

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** to learn more.