



Heart disease and you

What you need to know

2.4 million

Canadian adults live with diagnosed heart disease. Every hour, 12 of them die.



Every day, your heart beats approximately **100,000 times** and pumps around **2,000 gallons** of blood. That's enough to fill about four bathtubs.

1 in 5

heart attacks are silent. The damage is done, but the person is not aware of it.



The pumping motion of your heart creates enough energy in one day to drive a truck **20 miles**.

70,875

Canadians die a year from Heart Disease.



A broken heart is a real condition. High levels of stress from painful life events can cause actual chest pain, a disruption of heart rhythm and weakness.

