I had unexpected heart surgery  (4 -CABG) on 10/28/2020 at the age of 53 yrs. I am one of the healthiest members of my family. (I am not overweight, hypertensive, diabetic, smoker, drinker.)

I had shortness of breath while climbing a steep hill in August.  But none while climbing stairs.  It was increasing in September and in October I saw my primary care. Immediately I had an abnormal EKG in his office, saw a cardiologist in 1 week, Then 1 week later, ECHO- Stress was abnormal. 3 days later in the hospital from cardiac cath to surgery. Everything happened so fast.  I had a normal physical in March. So you see how unexpected this was.

I recognize that stress and genetics truly wreak havoc in my body; I have changed my life since, eating more vegetables, meditating and walking daily, enjoy pursuing my passion for Ayurveda.