



## Speaking from Experience *Coronary Heart Disease*

### Transcript for chapter 1 of 8: Heart attack

**Avis** - The first one was a heart attack. A lot of pain in the shoulder, down the neck, and when I actually had it, it was all in here [neck and chest]. It was really entirely different to the next ones that I had. It was more like indigestion and a lot of pain down the left arm. So, if you were picking heart attacks, because they were so different, you wouldn't even know that I was having one.

**Ligita** - When that happened, I didn't realise it as an attack even. I just felt weak and sweaty. It was like a sickening feeling in my stomach and pain going up towards my arm and neck.

**Albie** - For many, many years I used to get the same sort of pains I used to get before my heart attack. I had them checked out many times and there was nothing there to show that it was angina. There was little evidence of heart disease.

**Marc** - I went to sit down, the pain was getting worse in my chest by that stage. I broke out in a sweat. I felt this faint tickle down the back of my arm. I got up and said to my mate, "I'm having a god damn heart attack." He said we'd head off to hospital and away we went.

**Albie** - After the first lot of stents, I came out feeling fine. I was doing the exercises. Playing golf and doing a lot of walking. Had no problems whatsoever. Then, eleven months after, I got these pains walking up the hill at golf and felt these sorts of pains come back. I wondered what was going on. I took a tablet and it went away. That went on for about a week. It would dissipate. I was painting, doing a lot of work at home. Then, one Saturday morning, I found that I couldn't relieve the pain by taking the medication. Even at rest, I was still having the pain. I guessed it was time to go to hospital. That knowledge came from doing the rehabilitation course and the information we got from the many doctors who spoke to us.

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