



## Speaking from Experience *Coronary Heart Disease*

### Transcript for chapter 2 of 8: Why me?

**Ligita** - When I had my heart attack, I was very surprised because I never realised that I had any trouble with my heart.

**Albie** - My first reaction was, why me? I felt that I'd done everything right. I'd done all my tests, had everything checked out many years ago. I was pretty shocked at why was it happening to me?

**Avis** - I was only fifty-three when I had the first one, which you would think, you know, you're too young to have a heart attack. Why me?

**Barry** - With the first heart attack, I wasn't expecting a heart attack. There was very little to tell me to expect one.

**Jim and Julie** - My reaction was, with my first heart attack, somebody thirty-four can't have a heart attack! Which is ridiculous of course, as nowadays we know. And we were devastated - Julie, myself and the family.

**Helen** - It was quite a shock. It was something that I hadn't even thought about.

**Marc** - I was three weeks off forty-one when I had the heart attack. I know there was a little bit of history in my family of heart attacks, but at that age you don't expect for it to occur to you in any way, shape or form.

**Avis** - After the first one they did tell me that there was slight blockage there and if it played up again they would fix it. So I was probably waiting for it to happen, and when it did, it wasn't a shock. Just the fact that it has happened and now they'll fix it.

**Jim and Julie** - With angina, I suppose it should be a warning. But a lot of us, including myself, probably didn't take it to heart so much, until I had the second heart attack. Then I was really frightened.

**Ligita** - When I had my heart attack, I don't think I was worried so much about it. I think my family was more, well especially my husband.

**Avis** - Well, after arriving at St Vincent's and the angiogram was performed, I was told later in the afternoon that I would have to have a stent, or stent procedure, and I think that's when I became a little bit teary and a little bit sad with the world. And then my husband rang and that didn't help because I told him to stay home.

**Marc** - I still suffered terribly after I had the stent inserted, even though I'd been told that it had been fixed. The fear that I had was just terrible. I was absolutely convinced that I was going to die no matter what. I sent my wife home to Melbourne. I wouldn't tell her why I was sending her home, just, "I'm fine now, go home." And then after I had the stent inserted I ended up breaking down in hospital and crying on a nurse's shoulder one afternoon and she



convinced me I wasn't going to die and I rang my wife up and said, "Come back. Everything's fine now."

**Ligita** - Only after they did the angiogram and told that one artery is blocked, that's when I was worried.

**Avis** - I think it's the fear of the unknown.

**Helen** - The more information you can find out, the better. Then again, some people can be scared by that sort of knowledge, can't they?

**Albie** - To know what you're going to go through is certainly very, very important. The fact of the importance is it can relieve the anxiety that you've got, because obviously stress is obviously a big factor in heart attacks. And just knowing what you're going in for certainly makes you well aware when the operation is taking place, especially that you're going to come out of it alright.