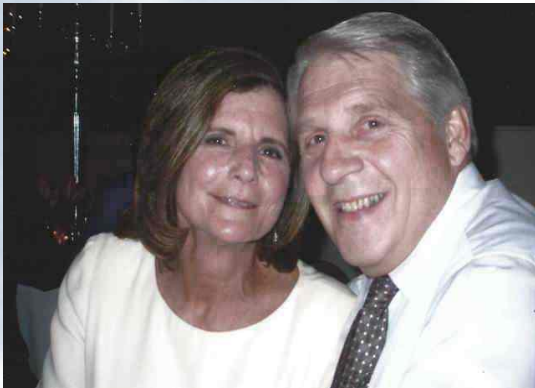


INSPIRING HOPE

Carmela Powers- "My husband saved my life on July 27, 2013!"

My name is Carmela Powers and my life changing heart event happened on July 27, 2013. The last thing that I remember is walking down the hall of my home on July 27th when my husband, just seconds after my falling, had to save my life because I was not breathing and had no pulse.



I don't remember the events after this initial fall so my family has had to tell me the rest of "my story." My husband called 911 and started CPR on me immediately. It took less than 4 minutes for EMS to arrive at my home (thank goodness they were grabbing a bite to eat right down the road). They transported me to the nearest facility where they were able to put a tube down my throat to help me breath, and they initiated the hypothermia protocol which is where they cool the body to help preserve body/brain

function after an event like mine. They diagnosed me with something called a ventricular fibrillation arrest (V Fib Arrest).

My EKG tracings also showed that I had ST elevations and my daughter requested that they transport me to OSU immediately where she worked. I did not do well during transport. A few minutes after I arrived at OSU to the 2nd floor of The Ross, I had no pulse again but still had the breathing tube in place. They started CPR again and took me directly to the Cath Lab where I had a heart catheterization. I did not need stents placed but was diagnosed at this point with something called vasospasms which they figure caused my event. My hospitalization proceeded with 2 more episodes of me losing a pulse and CPR needing initiated. I spent long days in the hospital and was able to fight for my life with the help of family, friends, and medical staff. Additional hospitalization was complicated by low blood counts which they treated with multiple blood transfusions and blood clots in my legs which they are still treating with Coumadin. I was given a gift before I left the hospital. It is my own body guard who follows me wherever I go.

My defibrillator is now a part of me and will know if I have ventricular fibrillation or any other lethal rhythm in the future and will shock my heart back into rhythm. Today, I don't have the greatest memory, I feel lousy some days, but thank God that I am still alive.

If you've had a similar experience, or would just like to talk to Carmela about living with heart disease, her contact information is listed below!

Mended Hearts of Central Ohio

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It is great to be alive – and to help others