

PREVENTATIVE CHECK UPS

By Rico Connor

Find trouble before it's too late! – My personal experience

I like to think that my diet, supplementation and exercise regimen is second to none. It is my lifestyle and I try to make myself healthier each year with new techniques and knowledge on the above topics. I

pump out instead of the usual 50%, and there was reduced oxygen and blood flow to the bottom half of my heart! This was shocking and unbelievable to me as I have NEVER had one symptom of any kind of heart

“My cardiologist then showed me a shocking sight. My main artery...was 70% blocked with plaque. She immediately put a stent in the spot to enlarge it to its original width...”

consider myself a health/fitness expert.

What a shock it was to find out I had a heart problem when I went in for a simple EKG in preparation for knee surgery about 4 months ago. My doctor said my heart seemed thick and ordered a stress test for me (treadmill to accelerate heart rate then inject a nuclear dye to scan my heart). The results of my test were that my heart was only pumping out 35% of the blood it was supposed to

problem.

My doctor scheduled an angiogram where, as you watch your heart on a screen (looks transparent), while sedated, you see a wire device (which enters you from your main artery in your groin) go into your heart. It then injects a dye into the chamber and it flows through the arteries in your heart. It was sort of surreal being sedated and watching your heart beat in front of you. My cardiologist then showed

me a shocking sight. My main artery, called the LAD had an area which was 70% blocked with plaque. She immediately put a stent in the spot to enlarge it to its original width so that the blood flow would be normal again. This amazing technology is a common procedure nowadays. The next day before I checked out of the hospital, she informed me that that artery is known as the “widow maker.”

The fact is that with no previous warning signs, I would have had a serious heart attack, possibly fatal, within the next few months !!!

I believe that God's plan for me (in keeping me around!) is to enlighten as many people as possible to the path to optimum health so that they can truly enjoy their loved ones and quality of life.

If this can happen to me, it can happen to anyone! The only way to be sure of your health is to screen for diseases on a regular basis. Preventative check ups are a very necessary part of your health regimen. Most health problems are entirely correctable if diagnosed early on. Your doctor can give you a

list of tests, procedures and how often you should have them done. So, in addition to your fitness, nutrition and supplementation regimen, make sure you use the many available screening tests to make sure you live a long, healthy life.

ABOUT RICO CONNOR



Rico Connor is 51-years old and has been training for over 25 years. He is the 2002 Nevada State Bodybuilding Championship Master winner. In addition to writing for Fun & Fit, he has been published in Muscle & Fitness and FLEX and is working on his first book, "Total Health for Life: Mind & Body."