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Subject: We've got HEART!
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Visiting Nurses
of the Lower Valley



Lower Valley
Care Advocates

**Visiting Nurses of the Lower Valley and Lower Valley Care Advocates
care about your heart health.**

Everyone in your life, whether it's YOU, a parent, a patient, or a friend, may be impacted by a stroke in your lifetime. Take a moment to get brushed up on the following signs and symptoms to be aware of. We care...about you!

May is Stroke Awareness Month

Anyone can have a stroke. Be ready.

Despite the tremendous toll stroke takes, the vast majority of Americans do not think of stroke as a major health concern. And one in three Americans is unable to identify all the F.A.S.T. stroke warning signs. We need to make more people aware that stroke threatens millions of American lives, young and old, male and female, from every background. At the same time, stroke is largely preventable, treatable and beatable.



Did you know?

- One in every 40 seconds, someone has a stroke.
- One out of every six people will suffer a stroke in his/her lifetime.
- Stroke is the leading cause of disability in the U.S.
- Stroke is the #5 cause of death in the U.S.

Despite the tremendous toll stroke takes, the vast majority of Americans do not think of stroke as a major health concern. And one in three Americans is unable to identify all the F.A.S.T. stroke warning signs. We need to make more people aware that stroke threatens millions of American lives, young and old, male and female, from every background. At the same time, stroke is largely preventable, treatable and beatable.

Learn more about strokes



Visiting Nurses of the Lower Valley cares about your heart health!

Our Telehealth program helps you manage your health from where you want to be – home. With telehealth monitoring, your vital sign measurements, including weight, blood pressure, blood oxygen level, heart rate and more, are wirelessly sent to your nurse. The monitoring system is convenient, easy to use and can help you stay out of the hospital by identifying potential problems early on. You can take comfort in knowing a healthcare provider will be checking on you and communicating any changes in your condition with your healthcare team.

Learn more about Visiting Nurses of the Lower Valley



**Quality of
Patient Care**



**Patient Experience
of Care**

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