

THE REVIVING HEARTS PROGRAM



REVIVING
HEARTS

Saving Lives with AEDs

The goal of the Reviving Hearts Program is to place Automated External Defibrillators (AEDs) in Indiana high schools throughout the next five years. This program was created in 2008 as part of a five-year initiative with our foundation, Cardiovascular Research and Education Foundation of Indiana (CREFI) and Dining A La Heart. Four founding sponsors joined our initiative in 2008, Fifth Third Bank, Wellpoint, St.Vincent Heart Center of Indiana and St.Vincent Health. In conjunction with our media sponsors, Emmis Communications, video and audio spots have been produced and are currently airing on WIBC9 3.1 FM and incorporated into the Indiana High School Athlete Association website,

STORIES FROM THE HEART



"These are excerpts from emails that I sent out to family and friends after experiencing a Sudden Cardiac Arrest on Jan 14, 2007. I was playing in a Church League Basketball game in the Hoosier Gymnasium in Knightstown." **Andy Williams**

- After having heart palpitations, I checked myself out of the game, took a seat on the player's bench, and then collapsed! I do not remember any of this! But, several people have told me their versions and this is how I tell it! They tell me that I had played about eight or so minutes, and that I checked myself out of the ballgame. I sat down on a chair and then I collapsed! So, I'm on the floor, a member of the opposing team (same church, Park Chapel) named Chris Weber was given the strength and courage to start performing CPR, on me! Another player, from a different church (Wilkinson), named Kenny Whisman, was 45 minutes early for his game. He was standing next to our bench; he's also studying to become a nurse. Kenny helped with performing chest compressions! I was not breathing, my heart had, basically, beat itself to a stop. DEATH, right!?!
- Calls were made to 911, which they said an ambulance would be coming from New Castle (10-15 minutes). Luckily, Wade Beatty (a friend) had intercepted the call and told them to get an ambulance and paramedics from Knightstown. He told them "WE NEED IT NOW, HE IS ALREADY GONE!!!! Knightstown FD had a meeting that day and some EMTs were still there. And they responded, quickly! It's funny how everyone was right where they were supposed to be, where God had placed them, to be there for me! So, after reviving me twice, at the gym, with the AED, they stabilized me and took me to Hancock Regional Hospital. On the way there, they said that they lost me for a third time! After arriving there, they thought it would be best to take me to St. Vincent's, so I was transferred.
- At **St.Vincent Heart Center of Indiana** the Dr.'s and nurses weren't giving my wife, Michelle, and my family much hope, saying that if I were to EVEN live, that I would be in a vegetable state! Too much trauma and lack of oxygen to the brain. Also, they had to keep cooling my body, to keep my temperature down. So, I'm in a coma for 5 days. Again, family and friends were there 24/7! I can't tell you enough, Thank You for being there for Michelle's sake and for our families! After finally coming out of the druggy fog, I listened to every one tell me the story. **Dr. Schutzman** is my heart doctor, hadn't met him until after I came out of the coma. All the Dr.'s and staff stepped right in and took care of me! The same Dr.'s and nurses, who had counted me out, came in everyday telling me that I was a "True-living Miracle"
- So, I end up having a few procedures done, to help regulate my heart rate, plus I was put on several medications. Also, had an ICD placed in my chest with two leads connecting to my heart and was released on Fri., Jan. 26, 2007.
- On February 14, 2008, (yes, Valentine's Day ironically enough), I had the heart ablation procedure. It was successful and I cannot believe how much of a difference I feel! I no longer have the rapid heart beat that would keep me awake at night. But, I became so used to it that I didn't know I was even having any episodes. The procedure was on a Thursday and I was back to work on the following Tuesday. I just had my follow-up appointment with **Dr. Benzi**, everything was looking very good. I have had some higher heart rates, but that is to be expected because my body needs to be re-conditioned! But, the higher rates should be regulated with my medicine. Thank you to everyone, at **St.Vincent Heart Center of Indiana** and **The Care Group**, for everything you did to save my life! This past year has been unbelievable! Everyday when I wake up, I thank God for blessing me with another chance on life!