



Heart Valve Disease Awareness Week: Key Messages and Facts & Statistics

Key Messages: Heart Valve Disease Awareness Week

- Heart Valve Disease Awareness Week is a global campaign to raise awareness about heart valve disease. It's taking place September 14-20, 2026.
- The goal of the campaign is to increase recognition of the risks and symptoms of heart valve disease, improve early detection, and ultimately save lives.
- Heart valve disease affects more than 1 million Canadians, but awareness of the disease remains low. Together, we can change that.
- To learn more about heart valve disease and the campaign, visit heartvalvevoice.ca.

Key Messages: Heart Valve Disease

- Heart valve disease is common, serious and treatable.
- Heart valve disease is when one or more of the valves in our heart don't open or close properly. When our valves aren't working properly, our hearts may try to warn us that something's wrong.
- Breathlessness, dizziness, and fatigue are all signs you might have heart valve disease. But some people have no symptoms at all.
- Every Canadian over age 60, or those with pre-existing valve disease, should have regular stethoscope checks as part of their routine care. Regular screening is important because many patients in advanced stages of the disease do not show any symptoms.

Facts & Statistics: Heart Valve Disease in Canada

- Heart valve disease is rising as our population ages. It has been called “the next cardiac epidemic.” Research estimates that 1.5 million Canadians over 65 will have heart valve disease in 2040.¹
- Heart valve disease can be serious and even fatal if left untreated, yet awareness remains very low. Only 4% of Canadians say they know a great deal about it, and just 7% are concerned about the disease.²
- Nearly 1 in 4 Canadians aged 50+ could not identify a single symptom of heart valve disease, highlighting an important awareness gap.³
- A heart murmur is often the first sign of heart valve disease. Yet, 73% of Canadians know nothing or very little about heart murmurs.
- Recent research found that 69% of Canadians aged 50+ would attend a stethoscope check at a pharmacy, and half would attend a community-based event—highlighting strong public interest in accessible opportunities for early detection.⁴

¹ John Sproule, Ken Bond, Lindsey Warkentin, Bing Guo, Nancy Zuck 2022. Heart Valve Disease in Canada: Recommended Components for a National Strategy. Institute of Health Economics

² Diep C, et al. Valvular Heart Disease Awareness and Screening Gaps Among Canadians Aged 50 and Older: A Quota-Based National Online Survey. CJC Open. 2026. doi:10.1016/j.cjco.2026.08.004

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