [HeartLife.ca](https://www.heartlife.ca) for a free downloadable **toolkit** to help you manage your heart disease.

