

Caring for a loved one with heart disease?



Visit our **Heart Health** web resource for everything you need to keep your heart healthy, understand your cardiac care journey, and support a loved one with a heart condition.

fraserhealth.ca/heart

Caring for a loved one with heart disease?

Our web resource has expert health information for people with heart disease.

We have everything you need to manage your heart health: from prevention to diagnosis, treatment, recovery and living with heart disease.

Learn more about:

- ▶ Types of heart disease and cardiac conditions
- ▶ Preventing heart disease through lifestyle changes
- ▶ Cardiac diagnostic tests and how they work
- ▶ Cardiac surgery and heart procedures
- ▶ Preparing for your hospital cardiac procedures
- ▶ Pacemakers and other cardiac devices
- ▶ Common medication questions
- ▶ Life after a heart attack and living with heart disease
- ▶ Finding support programs in the community
- ▶ Rehabilitation and recovery tips
- ▶ Healthy eating and exercise for good heart health
- ▶ Coping with mental issues due to heart disease
- ▶ Follow up care and appointments
- ▶ Patient education materials on your condition
- ▶ Resources for health care professionals

And more!

Get the help you need at
fraserhealth.ca/heart