Wake Up!
before it’s too late

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I thought my life was rewarding...

but...

...things weren’t what they seemed.
I drank a few sodas...
...enjoyed a burger or two...
...and ate a few sweets.
Computers ruled my life...
...work piled up...
...long hours were standard...
...and my exercise was limited.
Clearly, the clock was ticking and I wasn’t paying attention.
So, here’s what happened...

I had some chest pain while raking leaves. It went away. I ignored it.

I went to a 2-day meeting in Mankato. No pain.

I went to DAC. I started sweating and experienced joint pain. Then I noticed the chest pain.

I went to ER.
...there was some wee blockage...

Atheriosclerosis: An Animation
...that restricted blood flow...
...and something had to be done.

Like 50% of Americans, I live with coronary heart disease.
I learned some new words...

**Lisinopril:** ACE inhibitor – helps circulation

**Clopidogrel:** Antiplatelet -- Prevents blood clots

**Atorvastatin:** slows the production of LDL cholesterol

**Metoprolol:** Beta-blocker – helps circulation

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...my reading expanded...
...I started to exercise more...

2 or 3 x/week at cardio rehab...
...daily at home...walk at Hallenback
...I pursue a healthier diet...

129 LDL level

45
...I drink healthier liquids...
...I’ve lost some weight.

220 lbs

193 lbs

190 lbs
I’m starting to regain control.

“Slow down, you’re moving too fast.

You’ve got to make the moment last.”
Wake up! before your alarm rings.

Or before the clock stops.