

M.G.R. HOMECARE Today

VOLUME 15, ISSUE 1

HOME SAFETY GUIDE - PART I

A SAFE HOME IS A CARING ENVIRONMENT

PART I in a special series featuring **Home Safety Tips**. First, we will focus on an area where homecare patients spend a lot of time - the **Bedroom**:

1. Keep heat / fire sources away from bed and bedding.
This includes smoking materials, ash trays, heaters, hot plates, tea pots, etc.
2. Never smoke in or near the bed.
Or better yet, do not allow smoking inside the home at all.
3. Keep electric blankets free and uncovered. Never "tuck-in" the sides.
4. Never go to sleep on a heating pad.
NOTE: Patients using their oxygen should never use an electric blanket or heating pad.
5. Keep a telephone close to the bed. Bed bound patients should use a 2-way communicator such as a baby monitor.
6. Lamps or light switches should be within reach of the bed.
7. Use night-lights in dark rooms.
8. Rugs should always be uncurled and secured with non-skid backing.
9. Keep floor free of clutter and electrical cords.
10. Store medications safely, in their original containers, and out of the reach of children or other family members.

M.G.R. Scope of Services

Respiratory Therapies

- Oxygen
- Nebulizers
- Suction
- Home Life Support
- Complex Respiratory

Sleep Therapies

- CPAP
- BiPAP
- PAP Supplies
- Device & Care Training
Instruction by RRT

Medical Equipment

- Hospital Beds
- Walkers & Canes
- Wheelchairs
- Bath/Shower Aids
- Enteral Nutrition

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- Health Awareness News
- Vent Patient Spotlight

About M.G.R. HOMECARE, INC.

- On-staff licensed Respiratory Therapist
- Live Answering Service - 24 hours a day, 7 days a week, 365 days a year
- Serving Georgia and the southeast since 1979

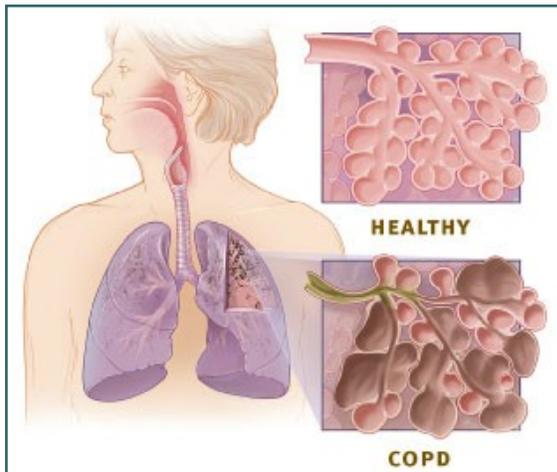
Breathing Better with COPD

COPD is the third leading cause of death in the United States and causes serious, long-term disability. And the number of people with COPD is increasing. More than 12 million people are currently diagnosed with COPD and an additional 12 million likely have the disease and don't even know it.

But there is reason for hope.

Hopefully you've taken the first step by being aware of your symptoms and seeing a doctor or health care provider for testing and diagnosis, treatment options, and ways to help you manage COPD and improve your quality of life.

How Does COPD Affect Breathing?



The "airways" are the tubes that carry air in and out of the lungs through the nose and mouth. Healthy airways and air sacs in the lungs are elastic—they try to bounce back to their original shape after being stretched or filled with air, just the way a new rubber band or balloon does. This elastic quality helps retain the normal structure of the lung and helps to move the air quickly in and out. In people with COPD, the air sacs no longer bounce back to their original shape. The airways can also become swollen or thicker than normal, and mucus production might

increase. The floppy airways are blocked, or obstructed, making it even harder to get air out of the lungs.

