



Mended Hearts of Central Ohio

Helping People Resume Active
Productive Lives After Surviving a
Heart Event

The Story

Behind

the System

[Video](#)

Main Messages

- ◆ ***Mended Hearts Purpose***
- ◆ ***My Mended Hearts of Central Ohio, “Heart Success Story” Carl Smerdel***
- ◆ ***Tonight’s Speaker: Dr. William T. Abraham, Director of the Division of Cardiovascular Medicine and a Professor of Internal Medicine, Physiology and Cell Biology @ OSUWMC will speak on, “Reversing Coronary Artery Disease and Heart Muscle Damage”***



"It's Great To Be Alive....and To Help Others!"

Mended Hearts of Central Ohio *Inspired Me to Take My Life and Vitality Back!!!*

- ◆ After living a life of comfort foods and only occasional exercise...My Heart Event story began eight years ago at age 53 with:
 - ❖ A 2 inch (4cm) blockage of the “Widow Maker” which I had, miraculously, bypassed myself with, “good collaterals” avoiding what should have been a massive deadly heart attack
 - ❖ I went on drug therapy for the next 4 years and had two of the three main arteries on my Heart stented, hoping to avoid any further complications
 - ❖ However, at age 57 I was found to have clogged the good collaterals and stents that had saved my life earlier and was living on less than 1/3 of normal coronary blood flow. A team of OSUMC Cardiologists, led by tonight’s speaker, informed me that I was in, “**the worst coronary condition they had seen in a long time**”
 - ❖ This led to an urgent new procedure, part of a nationwide 11 hospital study, supported by American Heart Association Research funding, called “**Hybrid Cardio Revascularization**” – Open Heart Bi-pass Surgery (without stopping my heart) **AND** a stent of the final remaining main artery on my Heart all in the same week!



Mended Hearts of Central Ohio...Life is Why!!!

One Day Before Surgery...Age 57



@ 237 lbs.



My 1st Grandchild

Mended Hearts of Central Ohio *Inspired Me to Take My Life and Vitality Back!!!*

- ◆ This time, I started taking the responsibility to regain and stay Heart Healthy:
 - ❖ Dramatically improving my diet, “**Eating to Live NOT Living to Eat**”*
 - ❖ Adding exercise to my daily routine (like brushing my teeth) each day...
 - ❖ Beginning the day after my Open Heart Surgery, I completed 3 laps around the Ross Heart Hospital’s 4th floor ICU, doubling that each day culminating in 36 laps or 3 miles the morning I was released 6 days later
 - ❖ Next, after walking my dog several times everyday, I Attended Cardiac Rehab, beginning 6 weeks after that for 12 weeks and have never looked back...
 - ❖ I continue to work out every day** and I am proud to report; 1) I’ve lost 67lbs from the 237lbs I weighed just prior to my surgery, 2) A Type 2 Diabetic since age 30, I’ve been off insulin now for 4 years & counting, 3) I’ve gotten off the CPAP, after 15+ years and... 4) Not only are my blood vessels clean as a whistle, I have successfully repaired the Heart Muscle damage done by my by 4+ Heart Attacks and **I feel great!!!**

* “Dr. Dean Ornish’s Program for Reversing Heart Disease” & “The Spectrum”

** “Younger Next Year: Live Strong, Fit & Sexy Until You’re 80 and Beyond”
(Chris Crowley, Henry S. Lodge)



Mended Hearts of Central Ohio...Life is Why!!!

After Surgery & a New Lifestyle...Age 61



170 lbs... w/My 2nd Grandchild

And... On 10/29/14, Triplets!!!

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