



Speaking from Experience *Heart Surgery in Later Years*

Transcript for chapter 7 of 7: Closing thoughts

John and Margaret - One of the first things you've got to be is really relaxed about the whole business. Be positive, and most of all, be patient. Although it's not a long recovery period, you must be patient. There are things that are expected of you in the hospital and when you come home.

Brian - Keep busy, keep going and keep your mind going. I think that's the best way to keep healthy.

John and Margaret - If there's something you're not sure of, ask. Ask what's going on. Ask what's happening. Ask what to expect and what will happen. And if you know what's going to happen, you've got nothing to worry about.

Shirley and Brian - When I think how sick I have been and how well I feel now, it's wonderful. It's really a great thing. I'm really pleased that I had the operation done and I really am grateful for what the surgeons did for me.