#### CANCER TREATMENT & YOUR HEART



# CANCER TREATMENTS SAVE LIVES

but sometimes also can damage your heart or blood vessels.

17 MILLION SURVIVORS

in the U.S. alone

# Protect your heart BEFORE, DURING, and LONG AFTER cancer treatment.

#### **HEART CONCERNS**

# Know what increases your risk for heart disease

- High blood pressure
- High cholesterol
- Diabetes
- Obesity
- Tobacco use
- Family history

### Possible effects during treatment

- Damage to the heart or blood vessels
- Loss of physical fitness, weight gain, high blood pressure

#### Late effects

 Heart problems can develop late, more than 10 years down the line

#### WHAT YOU CAN DO

### BEFORE AND DURING TREATMENT

- Discuss your heart health
- Understand how cancer therapies might affect your heart
- Ask about:
  - What increases the chance of harm to your heart
  - Tests that could check how your heart or blood vessels are doing
  - How to protect your heart during treatment

#### AFTER TREATMENT

• Know what cancer treatments you've had, including dose and for how long

**TELL YOUR HEALTH** 

Shortness of breath

• Irregular heartbeat

• Swelling of legs or ankles

**CARE TEAM IF YOU** 

• Fatigue

• Chest pain

**EXPERIENCE:** 

- List these along with other risk factors like high cholesterol
- Ask about heart checkups

## THROUGHOUT YOUR JOURNEY



MANAGE

blood pressure, cholesterol, diabetes, weight, stress



STOP SMOKING



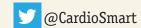
EXERCISE



EAT RIGHT

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

Go to CardioSmart.org/CancerTreatment to learn more.



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