THE BEAT

From the Canadian Heart Function Alliance

LINKED BY THE HEART

Dear Members,

As April comes to a close, we're taking a moment to reflect and reconnect. This past month has brought powerful conversations, new collaborations, and continued momentum in our shared mission to improve heart health across Canada.

From supporting those affected by cardiovascular conditions to driving forward patient-centered research, your engagement is helping create lasting change.

Thank you for being part of this incredible community. Together, we're raising awareness, building connections, and making a real impact.

Interested in getting more involved? Reply to this email—we'd love to welcome you to the Canadian Heart Function Alliance (CHF Alliance).

Best,

Cecilia Wangia Jean-Marc

Heart Failure Awareness Week

It's Heart Failure Awareness Week – May 4–10, 2025!
This week, we're joining forces across Canada to raise awareness about one of the fastest growing cardiovascular conditions. Heart failure affects more than 600,000 people nationwide — and that number is set to rise by 50% over the next decade.

This edition of our newsletter is dedicated to education, action, and support. Keep scrolling for ways to get involved, from our upcoming webinar to local events and resources. Don't miss our live Q+A session hosted by Heart & Stroke and HeartLife, where experts and lived experience voices will come together to share insights and spark conversation.

Together, we can help Canadians breathe easier — because it's not normal to be breathless.

Landmark Light-ups

Toronto, Ottawa, Montreal, Vancouver and other cities across Canada will be lighting up landmarks in **RED** to honour those living with heart failure. Help your icons pulsed and share your photos on social media.

May 3:
Vancouver: Bells of Light, Science World, & BC Place Stadium.
Toronto: CN Tower & Toronto Sign, Montreal: La Grande Roue

May 4:
Ottawa: Ottawa Sign in ByWard Market

May 9:
Mississauga: Clock Tower

May 11:
Nova Scotia: Legislature Building

CHF Alliance Annual Meeting is next week May 1, in Toronto

We'll give an update on the network's work, projects and initiatives and awardees of the CHF Alliance Training Awards and Early Career Investigator Grants competitions will come to present their projects/results to the CHF Alliance community. These meetings provide a platform for trainees to present their research findings and receive feedback on their project advancement. It's also a way for trainees and early career investigators to develop their skills in conference presentation and network with more advanced.
We are looking forward to seeing you there !
Registration is closed.

Brain-Heart Research for All: IDEAS in Data Governance

Date and Time:
Tues. May 6th, 2025
6:00-17:00 ET

Guide:
17:00-18:00

Where:
Ottawa, Faculty of Social Sciences Building, Room 4007
Also offered virtually

Fees to attend

Who?
Brain-heart researchers and students, Open Science experts, Indigenous and Rights-Based Data Governance experts, Community groups and people with lived experiences

SESSIONS
- Brain-Heart Science in Today's Canada and Global Landscape
- Equity-Based Data Governance
- Indigenous Data Sovereignty & Urban Communities
- Clinical Considerations in Brain-Heart Research

Register Here

Heart Failure Awareness Week 2025 Webinar: From Coast to Coast to Coast: Navigating Symptoms, Challenges and Unified Strategies in Heart Failure Care

Date: Wednesday May 7, 2025

Time: 12:00-1:00 PM EST

Presenters
Jenny Mike Person with Lived Experience of Heart Failure
Natalie Pike, RN, BN, MN, NP Nurse Practitioner, Primary Health Care Newfoundland and Labrador Dr.
Stephanie Poon, MD, MSC, FRCPC Cardiologist and Associate Professor at the University of Toronto
Moderators & Panelists:
Dr. Heather Ross, MD, Heart& Pic Foundation, Co-lead for the Canadian Heart Function Alliance Jillianne Code, Ph.D Co-founder HeartLife Foundation, Canadian researcher, educator, and teaching scientist
Shannon Dosanjh, PN, DSHA, MN Heart Failure Project Lead, Heart and Stroke Foundation

Intended Audience
Healthcare professionals across the continuum of care, people with lived experience of heart failure, family members and caregivers or persons with lived experience, Heart & Stroke staff, HeartLife Foundation community, members of the public, and system leaders may also find this webinar informative and helpful. All are welcome to join.

About the Presentation
Heart failure is a chronic condition caused by the heart not functioning as it should or a problem with its structure. Heart failure is on the rise with nearly 600,000 people in Canada currently living with the condition. Heart Failure Awareness Week is May 4th-10th, 2025 and this year's focus is on navigating the symptoms of heart failure and empowering action. The webinar aims to equip primary care providers and individuals with lived experience with valuable insights into the symptoms of heart failure, the challenges associated with its diagnosis, and the steps being taken to support a unified heart failure care strategy by organizations across Canada.

