



RITA'S CARE AT HOME LLC

STAY INDEPENDENT WITH A HELPING HAND FROM US



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About

512,000

people in
Tennessee
have COPD.



With proper diagnosis and treatment,
chronic obstructive pulmonary disease
(COPD) can be managed.

nhlbi.nih.gov/breathebetter

Source: CDC Behavioral Risk Factor Surveillance System
(BRFSS) Survey Data, 2020.



National Heart, Lung,
and Blood Institute

LEARN MORE
BREATHE BETTER

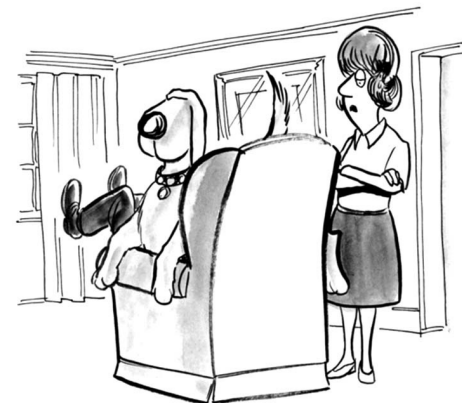
Chances are high that you know someone with chronic obstructive pulmonary disease (COPD). More than 16 million Americans have been diagnosed with this debilitating lung disease and it is estimated that millions more have it and don't know. This November for National COPD Awareness Month, join Rita's Care at Home, LLC in raising awareness about COPD. Whether you're a patient, caregiver, health care provider, advocate, or researcher, share your perspective. We all have a voice when it comes to COPD and we should use it to help people understand and recognize it earlier, so they can receive treatment to breathe easier.

Signs and symptoms of COPD such as shortness of breath, chronic coughing, and wheezing often come on slowly, which can delay diagnosis. Often, people mistake their breathing issues as a part of aging or a consequence of being out of shape. While there currently is no cure for COPD, early diagnosis and treatment can greatly improve quality of life. National COPD Awareness Month is a great time to encourage others to recognize symptoms and talk to a health care provider.

For more information about COPD, visit the Learn More Breathe Better program at <https://www.nhlbi.nih.gov/breathebetter>.

Thanking Our Veterans

November 11th is Veterans Day, and the staff of Rita's Care at Home would like to take this opportunity to say a special thank you to the veteran seniors in our care, and to all veterans everywhere for their dedication and service to our country. It is an honor to be of service to those who have given their service to protect us. •



"Are we agreed, then, that
Muffy needs a diet?"



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