

Re: Sudden Death at 33 y.o.

Source: <http://sci.tech--archive.net/Archive/sci.med.cardiology/2005-12/msg00185.html>

- *From:* "Andrew B. Chung, MD/PhD" <andrew@xxxxxxxxxxxxxxxx>
 - *Date:* Tue, 13 Dec 2005 06:59:07 -0500
-

"Sbharris[at]sign[ix.netcom.com" wrote:

>

> acd123 wrote:

>> In May 2005, I had a STEMI and sudden death from a plaque rupture in my

>> LAD. I am a 34 year old male. I was incredibly lucky that the v. fib.

>> happened when I was already at the hospital. After defibrillation,

>> they saved me with TNK thrombolysis then immediate PCI with two stents.

>>

>> Over the past months, I had struggled to deal with my new reality

>> (although there were no discernable symptoms prior to the event, and

>> there have not been any symptoms since).

>

> COMMENT:

>

> I'm sure all the alternative jokers will be telling you that you should

> be complaining about not being 6-ft under, since you're not really

> "cured." Which of course you aren't. You just bought a big chunk of

> time in which to fix up your lifestyle.

>

> You didn't mention your cholesterol. We have some evidence that no

> matter what it WAS, the lower the better after an MI, and you probably

> should be on statin, no matter what. The best post-MI studies have been

> done on Lipitor, but I personally think Zocor's a better choice. Either

> will do.

>

> Of course you'll already be on aspirin. A glass of red wine per night

> (unless you have some problem with it) would be a good habit to start.

> The fish oil is a must (about 4 capsules a day— but you can take them

> at one time). And if I were you, I'd get acquainted with pure

> pomegranite and blueberry juice (drink some every day for breakfast),

> and a diet full of colored fruits and vegetables and no junk food (you

> know what we mean— anything with 30% fat or more in it, and which

> comes out of a franchise place). Your smoking days are over, unless you

> want to "die" again. Aerobic exercise programs have a proven mortality

> benefit after MI, and I hope you've found something you like, cause

> again you need it.

>

> Make sure you get the right blood pressure treatment. In your case, ACE

> inhibitors (drugs that end with "-pril" are a good idea.

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- > Lose weight if you can. ANY belly fat in a man makes pro-inflammatory
- > agents which aren't good for your arteries.

Thankfully, anyone can lose weight safely and permanently using the 2PD-OMER Approach:

<http://www.HeartMDPhD.com/wtloss.asp>

- > Good luck. You've already had a huge amount of both good and bad! But
- > heart disease is like blackjack where you get to see some of the
- > dealer's cards, and they let you count cards with a computer, too, if
- > you like. If you don't mind the work can beat the Dealer that way for
- > another half century before you finally have to cash in your chips. So
- > get at it!

Actually, there is no such thing as luck either good or bad. The LORD is in control of even seemingly random events:

Proverbs 16:33

For this reason, your prayers to the LORD will be more effective than your wishes for good luck.

Would be more than happy to "glow" and chat about this and other things like cardiology, diabetes and nutrition that interest those following this thread here during the next on-line chat (12/15/05) from 6 to 7 pm EST:

<http://tinyurl.com/cpayh>

For those who are put off by the signature, my advance apologies for how the LORD has reshaped me:

<http://tinyurl.com/bgfqt>

Many Christmas blessings,

Andrew

<http://tinyurl.com/b6xwk>

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• *Follow-Ups:*

- ◆ **Re: Sudden Death at 33 y.o.**
◇ From: Sbharris[at]sign[ix].netcom.com
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◇ From: acd123

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- **References:**

- ◆ **Sudden Death at 33 y.o.**

- ◇ From: acd123

- ◆ **Re: Sudden Death at 33 y.o.**

- ◇ From: Sbharris[at]sign[ix].netcom.com

- Prev by Date: **Re: High cholesterol may raise blood pressure—study**

- Next by Date: **Re: OT: Cessation of Hostilities Poll**

- Previous by thread: **Re: Sudden Death at 33 y.o.**

- Next by thread: **Re: Sudden Death at 33 y.o.**

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