



TEDY BRUSCHI: A CHAMPION ON A HEART HEALTH JOURNEY

Ex-football pro Tedy Bruschi was just 31 years old when he had his first stroke. But thanks to his support system – and a device that repaired a hole in his heart he didn’t know he had – Bruschi made an inspiring comeback.

Now, he’s sharing his experience with others as an ambassador for Abbott HeartMates, a community where patients and caregivers impacted by heart conditions can come together to share their own comeback stories. After all, recoveries like Bruschi’s are a team effort.

This Heart Health Month, discover how we are supporting healthier hearts – and how you can join the community, too.

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HOW A REVOLUTIONARY PACEMAKER GOT MIKEY BACK IN THE WATER

A heart condition kept professional surfer Mikey DeTemple from what he loved. Then he found Abbott’s AVEIR DR System.



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HOW MYTHS ABOUT DIABETES HAVE A REAL IMPACT ON HEALTH

Four out of 10 people living with diabetes miss appointments due to shame. How can we change that? Enter: our new initiative.



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HACK YOUR HEALTH TRY THIS BERRY GOOD BREAKFAST

Start your day off right with heart-healthy foods like berries, which boast a number of health benefits. Our quick tip to do so? Turn a Strawberry Ensure Original shake into a smooth and fruity favorite. [Here’s how.](#)



A FEW MORE BEFORE WE GO

- [Abbott Showcases Latest Research and Technology to Advance Care for Chronic Pain Conditions at NANS](#)
- [Showing Students the World of Possibilities in STEM](#)
- [Here’s How Lingo is Helping This Creator Stay on Track](#)



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