

# ♥ HEART HEALTH

## A New Resource Caregivers Can Take To Heart

(NAPSA)—If you're a caregiver, you're not alone. The National Family Caregivers Association estimates about one in four adults is a caregiver—that's about 50 million people who provide care for a sick or elderly loved one.

It can be stressful and even frustrating to take on the role of caregiver in addition to all your other responsibilities.

That's why the American Heart Association makes information available over the Internet to help you and the ones you love fight heart disease and stroke.

The information on this Web site was designed to help caregivers to understand compliance—following the recommendations of healthcare professionals—and give you tips, tools and facts you need to help loved ones who have high blood pressure, atrial fibrillation, high cholesterol, heart failure or coronary artery disease follow doctor recommendations more closely.

Tools at the Web site can help. The Heart Profilers ([www.americanheart.org/heartprofilers](http://www.americanheart.org/heartprofilers)) provide caregivers with a free confidential source of reliable information that fits your loved one. Learn treatment options, important medication information and more.

The tools also provide downloadable questions to ask on behalf of your loved one at the next doctor's visit. Another section of the site ([www.americanheart.org/chf](http://www.americanheart.org/chf)) offers these tips for caregivers:

- Be patient with the patient. Acknowledge that change takes time and encourage and praise every effort made to make the necessary changes.



**Being a caregiver is an increasingly common experience for adults in America. Fortunately, they have a new online resource.**

- Find support groups for your loved one and yourself.

- Understand that sometimes becoming a caregiver causes a role reversal. For example, if you are caring for a parent, it may suddenly seem like they are the child and you have to "give orders" to them. You may have to take less and give more from someone you have always depended on.

- Help your loved one by participating during doctor's visits or during hospital stays. Ask questions and take notes.

- Help the doctor by giving information about your loved one's condition. Note when there are changes in symptoms and when your loved one makes progress in following recommendations.

To learn more, visit the Web site at [www.americanheart.org](http://www.americanheart.org).