

Foreword

I suffered a heart attack while traveling on a business trip that quickly led to a Sudden Cardiac Arrest (SCA) and death. I died on an airplane that day and was brought back to life by the quick thinking and intervention of some wonderful and caring people. My story, however, is about so much more. My story is one that tells of the dramatic chain of events that led up to my SCA and the many changes I've had to face since that day. I've also had to cope with the simple fact that I had survived death. This may sound simple enough...you'd think that after death, the survival part would be easy, but survival is not as easy as one would think.

I am not a physician. I am a survivor. I wrote this book in an effort to connect with other survivors and other people who want to know more about heart health and who may have experienced similar life-changing events.

The book is intended to help save lives through the education of readers about Sudden Cardiac Death. Through the book I also want to recognize the many medical professionals and emergency first responders who are faced with death every day and rarely have the opportunity to see the net results of their efforts in the lives of those they have saved.

I will also delve into the "after death" experience and relay many of the stories that Sudden Cardiac Death survivors have shared with me about what happened after they died. These experiences are a haunting reminder that we are only here for a short while. The reality is that we could do a better job of taking care of ourselves and those we love.

Finally, this book is a guide for better living and coping with a heart condition. Many books provide excellent medical advice about why you should eat better and exercise more often. However, this book expounds on these simple truths from the perspective of one who's actually attempted to follow doctor-recommended guidelines. I am living proof of the value of their tried-and-true advice.

This book is a chronicle of my own story and the many dramatic circumstances of my post survival struggle. I have been fortunate to meet some wonderful people along the way, both in the medical profession, as well as other people who have survived their own Sudden Cardiac Arrest. All of them have touched me in a very special way. They are all very much a part of my survival.

If I can encourage one person to change his or her lifestyle, convince even one person to help place an AED in a public place, a parent to test their child for genetically related heart conditions or for you, the reader, to go in for a complete blood test and analysis so the net effect will be to save at least one life, then these words will have done what they were intended to do.

I owe my survival to the efforts of many people. In fact, there is no way to adequately express my appreciation to everyone who has experienced my pain and worked hard for my recovery. At times, I felt like the guy in the cell phone commercial accompanied by an ever-present network wherever he goes. Everyone was there for me, equally concerned for my well-being. This is such an enormous concept to grasp. We, as human beings, are really on this earth for the purpose of offering a helping hand to one another as chance and opportunity present themselves.