

Heart Disease is the Leading Cause of Hospitalizations in Those 65 Years and Older

Self-management is the key to maintaining your independence and avoiding an unplanned hospitalization



If you answer **YES** to any of the following, ask your doctor how home health care can help you manage your heart disease in the comfort of your home:

- Are you newly diagnosed with heart disease?
- Have you had a recent flare-up or setback?
- Are you worried about ending up in the ER?
- Are you confused about or had a change in your medications?
- Do you experience tiredness, fatigue, or lack of appetite?

Are you struggling with:

- Fluctuations in high blood pressure
- Difficulty managing high cholesterol
- Increased heart rate or palpitations
- Difficulty breathing
- Persistent coughing or wheezing
- Swelling in ankles or legs
- Trouble sleeping
- Loss of balance or falling
- Dizziness or fainting

Compliments of:



Compassion. Excellence. Reliability.