

## Bruce's story

I am 48 years old and am currently being assessed for a heart transplant due to heart failure. I had a heart attack aged 30, a double heart bypass aged 30, and a further heart bypass aged 33. I had a cardiac arrest in 2009 while doing an exercise test due to an arrhythmia; I was shocked and subsequently fitted with an implantable cardioverter defibrillator (ICD). I was triple shocked by my ICD in 2010 due to arrhythmia. I live life day to day knowing these deadly arrhythmias can strike at any time, I also have a genetic blood disorder called familial hypercholesterolemia.

I am married with five children, (NO WONDER I HAVE A HEART CONDITION), my ICD certainly saved my life the day i was triple shocked, I was out walking my dogs at the time, I felt chest pain then shock, shock, shock, I fell to the ground and was attended by passers-by till emergency personal arrived. The passers by couldn't do anything but having them there was a great comfort; you just don't want to die alone. I was told by a consultant in accident and emergency and by cardiology that if i did not have an ICD that day I would have been dead. Arrhythmias strike at any time and without warning costing many lives and I'm happy to support Arrhythmia Alliance in highlighting this.

I take many medications for my heart condition along with anti-arrhythmic drugs, at present I continue to have arrhythmias, so I am grateful for my ICD and the excellent cardiology care I receive. I am constantly monitored by my heart failure nurse who is invaluable to me and my family.