# Big Sean Reveals His Struggles with Physical and Mental Health on His Upcoming Album

Doctors diagnosed the rapper with heart disease at 19, but he's OK now—thanks to his mom—and therapy.

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For the first time, Detroit rapper Big Sean is sharing his health challenges with fans on his upcoming fifth studio album, set for release this fall. Sean raps about a heart condition that doctors discovered at the start of his budding career, reports Entertainment Weekly.

"I couldn't even walk from one side of the room to the other without getting super tired," Sean recalled about that time in his life. "I passed out once in the shower and got rushed to the emergency room."

The 33-year-old hip-hop star recounted the story in a song titled "Lucky Me" that describes how physicians wanted to fit him for a pacemaker. Instead, his mother decided to take him to holistic doctors who recommended he undergo magnesium treatment. According to Sean, that therapy worked. When he returned to the practitioners of traditional medicine, he was told that the pacemaker was no longer necessary.

Sean said that having avoided discussing certain areas of his life, he felt like it was time to start expressing himself on those subjects. He tells fans they can expect to hear a lot more about those moments in his forthcoming project.

"I took some time to work on myself, and I was able to have a good therapist, good mentors," Sean said. "I truthfully feel like it'll really shine through on the full album."

No word on yet on the release date of Sean's album, but there's hype surrounding it following discussions about collaborations with artists such as Post Malone, A$AP Rocky and Meek Mill.

Click here to learn how an occasional nap can keep heart problems away

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