



FOR IMMEDIATE RELEASE

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**Visiting Nurse and Community Health Stresses:
CHF is Serious, but Treatable**

*Home Health Care Agency Offers Presentation
on Congestive Heart Failure*

ARLINGTON, MA – January 20, 2006 – An estimated 4.8 million Americans are afflicted with Congestive Heart Failure (CHF), and more than 400,000 new cases are diagnosed each year. CHF, which is the most common diagnosis of hospital patients age 65 and older, occurs when the heart's weak pumping action causes a backup of fluid into the lungs and other parts of the body. In light of these ever-increasing numbers, Visiting Nurse and Community Health, Inc. (VNCH), of Arlington, has developed "Staying a Beat Ahead of CHF," a presentation that outlines contributing factors, indicators and preventative tips for those with Congestive Heart Failure (CHF). The presentation is now available to all organizations and interested companies in the Eastern Massachusetts communities VNCH serves, and is accompanied by a CHF awareness handout compiled by the home health care agency.

Being aware of the causes and symptoms of CHF is a crucial first step in combating this disease. The good news is that whether a person has CHF or not, if he/she exercises, maintains a healthy weight, doesn't smoke, and limits alcohol intake, they'll feel better and, hopefully, live longer!

Those interested in learning more about VNCH's "Staying a Beat Ahead of CHF" presentation should contact: Karen Breehey, VNCH Marketing, PR and Development manager, at 781-643-6090, ext. 212. For over 100 years, VNCH has been acknowledged as the preeminent home health care provider in Eastern Massachusetts. It has a deep-rooted tradition of providing its patients, and the 33 communities it serves, with compassionate, quality home care, and unparalleled health care expertise. VNCH's response to questions and concerns is immediate and knowledgeable, and its medical technology is state-of-the-art.

VNCH serves the following communities: Acton, Arlington, Bedford, Belmont, Billerica, Boxboro, Burlington, Cambridge, Carlisle, Chelsea, Concord, Everett, Lexington, Lincoln, Malden, Medford, Melrose, Newton, North Reading, Reading, Revere, Somerville, Stoneham, Tewksbury, Wakefield, Waltham, Watertown, Wayland, Wellesley, Weston, Wilmington, Winchester, and Woburn.

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