

# THE HIGHWAY TO A HEALTHY HEART

The following method of managing a healthy heart as we all live our lives, will show how simple it is to achieve for all of us, men and women in any country in the world.

( Please note , this is NOT a medical solution, it is has been developed while living a normal life and learning from life's experiences.)

This is a very easy process to follow by all of us that will ensure we are aware of our hearts health no matter our age and will help to minimise the stress we put on our hearts, and allow us all to live a longer and healthy life.

The example of a set of traffic lights, is something that we all have to be aware of every day of our lives. This will be the trigger that we will learn to use to keep us on the road to managing,

THE HIGHWAY TO A HEALTHY HEART.

There are 3 Chapters to this method

Chapter 1 will be the GREEN LIGHT

which signals all clear to go ahead without any caution or danger.

Chapter 2 will be the AMBER LIGHT

which signals proceed cautiously and STOP if danger is imminent/

Chapter 3 will be the RED LIGHT

Which signals do not proceed as it is too dangerous to take the risk.

( Each chapter will be written in these relevant colour. )



So, let's begin,

## CHAPTER I

As we all grow up, we are protected by our parents from danger. We never really get exposed to STRESS, particularly stress on our hearts. In fact, as we grow up we are never really aware that our hearts have a role to play in our day to day living.

We are taught what to do and what not to do.

We are never put into a stressful situation because our lives are being managed for us.

This period is clearly demonstrated by the GREEN TRAFFIC LIGHT.

Everything is under control, just like travelling down a country road all the time.

No traffic and no traffic lights. Life is free and easy.

As we get to our teenage years, we start to realise that we have to make our own decisions, and are suddenly introduced to a small amount of stress.

We have to pass our school exams and graduate.

We have to start thinking about what we want to do after school.

Getting a job earning money, these are all new to our easy lifestyle of the past.

## CHAPTER 2

Now our lives start to change.

Now we have to make decisions on what we are going to do without being told what to do, and be responsible for our own action.

Suddenly, we are responsible for abiding by all the laws of the land and making the right decisions that not only protect us as individuals, but also, the rest of our friends and the community.

One of the MAJOR responsibilities we have to take on is, getting a car license and venturing out on the roads with all the other drivers.

This probably is biggest responsibility we have ever taken on so far, and it introduces our heart to the impacts of STRESS.

It also introduces us to lots of rules and regulations we now have to comply with or suffer the consequences of significant Fines and potential Criminal recordings.

So, the thrill of getting a driver's license and owning our own car has been somewhat dampened by the constant need to be aware of not only what we do on the roads, but also what other drivers are doing as well.

We need to consider and manage the temptations of drugs and alcohol on our minds and bodies and the types of friends we associate with that can impact on our way of life.

One of the main reasons that **TRAFFIC LIGHTS** were put in place, was to keep us alert at all times, specifically to what is happening around us on the road and to ensure we, and other road users are as safe as possible whilst driving.

In these early years of growing up, our hearts are still just seen as a part of our bodies that we know we need to be aware is there, but it looks after itself automatically, no need for us to look after it.

As we grow older and take on many more responsibilities such as marriage and parenthood, we realise our health becomes far more important, not so much for us as individuals, but more so for our responsibilities for maintaining a happy and healthy family and bringing up our own children.

Far more pressure is put on us then to maintain a healthy lifestyle and to minimise stress on our hearts.

Now we have multiple responsibilities every day that can become very challenging, suddenly the **AMBER** traffic light starts to take on a new meaning and we can see why we have to be very cautious, not only on the roads we drive on but also how we look after our hearts to keep us healthy.

Whereas, before, we would run the amber light to get to the other side, now we start to think, is it really important to risk racing through the amber light, and risk getting caught and coping a fine and a recording on our license, or is it safer to slow down and avoid the risk and also put less stress on our hearts.

We also start getting small indicators from our bodies about our health. Exercise and weight control now become for more important to day to day living.

Some of these indicators result in more visits to our doctors to try and resolve.

## CHAPTER 3

This RED light becomes for more important as we get older, not only because of the road rules, but more importantly for the health of our hearts.

Stress plays are big part in putting pressure on our hearts, and driving through a RED light opens up so many risks, not only to ourselves and our passengers, but also to all the other road users and their passengers.

Our hearts do not need to be exposed to such stress on a daily basis.

Just STOP before the red light comes on not only on our roads but also on our heart's health.

When we look at these 3 traffic lights now and see why they have been put in place and realise it is NOT only to protect us on the highways we all drive on, all around the world, but more importantly, we can use these 3 traffic lights on a daily basis to maintain a HEALTHY HEART.

(Insert a photo of a set of traffic lights.)



THIS IS TRULY A HIGHWAY TO A HEALTHY HEART.



## THE HIGHWAY TO A HEALTHY HEART.

Who developed it.???

Where did this method come from.???

Why was it so important to tell this story.???

The answers to these questions have come from the life experiences of the Author, Captain Frank.

The following history of events will clearly show how the 3 colours of a traffic light are linked to a healthy heart for all of us, anywhere in the world.

So let's begin the background to why this method was conceived.

I am Captain Frank and I am 73 years old now.. I have always been a healthy and very active person who never had any concerns about my heart's health, until 4 years ago.

