

JONES, BOB

THE HEART SCAN AT ELMHURST MEMORIAL HOSPITAL



A PATIENT'S STORY

:: BY BOB JONES, AS TOLD TO CHRISTINE DOUCET  
:: Photographer: Robert Randall Photography, Inc. © 2009.

*It was February 2006. Life was good. I had a job that I enjoyed and a great family — a wonderful wife and two healthy kids. I was feeling fine — no complaints other than not getting enough time on the golf course.*

I was playing racquetball with a friend, just like I did several times a week, and during the game he had a heart attack.

My own family history of heart disease had always been in the back of my mind because my mom had two heart attacks, and my sister passed away during a cardiac procedure. But I felt good. I was active and took care of myself, so it wasn't a priority. I saw my friend lying lifeless on the court. My 50th birthday was right around the corner, and now my health was a priority. The next week I scheduled a heart scan.

I arrived for my coronary calcium scoring test not sure of what to expect. It was much easier than I had anticipated — simple, painless and quick. I left the test feeling confident that everything was just fine — I had no reason to think differently. A week later, I left for a long, relaxing vacation in Cancun — not giving the test a second thought. I arrived home on a Sunday, and had a message waiting — they needed to see me at the cardiologist's office the next day.

That Monday, I met with my cardiologist, Dr. Andy Rauh, who explained that my scan results came back high. He scheduled an angioplasty for the very next day. After 10 minutes, the procedure was stopped.

I thought, that must be good news; they didn't see anything, so it was done more quickly than planned. But the news was quite the opposite. Dr. Rauh had found several blockages severe enough to require surgery. Later that week I had triple bypass surgery.

In retrospect, it all happened so fast that I didn't have time to think about the situation or to be afraid. I truly put my life in the hands of these doctors and trusted them with all my being. They didn't let me down. I came out of the surgery and spent four days in the hospital. After a few months of rehabilitation, I was back on the racquetball court.

Life is good again, thanks to my doctors. I now know that the first symptom for many people is a heart attack — and a large percentage of them don't survive it. I could have been one of those people.

One simple scan that took 30 minutes saved my life. Now I tell anyone who will listen that they should get the test. In fact, one of my friends heard my story, got a scan and also learned that he needed bypass surgery. Two active, healthy men — neither of us with any symptoms. My story and that scan probably saved his life. The way I see it, sharing my experience is paying it forward.

#### THE HEART SCAN

Bob credits the coronary calcium scoring test at Elmhurst Memorial Healthcare with saving his life — it can save yours, too.

The test uses advanced 64-slice CT technology to let you know your risk of a heart attack so that you can do something about it, before it's too late. It is a simple, painless test that reveals the amount of calcium buildup in the arteries, which is a sign of heart disease.

The results of this test come in the form of a number score, the higher the number, the greater the likelihood of plaque buildup, thus the greater the risk of having a heart attack. This test is especially important for those who have any heart disease risk factors including family history, high blood pressure, high cholesterol, smoking and diabetes.

The hope for this test is that younger people with risk factors will use it to find out their risk early, so that there's time to improve their heart health.

CALL 630.782.7878 FOR MORE INFORMATION.

