



**DOUGLAS SEGAR, MD FACC**

## **CARMEL TEEN NEARLY KILLED BY BASEBALL**

By Diana Lamirand

*Indianapolis Star*

July 10, 2007

A 14-year-old Carmel boy nearly died on a baseball field after a pitched baseball struck him in the chest and stopped his heart. Max Zhang dropped to the ground immediately after getting struck by the pitch Saturday in the Wooden Bat Classic tournament at Mt. Vernon High School in Fortville, said Terry McGlothlin, who coaches Zhang's travel baseball team, The Southside Saints.

"He was pretty much dead when he hit the ground and the cardiologist saved him," McGlothlin said Tuesday. Max was treated at Hancock Memorial Hospital then transferred to the intensive care unit at St. Vincent Children's Hospital. He was released Monday.

The cardiologist, **Dr. Douglas Segar of Carmel**, was watching his own son play in another baseball game at the weekend tournament when he heard cries for help. He ran over to Max, along with two or three women who were registered nurses, and started cardiopulmonary resuscitation.

"Max's eyes rolled up into his head, a little bit of white stuff was coming from his mouth, his heart wasn't beating and he wasn't breathing," McGlothlin said. "They saved his life."

Segar said Max suffered commotio cordis — defined as sudden death due to ventricular fibrillation when a baseball or other projectile strikes the external surface overlying the heart. The condition happens rarely, he said, and the victim must be breathing a certain way, the heart must be beating on a down beat and the ball must strike in just the right spot on the chest for it to occur. It happens about 20 times a year, the cardiologist said, and only 10 percent of victims survive.

Segar and the nurses performed CPR on Max for 10 minutes or more until the ambulance arrived and shocked Max's heart with an automatic external defibrillator, McGlothlin said. "It just seemed like it was forever," the coach said, explaining how Segar got Max's heart beating three times but he still was gasping for air and his eyes remained rolled back. Segar downplayed his heroic effort to save Max.

"I was in the right place at the right time and just doing what I've been trained to do," said the cardiologist who works with The Care Group. "His dad called me last night (Sunday) and thanked me. It's every parent's worst nightmare. "I consider us very fortunate that everything worked out well," Segar said. McGlothlin said Max wouldn't be alive if it hadn't been for Segar. "He was an angel that day. It wasn't just part of his job," McGlothlin said. "He saved his life ... It all happened for a reason. God lined everything up."