But Firstly, a little background history.

All my life I have been involved all sporting activities including running and swimming in particular.

My interest in becoming a volunteer life saver initiated when my son and I decided to join our local surf club mainly to help our 2 granddaughters learn to swim in the Nippers at our local Mooloolaba surf club.



Initially we attended the 6 weeks training course together both in theory and water skills. When it came to the day of completing our accreditation, I could not attend it due to conflict with another overseas commitment. My son got his Bronze Medallion I had to wait for another opportunity if one came up in the future.

It was during this training course that we had to do a lot of swimming in the ocean and running on the beach.

(This training became a very important health factor to me with what was to follow.)

6 months later I enrolled in the next Bronze medallion course and started to do some pre-course swimming and running training.

It was during this training period that I started to realise that I wasn't achieving the same results as the last time, and in fact, I started to get a tight feeling in my chest when trying too hard. Not any pain, just a tightness which would go away when I rested.

This also started to happen when I was riding my bike to the beach or running around the beach.

I had never experienced anything like this before, and like all men, thought I was bullet proof and it would go away.

I put up with this for about a month, but it was not going away, so fortunately for me,

**I made an appointment with our family doctor the next day.**

Not telling my wife anything about it.

(sounds a lot like a typical male EH)

Well, that is when my world suddenly changed in a flash.

My doctor, did an ECG and immediately rang a heart surgeon that she knew at the local hospital and told me I had to immediately go to ICU.

I was still feeling fine so I drove home and told my wife I had to go and we packed a bag and headed off.

The funny part was I walked into the ICU ward, carrying my overnight bag with my wife alongside me. The hospital staff were amazed, I don't think they had ever experienced an ICU patient walking in before.

Dr Peter Larsen organised an ANGIOGRAM for the following morning.

As he started to process the angiogram, he immediately stopped the process and rang a heart surgeon in Brisbane

and booked me in for the following morning for a major surgery.

I had a 97% blockage of blood flowing into my heart which needed immediate attention. Amazingly I was still not experiencing any pain.

I was transported to Brisbane by ambulance, something I had never experienced before in my life. I met the surgeon, Dr Trevor Fayers, just before I was about to go into the operating theatre.

I told him that I had never been inside a hospital for any operation for over 50 years. He assured me I would recover well from the operation, mainly because I was fit.

So off I went waving to my Wife and kids as I headed down the corridor to the operating theatre.

The next I remember was seeing my family in the recovery ward the next morning. They were as pleased to see me as I was to see them and I was not feeling any pain.

Apparently the surgeon carried out open heart surgery and did a coronary artery double bypass (CABGX2)

Apparently this type of heart condition is known as (the widow maker).????

Several high profile sports people have died from this because just like me, they felt no pain and did not have a heart attack.

Anyway, 6 days later, I was released from the hospital and my wife drove me home.

She nursed me through those early days of recovery and made sure I followed all the post op procedures.

Then, after 6 weeks of cardiac rehabilitation I was back feeling as good as new.

6 months after the open heart surgery and at the ripe old age of 70, I achieved my BRONZE MEDALLION with my local surf club in the morning and did my 1<sup>st</sup> patrol with my Son Leon that very afternoon, sitting in the patrol station on the beach.

### **A VERY (PROUD MOMENT IN DEED.)**

The next PROUD MOMENT for me and my son Leon was to come 9 months later.

We were on patrol on the last day of 2018.

Leon was a life guard on a tower further down the beach and I was on duty at Mooloolaba beach on the morning shift.

It was extremely busy for everyone on duty because of the (Blue Bottles) stingers that washed up on the beach.

On our patrol we had 120 separate people stung that had to be treated for first aid.

All of us were stretched to the limit dealing with the cases.

I was on my tower by myself, when I received an urgent call from a swimmer, that a woman was in trouble about 100 metres out to sea and needed urgent assistance.

I had to leave my tower and raced out with the rescue tube to help her. The sea conditions were rough and as I got to her, I could tell she had taken in a lot of seawater. With the help of another swimmer nearby, I managed to get her to shore and sit her down up on the sand. She was conscious, but finding it hard to breath.

I immediately called my patrol captain, who came down with the 4wd buggy and we raced her up to the first aid centre and called the local paramedics.

The woman was rushed to hospital and spent the next 5 days in ICU getting the salt water pumped out of her lungs.

She lived.

In meantime Leon had 2 serious rescues at his tower.

The first one was a STONE FISH pike that went through a swimmer's foot. The foot went immediately purple and the man was rushed to hospital for urgent surgery.

The second one was a surfer that suffered a serious spinal injury when he fell off his board and struck his head on the sand.



Leon and his partner had to carry out a spinal recovery in rough sea conditions and managed to get the man ashore and he also was rushed to ICU where he eventually fully recovered .

What a morning for both of us.

**(THERE IS NO BETTER FEELING THAN KNOWING YOU HAVE SAVED ANOTHER PERONS LIFE)**

And for two members of the same family to achieve this is incredible.

**(ANOTHER PROUD MOMENT INDEED)**

Having experienced these significant events is what made me come up with this easy method for all of us follow to always consider both our health and road safety, and what better example is there than the simple set of traffic lights that we all experience every day of our lives.

**GREEN,,AMBER,, AND RED**

