

Home Helpers lends a "Helping Hand" for Heart Health Awareness Month

Heart Disease is the leading cause of death in the United States, and it is a major cause of disability. While it is the most costly and widespread of health problems, heart disease is also among the most preventable. During American Heart Month, Home Helpers of Amherst is creating awareness about fighting this disease by improving heart-healthy habits and raising awareness in local homes and communities.

As the nation's leading senior care franchise specializing in non-medical and personal care and companionship for seniors, Home Helpers of Amherst works with many families dealing with heart disease, who save lives and spare suffering. Every day, these dedicated individuals put themselves on the front lines in the fight against heart disease.

"The advice for becoming more "heart healthy" may sound familiar: Lose weight, quit smoking, watch your cholesterol and exercise regularly," said Kim Strader, owner of Home Helpers of Amherst. "Yet heart disease remains America's biggest killer, taking more lives than accidents and cancer combined. Home Helpers and our trained caregivers are dedicated to working with families each day to prevent this deadly disease"

Every 25 seconds, an American will have a coronary event; every minute, an American will die from one. One can reduce the chance of developing coronary heart disease by taking steps to prevent and control risk factors. Additionally, it is crucial to know the signs and symptoms of heart attack to increase one's chance for a positive outcome.

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Home Helpers offers signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath. May occur with or without chest discomfort.
- Other signs. These may include breaking out in a cold sweat, nausea or lightheadedness.

Kim Strader adds that a healthy diet and lifestyle are the best weapons you have to fight heart disease. "Many people make it harder than it is. It is important to remember that it is the overall pattern of the choices you make that counts."

Home Helpers offers free in-home consultations and works with clients individually to tailor flexible care plans to meet their specific needs and budgets. Services offered include companionship, grocery shopping, meal preparation, assistance bathing, dressing and feeding, medication reminders, local transportation and light housekeeping.

For more information on Home Helpers of Amherst, please contact Kim Strader at 440-984-2750 or visit www.neohh.com.

About Home Helpers

Founded in 1997, Cincinnati-based Home Helpers is the nation's leading senior care franchise specializing in non-medical and personal care and companionship for seniors, new mothers, those recovering from illness or injury and individuals facing lifelong challenges. Home Helpers currently has a presence in more than 500 communities across the North America. Home Helpers was recently ranked the #1 Senior Care Franchise and "Best of the Best" by Entrepreneur magazine for the fifth straight year and continues to lead the way in the senior care industry. Home Helpers is affiliated with Direct Link Help at the Touch of a Button, a national provider of medical alert units, including a 24-hour personal emergency response system and an automated medication dispenser that enable seniors to feel safer and live independently at home for longer than might otherwise be possible.