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Health Awareness News - 2015

JANUARY

- Get Organized Month
- National Mentoring Month
- National Blood Donor Month
- Cervical Health Awareness Month
- National "Thank You" Month
- (1) Global Family Day
- (15) World Religion Day
- (19-23) Healthy Weight Week
- (19-23) No Name-Calling Week

FEBRUARY

- American Heart Health Month
- National Cancer Prevention Month
- National Child Dental Health Month
- (1) National Freedom Day
- (6) National Wear Red Day
- (9-15) Random Acts of Kindness Week
- (15-21) Through with Chew Week
- (19) Great American Spit Out
- (22) World Thinking Day

MARCH

- National Nutrition Month
- American Red Cross Month
- National Social Work Month
- Save Your Vision Month
- National Kidney Health Month
- (1-8) National Sleep Awareness Week
- (12-18) Girl Scout Week
- (19) National Kick Butts Day

Not All Inclusive... Content References:
<https://www.schoolcounselor.org/asca/media/asca/home/AwarenessCalendar2014-15.pdf>, <http://medicmhealth.com/national-health-observances-calendar>, <http://access.evu.edu/health-and-wellness/annual-health-awareness-observances>

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Symptoms of COPD include:

- Constant coughing, sometimes called "smoker's cough"
- Shortness of breath while doing activities you used to be able to do
- Excess sputum production or wheezing
- Feeling like you can't breathe or not being able to take a deep breath

Many people with COPD avoid activities that they used to enjoy because they become short of breath more easily. When COPD is severe, shortness of breath and other symptoms can get in the way of doing even the most basic tasks, such as doing light housework, taking a walk, even bathing and getting dressed. COPD develops slowly, and can worsen over time, so be sure to report any symptoms you might have to your doctor or health care provider as soon as possible, no matter how mild they may seem.

Getting Tested

Everyone *at risk for COPD* who has cough, sputum production, or shortness of breath, should be tested for the disease. The test for COPD is called **spirometry**. Spirometry can detect COPD before symptoms become severe. It is a simple, non-invasive breathing test that measures the amount of air a person can blow out of the lungs (volume) and how fast he or she can blow it out (flow). Based on this test, your doctor or health care provider can tell if you have COPD, and if so, how severe it is. The spirometry reading can help them to determine whether you have COPD, and the best course of treatment.

Am I At Risk?

Most people who are at risk for getting COPD have never even heard of it and, in many cases, don't even realize that the condition has a name. Some of the things that put you at risk for COPD include:

- **Smoking** - COPD most often occurs in people age 40 and over with a history of smoking (either current or former smokers), although as many as one out of six people with COPD never smoked. Smoking is the most common cause of COPD- it accounts for as many as nine out of ten COPD-related deaths.
- **Environmental Exposure** - COPD can also occur in people who have had long-term exposure to things that can irritate your lungs, like certain chemicals, dust, or fumes in the workplace. Heavy or long-term exposure to secondhand smoke or other air pollutants may also contribute to COPD.
- **Genetic Factors** - In some people, COPD is caused by a genetic condition known as alpha-1 antitrypsin, or AAT, deficiency. While very few people know they have AAT deficiency, it is estimated that close to 100,000 Americans have it. People with AAT deficiency can get COPD even if they have never smoked or had long-term exposure to harmful pollutants.

For additional information on COPD, visit the [NHLBI's Diseases and Conditions Index](#), [Medline Plus](#), or the [American Lung Association's](#) COPD information section.

M.G.R. HOMECARE, INC.

Mid-Georgia Respiratory

Home Vent Patient Spotlight

Our featured home ventilator patient is a 39 year old male who resides with his family in Atlanta, GA, and who has been on service with M.G.R. HOMECARE, INC. for over 6 years. He was initially referred by Atlanta's Grady Hospital to M.G.R. HOMECARE in 2008. And although he requires mechanical ventilation via a tracheotomy tube, primarily at night due to respiratory failure, he is pretty self-sufficient and is able to put himself on and take himself off the ventilator without assistance. This ventilator patient is mobile outside the home, often assisting with one family member's rental properties and another's vehicle salvage business.

When asked how his quality of life improved since being on a home vent and not in a hospital or an acute care facility, all he had to say was it's "The reason I am still alive".

A significant time commitment from the M.G.R. HOMECARE staff ensures that each patient, family member / caregiver receives state-of-the-art education, equipment, service, and care. That's how ventilator "life" gets back to normal.



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