

Hi, All My Dear Friends out there,

First of all I'd like to thank all of you, who expressed, in a one way or another, your best wishes for me to recover from my recent predicament, the so called, Heart Attack, whatever it was. Yesss..., I am slowly recovering, and according to yours (and my own...), best wishes, I may as well be soon back to normal...

THANK YOU ALL...! THANK YOU VERY MUCH...!

As you may not be aware, I am an extrovert, and as such my predicaments, whatever they are, are not my secrets, but rather as they may be interesting and useful to others, they are available here for anyone, as a piece of information in case of your own unexpected predicament. So please read this short narrative and use whatever part of it for your own use and information, as it may be, for you never know when it may strike you too, while the least expected.

Until recently I didn't even know 'that I had a heart'... It served me well in my daily exercises, and since I live on the 18th floor of this condo building, also in my using the stairs rather than the elevator, up-and-down... Yes, I recall, that from time to time recently, and I meant only during the last several months, I noticed occasionally, while exercising, a strange, as if a finger pressure upon the 'thyroid-throat' point of the lower neck, which I usually ignored, and which upon a few minutes of rest, used to go away.

OK, here is one of my points: PLEASE DO NOT IGNORE ANY UNUSUAL SYMPTOM, PAIN OR PRESSURE RELATED TO YOUR NECK, THROAT, LEFT SIDE OF YOUR CHEST, OR THE LEFT ARM, THAT YOU MAY NOTICE, IGNORE, OR OTHERWISE PASS IT OUT, AS IT MAY BE A SIGNAL, EVEN FOR THE WELL CONDITIONED AND WELL EXERCISED INDIVIDUAL, OF AN UNEXPECTED TROUBLE... as it evidently was in my case, because...

One day, as I returned home late night, from a certain social event, I noticed exactly that same syndrome... *'It will go away in a moment, as usual* –I said, and sat down waiting... But this time it did not go away, and after a while, as it seemed to expand onto the lower left side of my chest, the left arm, and possibly into other strange feelings, I woke-up my wife, and suggested that we better go to the Emergency of the local Hospital. I drove, of course... (Later, several people commented: *'How could you dare to drive...?! You should've called the ambulance...!* Etc... And they were right... In a condition like that, self-driving IS DANGEROUS, but those of you who know me, know, that as I am the way I am, I usually do my things MYSELF, period...!



It took only few minutes, and please allow me here to express my deepest gratitude for the enormous efficiency of the Edmonton ROYAL ALEXANDRA HOSPITAL EMERGENCY ROOM, but within the just few minutes of my explaining my symptoms, (we arrived there, my Wife Winnie and I at, say, 11:40p (23:40), I was immediately electro-cardio-graphed, (ECG), checked for all kinds of blood pressure, etc., and, to my surprise pronounced loud to have... a HEART ATTACK...! **WHAT...? A HEART ATTACK...? ME...?** Unheard of, unbelievable...!!! Yet, within the only



next few minutes, I was put on the gurney and rolled over, first to the examination room, examined by a cardiologist, and soon assigned to CCU... Following only few hours of rest, at, or about 2:00a, I was rolled over to the Procedure Room, and subjected to the procedure of the installation of several 'stents' inside my heart's veins, some evidently blocked of up to 91%. At or about 7:30a, the next morning, after my heart rhythm was evidently no good, another stent was installed, and at the same time I was asked by the doctor, for a permission – if need be... – to allow the use of an

electro-shock and a CPR on my chest. Of course I agreed, as I had no objection to whatever the medicine prescribed in my case... That turned to be of importance, as...

At about 5:15a, on my second night in this CCU, as I was fully and joyfully asleep and having an



interesting and very pleasant dream -- I had it narrated to me later by my Wife, Winnie, who stayed with me all this time in the hospital room...-- that my pulse rate on the monitor suddenly jumped into about 245/min, that all alarm rings went on, my face evidently paled out, and... MY HEART STOPPED...! (All without my knowledge, as I remembered only my uninterrupted dream...). Within seconds, during an immediate application of the electric shock my eyes, allegedly, popped out or something, as my Wife, Winnie, later told me, all of which I was still not aware at all, and I woke up seeing a beautiful face of a young nurse CPR pumping my chest... All through this happening I was not even a bit aware, how close, I really was to my own... DEATH...!, while my feelings and humor were of completely not a *propos* throughout... Interesting, isn't it...?

It is hard for me to establish in detail, but following all those events, completely strange to me, (by the way, that was my first visit to the Hospital, in all my 84 years of life...), very interesting, I had several



hallucinations, for which I even accused the hospital something like that, Remembering even now old German War which in detail and remembered, or even hospitalization. I, of for independent from its entertaining. But so I visions and their this world... Quite while talking to my sentence, and the

I even staff of having applied to me an LSD, or within my numerous medicines. some of those, say, like a black-and-white Movies, which I never saw before, and complexity exceeded anything I knew, was able to invent, hadn't it been for my course, don't wish anything like that on you, interesting complexity, it was not very experienced it all, and reality of those complexity were – believe me... -- out of separate, I remember, that simultaneously, doctors, I wasn't able to form an intelligent attending nurses were probably equally surprised with my 'inventiveness...'

After additional 7 days of recovery in CCU, and after additional 3 days in Recovery, (10 days together in the Hospital...), I was released and taken home, still extremely weak, and often filled with mild head dizziness and confusion. Yes, now, almost three weeks after all those events, I am still not back to normal, still walking weak, not able to exercise, or doing anything I like to do, however without any noticeable change to my intellectual ability, of which this note is a partial evidence... -- I am slowly on my way back to recovery... They say my full recovery will take up to 2 months, (or even more...), during which I shall visit my assigned cardiologist, some recovery therapist, and the rest I don't care, as that's not my style and not my routine... Yes, I drive, shop with my wife Winnie, sleep a lot, watch TV, hate TRUMP, and even do, from time to time a bit of my professional business.

Other comments and observations...? YES, it's all not worth repeating, as hospital beds are not much ergonomically comfortable, hospital foods not much desirable, and those hallucinations, and all, not worth repeating... Of course please do not ignore your even the slightest signal of possible trouble, and have them tested by the medical authority immediately. PLEASE DON'T SMOKE...! IT'S NOT WORTH IT AND IF YOU DO, QUIT AS SOON AS POSSIBLE. BY THE WAY, DO IT IMMEDIATELY AFTER READING THIS TEXT...!!! Please control your diet...! (My Wife Winnie and I, we had relaxed a bit our dietary discipline during the last year or so, and it is quite possible that those lovely bits of cheese, good tasting smoked meats, and some of the McDonald's French fries *cum* tomato ketchup used to arrive from time to time upon our table; and particularly all those bad cholesterol foods, sugars, meats etc... so GOOOOD tasting..., and so inexpensive...!!!, But that is another subject, upon which I do not have much expertise... In short, take good care of yourself, your HEART, and your life...

And that is all I have to say on this subject NOW...!

Tarrah...!
Jan (TEKO) & Winnie

My wife, Winnie, joins me in signing this letter, as she was not only an active participant in all the events described above, but also a GOOD SPIRIT, HOVERING IN PERSON UPON ALL WHAT HAPPENED... Thank you Winnie, and thank you all unknown to me NURSES AND DOCTORS... And once again, THANKS TO ALL OF YOU, WHO KEPT YOUR FINGERS CROSSED FOR ME, DURING ALL THAT TIME... YOU SEE, IT HELPED...!!!