



Experts in Home  
Health Management, Inc.  
*Our name says it all*

There's no place like home  
1 800 Home care  
1 800 768 4663



# EXPERTS IN HOME HEALTH MGMT., INC.

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**At Experts - We go above and beyond.**

**DO YOU KNOW THERE IS NO OUT OF POCKET COST OR CO-PAY FOR HOME HEALTH CARE SERVICES?**

If you or a loved one is recovering from an illness or injury and is need of Home Health Care Services like but not limited to Skilled Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, Home Health Aide, Medical Social Worker, Diabetic teaching, Uncontrolled Blood Pressure, Infusion Therapy. After we hear from you, we will call your physician and make necessary arrangements.

**Some of the treatments available to you and how can you benefit from Home Health Care services:**

## **High Blood Pressure (Hypertension):**

Uncontrolled high blood pressure, also known as silent killer, increases your risk of serious health problems, including heart attack and stroke. Our registered nurses with the help of Disease Process, Stress management, Blood Pressure monitoring, Diet, Activity, Medication education, Dangers of smoking, Safety, Community resources and Teaching can help keep blood pressure under control.

## **Home Diabetes Disease Management Program:**

A professional consultation with our trained staff not only includes instruction about the disease process, initiation of insulin therapy, and blood glucose monitoring, but also promotes health by involving patients in goal setting, incorporating increased physical activity into their lifestyle, and exploring convenient ways to encourage risk reduction behaviors for prevention of complications.

Instructions also include proper foot and skin care.

## **Fall Prevention (Vestibular Therapy):**

Any person who suffers from dizziness (vertigo) or recurrent dizzy spells or who has already fallen within the past year can benefit. A registered physical therapist can perform the vestibular rehab therapy (VRT) which can reduce the chances of fall.

## **Kidney Disease Program (Dialysis patients)**

Patients on dialysis often suffer from muscular weakness and pain. They can benefit from physical therapy and home exercise program. Also, patients suffering from one or more conditions given below can benefit from home health care.

## **Congestive Heart Failure (Tele-Health):**

Congestive heart failure (CHF), or heart failure, is a condition in which the heart can't pump enough blood to the body's other organs. When a specific cause of congestive heart failure is discovered, it should be treated or, if possible, corrected. For example, some cases of congestive heart failure can be treated by treating high blood pressure. If the heart failure is caused by an abnormal heart valve, the valve can be surgically replaced. If the heart becomes so damaged that it can't be repaired, a more drastic approach should be considered. A heart transplant could be an option. Most people with mild and moderate congestive heart failure can be treated.

## **Neuropathy (Anodyne & Solaris):**

Peripheral Neuropathy is a disease that can damage nerves in the feet and prevent them from working properly. It is most common in people with **diabetes**. When nerves are damaged, there may be changes in sensation, including numbness, burning, or pain which can be treated with Anodyne. Anodyne & Solaris X-3 Therapy, a relatively new treatment for peripheral and diabetic neuropathy is an infrared light treatment known to help relieve the pain and numbness associated with neuropathy and for improving blood flow.

## **Wound Care (V.A.C.® Therapy):**

Wounds that have not healed after standard wound treatment Negative Pressure Wound Therapy (NPWT) can help.

## **COPD Collaborative Management Program:**

Chronic Obstructive Pulmonary Disease (COPD) is a progressive disorder of the lungs and air pathways. COPD is a very debilitating disease. 'Experts' focuses on patient management of dyspnea, improving functional performance, decreasing oxygen consumption and the teaching of disease self management skills.

## **Parkinson's disease (How to manage):**

There are many medications available to treat the symptoms of Parkinson's, although none yet that actually reverse the effects of the disease but Physical & Occupational Therapy can help manage the life with Parkinson's.

## **Geriatric Orthopedic Recovery Program:**

Recovery from orthopedic surgery does not have to separate patients from the rest of living. Patients can recover from surgery in the comfort of their own home, surrounded by family, friends, and an "Expert" home health rehabilitation and nursing team. That is why Experts In Home Health Management has designed an orthopedic rehabilitation program tailored to the needs of seniors recovering from bone fractures and joint replacement surgeries.

## **Impaired Vision Home Care-Rehab program:**

Low vision means that even with regular glasses, contact lenses, medicine, or surgery, people find everyday tasks difficult to do. Rehabilitation programs, devices, and technology can help you adapt to vision loss. They may help you keep doing many of the things you did before.

## **Hospice affiliation with "Hospice Solutions"**

**Remember, you have the right to choose your home health care agency.**

We accept Medicare, Medicaid, Blue Cross Blue Shield, Molina Advantage,

Tri-Care, Humana Advantage, Medicare Plus Blue, and many more...

Translation Service Available

**Live person will answer your call 24/7/365**