

The AFib Five: Maricela Wilson's Story

Maricela Wilson

My name is Marcie Wilson. I first thought I was having some type of a heart problem when I was 30 years old. I was pregnant at the time, so I just attributed it a little bit to the pregnancy. I started feeling these palpitations.

I wasn't quite sure what it was, however, they started getting a little bit worse and caused me to be short of breath.

My heart would beat so fast that I felt like it was coming out of my chest.

I would get dizzy, so I went to go see a cardiologist. Being a nurse, and working with stroke, I've seen a lot of people that come in with Atrial Fibrillation who go on to have a stroke.

And these strokes are not, these little strokes. They're more devastating strokes. Strokes that are attributed to atrial fib are more damaging, and they have more implications so if having atrial fib, and again I just went to the doctor and had it rechecked, nothing showed up, but I'm at higher risk for having a stroke. And working in the stroke world, I see what can happen. And again, atrial fib strokes are more devastating than some of the other strokes. Well, I am on medication.

I have lived with Atrial Fib for 28 years. And I have a full life. I love my life. I love the job that I do. So you can live a normal life.

But the most important thing to remember is to do anything you can to motivate yourself to stay healthy. It's very important. So take it seriously, but enjoy your life. It's very important for all of us, just to take care of our heart.

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