**spotlight on health**

**Eye 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 150,000 Americans a year, but an additional 795,000 Americans go on to suffer a stroke and survive. Some of these people will end up in nursing homes, will lose the ability to work, and achieve some degree of recovery, but all will find their lives have changed. **Leading Cause Of Disability** Stroke is also a leading cause of chronic disability that requires care and support. Suffering a stroke is a terrible risk 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 personal experience to address awareness and prevention at the announcement of the study in New York City.

Going “Green” With Paints That Are Eco-Preferred (NAPSA)—Going “green” is a very hot topic this year for home owners, choosing green products can be very challenging. What is green on the market—not to mention expensive. However, there are several products now available that make green-themed design and decorating simpler than ever. One way is by using paint that is 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.

**Eye Disease On The Rise Among Older Americans, Few Realize Risk**

(NAPSA)—According to a recent national health survey, most Americans are unaware of the risks associated with age-related eye diseases—despite a projected 65 percent spike in those conditions by the year 2020. Overall, most Americans rank blindness and vision loss relatively low on their list of health concerns. The survey, conducted by Greenberg Quinlan Rosner Research, finds that only 11 percent of Americans perceive themselves at high risk for the disease. While Americans age 65 and over are the most at-risk population, only 10 percent believe they are personally at risk and more than a third of those in this age group do not even get annual eye examinations. Another high-risk group, those with a family history of eye disease, knows strikingly little about specific risk factors and is no more likely to get screened than people without a family history of eye disease. Only 15 percent of all respondents were correctly able to identify half or more factors from a list of risk factors for age-related macular degeneration, cataracts, diabetic retinopathy, glaucoma and dry eye.

To that end, the American Academy of Ophthalmology (AAO)—the world’s largest association of eye physicians and surgeons—recently launched a new public initiative called EyeSmart to educate Americans about the risks of age-related eye diseases. Age-related eye diseases are expected to dramatically increase—from 28 million today to 43 million by the year 2020. Left untreated, these diseases can cause serious vision loss and blindness. At the heart of this upsurge lie America’s 78 million baby boomers, who will increasingly face the effects of eye diseases as they get older. Despite these statistics, Americans remain relatively unconcerned about vision loss. The survey reveals that less than a quarter of Americans (23 percent) are very concerned about losing their vision, while a majority feel weight gains or joint and back pain are of greater concern.

The stark reality is that millions of people will suffer significant vision loss and blindness because they don’t know the risks,” said H. Dunbar Hoskins Jr., M.D., executive vice president of the AAO. “We’re taking action against this pending epidemic by educating the American public on the steps they can take to prevent vision loss and blindness.

AAO now recommends a baseline eye disease screening for everyone every two years. More than 200 million Americans are at high risk for one or more of the diseases described in the AAO study. In addition, 96 percent of individuals who do not wear glasses or contacts will have some form of eye disease as they get older,” Dr. Hoskins said. “We believe that if people are aware of their risk, they will take the steps necessary to maintain good eye health. We want Americans to get EyeSmart to help reduce severe vision loss and blindness.

To learn more about the EyeSmart campaign, visit the Web site at www.geteyesmart.org. For additional information about AAO, visit www.aoa.org.