

Resources for you

Adult Congenital Heart Association

1-888-921-2242 - <http://www.achaheart.org>

The Adult Congenital Heart Association is a nonprofit organization which seeks to improve the quality of life and extend the lives of adults with congenital heart defects.

Congenital Heart Information Network

215-493-3068 - <http://www.tchin.org>

The Congenital Heart Information Network is an International organization that provides reliable information, support services and resources to families of children with congenital heart defects and acquired heart disease, adults with congenital heart defects, and the professionals who work with them.

COULD THE MEDICARE PRESCRIPTION DRUG PLAN DISCOUNT HELP YOU ?

LIS (Low Income Subsidy) or “extra help” is a discount plan that can:

- lower your prescription copays
- cover all or part of your Medicare Part D monthly premiums
- eliminate the “doughnut hole” of coverage for your medications

There are asset and income guidelines to qualify for LIS in 2010

Single: monthly income \$1,353.75 or less with assets less than \$12, 510.

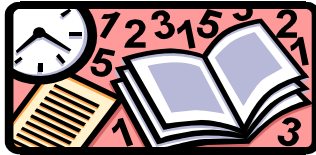
Married: monthly income \$1,821.25 or less with assets less than \$25, 010.

If you would like to find out if you are eligible for “extra help” with your Medicare Part D coverage **WE CAN HELP!!!**

Contact the **Area Agency on Aging at 1-800-582-7277** to speak with a representative who can assist you in applying over the phone OR we can send you a paper application in the mail.

The Area Agency on Aging also has staff available for Long Term Care Consultations to discuss options for all of your in-home care needs.

“Services Provided on a Non-Discriminatory Basis”



QUICK QUIZ

Cardiovascular disease (CVD), including heart disease and stroke, remains the leading cause of death in the United States despite improvements in prevention, detection, and treatment. Answer True or False to the questions below to test your knowledge.

1. There are many traits and lifestyle habits (risk factors) that increase the chance of developing Heart disease. T F
2. Coronary artery disease is a disease of the arteries that supply blood and oxygen to the heart. T F
3. Hypertension (high blood pressure) is called the “the silent killer” because many people do not even know they have it. T F
4. People with diabetes are more than *twice* as likely to develop heart failure as people without diabetes. T F
5. Inactivity and obesity both can increase the risk of high blood pressure, high blood cholesterol, diabetes, stroke and heart disease. T F
6. Second-hand smoke is not as dangerous as first-hand smoke. T F
7. Cardiovascular disease kills more people than all cancers combined and is the No. 1 cause of death and disability in the United States. T F
8. Depression does not increase the risk of cardiovascular disease. T F
9. High cholesterol numbers may be reduced through diet, exercise, weight loss and cholesterol-lowering drugs. T F
10. When an individual consumes too much sodium, extra fluid builds up in the body, which causes the heart to work harder. So it is very important to look at labels when grocery shopping to avoid foods/products high in sodium. T F

KEY: 1. T, 2. T, 3. T, 4. T, 5. T, 6. F, 7. T, 8. F, 9. T, 10. T

The Area Agency on Aging District 7, Inc. serves Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto, and Vinton Counties. For assistance from the Area Agency on Aging District 7, Inc., please call 1-800-582-7277.