

Health & Wellness

Home Health Care: Health Care in the Familiar Surroundings of Home



By:
Karen Phillips, RN

Essential Homecare Inc.



Essential Homecare was started over six years ago in response to an identified need in the community for healthcare delivery in the home. As a registered nurse

and believer in homecare, my commitment to caring about keeping families together has been the driving force that has kept Essential Homecare on the forefront in St. Louis City and County.

Because Essential Homecare participates in Medicare and Medicaid programs, many seniors and disabled citizens may qualify for Skilled Nursing visits, Certified Nurse Aide visits, Physical Therapy, Occupational Therapy, Speech Therapy, and Medical Social Services, will have these services paid for by these programs. This means Essential Homecare services are within reach of many who may not have considered homecare before.

One unique aspect of Essential Homecare is in

our mission statement: "Essential Homecare is dedicated to excellent patient care and **caregiver support** in the home". Caregiver support is crucial because these people are handling the responsibility of caring for a loved one, often with little or no support from others. We have a history of assisting caregivers who are strained, but don't know where to turn for help. Our team of professional Medical Social Workers provides a tremendous wealth of resources to lighten the burden of the caregiver.

Essential Homecare regularly participates in keeping the energy flow into the community with health fairs, screenings and in conducting informational and educational seminars throughout the community on issues related to the elderly and disabled. Essential

Homecare also offers consultations to other homecare agencies in St. Louis.

Homecare complements physicians' efforts by giving skilled services to homebound clients who may need routine lab work, diabetic education, nutritional counseling and medication instruction. We also assist those who are unable to leave their home for therapy and who may need assistance for resources related to payment of utility bills, housing, family dynamics, equipment, or affordability of medications. We also work closely with many pharmacies that deliver medications to clients' homes.

Essential Homecare is committed to the highest quality of care by treating the patient and caregiver as if he or she is a loved one. Our goal is to keep your

loved one at home as long as possible. We go that extra step by employing and training staff to ensure that hospitalization for management of chronic diseases will be infrequent and short. Additionally, we strive to nurture the caregiver, providing information and services to support them in their efforts to care for an elderly or disabled person.

Call Essential Homecare at (314)521-0697 to discuss your needs and options.

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HRT and Mental Health

By:
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During menopause women often experience feelings of depression, reduced mental clarity, difficulty concentrating, and "fuzzy thinking" that can't be pinpointed to any specific event. Patients say "I am so depressed and have no reason to be," or "sometimes I feel like I am losing my mind," or "I just can't remember like I used to". It is very frustrating for women, because often the knee-jerk response by physicians is to prescribe an

antidepressant, or imply that this is just a normal part of aging. Often, hormone imbalance is to blame.

A significant amount of data supports the theory that estradiol (E) and progesterone (P) have a



terone (P) have a major impact on elevating brain chemical messengers such as serotonin, dopamine, and GABA. When these chemicals are reduced in the brain, the signals don't travel, causing problems including depression, mental fogginess, and

decreased cognition. In fact, medications that treat depression work by increasing the amount of these chemicals available in the brain.

The results of several studies point to hormone replacement therapy (HRT), including E and P, having a positive impact on brain function and health. In one study, researchers looked at the relationship between a person's E level, and the risk of dementia or memory loss in elderly patients. Results showed a direct correlation between E levels and cogni-

tion and behavior. In fact, lower E levels were associated with a higher risk of dementia, worse cognition, and more behavioral disturbances.

It also has been shown that the brain is better able to use serotonin with HRT. Improvements are achieved in working memory, ease of speech, and overall cogni-

tive ability. Other studies show that P helps dopamine work in the brain, although the effect is less potent than estrogen. Progesterone also could enhance the effect of estrogen.

While there seems to be no clear-cut answer, one thing is clear - ask any woman who went for a substantial time period without any HRT, and experienced complaints of short term memory loss, difficulty concentrating, "fuzzy thinking", and then went on HRT - and she will tell you how much better she feels!

"The results of several studies point to hormone replacement therapy... having a positive impact on brain function and health"

Bellevue Pharmacy Solutions is a state of the art compounding pharmacy with a staff of consultant pharmacists ready to work with you and your physician to find your HRT solution.

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