Learning Objectives
- Recognize the Spectrum of Heart Failure Symptoms: Equip health professionals across the continuum of care, people with lived
- experience of heart failure, family members and caregivers of persons with lived experience with the knowledge to identify the various symptoms and understand the symptoms of heart failure, promoting earlier detection and intervention.
- Address Challenges in Diagnosis: Highlight the complexities and barriers in diagnosing heart failure and discuss strategies to overcome these challenges, ensuring timely and accurate diagnosis for patients.
- Promote Unified Care Strategies: Share actionable insights and initiatives aimed at fostering a collaborative, patient-centered approach to heart failure management across healthcare providers and communities.

Webinaire de la Semaine de sensibilisation à l'insuffisance cardiaque 2025

Présenté par Cœur + AVC et la Fondation HeartLife

D'un océan à l'autre : Naviguer à travers les symptômes, les défis et les stratégies unifiées en matière de soins de l'insuffisance cardiaque

Date
6 mai 2025

Heure
12 h à 13 h (HE)

Conférencière et conférenciers
Robert Lomas
Personne ayant une expérience vécue de l'insuffisance cardiaque
Dr Jean Rouleau, M.D.
Cardiologue, professeur émérite, Université de Montréal, Institut de Cardiologie de Montréal.
Dr Ellen Clifford, M.D.
Cardiologue, professeure titulaire, Université de Montréal, Institut de Cardiologie de Montréal

Modératrice
Gabrielle Dosette, Ds. P., Kt. Ba.
Directrice Engagement et Système de santé, Québec, Cœur + AVC
Panéliste
Membre de la Fondation HeartLife, présente ayant une expérience vécue et proche aidante

Public cible
Ce webinaire s'adresse aux professionnels de la santé des tout le continuum de soins, aux personnes ayant une expérience vécue de l'insuffisance cardiaque, ainsi qu'aux membres de la famille et aux proches aidants de ces personnes. Il pourrait également être intéressant pour les membres de l'équipe de Cœur + AVC, aux membres de la communauté de la Fondation HeartLife, à la population générale et aux décisionnaires des systèmes de santé. Toutes ces personnes sont invitées à y assister.
Il n'est d'une invitation ouverte à une activité gratuite qu'ouvre être transmise aux parties intéressées.

À propos de cette présentation
L'insuffisance cardiaque est une maladie chronique caractérisée par un mauvais fonctionnement du cœur ou par un problème avec la structure de ce dernier. L'insuffisance cardiaque est en hausse. Au pays, près de 600 000 personnes vivent actuellement avec l'insuffisance cardiaque au Canada, et ce nombre devrait augmenter de décade du à ce 10 mai 2025 et cette année, le thème est axé sur la prise en charge des symptômes de l'insuffisance cardiaque. Le webinaire a pour but d'informer les prestataires de soins primaires et les personnes ayant une expérience vécue sur les symptômes de l'insuffisance cardiaque, les défis associés au diagnostic et les mesures prises par des organismes à l'échelle du pays pour appuyer l'adoption de stratégies unifiées dans les soins.

Objectifs d'apprentissage
- **Sensibiliser la sensibilisation du public aux symptômes de l'insuffisance cardiaque**: Donner aux professionnels de la santé de tout le continuum de soins, aux personnes ayant une expérience vécue de l'insuffisance cardiaque, ainsi qu'aux membres de la famille et aux proches aidants de ces personnes, les connaissances nécessaires pour reconnaître les différents symptômes de l'insuffisance cardiaque, afin de favoriser le dépistage et l'intervention précoces.
- **Aborder les défis liés au diagnostic**: Mettre en lumière les complexités et les obstacles liés au diagnostic de l'insuffisance cardiaque et fournir des stratégies pratiques pour surmonter ces défis dans un contexte de soins primaires et dans les communautés.
- **Promouvoir des stratégies de soins unifiées**: Faire part de connaissances pratiques et d'initiatives qui visent à favoriser – dans les prestataires de soins de santé et dans les communautés – une approche de la prise en charge de l'insuffisance cardiaque qui est collaborative et axée sur les patientes et patients.

Cliquez ici

National Physicians' Day May 1st

May 1st is National Physicians Day — a moment to recognize the tireless commitment and impact of physicians across Canada. The Canadian Heart Function Alliance is proud to work alongside healthcare professionals who are advancing research, improving care, and helping people with heart failure live longer, healthier lives.

Thank you to the physicians driving change in cardiovascular care — your work makes all the difference.

Heart Healthy Recipe

Avocado and egg breakfast sandwich

This avocado and egg breakfast sandwich comes together quickly and is great for busy mornings. Wrap it up with wax paper, so you can take it on the go.

Get the Recipe

Have something to share with the heart failure community? Reply to this email to submit content for future editions of The Beat!

www.chfalliance.ca

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