

# Heart Failure Awareness Days 2023

Activities report post HFAD

Country: Denmark

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**HFA**  
Heart Failure  
Association

 European Society of Cardiology

# Programme and events (summary)

While breakthroughs in rare cardiac diseases are pivotal, *detecting the undetected* also means reaching those who are difficult to reach. Common diseases might go undetected in patients who, for various reasons, are distanced from the health care system. To help these patients, we must first of all establish contact.

Moving to a new country, being unfamiliar with the health care system and the language, might complicate the access to health care. Depending on educational level, the understanding of symptoms and diseases might vary. In the pursuit of equality in health care, further efforts are warranted to reach these minorities.

We organized a heart failure awareness community outreach event at a large mosque in urban Copenhagen. Here, the people were given an opportunity to talk to physicians in Arabic, English or Danish. We addressed common causes and symptoms of heart failure, offered blood pressure measurements and basic point of care cardiac ultrasound with handheld devices, and promoted further learning on [www.heartfailurematters.org](http://www.heartfailurematters.org).

The event was widely appreciated, gathering more than 400 participants, of which 50 individuals were scanned and had their blood pressure measured.

# Social media coverage:

A report and photos from the day were posted on the official Twitter, LinkedIn and Instagram accounts of the Danish Society of Cardiology, and of the Copenhagen University Hospital - Amager and Hvidovre Hospital. During the following days the posts received over a thousand views.

## **Links:**

Danish Society of Cardiology:

[https://twitter.com/cardio\\_dk/status/1655091934187122688?s=12&t=gPDfvdoHNYIRQS\\_hckGXoA](https://twitter.com/cardio_dk/status/1655091934187122688?s=12&t=gPDfvdoHNYIRQS_hckGXoA)

[https://www.linkedin.com/posts/dansk-cardiologisk-selskab\\_heartfailureawarenessdays-activity-7060859053031190528-Z1QP?utm\\_source=share&utm\\_medium=member\\_ios](https://www.linkedin.com/posts/dansk-cardiologisk-selskab_heartfailureawarenessdays-activity-7060859053031190528-Z1QP?utm_source=share&utm_medium=member_ios)

Copenhagen University Hospital - Amager and Hvidovre:

[https://www.linkedin.com/posts/hvidovre-hospital\\_i-fredags-var-det-ikke-bare-store-bededag-activity-7061270933537185792-H5uE?utm\\_source=share&utm\\_medium=member\\_ios](https://www.linkedin.com/posts/hvidovre-hospital_i-fredags-var-det-ikke-bare-store-bededag-activity-7061270933537185792-H5uE?utm_source=share&utm_medium=member_ios)

<https://www.instagram.com/p/Cr-fTXXIU8t/?igshid=MTc4MmM1Yml2Ng==>

[https://twitter.com/amagerhvidovre/status/1655500202852188160?s=12&t=gPDfvdoHNYIRQS\\_hckGXoA](https://twitter.com/amagerhvidovre/status/1655500202852188160?s=12&t=gPDfvdoHNYIRQS_hckGXoA)

## HEART FAILURE AWARENESS DAYS 2023

### HEART FAILURE

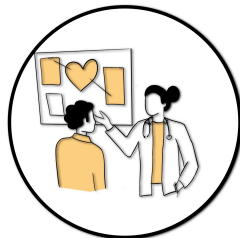
Heart failure means that the heart is not able to properly pump blood around the body. It usually happens because the heart has become too weak or too stiff.

### SYMPTOMS

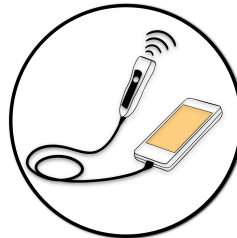
Common symptoms are:  
Shortness of breath  
Fatigue  
Swollen ankles and legs

### WHAT TO DO

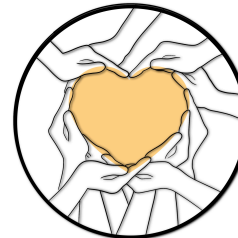
Read more on:  
[heartfailurematters.org](https://heartfailurematters.org)  
Contact your doctor if you have symptoms of heart failure.



Outreach to raise awareness of heart failure



Urban handheld echocardiography and blood pressure measurement

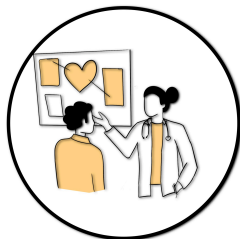


Equality in health care

## HEART FAILURE AWARENESS DAYS 2023

### HJERTESVIGT

Ved hjertesvigt er hjertet ikke i stand til at pumpe blodet rundt i kroppen ordentligt. Det forårsages oftest af at hjertet er blevet for svagt eller for stift.



Initiativ for at øge opmærksomhed om hjertesvigt

### SYMPTOMER

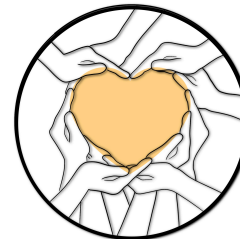
Hyppe symptomer er:  
Åndenød  
Træthed  
Hævelse af ankler og underben



Ultralydsscanning af hjertet  
og måling af blodtryk

### HVAD KAN DU GØRE

Læs mere på:  
[heartfailurematters.org](https://heartfailurematters.org)  
Kontakt din læge om du har  
symptomer på hjertesvigt.



Lighed i sundhed

## أيام التوعية بفشل القلب 2023

### ما يجب القيام به

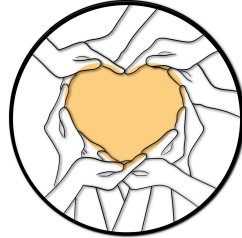
اقرأ المزيد على:  
[heartfailurematters.org](http://heartfailurematters.org)  
اتصل بطبيبك إذا كنت تعاني من أعراض  
فشل القلب.

### أعراض

أهم الأعراض هي:  
ضيق النفس  
الشعور بالإرهاق والضعف  
تورم الساقين والكاحلين

### فشل القلب

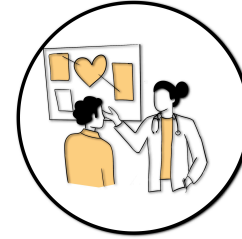
يعني فشل القلب أن القلب  
غير قادر على ضخ الدم بشكل كافي.  
يحدث هذا عادة لأن القلب أصبح ضعيفاً أو  
متصلباً جداً.



المساواة في الرعاية الصحية



تخطيط صدى القلب المحمول في المناطق الحضرية  
وقياس ضغط الدم



التواصل لزيادة الوعي بفشل القلب

# Extra pictures/videos

