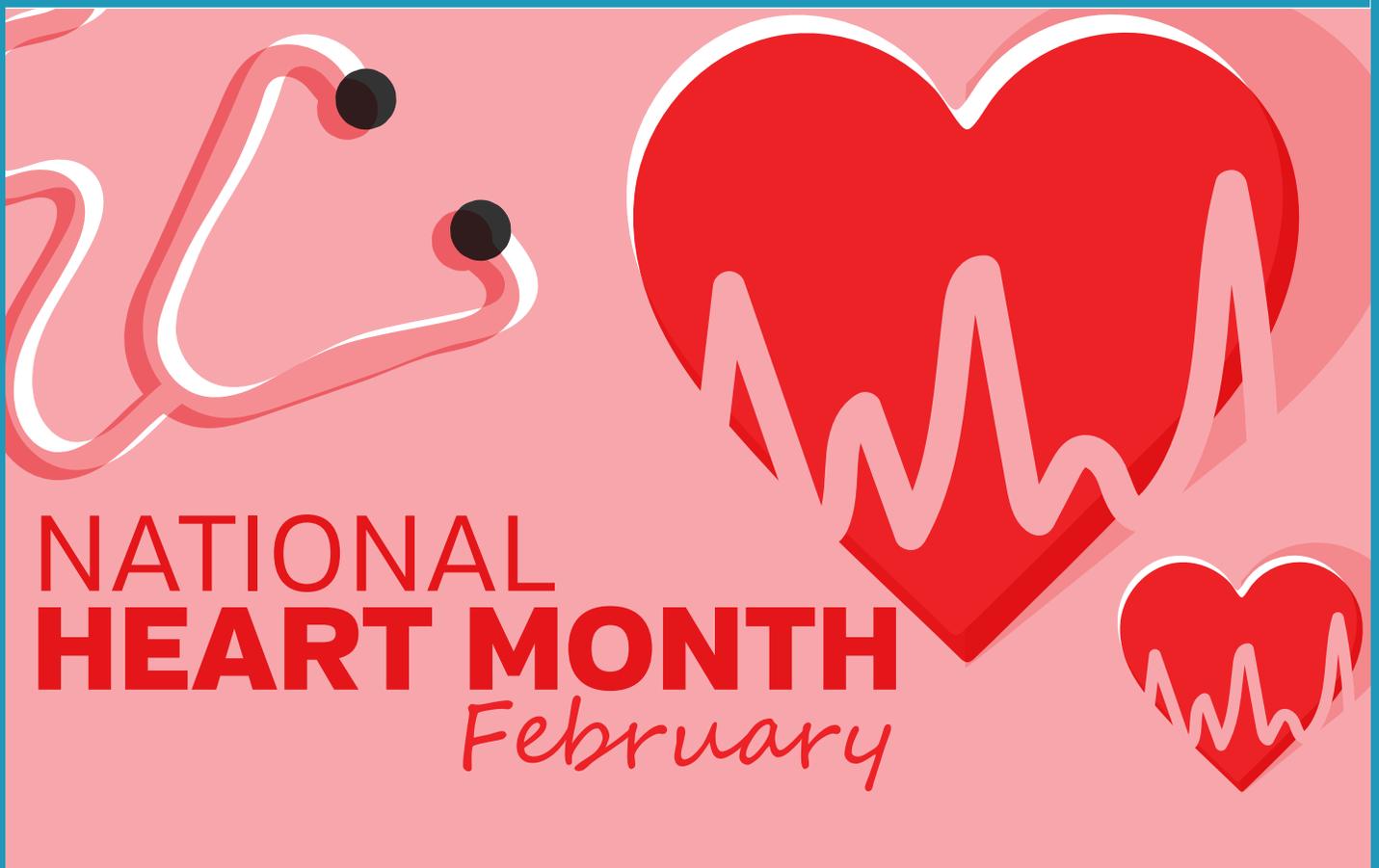




the
Telehealth
Times



Happy Valentines Day!





