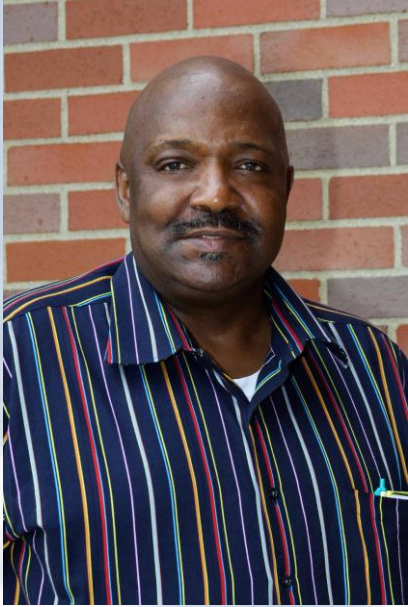


# INSPIRING HOPE

*Anthony Hines -"I left the hospital on June 2<sup>nd</sup> with this new donor heart and a new outlook on life!!"*



In August 2001, at the age of 46, I had high blood pressure, high cholesterol, and was overweight. **I had my first heart attack**—a massive one!!

Not knowing what was going on, I drove myself to Riverside Methodist Hospital. I was admitted for five days and was diagnosed with congestive heart failure. Back then, in 2001, Riverside put me through bike and treadmill stress testing and the tests determined that my only solution was probably a heart transplant.

With subsequent (but smaller) heart attacks, because of the damage to my heart, I received a defibrillator. The first defibrillator was implanted in 2002 for about 6 years. A **second defibrillator** was implanted in 2008 and it lasted a year and a half.

In 2009, I had my second (what I call) “major” heart attack and I went to the OSU Medical Center, Ross Heart Hospital. They first gave me a stent and put me on Coumadin. At first I had great difficulties keeping the PT/INR blood levels right—but the doctors worked with me. My heart was always fluttering and I had recurring nose bleeds. One time, I woke up in the middle of the night in a pool of blood and had to go to the ER to stop the bleeding. I had a number of minor heart attacks during this period.

On May 14th, 2010, I was put on the heart transplant list. My heart condition was so serious that an LVAD was not a solution. On May 15th, I received 15 shocks from my second defibrillator and went back into the hospital. I experienced lots of defibrillator shocks; the battery went dead a couple of times.....painful stuff!!

My ejection fraction was 10%!! I had trouble walking; it was impossible to exercise; even breathing was difficult—I was out of breath most of the time. I was also on a number of drugs (too long a list to cite here) and they caused other problems with my eyesight, hand, arm and leg movements, etc....

More tests and I was in the hospital for 7 days (blood type A being pretty common) and **on May 22nd, I received a new heart!** *I left the hospital on June 2nd with this donor heart and a new outlook on life!!* I was on a daily regime of 25 prescription drugs.

Today, two years later, I am on 16 drugs, but eventually my doctors will wean me off most of the prescriptions. Cellcept and Prograf are my main anti-rejection drugs, probably for life. But thank God, I’m not on Coumadin any longer.

Thanks to God that I’m alive.

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

**Mended Hearts of Central Ohio**

[www.MendedHeartsCentralOhio.org](http://www.MendedHeartsCentralOhio.org) – [poojay96@aol.com](mailto:poojay96@aol.com)

*It is great to be alive – and to help others*