



LINKED BY THE HEART

Dear Members,

We can't believe it's almost July! Canada Day and those perfect summer nights are officially here.

All the teams across the CHF Alliance have been working hard and we're excited to share some updates with you!

As always, if you're interested in joining the CHF Alliance, please reach out by replying to this email.

Best,



Leslie M. Morgan, Jean M. Marc

CHF Alliance Updates



From the Miteewakan Team

The Miteewakan Team has received REB approval for the Indigenous Journey Mapping Project pilot study.

This project aims to document from a strength-based perspective the experiences of Indigenous peoples, in particular those related to heart and brain-heart conditions, as they navigate health and wellness care systems.

The goal is to identify opportunities for holistic interventions and wellness pathways that honour Indigenous ways of knowing and doing.



From the Precision Health and AI Team

The Precision Health and AI Team have identified over 2300 eligible patients for a study on diastolic heart failure (DHF) in cardiomyopathy.

DHF occurs when the heart's ventricles become stiff and can't relax properly, leading to inadequate filling of the heart with blood. This condition is often seen in patients with cardiomyopathy, a disease of the heart muscle.

By studying these patients, we aim to uncover new insights into DHF, improve diagnosis, and develop more effective treatments.



From the SHARE-HF Project

In a recent semi-structured interview with 15 patients and 12 clinicians, SHARE-HF uncovered a recurring theme: many heart failure (HF) patients feel overwhelmed, upset, and uncertain about taking their medications.

This emotional burden can significantly impact their overall well-being and treatment adherence. It's crucial for healthcare providers to address these feelings, offer clear guidance, and provide emotional support to help patients manage their HF more effectively.

Recipe of the Month



Grilled Scallops Puttanesca

If you can't make it to Europe this summer, this heart-healthy Italian dish will make you feel like you did!

[Discover the Recipe](#)

QUOTE OF THE MONTH

*One beautiful heart
is better than a thousand
beautiful faces.*

Have something to share with the heart failure community? Reply to this email to submit content for future editions of The Beat!



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