KAMRYN'S CORNER

Happy February and Happy Valentine's Day! February is "American Heart Month," and our newsletter is packed full of information to assist us in maintaining a healthy heart. The American Heart Association reports that remote patient monitoring (RPM) helps you stay engaged and take an active role in managing your health. Take care of yourself and your heart!



Kamryn Williams, LPN
Telehealth Coordinator
Palmetto Care Connections

Yours Truly,
Kamryn

HEART HEALTH

CARDIOVASCULAR RISK FACTORS

NON-MODIFIABLE



AGE



SEX



FAMILY HISTORY

HYPERTENSION

DIABETES

OBESITY

SMOKING

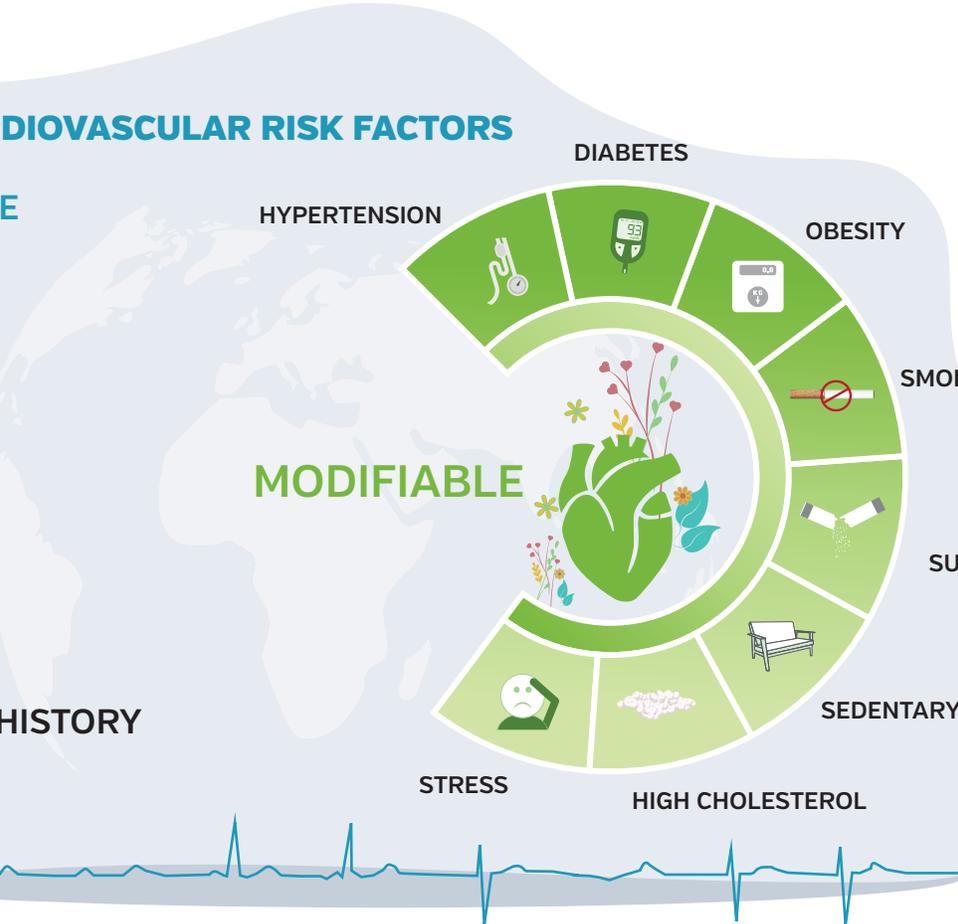
SUGAR

SEDENTARY LIFESTYLE

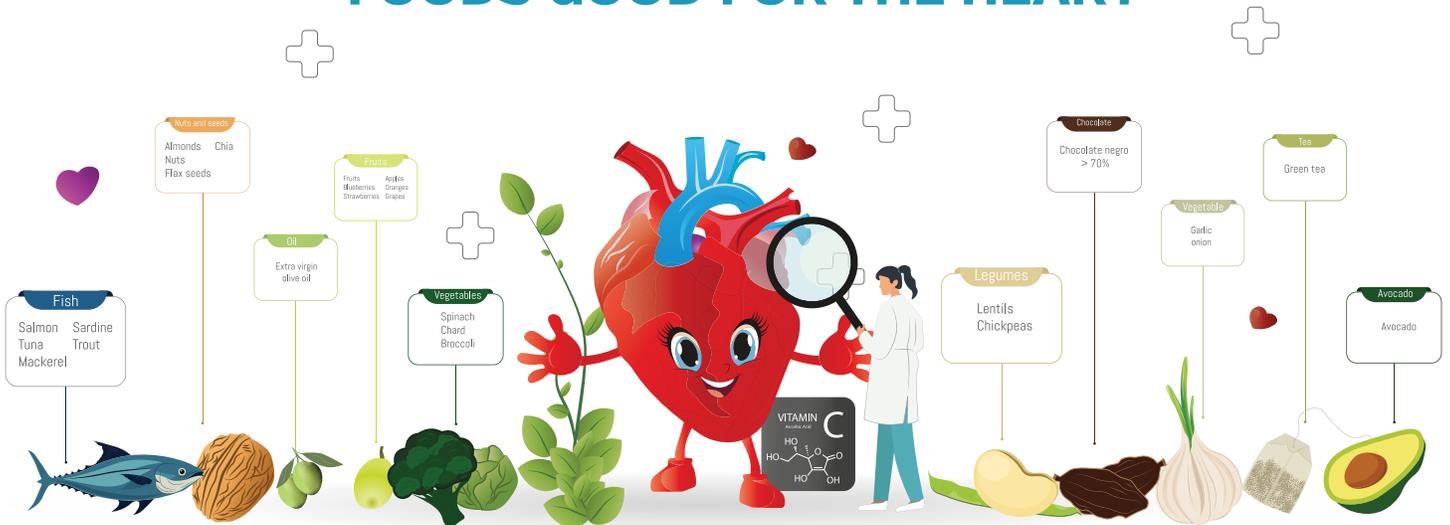
STRESS

HIGH CHOLESTEROL

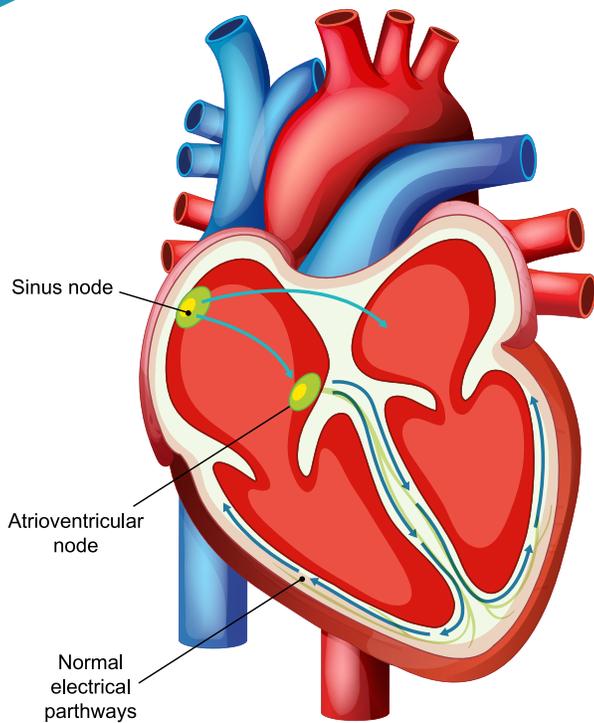
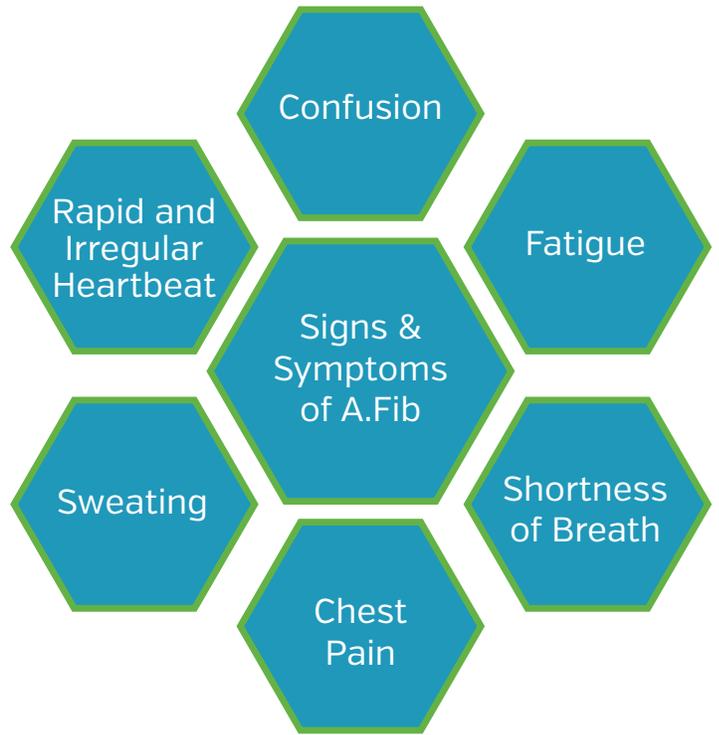
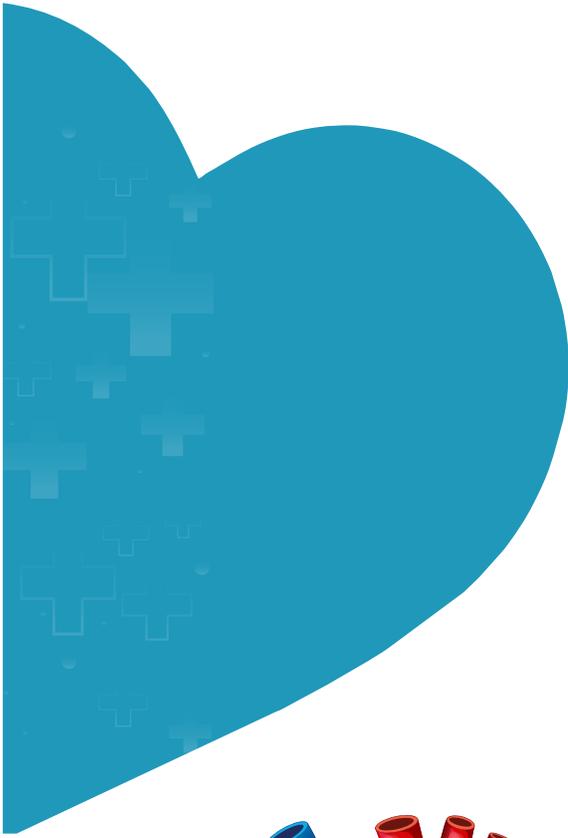
MODIFIABLE



