Editor's Note: "My Story" is a first-person column about health issues that touch New Albany community members. Have a story to share? Email gbishop@cityscenemediagroup.com. Submissions should be no more than 500 words.

In a Heartbeat

Living with atrial fibrillation isn't a breeze, but Rosalie Ungar doesn't skip a beat

can't believe it. This year, I will turn 80 years old. What's more unbelievable to me is that I feel better mentally and physically than I have in more than 15 years.

Is aging gracefully working for me? Yes and no. I strive to thrive and survive. It takes energy and attitude, neither of which happens without effort. Atrial fibrillation has been with me for 35 years. More than 5 million people in the U.S. suffer from AFib. Projections show that, by the year 2030, more than 12 million will have it.

A heart attack woke me up. Discomfort from AFib was getting in my way. The only relief was the blood thinner warfarin and an antiarrhythmia drug that worked about 90 percent of the time. The other 10 percent was a doozy.

Seventeen years ago, I had a heart attack while giving a speech to 25 people about heart-healthy foods. It happened in Omaha, Neb., while

I was working as a regional sales manager for a food manufacturer. Imagine my horror when I felt a wrecking ball hitting my chest - from the inside. I knew exactly what was happening. At the hospital, I was told by the doctors that tests revealed this was not my first heart attack.

gold I know it? I respectively a month prior. I was on a plane at the time and dismissed the pain as part the past 20 years. was told they weren't related.

At the hospital's ICU in Omaha, cardiologists did tests and a heart catheterization, and four days later I came back to Columbus with a DVD and a file of documents for my cardiological

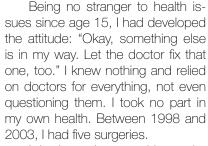
and a file of documents for my cardiologist

at the The Ohio State University Wexner Medical Center.



IN A

ROSALIE LINVER UNG



I had to do something, take charge of my body. I knew to be able to do this, I needed to partner with my doctors and, from now on, be part of the cure.

Though none of my health problems are cured, they're managed through medications, procedures and ongoing visits with electrophysiologists, cardiologist, endocrinologists and pharmacologists. But most of all, diet and exercise make up my primary regimen.

Doctors at the OSU Wexner Medical Center and Ross Heart Hospital say that I have reversed all heart





Rosalie Ungar's doctors tell her that it's extraordinary to have reversed the heart damage caused by heart attacks. She tells them it's all thanks to diet, exercise and attitude.

I have learned that knowing your

titude and partnering

with my doctors.

body and what you put into it is key. Ask questions, especially if you don't understand the answers. Learn about your medications, why you are taking them,

how and when to take them, and their side effects.

My recent memoir, In a Heartbeat: The Ups and Downs of Life with Atrial Fib, tells my story from a patient's point

of view. It's available on Amazon, Kindle. Nook, kobo and iTunes and at Barnes & Noble, and locally available at Hayley Gallery in New Albany and the Book Loft in German Village.

Rosalie Ungar is the author of In a Heartbeat: The Ups and Downs of Life with Atrial Fib and No Sex in St. Tropez. She is a New Albany resident. Feedback welcome at gbishop@ cityscenemediagroup.com.



www.healthynewalbanymagazine.com

- Five signs of heart attacks among
- · Living with Alzheimer's
- Heart attack becomes wake-up call





Central Ohio's newest continuing care retirement community is coming to New Albany! The Wesley Woods campus is a 55+ senior living community, offering a variety of apartment and villa floor plans. Changing your address, not your lifestyle, will free you from the hassle of home and lawn maintenance. Explore the advantages of the Traditional and Life Care Agreements, which provide security and peace of mind for your future. Tours of our model, single-family villas, and apartment homes are now available.

Learn about introductory pricing and the incentives offered through the Premier Club!

Schedule a Private Tour Today!

Call **614-656-4100** or visit WesleyAtNewAlbany.com

for more information

Life Plan Community | 🚉

