

Pamela Nash
Age 52 – Cardiology patient
Cheyenne, WY

"I feel really good now—better than I have in 20 years."

I was doing yard work when I felt a pain between my shoulder blades. When it didn't subside and I started having nausea, I asked to be taken to the emergency room. I was told that I was having a heart attack. The left main artery to my heart was completely blocked. I found out that this kind of heart attack is known as the "widow maker" because so many people die from it. I also had significant blockage in the two other arteries to my heart. A stent was placed in my left artery to open it up, and I'm on cholesterol medications to help prevent more blockages.

I was in the hospital for seven days, including two days in the Intensive Care Unit. The care I received from the doctors and all the nurses was fantastic. Part of my recovery included participating in the hospital's cardiac rehabilitation program. They are an awesome team. Without their help and support, I would never have succeeded in my efforts after my heart attack. Thanks to them, I lost 45 pounds, 7 inches and four pant sizes. My cholesterol is so low that I was recently allowed to cut my cholesterol medication in half. I feel really good now—better than I have in 20 years. Thank you so much for providing our community with such an amazing group of people.