



News Release

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Registered Charity Number 1122442

Nottingham Woman Skates ICE Marathon to Raise Funds for AFA

A Nottingham woman is to raise funds for heart rhythm charity, The Atrial Fibrillation Association, by taking part in a 25km ice skate, as part of the Finland Ice Marathon. 36 year old Debbie Palmer-Green, herself suffers from Atrial Fibrillation. She is a retired Winter Olympian and had had symptoms since she was actively competing, but was only diagnosed last year.

The Ice Marathon is a series of events which take place between February 16-19th 2011 in Kuopios, Finland amid beautiful lake scenery. The 25km skate begins at 1200 on Saturday 19th.

Debbie said, "Since I was diagnosed with AF I have learnt how to live with the symptoms and deal with the AF episodes, and have been able to start getting back into my 'normal' recreational exercise habits. This marathon represents a big point for me in getting back some of my old fitness, and feeling healthy and happy again, and it is also an exciting challenge and experience."

Jo Jerrome, Assistant Director of AFA said, "We're delighted that Debbie is taking on this mammoth challenge in aid of AFA. It will help to show that being diagnosed with AF doesn't mean you have to give up an active lifestyle and we wish her every success in her endeavour."

Debbie is taking part with another friend. She said she is very excited about taking part and the thought of being able to raise some money for charity. Anyone wishing to sponsor Debbie can do so online at the Just Giving website:

<http://www.justgiving.com/Debbie-Palmer-Green>

1. For more information, contact Jo Jerrome at jo@atrialfibrillation.org.uk
2. The AFA website is at www.afa.org.uk
3. AF is the most common heart rhythm disorder affecting [840,000 people across the UK with many more suspected but not diagnosed] It occurs in 1–2% of the general population. More than six million Europeans suffer from this cardiac arrhythmia, and it's estimated to at least double in the next 50 years as the population ages and increasingly survives previously life-threatening conditions. AF confers a five-fold risk of stroke, and between 20-30% of all strokes, in particular the most debilitating and life threatening type, are attributed to this arrhythmia.
4. For additional AF background please visit: www.afa.org.uk