



COMPASSION AT EVERY STEP



Quick Recap

Heart- and kidney-safe activity, fluid awareness, and leg exercises support stamina without overload.

Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

(630) 915-5174

EMAIL

info@philippianshomecare.com

HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.



A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

“With the right support, daily life stays comfortable, independent, and full of the things you love.”

Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



Scan with your phone camera · tap the link.



COMPASSION AT EVERY STEP

Mitral Valve & Kidney Health

Cardiorenal Energy & Fluid Management



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

DAILY CARE



● Tips at Home

Practical day-to-day tips to keep recovery on track and make your daily care safer at home.

Build a calm daily routine — meals, medications, rest, and gentle activity at the same times each day. Note any changes and share them with your healthcare providers.

- Ankle pumps and seated leg lifts to support circulation (as directed).
- Heart-safe walking: short distances, flat paths, and rest when short of breath.
- Limit fluids to the daily target set by your team; weigh same time each morning and log it.
- Limit added salt; rinse canned beans and vegetables; avoid processed and fast foods.

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

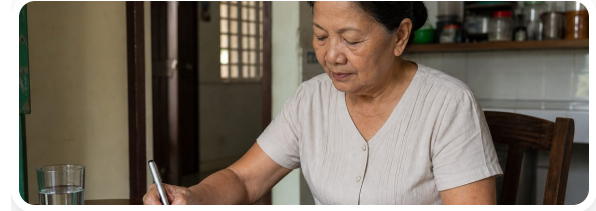
- Watch fatigue, exertional shortness of breath, leg swelling, dizziness, and endurance.
- Track daily weight; report rapid gains per clinician thresholds.
- Screen blood pressure if home monitoring is prescribed.

Good to know

- Mitral valve disease changes how blood moves through the heart.
- Track daily weight to spot fluid buildup early.

When to call: Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

STAY STRONG



● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Elevate legs when swelling present; ankle pumps every hour while awake.
- ADLs: prepare outfits the night before; sit for shoe donning.
- Light upper-body activities without breath-holding (no Valsalva) unless cleared.
- Limit sodium to about 2 grams per day unless directed otherwise.