Care Now Private Duty Care

Health Awareness Quick-Reference Guide - Revised

Common Conditions • Important Numbers • Warning Signs • Family Safety Tips

Educational use only: Care Now provides non-medical support. This guide does not diagnose, treat, prescribe, or replace medical advice. For sudden, severe, or life-threatening symptoms, call 911.

EMERGENCY - CALL 911

• Chest pain, severe trouble breathing, blue lips, fainting, seizure, or inability to stay awake.

• Stroke signs: face drooping, arm weakness, speech trouble, sudden confusion, sudden vision trouble, or severe headache.

• Blood pressure higher than 180/120 WITH symptoms such as chest pain, shortness of breath, weakness, vision changes, numbness, or trouble speaking.

• Possible blood clot in the lungs: sudden shortness of breath, chest pain that worsens with deep breath/cough, rapid or irregular heartbeat, coughing blood, lightheadedness, or fainting.

• Serious fall or head injury, or sudden one-leg swelling with pain, redness, warmth, or tenderness.

IMPORTANT HEALTH NUMBERS TO KNOW

Blood Pressure	Normal is usually less than 120/80. Call 911 for over 180/120 with serious symptoms.
Low Blood Pressure	Around 90/60 or lower may be low. A reading like 80/40 can be concerning, especially with dizziness, weakness, confusion, fainting, or cold/clammy skin.
A1C	A blood test showing average blood sugar over about 2-3 months. Below 5.7% is usually normal; 5.7%-6.4% is prediabetes range; 6.5% or above may indicate diabetes.
Fasting Blood Sugar	99 mg/dL or below is usually normal; 100-125 is prediabetes range; 126 or above may indicate diabetes.

BLOOD CLOT AWARENESS

A blood clot in a deep vein is called DVT. If a clot travels to the lungs, it can become a pulmonary embolism, which is a medical emergency. There is no home “number” that rules a clot in or out - symptoms and risk factors matter.

Watch for: swelling, pain or tenderness, warmth, redness, or discoloration in one leg or arm. Call 911 for sudden breathing trouble, chest pain, coughing blood, fainting, or fast/irregular heartbeat.

COMMON CONDITIONS & WHAT TO WATCH FOR

• **Diabetes:** thirst, frequent urination, fatigue, blurry vision, slow wound healing, numbness or tingling.

• **Arthritis:** joint pain, stiffness, swelling, warmth, morning stiffness, or reduced mobility.

• **Breathing issues:** wheezing, cough, fatigue, trouble lying flat, confusion, or blue lips.

• **Skin/wounds:** redness that does not fade, open sores, blisters, odor, drainage, warmth, or pressure areas.

WHAT TO TRACK DAILY

• Blood pressure, pulse, blood sugar if applicable, temperature, pain level, symptoms, food and fluid intake, medications taken, mood/behavior changes, swelling, wounds, falls, or near-falls.

Care Now Private Duty Care

Food, Hydration & Natural Wellness Support

Supportive foods and safe family reminders - not a replacement for medical care

FOOD CAN SUPPORT THE BODY - BUT IT DOES NOT REPLACE MEDICAL CARE

Healthy foods, hydration, movement, sleep, and stress reduction may support heart health, blood sugar control, inflammation, digestion, and energy. They should not be presented as a cure for blood clots, diabetes, stroke, high blood pressure, kidney disease, liver disease, or any emergency condition.

SUPPORTIVE FOODS TO ENCOURAGE

• **For heart and circulation support:** leafy greens, berries, beans, lentils, oats, nuts, seeds, fish, olive oil, garlic, and low-salt meals.

• **For blood sugar support:** vegetables, lean proteins, beans, lentils, whole grains in reasonable portions, nuts, seeds, and water instead of sugary drinks.

• **For digestion and hydration:** water, fruits with water content, vegetables, soups, and fiber-rich foods as tolerated.

• **For inflammation support:** colorful fruits and vegetables, omega-3 rich fish, turmeric used as a cooking spice, ginger, and cinnamon in food amounts.

INFUSED WATER & SIMPLE WELLNESS IDEAS

Infused water can help encourage hydration when plain water is hard to drink. Examples: cucumber + lemon; mint + berries; ginger + lemon; orange slices; or a small pinch of cinnamon in warm water if tolerated.

Turmeric may be used as a cooking spice or small food ingredient, but high-dose turmeric/curcumin supplements are different from seasoning food and can interact with health conditions or medications.

LIVER & KIDNEY SAFETY NOTE

The liver and kidneys naturally help filter the body. Be careful with claims about “detoxing” or “healing” with herbs, teas, powders, or supplements. People with liver disease, kidney disease, blood thinners, diabetes medication, blood pressure medication, surgery coming up, or multiple prescriptions should ask a healthcare provider before using herbs or supplements.

Important: Turmeric/curcumin supplements have been linked in rare cases to liver injury, especially concentrated products. Cinnamon supplements or high amounts of cassia cinnamon may not be safe for everyone. Food amounts are usually different from supplement doses.

WHEN FOOD IS NOT ENOUGH - SEEK HELP

• Possible blood clot symptoms, stroke symptoms, chest pain, severe shortness of breath, fainting, blue lips, severe confusion, or blood pressure over 180/120 with serious symptoms need urgent medical help.

• Do not use food, water, tea, cinnamon, turmeric, or home remedies to delay emergency care.

FAMILY NOTE

Care Now caregivers can help observe daily changes, remind clients to follow provider instructions, encourage meals and hydration, and document concerns for the family. Care Now does not diagnose, prescribe, or provide medical treatment.

Sources used for safety guidance include CDC, American Heart Association, Mayo Clinic/NIDDK/CDC diabetes guidance, and NCCIH turmeric safety information. Always follow the client’s healthcare provider.