

Signs of a Heart Attack

Recognize the Warning Signs & Act Fast!

Chest pain or discomfort

Pressure, squeezing, or fullness in the chest.

Shortness of breath

Difficulty breathing, even at rest or with mild activity.

Pain in other areas

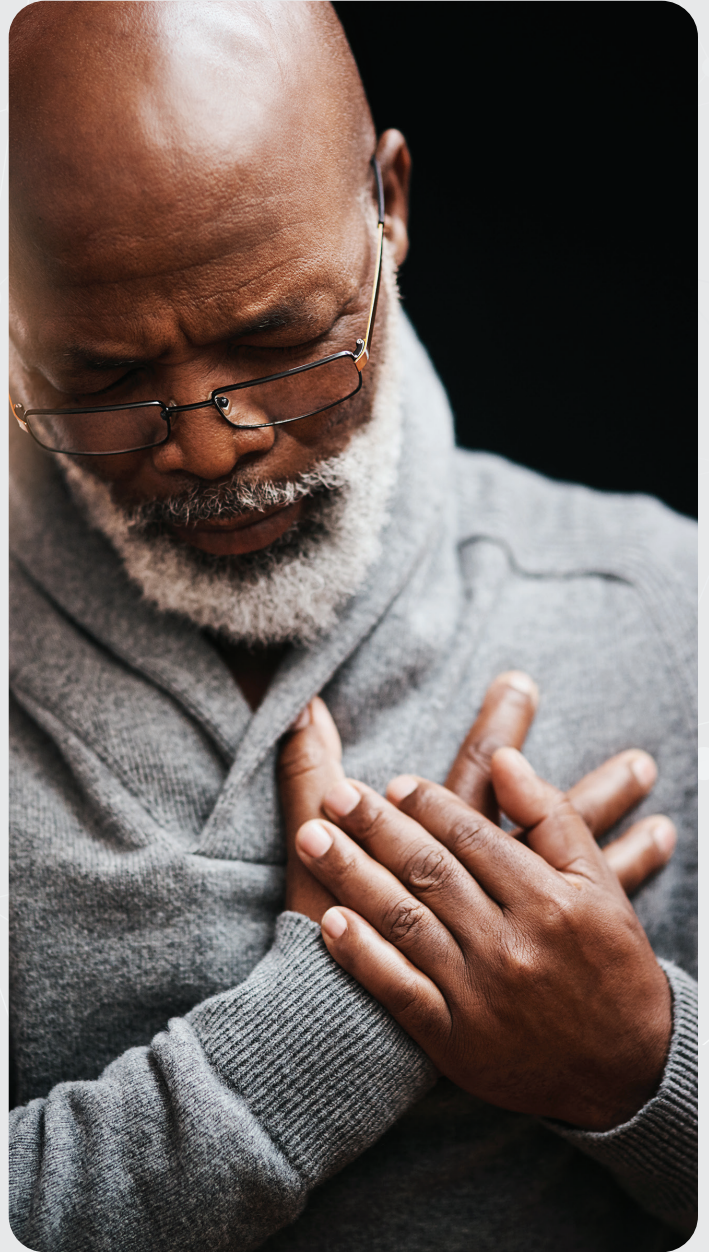
Discomfort in the arms, back, neck, jaw, or stomach.

Cold sweats, nausea, or lightheadedness

May occur suddenly or gradually.

Fatigue or weakness

Can feel like extreme tiredness, especially in women.



If you or someone you know is experiencing these symptoms,
CALL 911 IMMEDIATELY!

Hypertension Management

How Home Care Supports Heart Health



Medication Management

Seniors need to take the correct medication, at the correct dose, and at the correct time. It's important because older adults often take multiple medications, which increases the risk of side effects and drug interactions.



Dietary Support

A poor diet can lead to complications like heart disease, diabetes, and weakened bones. Proper nutrition helps prevent chronic diseases, maintain a healthy weight, support cognitive function, combat muscle loss, and improve overall health.



Regular Monitoring

Monitoring seniors is crucial in proactively identifying potential health issues early on, enabling timely intervention, and ensuring better management of chronic diseases, allowing them to age in place safely.



Promoting Exercise

Exercise helps seniors maintain independence, reduce the risk of falls, improve mental health, strengthen bones, manage chronic diseases like heart disease and diabetes, and enhances their quality of life.



Stress Reduction

Aging bodies become less resilient to stress, making it more likely to contribute to serious health issues, such as heart disease, high blood pressure, diabetes, and cognitive decline.

Call to learn how home care empowers seniors to manage hypertension effectively and live healthier, more independent lives.