



## Health/Wellness

### Cardiovascular Health

#### Industry Snapshot

#### **Overview:**

Cardiovascular health relates to the health of the heart, blood vessels and the health of organs that are critically dependent on strong blood supply. Cardiologists use medical imaging studies to diagnose a heart condition and to define a treatment plan for a patient. This medical specialty also has several subspecialties with doctors who focus on a specific heart function.

Patients are referred to cardiologist. Diagnostic tests provide information about the patient's condition. When the doctor reaches a diagnosis, a discussion begins regarding the patient's condition and treatment options. Stress testing, cardiac catheterization, radiology studies, and a variety of other techniques are used to diagnose heart conditions.

#### **Symptoms:**

Heart disease is a leading killer in many developed countries.

#### **Specialization:**

In order to become a cardiologist, a doctor must complete medical school and a residency in internal medicine before applying for a fellowship in cardiology. The fellowship generally takes three years, and includes training in:

- ✓ using diagnostic tools
- ✓ talking with patients
- ✓ networking with specialists in cardiology
- ✓ pacemakers
- ✓ heart specific medications

Once the fellowship is completed, the doctor can apply for certification as a cardiologist, and can pursue training in a subspecialty. Typically a cardiothoracic surgeon will be on a consult team when discussing surgical options.



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### Provider Selection

#### Preparation:

Gather information on your patients family history. Determine if there is any history of heart failure in the family. Keep an updated list of symptoms that are reoccurring such as:

- ✓ chest pain (angina)
- ✓ shortness of breath
- ✓ pain, numbness, weakness or coldness in your legs or arms if the blood vessels in those parts of your body are narrowed
- ✓ swelling in your extremities
- ✓ pain in the neck, jaw, throat, upper abdomen or back

#### Evaluation:

Finding a doctor that will support you long term is key. Ask your doctor:

- ✓ Who is the best heart specialist you know; if not you?
- ✓ Have you published any articles/stories on this subject matter specifically?
- ✓ Describe your level of experience in the field.
- ✓ Get a recommendation of a support group and ask other patients for the name of their doctors.
- ✓ Check with your states medical board: [http://www.fsmb.org/directory\\_smb.html](http://www.fsmb.org/directory_smb.html)

Remember that personal rapport is nearly as important as credentials.



## DISCOVER THE ANSWERS FOR ELDERS RADIO SHOW



1PM SATURDAYS!  
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If you or your family are navigating senior care, discover the Answers for Elders Radio Show! Learn from our many podcasts here, our live broadcast 820AM or 1590AM on Saturdays and Sundays in Western Washington, or on iHeartRadio, worldwide. Now in our third year, Answers for Elders is “the voice of senior care”, featuring content on all of the Decision Guide topics here, and even more!



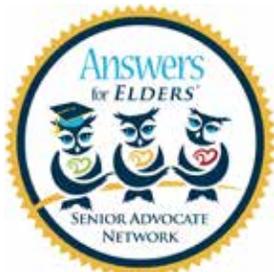
Hosted by Suzanne Newman, she intertwines her own journey as caregiving her mother. Through her real-life experience, and her passion for supporting families, caregivers, and seniors, she interviews top providers in senior care. Coming at it from a family member’s perspective, you will discover how to make later life care decisions a lot easier no matter what stage you are in. Because eldercare is interconnected, there are many moving parts and options that you may not know about. Answers for Elders and the most respected eldercare experts in the industry help you learn through their knowledge and wisdom. Each week we tackle subjects like caregiving, housing, living options, aging in place, healthcare, financial, legal questions and more.

Understanding the different options helps make later life a lot easier. It also helps you be more proactive before changes need to be made so that you can make the best decisions for you and your family members.

## ABOUT THE HOST

Suzanne Perkins Newman, Founder & CEO, Former Family Caregiver  
My Passion: Advocacy for Caregivers & Seniors

- Host of the Answers for Elders Radio Show!
- Founder/CEO Answers for Elders, Inc.
- Family Caregiver “Coach” • Former Family Caregiver for her own Mother
- Author of *The Advocate’s Heart: Finding Your Real Strength in Caring for Aging Loved Ones*
- 25-Year Executive in Advertising, Publishing & Digital Media



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