#### Prim's story 0:06

I really felt great. I didn't have any symptoms leading up to my first initial signs of something not being right. The very first instance that I ever had chest pain was when my 15 year old, got behind the wheel to drive for the first time on a long distance road trip, you know, with her permit, and we switched seats and I suddenly, you know, started getting chest pains and pain in my carotid artery on my left side of my neck. And I thought, you know, that's kind of weird, but kind of blew it off is just anxiety with a new driver and thinking that was it. The next day, as I was putting on makeup, it actually happened again, where I started getting the chest pains, and pain in my neck. And I told my husband about it. And I said "it's just really weird I it the chest pains, I can kind of understand but the neck parts really weird". So he recommended I go see a clinic, go to a clinic and see if I could see a doctor to just make sure everything was okay. And they ran bloodwork, EKG, I had a battery of tests done, all came back perfectly normal. I have no family history of heart disease, I'm not a smoker, my cholesterol is great blood pressure, great. But they recommended that I get a stress test in the next six months or so. So that was that was the, you know, kind of where they left it. And she said she thought it was probably anxiety. So that week, I continued just with my regular routine and having these episodes of chest pain with pain in my neck. And on about three or four days later, I was sitting at a stoplight not stressed at all. And the pain happened again, it happened in my neck, but that time it actually the pain shot down my left arm. And that really scared me because I'd heard stories. So I drove straight into a clinic, where I again got tested for all of the things I've been tested for before plus more. They even did a breathing test to see if I maybe had an infection in my lungs. But everything turned out normal. But thankfully, the doctor just did not feel like it, we should just let it go. So he recommended that I get a stress test. I told him I'd been recommended to get one before but six months or so he said well, I've got to one tomorrow. So I went for my stress test, it came back slightly abnormal. And they recommended that I go to see a cardiologist. So I got in to see him. He said you know, I really think this is nothing but let's go ahead and do a CAT scan. So eight days later, I had a CAT scan done. And that's when we discovered I had 80% blockage of my LAD which is your left anterior descending artery, which is also known as your Widowmaker. And two days later, I had a stent placed. So and I've been great ever since. Really, I was great before other than those chest pains.

#### Was your incident related to exertion?

#### 3:08

Not for me. In fact, I was running pretty regularly at that time. And I had even gone on runs during that time and not had any pain during my runs. But I was getting the pain during you know, simple tasks like putting on makeup or sitting at a stoplight.

# Did you have any family history of heart disease?

#### 3:27

No, we have no heart disease in our family. Great cholesterol, low blood pressure. I mean, it really is. It's baffling because I was an anomaly in the cardiac disease area.

## What was your initial reaction to the diagnosis?

#### 3:46

Oh my gosh, I'm a walking time bomb. And they said, absolutely you are.

## How did your family react to the news?

### 3:54

You know, my husband was just as shocked as I was. We were very careful about how we told our kids because we didn't want to scare them too bad. And really, everything felt like it happened so fast at that point, that I didn't tell any friends or extended family, the only ones that were aware were my mom and sister and brother and then you know, my immediate family. So but we, you know, it was a very scary time, but also very private. And I just kind of wanted to get through it. And then I could tell people about my story.

# Were there a lot of decisions that had to be made at the time? 4:31

Really, I didn't feel like there were any decisions. It was we've got a problem and we've got to get this fixed and the stent was the solution. So that's what we did.

Do you feel like you were being heard when first seeking help? 6:01

My youngest is 11. So she was in the third grade when that happened. And that really was a big eye opener to me to think about how dangerous my heart disease situation was and how much of a ticking time bomb I really was. And especially with her being so young, and you know, how different the outcome could have been if I hadn't, you know, continued to go to try to find answers or have doctors that really listened to me and said, Yeah, something doesn't seem like it's adding up.