

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

2 Corinthians

4:16-18

What is Heart Failure?

Heart failure is a condition in which the heart can't pump blood the way it should. In some cases, the heart can't fill with enough blood. In other cases, the heart can't send blood to the rest of the body with enough force. Some people have both problems. "Heart failure" doesn't mean that your heart has stopped or is about to stop working. However, it's a serious condition that requires medical care. Heart failure develops over time as the pumping of the heart grows weaker. It can affect the right side of the heart only or both the left and right sides of the heart. Most cases involve both sides of the heart. Heart failure is a very common condition. About 5 million people in the United States have heart failure, and it results in about 300,000 deaths each year.

What Causes Heart Failure?

Conditions that damage the heart muscle or make it work too hard can cause heart failure. Over time, the heart weakens. It isn't able to fill with and/or pump blood as well as it should. As the heart weakens, certain proteins and other substances may be released into the blood. They have a toxic effect on the heart and blood flow, and they cause heart failure to worsen. The most common causes of heart failure are coronary artery disease, high blood pressure, and diabetes. Treating these problems can prevent or improve heart failure.

What are the Signs & Symptoms of Heart Failure?

The most common signs and symptoms of heart failure are: Shortness of breath or trouble breathing, Fatigue (tiredness), Swelling in the ankles, feet, legs, abdomen, and, rarely, the veins in your neck. All of these symptoms are due to the buildup of fluid in your body. When symptoms start, you may feel tired and short of breath after routine physical effort—like climbing stairs. As the heart grows weaker, symptoms get worse. You may begin to feel tired and short of breath after getting dressed or walking across the room. Some people have shortness of breath while lying flat.



Who is at Risk?

People who are 65 or older. Aging can weaken the heart muscle. Older people also may have had a disease for many years that causes heart failure. Heart failure is the #1 reason for hospital visits in this age group. African Americans. African Americans are more likely than people of other races to have heart failure and to suffer from more severe forms of it. They're also more likely than other

groups to have symptoms at a younger age, get worse faster, have more hospital visits due to heart failure, and die from heart failure. People who are overweight or obese. Excess weight puts a greater strain on the heart. It also can lead to type II diabetes, which adds to the risk of heart failure.

www.nhlbi.nih.gov

The following is a list of symptoms people who have heart failure might experience:

Shortness of breath (perhaps when walking, climbing stairs or being active), shortness of breath when lying down, lack of appetite, waking up in the night, suddenly breathless, general tiredness or weakness, including the reduced ability to exercise, swelling of the legs, feet or ankles, swelling of the abdomen, rapid or irregular heartbeat, rapid weight gain (1 or 2 pounds a day for 3 days in a row), chronic cough or wheezing and nausea.

People who have heart failure can live longer and more active lives if it's diagnosed early and they follow their treatment plans.

www.familymedguide.com



Mandarin Orange Salad



Ingredients

1 lb. small curd
cottage cheese
1 small pkg. of orange jello
1 small can mandarin
oranges
1 small pkg. cool whip

Directions

Mix all ingredients together and
refrigerate for about 2 hours.

Our Services

Companion Sitting

We have compassionate companions who enjoy meeting and sharing special times with our clients in the comfort of their own home.

Personal Care

We can help you with the activities of daily living such as bathing, dressing, skin care, trimming nails, shampooing hair, transferring, foot care or any other care that is needed.

Transportation

We provide transportation and assistance for you to wherever they need to go such as medical or dental appointments, outpatient medical treatments, shopping, or even to meet friends for dinner.

Meal Prep/Delivery

Let us cook your meals for you. Maybe you just want a quick fast food meal, we can pick it up and deliver it right to your door.

House Keeping Services

We have trained employees who can clean while you enjoy

time for yourself. And yes, we do windows.

Holiday Decorations

Let us come do the climbing and reaching. You sit back and direct us in the way that you want it done. When the holiday is over we will come back and take down the decorations, pack them up and put them in storage for you.

House Sitter Services

We can check on your home, pick up the papers, turn the lights on and off and no one will even know you are away.

Maternal/Child Care

Stop the juggling and allow us to assist you in preparing bottles, doing laundry, or sitting with the baby while you relax or catch up on sleep.

Pet Care

We can come to your home, feed, walk and play with your pet as often as you like. We will make a "complementary visit, prior to your leaving, for you" to introduce us to your pet.

Respite Care

Allow us to come into your home and relieve you from your responsibilities of care giving while you take some time to yourself.

Post-Operative Care

Our staff can ensure that post-op orders are carried out and pick up any items you may need to make sure you are receiving proper care.

Shopping/Errand Services

Allow our staff to do the shopping and manage the crowds for you. Whether it is groceries, paying bills, or going by the post office, we are of service at your convenience.

Yard Work

Sit back and tell us what to do. We can assist you in enjoying your yard.

Maintenance Services

We can help accommodate your home, and prior to service, we will provide a complimentary safety assessment of your home.

