



Speaking from Experience *Coronary Heart Disease*

Transcript for chapter 7 of 8: The family

Albie - The boys, because they realised there is a hereditary factor there, it woke them up - that hey, you better go out and get some check-ups, which I'm pleased to say that they've been out and did that. So it had an effect that it woke them to the fact that even though they were young, they'd better do something about their cholesterol levels and the type of food they were eating.

Barry - My wife, on the other hand, was almost a lone figure. And she had, I think, a hard time of it. But her family and friends helped her through too.

Albie - My wife, when I came home, was very, very caring. I was lucky to be able to move five foot without her holding me up, or whatever. But I would say that it went on for at least three months. Val was very, very concerned about the fact that she didn't want me doing anything over-strenuous. Even with walking, because I wanted to do that extra bit, rather than just walk what I was told to walk - because it was a very strict program. But I was trying to do a little bit more, and she was very concerned. And might I add, went back and told the nurses at the rehabilitation that I was doing so. So she was just like a little police woman for quite a while.

Avis - I found that when I got home, that they wanted to do things for me or, "Are you allowed to do that, mum?" or "Can we lift this?" I sort of decided that if another person said to me, "Are you allowed to do that mum?" I was going to punch them!

Marc - I've got a wife and three daughters. I've been married twenty years. But my wife seems to have gone a lot greyer since I had the heart attack. She suffered in her own way I suppose - seeing her partner after twenty years of marriage, being so young nearly die.

Albie - My wife and myself do everything that we want to do now. We certainly enjoy life, I believe a lot better than we did. We do a lot more things together. Certainly it has, I guess, increased our relationship.

Marc - After I had the heart attack, I was told by the doctors and everything I read in hospital said that you go back to a normal sex life without a problem in the world. I must admit that the first time I had sex with my wife, once it came to the final stages of it I went, "Huh! What was that?" But you soon learn that it's not a big problem after that.

Avis - On leaving, you get your little book that says, you know, "No lifting", "No doing this" and "No doing that" and she said, "And Avis, there will be no sex for two weeks." And I looked at her and said, "Could you change that to six for me?" And she sort of looked and then she said, "Oh Avis! You are naughty!"