

Health Awareness

Get Serious About Stroke

(NAPSA)—There may be good news for the more than 2 million Americans living with atrial fibrillation, or AFib, a serious condition where a blood clot can form in the heart and travel to the brain, causing a stroke.



When TV star Susan Lucci found out the leading man in her life, her husband Helmut Huber, had AFib, she pledged to learn about the condition and work with his doctor.

Although, according to the non-profit National Stroke Association, the risk of stroke is five times greater than average for people with AFib, there are ways to stay out of such statistics.

Avoiding AFib

These include:

- eliminating tobacco use;
- restricting alcohol use;
- exercising daily; and
- maintaining a healthy diet, with plenty of fruits and vegetables.

Learn More

You can learn more at www.facingafib.com, www.stopafib.org and (800) 787-6537.