



## Speaking from Experience *Coronary Heart Disease*

### Transcript for chapter 8 of 8: The future

**Albie** - I am still very aware of the fact that there could be the chance that I may experience another heart attack. I think I'm better prepared for it now because of the fact that I've been through two procedures and also the fact that I've done the rehabilitation twice. I think I know what's there now.

**Marc** - You get a little pain in the chest, you get a bit short of breath, you'll start to get indigestion and you'll go, "Is that another heart attack?" But you slowly get by that. Where I was absolutely paranoid about it for the first couple of months, it's now six months and I'm slowly... "Don't be so bloody stupid!" and moving on.

**Barry** - When I've had a couple of little scares, each time into the hospital for three or four days; I think the doctor called it settling in after the heart attack. But you're never certain that you won't have another one and you often wonder if that's the way you'll eventually go out.

**Ligita** - At the moment I could say I'm pain free. I am now and then in little, stabbing pain and then I am worried. But I wouldn't say that anything is causing it. It might be just a normal thing. I probably had these little pains before but I didn't pay any attention to it.

**Helen** - I don't really think about having another... about having a heart attack because I sort of think positively. I hadn't had a heart attack previously anyway so I'm not thinking in that way.

**Albie** - I'm going to continue to have my check-ups done. I'll have them with my doctor every three months and my specialist every six months. I'm going to continue to be heavily involved in the clubs that I am involved in now - that is, the golf club as president, and also I am very heavily involved in cricket. So I am going to make sure that I keep myself active and the other big thing is to make sure I stay very positive.

**Barry** - If anybody that has a known heart problem, hasn't had a major attack, I think the most important thing is to get to a doctor, to a specialist, ask their advice. And then change your diet, change your habits.

**Jim and Julie** - I think this is essential for anybody that has had a pain in the chest is to ring an ambulance or get to the nearest hospital as quick as possible. Because they could always send you home and say it's only indigestion, but if you don't get there, there's a lot of people who don't make it.

**Albie** - Going into the procedure, I think it's great for the fact that you know that they're going to be able to do something for you. There's a lot of people who have things that you can't do anything for. With this at least I knew they were going to fix the problem that was there, and that's exactly what they did. And since, as I've said, they've done that procedure, I feel the best I've felt for ten years.



**Jim and Julie** - I think diet, exercise are the other two main essential things in life. To try and keep yourself healthy, and your organs, by looking after them.

**Avis** - I try not to think about the next heart attack perhaps being the last one. And I think you've just got to be positive. I've just decided that everyone has to die at some stage and if you're going to worry about it, perhaps it will be sooner than later. So just get on with life.

**Albie** - You've got to stay positive. As long as you're doing all the right things, not cutting corners, taking your medication, and as I said, not taking the short-cuts. I think that's the most important thing - stay positive.