

Kersey: Living with Heart Disease

"I was working out in the gym, and I had this funny sensation in my chest that I was losing bloodflow, I was not having blood circulation, so I stopped exercising."

"I had no energy, so I couldn't do much. At one minute I was exercising, and the other minute I just couldn't do much, so I stopped immediately, changed, and I went up to see the doctor."

"I did a stress test, and there was an unusual activity in one of the arteries, so they decided to do a cardiac catheterization, and they put a stent in. Subsequently I developed atrial fibrillation flutter."

"Interestingly genetically I was predisposed to having heart disease because my father passed away at the age of 47 in 1960, and in those days they really didn't know how to manage heart disease."

"I didn't want to sit around and mope, so I would stay active. I'd walk around the house, and I told Bapsy, my wife, to take me to cardiac rehab as soon as I was able to do it. So we started cardiac rehab very fast, and that was emotionally and psychologically very uplifting, because now I'm doing things that I was doing before. I was able to ride a bike. I was on a treadmill. I was on an elliptical. So that did wonders for me emotionally and psychologically. And I did that for three months, but in the meantime I started work again. I was able to do everything I was able to do before. So I consider myself very lucky to have gone through that process."

"Yeah, it was a life-altering event for me, so we did change our lifestyle. My eating habits were very poor before the surgery, so my wife immediately put me on a low-fat, low-salt diet."

"I take medication for my atrial fibrillation flutter, I take cholesterol medication, and I take medication for blood pressure. I have high blood pressure, so I've been controlling it with medication."

"I go three or four days a week to the gym to work out. Then we have our grandkids. We spend a lot of time with our grandkids. And in between just a relaxed lifestyle. We come home in the afternoon, have a little nap, do a lot of reading, listen to music, play cards with my wife in the evenings. And we have a very active social life. We do tend to socialize with a lot of friends. We eat out, go out for dinners with friends, and I still have lunch with my colleagues from work, so I keep busy. I keep very active and busy."