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Subject: **New You Can Use**

NEWS YOU CAN USE

BY COMFORT KEEPERS®

When Should You Take Away the Car Keys?

Seniors are usually reluctant to give up driving. Taking the car keys removes their own ability to drive to the store, church, senior center, or library — or to simply meet up with friends for coffee. The experience can be quite traumatic.

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Recovery after a Heart Attack

A heart attack, also known as acute myocardial infarction (AMI), changes the lives of both seniors and their caregivers.

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9 Steps that Can Help with Cancer Prevention

The most significant risk factor for the development of cancer is aging; however, the risk of many types of cancer can be drastically reduced by focusing on prevention steps.

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We have 3 locations to serve you:

Pee Dee Area (843) 656-1056

Sumter Area (803) 773-0099

East Columbia (803) 462-1808

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Fast Facts

A Caring.com and National Safety Council survey showed that 40 percent of Americans say they're not comfortable talking to their parents about driving, and would rather discuss funeral arrangements or selling their home.

According to the American Heart Association, over 1 million people in the U.S. have heart attacks each year, and about half of them survive.

Since 1964, when the U.S. Surgeon General first linked smoking to cancer, smoking rates have come down from over 40% of the U.S. adult population to

less than 20% today.

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