

# Comfort Keepers® Promotes Heart Health For Seniors During February - American Heart Month

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Castle Rock, Colorado – More than 1 million people in the United States suffer from a heart attack each year. To highlight the importance of knowing the signs of a heart attack, [Comfort Keepers of Castle Rock](#) is providing Douglas County-area seniors with care tips and resources during the month of February, American Heart Month.

“A heart attack is a serious health event. Taking steps to care for your heart will not only have physical benefits but can affect everything from daily mobility to happiness and overall mental well-being,” said Katie Coleman at Comfort Keepers of Castle Rock. “At Comfort Keepers, we are proponents of strong family and support networks that create joy in the lives of seniors while providing them with the assistance needed to maintain heart health, recover after a heart attack, get to important doctor’s appointments, and even exercise.”

Most of us have a specific idea of what a heart attack looks like. While some heart attacks do happen suddenly, many start slowly, with pain or discomfort. A person can have symptoms for hours before they even realize they’re having a heart attack. Knowing what signs to look for can save critical time

Signs of a heart attack include chest discomfort, pain throughout the body, shortness of breath, nausea or vomiting. Early detection of a heart attack can help prevent damage to the heart, brain and body. If you witness someone having these symptoms, or you feel them yourself, it’s important to call 911 and seek medical attention immediately.

“Diet and exercise have been found to be very effective in helping seniors protect their heart health,” said Coleman, “With help from our trained Comfort Keepers, seniors with heart issues can enjoy nutritious, delicious meals and safely engage in physician-directed activity plans.”

For more information about Comfort Keepers of Castle Rock services, including [in-home care](#), respite care, and Alzheimer’s and dementia care services, and our care philosophy that centers around Elevating the Human SpiritSM, visit <https://www.comfortkeepers.com/offices/colorado/castle-rock>.

## About Comfort Keepers®

For more than two decades, Comfort Keepers® has been Elevating the Human SpiritSM through its in-home care network for seniors and other adults by empowering them to maintain their independence and realize joy in the everyday moments. [ComfortKeepers.com](http://ComfortKeepers.com).

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