

Keep your heart beating strong

February is heart health month, making it the perfect time to learn more about heart disease and how you can help prevent it by living a healthier life.

What is heart disease?

Heart disease is a buildup of plaque in the heart's arteries that can lead to a heart attack, heart failure or death. Approximately 1 out of 12 (or 2.4 million) Canadians live with heart disease. However, as of 2013, the rate of Canadians diagnosed with heart disease began decreasing.

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