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Country: **China**

Titel of the project: **Good Ideas: Good Ideas - More Baked Fish Can Help Prevent Atrial Fibrillation**

Project details

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法制博览杂志社

Award amount: €50,000

1, weight control; 2, frequent medical examinations; 3, soothing mood; 4, moderate physical activity for at least 30 minutes every day; 5, avoiding active or passive smoking; 6, strengthening the monitoring and control of hypertension; 7, blood sugar control via diet and exercise; 8, reduces blood lipids by controlling the fat intake, and through physical activities; 9, For women, avoiding the use of oral contraceptives; 10, For postmenopausal women, trying to avoid using the female hormone replacement drugs; 11, Moderate alcohol consumption; 12, Consume least five various type of fruits or vegetables; 13, Less than 2.3 grams of daily intake sodium and more than 4.7 grams of potassium.

Carry out an extensive global campaign to promote a healthy life style in order to effectively prevent atrial fibrillation-related stroke. Through extensive media publicity, the campaign aims to increase public understanding of atrial fibrillation-related stroke by promoting healthier life style including controlling diet, frequent exercise, having regular physical examination, controlling fat intake, not using estrogen replacement drugs for pregnant women, controlling the amount of sodium and potassium and so on.

Audience

Type

- AF Patients
- Healthcare professionals
- Carers of AF Patients
- General public

Location

China, Asia