

What is heart failure?

Heart failure does not mean your heart has stopped or is going to stop. There are two main types of heart failure:

- **“Systolic”** heart failure is when your heart is too weak to pump the blood through your body.
- **“Diastolic”** heart failure is when your heart muscle is too stiff and blood builds up inside the heart. This leads to extra pressure and fluid in your heart and back into the lungs.

The kidneys often respond by causing the body to retain fluid (water) and sodium (salt). If fluid builds up in the arms, legs, ankles, feet, lungs or other organs, the body becomes congested. When this happens, we call this “congestive heart failure (CHF)”.

What causes heart failure?

There are many causes of heart failure, such as poorly-controlled hypertension (high blood pressure), kidney failure, a heart attack, or a damaged heart valve. If you do not manage it properly, heart failure can worsen and affect your blood circulation, lungs, kidneys, and other organs.

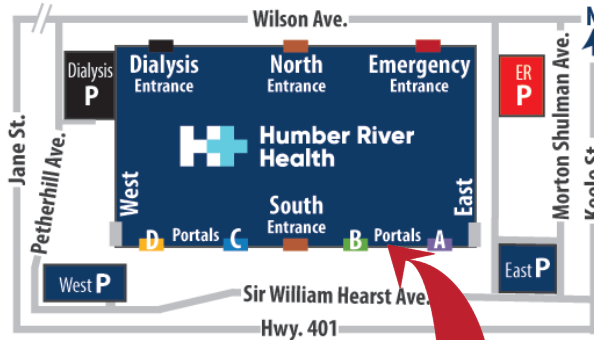
For more information:

Heart and Stroke Foundation:
www.heartandstroke.ca

American Heart Association: www.heart.org

Contact Us

Heart Failure Clinic (Cardiology Clinic)
Humber River Health
1235 Wilson Ave., Toronto, ON M3M 0B2
www.hrh.ca



To get more information about the Clinic, change your appointment, or speak to a nurse at the Clinic if you are feeling unwell, call us at:



Tel: (416) 242-1000 ext. 47164

Heart Failure Clinic Patient Survey

Please share feedback about your experience at HRH's Heart Failure Clinic. To fill out the survey, use your smartphone camera to scan the QR code.



1235 Wilson Ave., Toronto, Ont., M3M 0B2



Outpatient Cardiology

Humber River Health

Heart Failure Clinic



English

This information is important! If you have trouble reading this, ask someone to help you.

Italian

Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chiedi aiuto a qualcuno.

Spanish

¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.

www.hrh.ca

How can the Heart Failure Clinic help you?

The Heart Failure Clinic at Humber River Health is dedicated to providing heart failure patients with expert care to help them manage their disease. We have designed the program to meet your treatment, education, and support needs.

Our goals are to:

- Manage your symptoms properly
- Improve your quality of life
- Reduce your chances of returning to the hospital as a patient
- Provide you and your family with ongoing education about the disease process
- Provide you with ongoing support through follow-up visits and telephone monitoring.

What will I learn at the clinic?

At the clinic, you will learn about:

- Warning signs to look out for
- Medicines you can use to treat your heart failure
- Low salt diets you can follow and the benefits of these diets
- The importance of keeping a healthy fluid balance

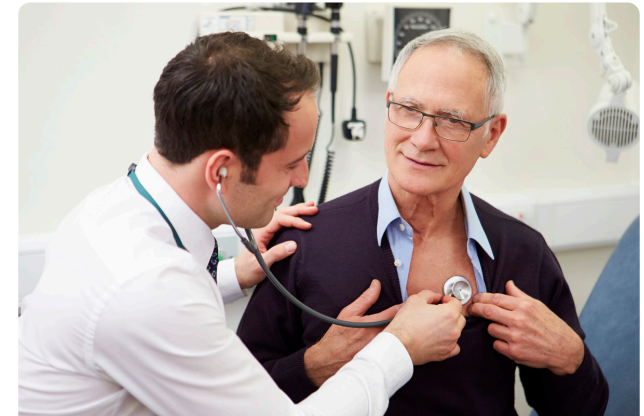
- Ways to care for yourself, follow your treatment plans, and manage your symptoms
- The importance of exercise and physical activity
- Lifestyle changes you can make to manage your heart failure
- Resources available for you to take home or visit in the community.

Getting Started at the Clinic

You will be referred to the Heart Failure Clinic while you are in the hospital. Once you are discharged home, a staff member from our clinic will then contact you to book your first appointment.

At your first visit:

- The pharmacist will review your medicines and discuss any education or concerns you have.
- The cardiologist (heart doctor) and/or nurse will check your health status. They will identify issues that you and your family are concerned with. They will also create personal education plans for you.
- The cardiologist may recommend further tests, such as an echocardiogram, stress treadmill, EKG, or blood tests.
- We will create your follow-up plan with you.
- The cardiologist will then arrange follow-up visits for you based on your condition.



**Your first visit will take about 2 hours.
Your follow-up visits will be much shorter.**

What should I bring to all my appointments?

Be sure to bring:

- Your Ontario Health (OHIP) Card and photo ID.
- All your medicines you are currently taking, including any over-the-counter drugs, vitamins, minerals, and herbal supplements, in their original containers.
- A list of questions you may have.

Where is the clinic located?

The **Heart Failure Clinic** is located in the Cardiology Clinic. We are on the 1st floor, Portal B on the south side of the building. The East Parkade is the closest parking lot.