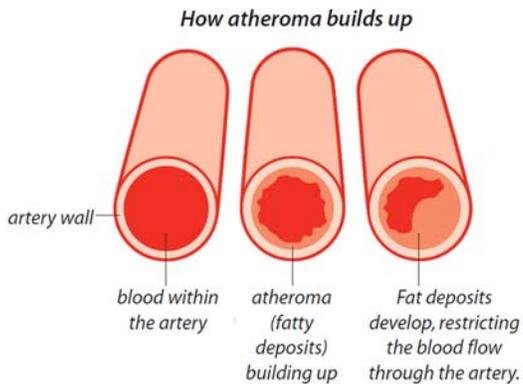




24 Hours Care
 73 Lexington St.,
 Suite #LL5,
 Newton, MA 02466
 Tel: **617.792.0500**
 Cell: 617.244.4676
 E-Mail: office@24HoursCare.com
 Web: www.24HoursCare.com
www.XHCSA.com
Facebook.com/24HoursCare

Heart Disease



No. 1 killer in America, affecting more than 13 million Americans is coronary artery disease, also called coronary heart disease, or simply, heart disease.

Heart disease occurs as a result of plaque build up in your arteries, resulting in obstructed blood flow, increased blood pressure and elevated risk for heart attack and stroke.

Simple lifestyle changes can reduce your risk for heart disease.

Symptoms: The most common symptom of coronary artery disease is angina, or chest pain. Angina can be described as a discomfort, heaviness, pressure, aching, burning, fullness, squeezing, or painful feeling in your chest. It can be mistaken for indigestion or heartburn. Angina may also be felt in the shoulders, arms, neck, throat, jaw, or back..

Symptoms of a heart attack can include:

- Discomfort, pressure, heaviness, or pain in the chest, arm, or below the breastbone.
- Discomfort radiating to the back, jaw, throat, or arm.
- Fullness, indigestion, or choking feeling (may feel like heartburn).
- Sweating, nausea, vomiting, or dizziness.
- Extreme weakness, anxiety, or shortness of breath.
- Rapid or irregular heartbeats.

Treatment: There are three main treatment options for coronary artery disease:

- **Medical treatment** - drugs (e.g. cholesterol lowering medications, beta-blockers, nitroglycerin, calcium antagonists, statins etc.)
- **Surgical treatments** - surgical interventions such as angioplasty, coronary stent, and bypass.
- **Lifestyle change** - Healthy diet, exercise, smoking cessation, stress management, weight control.

Facts you should know about Heart Disease

- Heart disease is the **leading cause** of death for both men and women of most racial/ethnic groups in the United States, .
- About **600,000 Americans** die from heart disease each year
- In the United States, someone has a heart attack **every 34 seconds**. Each minute, someone in the United States dies from a heart disease related event.
- Coronary heart disease alone costs the United States **\$108.9 billion** each year. This total includes the cost of health care services, medications, and lost productivity.
- People suffering from Diabetes have an increased risk for Heart Disease.
- Life style changes such as balanced heart healthy diet, exercise and annual wellness checks for blood pressure and glucose can reduce the risk of coronary artery disease.
- Diabetics have twice the risk of heart disease and develop it at an earlier age.

Please turnover for more information →

SERVICE WITH PERSEVERANCE & COMPASSION

About 24 Hours Care

24 HOURS CARE recognizes the importance of offering quality care services to the elderly and those who have special needs.

We provide professional home health care and are committed to holistic approach in responding to the needs of senior citizens and physically challenged individuals.

We are thankful for their contributions and believe that it is our turn to respectfully offer the care and compassionate services they richly deserve.

- Collins & Laura

About Laura Emerhi

Laura is a registered Nurse in Massachusetts, CPR, Telemetry Certification, Certified Nursing Assistant and Physical Therapist in Lithuania. She has been working for over 10 years with never ending passion to make a difference in clients life, see client change and grow in a positive manner. She says "I love working at 24 Hours Care and Xpress Healthcare Staffing delivering compassionate quality care and I am amazed by the power of personal relationships between me and client. Sometimes it comes easy but sometimes it requires persistent hard work. With Perseverance and Compassion...everything is possible. I speak Lithuanian & Russian."



Advisor - Dr. Chieke Udom, MD knows everything about your condition. We encourage our patients to ask questions to their healthcare provider. Feel free to let us know what concerns you.

Contact - Hospital medicine
Melrose-Wakefield hospital, Melrose MA, 02176
781.979.3861
Lawrence Memorial Hospital, Medford, MA 02155
781.306.6081

Important links about Coronary Heart Disease:

- <http://www.heart.org/HEARTORG/>
- <http://www.webmd.com/heart-disease/default.htm>
- <http://www.heartfoundation.org.nz/programmes-resources/health-professionals/guidelines-and-patient-resources/heart-disease1>

How do we help patients with Heart Disease?

- Needs Assessment
- Plan for care - Establish a plan of care that includes important medical as well as non-medical information about the patient.
- Trained nursing care at home
- Following the treatment procedures recommended by the physician
- Consultation with the patient and family members

We create strategy for long term care for the patient depending on the stage of the disease.

Our Specialized services for Heart Disease include:

- Vital signs management, including blood pressure
- Exercise regimen to maintain the physical activity Focusing on aerobic exercise
- Nutrition management - We make sure patient receives proper nutrition and hydration that is heart healthy
- Medicine delivery management
- Massage therapy - Massage benefits patients on all levels to restore the body and refresh the mind.
- Looking after the patient comfort
- Stress management
- Providing 24 hours care to ensure well being of the patient
- Medical and non-medical care

24 Hours Care Difference:

Compassionate professionals work with patients on a day-to-day basis to help keep their home environment clean, safe and embracing an emerging model of care that allows many elderly or patients with chronic illnesses remain in their homes and still receive the medical and social services available in institutions.

We provide

- therapeutic activities programs
- assistance with activities of daily living (ADLs)
- specialized activities for the cognitively impaired
- coordinated hospice care
- certified and experienced staff member will follow up with the patient and family to ensure satisfaction.
- competent, compassionate care to provide comfort for patients.

"Long-Term Care Insurance Accepted"