



Andrea admits she's a nurse and should've known better. Her father had passed away of a heart attack when she was 19, but she didn't consider she may have heart disease.

She noticed she was breathing heavier while she walked and when taking the stairs, but she attributed her symptoms to getting older and being out of shape. It was easy to take the elevator and try to park closer.

When she finally mentioned her symptoms, her Primary Care Provider ordered an EKG, which came back with abnormal results. It turned out Andrea had the "classic cardiac symptoms," and her cardiologist admitted her to the hospital on the spot. Further testing revealed one of her arteries was 80 percent blocked, and she received two stents.

Following her procedure, Andrea committed to an exercise program and heart-healthy diet, even though COVID-19 closed gyms and exercise options were limited shortly after she finished cardiac rehabilitation.

"I wanted to be there for my future grandchildren," Andrea said. Her husband also committed to a healthier lifestyle, as he recently learned he has Type II diabetes. Together, they hold each other accountable to their changes.