

INSPIRING HOPE

Randy Smith - "Enjoying Life to the fullest."



My heart adventure started in November 2010 while working in Hartford Connecticut.

For about a year I had been working 80+ hours, traveling 80% of the time and eating out of airports and hotels. I did not even recognize my first heart attack, I thought I was getting the flu. Three days later I had another episode and called 911. I waited in the lobby of the hotel for the squad to come and I soon found out that I was having a heart attack and they told me that I had just had one a few days before. That evening as the hospital staff was preparing me I was told to call my wife. Now she is

part of my adventure.

My wife brought me home and I recovered in rehab and then released to go back to work on January 21st of 2011. I woke up the next morning and went to the hospital with another heart attack. As time progressed I had another two heart attacks for a total of five, of which four were 100% blockages. I now deal with Congestive Heart Failure, Diabetes, Chronic Bronchitis and Secondary Pulmonary Hypertension. I am still adjusting to not having the strength I used to have, retention of water, angina, daily naps and having some days that you just don't want to go anywhere.

I mentioned that my adventure started in 2010 and you may wonder what I have learned. I have to start with my wife of 32 years. She has been wonderful throughout this ordeal. I have observed how hard and thankless it is to be a caregiver and still work and raise our sons. I am thankful and appreciative for everything she has done for me and enjoy every minute we are together. The reason I am with Mended Hearts is due to her. She found out about Mended Hearts and convinced me to go which is a decision I have never regretted.

I am thankful to my family and friends for their support and encouragement to work hard to get better and enjoy life. Every day I pay attention to the small details of living, enjoy the beauty of the world and thank GOD for allowing me to continue on this adventure.

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

Mended Hearts of Central Ohio

www.MendedHeartsCentralOhio.org - rsmith215@columbus.rr.com

It is great to be alive – and to help others