

CANCER AND HER HEART

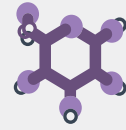
BECAUSE HER HEART MATTERS TOO • FOR MORE INFORMATION VISIT YOURHEART.CA



New cancer treatments have increased cancer survivorship but have also led to more long-term effects. **It is important that you know your risk and are proactive.**



Some cancer treatments can change how your heart works, which can lead to heart disease.



Heart disease, because of cancer treatment, can be temporary or permanent, and can occur during cancer treatment or years after.

WHAT CAN I DO?

1. IF YOU HAVE ANY OTHER CHRONIC ILLNESSES, MAKE SURE THEY ARE WELL CONTROLLED BEFORE STARTING YOUR CANCER TREATMENT:



Heart Disease



Diabetes



High Blood Pressure



High Cholesterol

2. MAKE SURE YOU...



Eat heart healthy. Aim for 7 servings of fruits and/or vegetables a day. Aim for less than a teaspoon (<2400 mg) of salt a day.



Move more, sit less. Choose an activity that you enjoy and that fits with your lifestyle. Aim for 30 minutes a day. Examples include walking, swimming, dancing, or climbing stairs.



If you smoke, find support to quit.



Know your numbers (ABCs) and what they mean: **A**1C test (blood sugar test), **B**lood pressure, and **C**holesterol.

3. TALK TO YOUR HEALTHCARE PROVIDER ABOUT YOUR NEED TO VISIT A CARDIAC-ONCOLOGY CLINIC.

RISK FACTORS FOR HEART DISEASE



Pre-existing heart disease



Pre-existing diabetes, high cholesterol and/or smoking



Advanced age

SOME CANCER TREATMENTS MAY:



Heart Muscle
Strength

+



Abnormal
Heart Rhythms

+



Artery
Spasms

+



Blood
Pressure

=

HEART DISEASE



Download the top 5 questions to ask your healthcare provider at yourheart.ca