

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

TELL YOUR HEALTH CARE TEAM IF YOU EXPERIENCE:



- Shortness of breath
- Fatigue
- Chest pain
- Irregular heartbeat
- Swelling of legs or ankles

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](https://www.cardiosmart.org/CancerTreatment) to learn more.