

# Compatible News

## November: Health Awareness

We all know that our health is important, especially as we age. Living and eating healthy is a great way to help prevent disease or slow the progression of disease. This month we will be discussing common diseases, signs and symptoms, prevention strategies, and myths.

### CANCER

The acronym CAUTION can be used for some warning signs:

- C:** Change in bowel or bladder habits
- A:** A sore that does not heal
- U:** Unusual bleeding or discharge
- T:** Thickening or lump in the breast or elsewhere
- I:** Indigestion or difficulty in swallowing
- O:** Obvious change in a wart or mole
- N:** Nagging cough or hoarseness

1. Avoid tobacco in all its forms, including exposure to secondhand smoke.
2. Eat properly and try to reduce your consumption of saturated fat and red meat, which appears to increase the risk of colon and prostate cancers, while increasing your consumption of fruits, vegetables, and whole grains.
3. Exercise regularly.
4. Stay lean. Obesity increases the risk of many forms of cancer.
5. Limit alcohol to one to two drinks a day.
6. Avoid unnecessary exposure to radiation.
7. Avoid exposure to industrial and environmental toxins such as asbestos fibers, benzene, aromatic amines, and polychlorinated biphenyls (PCBs).



## Alzheimer's

**Myths:** 1. Memory Loss is apart of aging. Truth: Occasional forgetting is normal, however, reoccurring issues are not.

2. Alzheimer's is not fatal. Truth: Wrong. Alzheimer's kills brain cells, which changes functions of our bodies, leading to the passing of the affected individual.

3. Alzheimer's is a disease for the elderly. Truth: People can develop symptoms as early as age 30.

**Signs and Symptoms:** 1. Memory loss that disrupts daily life. 2. Challenges in planning or solving problems. 3. Difficulty completing familiar tasks at home, work or leisure. 4. Confusion with time or place. 5. Trouble understanding visual images and spatial relationships. 6. New problems with words in speaking or writing. 7. Misplacing things and losing the ability to retrace steps. 8. Decreased or poor judgment. 9.

## Coronary Artery Disease-CAD

**Symptoms:** Chest pain (pressure, aching, burning, fullness, squeezing or pain in the chest). Pain in shoulders, arms, neck throat, jaw or back, shortness of breath, flip flop feeling in your chest, fast heartbeat, weakness or dizziness, nausea or sweating. **If you experience any of these PLEASE CALL 911 immediately**

## Heart Attack

**Symptoms:** 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. **If you experience any of these PLEASE CALL 911 immediately**



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## Compatible Home Care Quality Care That Fits Your Life

Compatible Home Care is a home care agency, which knows the importance of exceptional care for a family's loved one. Compatible prides itself on employing highly trained caregivers who will treat your loved one with the compassion and kindness they deserve. Compatible believes in providing quality and EPIC (empathy, patience, integrity, and compassion) care.

Compatible Home Care Agency also holds an Alzheimer's support group in the main office once a month and also holds educational seminars on various diseases and conditions for community members. Please feel free to contact our office for further information.

