



2026 NATIONAL INTEGRATED SPECIAL REPORT –  
DIGITAL AND NEWSPAPER

# Heart Month

Prioritizing Cardiovascular Health for All Canadians

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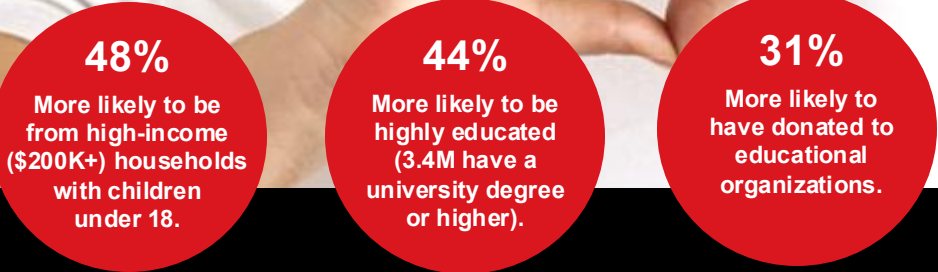


Cardiovascular disease remains one of the leading causes of death in Canada, affecting individuals and families across the country. Heart Month, observed each February, raises awareness about prevention, early detection, and the importance of heart-healthy living. This special feature will explore the latest in cardiovascular care — from innovative treatments and digital health tools to community programs and lifestyle strategies — while amplifying the voices of experts, advocates, and patients.

- Proposed topic highlights:**
- Prevention and Risk Factors:** Educating Canadians on managing high blood pressure, cholesterol, and other key risks.
  - Innovation in Treatment:** Showcasing new technologies, therapies, and research improving heart disease outcomes.
  - Digital Tools for Heart Health:** The role of apps, wearables, and remote monitoring in promoting cardiovascular wellness.
  - Community and Workplace Wellness:** Programs encouraging active lifestyles, heart-healthy habits, and preventive screenings.
  - Nutrition and Lifestyle:** Simple, evidence-based approaches to diet, exercise, and stress management.
  - Living with Heart Disease:** Patient stories that highlight challenges, recovery, and support systems.

**GET INVOLVED TODAY. CONTACT:**  
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