



# CHF Prevention & Management: How We Can Help

## THE PROBLEM:

- 5,000,000 Americans suffer from CHF.
- More men have it, but women are more likely to die of CHF if untreated.
- African American women are at the highest risk for heart failure among all groups!
- Those with CHF are also at greater risk of anemia, hyper/ hypothyroidism, and emphysema.
- Unhealthy lifestyle and being over-weight contribute to the risk of CHF



Aaron Home Care recognizes the seriousness of CHF and the role our home caregivers play in preventing and managing the condition.

## We are part of THE SOLUTION:

### **Regular Medical Attention and Medication Reminders**

We ensure that clients keep medical appointments and adhere to the medication schedule laid out for them by their doctors.

### **Reduce Hospitalization**

We monitor weight closely and report to the doctor any gains or losses of 3 lbs or more within a 1-7 day period so that **hospitalization can be avoided!**

### **Heart-Smart Diet**

We prepare meals that are low in sodium, fat and cholesterol.

### **Keep Moving**

We motivate our clients to stay as active as they are able. Our caregivers assist in exercise and physical therapy regimens.

### **Maintaining Health at Home**

Our caregivers encourage clients to make healthy lifestyle choices, like avoiding alcohol and smoking. Most of all, the companionship we provide increases overall quality of life because they know ***we truly care.***



Know someone who needs home care?

**(619) 880-5522**

[www.Aaron-Homecare.com](http://www.Aaron-Homecare.com)