



Heart conditions are the second leading cause of death in Canada

impacting millions of people across the country and their families.

What's the issue?

While most people think heart disease is one condition, it is actually a group of conditions that have many different causes. Sometimes heart disease is present at birth, and other times it develops with age. Some examples of heart disease include heart failure, congenital heart disease, heart rhythm disorders, cardiac arrest and more.



Nearly 1 in 5 deaths in Canada are caused by heart conditions. That's a **life taken every 9 minutes**.

Heart failure is on the rise in Canada with close to **100,000 people diagnosed** with the incurable condition each year. There are close to **800,000 people currently living with heart failure** across the country.

Each year, approximately **60,000 out-of-hospital cardiac arrests** occur in Canada – that is one every nine minutes. And the statistics tell a frightening story: **only one in 10 people will survive**.



Signs of a heart attack can vary and may be **different for women and men**.

What Heart & Stroke is doing



Supporting life-saving research

[Learn more](#)



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

[Learn more](#)



Educating people in **Canada** about their risks

[Learn more](#)



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

[Learn more](#)

Help raise awareness about heart disease

Use the information in this fact sheet to highlight the importance of supporting your fundraising efforts with your friends, family and colleagues. Here are some ways you can do this:



Update your personal fundraising page with some of the important information contained within the fact sheet



Customize the emails you send to your supporters when asking for donations by including some of the key facts that are mentioned on the fact sheet



Share key facts on your social media channels to raise awareness and inspire your network to visit your fundraising page and donate to support your cause.

