

# PATIENT SUCCESS STORY



## Guyda

I had a heart attack June 30, 2023. I had a blood clot in a major artery of my heart, likely from newly diagnosed atrial fibrillation.

My heart was damaged and my heart function was approximately 25%. I enrolled in Cardiac Rehab on September 11, 2023. I completed the entire recommended Phase 2 program.

I was feeling much better and decided to enroll in the Phase 3 Cardiodirect maintenance program to continue with my new exercise routine.

I was seen by my cardiologist on February 14, 2024. He told me, "I thought you were really going to die. But I have great news, your heart function has doubled!"

Before cardiac rehab, I would have to stop and rest when doing things because I had pain and was short of breath. Now I am exercising 40 minutes, three times a week at Cardiac Rehab and am able to get things done.

***"I know God heals us in different ways. I'm just so thankful that we have Twin County Cardiac Rehab."***

 **TWIN COUNTY**  
Regional Hospital

A Duke LifePoint Hospital