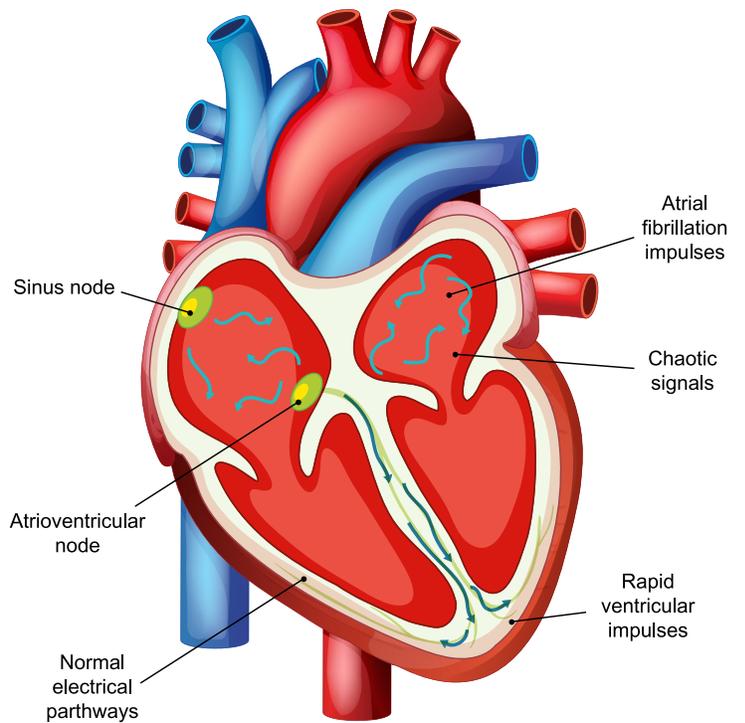
FOODS GOOD FOR THE HEART



ATRIAL FIBRILLATION



Normal heart



Atrial Fibrillation



HYPERTENSION

HIGH BLOOD PRESSURE

Hypertension



SYSTOLE



DIASTOLE

HYPERTENSION, Also Known as **HIGH BLOOD PRESSURE (HBP)**, is a Medical Condition in Which the **BLOOD PRESSURE** in the Arteries is Persistently **ELEVATED**.

DAMAGE FROM HIGH BLOOD PRESSURE



Heart Failure



Attack Failure



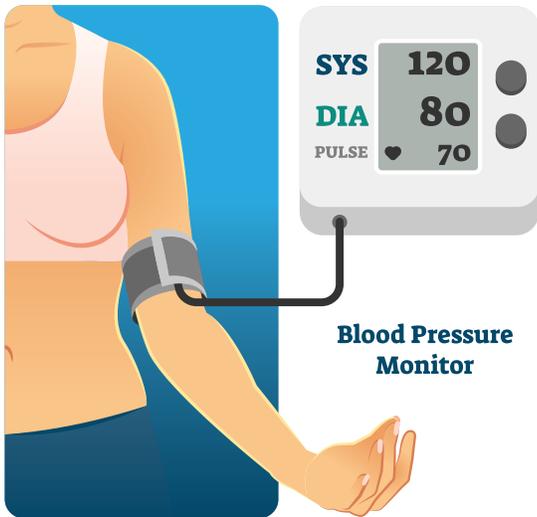
Kidney Failure



Stroke



Blindness



Blood Pressure Monitor



NORMAL



ELEVATED



STAGE 1
HYPERTENSION



STAGE 2
HYPERTENSION



HYPERTENSIVE
CRISIS

Less Than
120
Less Than
80

120
To
129
Less Than
80

130
To
139
OR
80
To
89

140
To
180
OR
90
To
120

Higher Than
180
Higher Than
120

SYMPTOMS



Fatigue



Severe Headache



Vision Problems



Irregular Heartbeat



Blood in Urine



Trouble Breathing



Chest Pain

TAKE CARE OF YOUR HEART

Let's do our part to take care of our hearts by eating, exercising and sleeping like we should!



FACTS AND STATS

Heart disease is a leading cause of death in the United States for both men and women.

The average human heart beats over 100,000 times per day.

The heart does more physical work than any other muscle in the body.

A woman's heart usually beats about eight beats per minute faster than a man's heart.

The heart pumps about 2,000 gallons of blood per day, which is about 1.5 gallons per minute.

An adult heart is about the size of two hands clasped together.



WHAT WE ASPIRE TO BE

OUR VISION

Every South Carolinian is connected to healthcare services

WHAT WE ARE

OUR MISSION

To improve access to healthcare services in rural and underserved communities in South Carolina through telehealth, technology, broadband and education.

WHAT WE DO

OUR VALUES

- Transform healthcare delivery
- Build trusted relationships
- Empower communities
- Innovative solutions
- Keep healthcare local
- Inclusion
- Equitable access
- Advocate

WHAT WE DO

FOCUS AREAS



Telephone: 803.956.6221

www.palmettocareconnections.org

**The provided content is intended solely for educational purposes and should not be treated as medical advice*