

Ronnie, Living with Heart Failure

"Just feeling real bad, feeling tired, kind of sluggish. And when the heart got to fluttering, didn't know what was going on. You know, it was kind of like go into some crazy rhythm. Like I need to get to the hospital and get this checked out."

"When the ER doctor came in and said, you know, you're having trouble with your heart and we want you to go see a cardiologist. And I went to see him, and that's when I was diagnosed with heart failure."

"It hit like a ton of bricks. You know, like, 'Heart failure?! I don't want to have heart failure.' You know what I mean? That's your ticker! So yeah, it hit like a ton of bricks."

"A lot! A lot of medications. You know, some to control the rhythm, some to strengthen the heart. So it was on-- I had a lot of medications."

"I would plan it out for the week. Have a weekly planner. And every week me and my wife would sit down and we would put all the medication in. And that way in the morning times I do is just grab a little packet, and I was ready to go."

"I had to go see a Nutritionist. And she was very helpful. You know, a lot of things that we think are healthy, it's not that healthy, so yes, she was very, very helpful."

"First of all, she talked to me about labels. How to read a label. You know, because most people don't-- you know, we don't know how to read a label. Just go to the store, and 'Hey, that's what I like. Just give it here.' But she taught me how to actually go into the grocery store and read the labels and look at this sodium that's actually in the product, the fat intake. The protein, all of that, so."

"My ejection fraction was around 15 percent. through-- from the medication, through exercise, just watching what I eat, reading labels, now my ejection fraction is around 45 percent. So I went from 15 percent to 45 percent. So that's-- hey, that's something to be glad about!"

"Now I feel so much better about it. I got this management plan, you know, to where I just got to stick with it. You know, do what the doctors tell me. Read my labels, eat correctly, exercise and everything else will fall in place."