



spotlight on health

Study Focuses On Stroke Survivors

(NAPSA)—There are more than 5 million stroke survivors in the United States, and this number is expected to grow as our population ages. Stroke is a devastating event that kills more than 160,000 Americans a year, but an additional 500,000 Americans suffer a stroke and survive. Some of these people will end up in nursing homes, some will fight back and achieve some degree of recovery, but all will find their lives have changed.

Leading Cause Of Disability

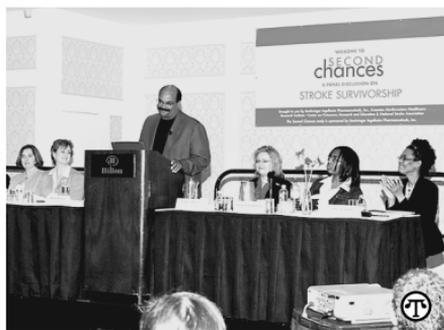
Stroke is the leading cause of chronic disability that requires care and support. Suffering a stroke is also the No. 1 risk factor for suffering a second one, which is usually much worse than the first.

To better understand the effects of stroke on those who've survived one and on those who care for them, Boehringer Ingelheim Pharmaceuticals, Inc. has commissioned a new research study called Second Chances™. The Second Chances study was developed to better understand the burden of surviving a stroke and to highlight the need for secondary stroke prevention and education for stroke survivors and their families.

Second Chances™ Study

The Second Chances study is being conducted by the Center on Outcomes, Research and Education at Evanston Northwestern Healthcare and the Rehabilitation Institute of Chicago.

Mark McEwen, former CBS "Early Show" co-host who suffered a near fatal stroke while on an airplane in 2005, is now two years into his rehabilitation and spoke about his commitment to stroke awareness and prevention at the announcement of the study in New York City.



There are more stroke survivors in America than ever before.

"I am excited about the Second Chances study," said McEwen. "As a stroke survivor, I know how devastating stroke can be. I want other stroke survivors to know they aren't alone, and no matter how big a challenge it is to come back from stroke, it can be done."

With more stroke survivors in America than ever before, National Stroke Association is also supporting this effort to communicate the urgent need to further understand how your life can be changed after stroke and how to prevent stroke from happening.

"If you've had one stroke, you're more at risk for another, and we strongly encourage people to become familiar with how to reduce stroke risk," said Diane Mulligan-Fairfield, National Stroke Association.

Reducing Stroke Risk

There are many things you and your family can do to reduce stroke risk. Most importantly, get regular checkups for high blood pressure and cholesterol, eat a healthy diet low in salt, sugar, and saturated fats, do not smoke, avoid excessive alcohol intake, and exercise regularly.

To learn more about the Second Chances study and the challenges of life after stroke, visit www.SecondChancesStudy.com.