

Healthy Heart



Chest Pain and Shortness of Breath

Chest pain and shortness of breath are commonly caused by high blood pressure, coronary artery disease, congestive heart failure and chronic obstructive pulmonary disease. Managing these diseases will help with prevention of symptoms and overall well-being.

How can older adults prevent shortness of breath and chest pain?

Older adults can take several steps to manage these diseases proactively.

- **Exercise regularly.**
- **Eat a healthy diet, low in salt and fat.**
- **Avoid alcohol, caffeine and smoking.**
- **If overweight, try to lose a few pounds.**
- **Take medications appropriately.**
- **Check your blood pressure, pulse and weight routinely.**
- **Stay socially active.**
- **Get plenty of rest.**

Do you or a loved one have COPD or CHF who struggles with every day activities or needs help managing their disease? **We can help.**

Our COPD and CHF Care Plans focus on the individual needs of the client who is suffering from chronic bronchitis or emphysema which can include: light housekeeping, assistance with ADL's, household management, shopping, meal preparation, proper nutrition, exercise, safety in the home, infection/air quality control maintenance, smoking cessation, medication reminders, pain/stress management techniques.

Let us customize a care plan that fits you or your loved one's needs. Call for a free assessment at **847-548-1330**.

Private Duty Home Care
Companionship • Light Housekeeping
Meal Preparation • Personal Care

Geriatric Care Management
Comprehensive Care Planning • Medical Advocacy
Liaison for Families at a Distance

Partners in Senior Care, Inc.
*Our mission is the quality delivery
of care services to the senior population.*

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