



HUGULEY

# Home Health News

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## From the Heart: A Woman's Tale

After losing two husbands to cardiac disease, it would be understandable if Jean McFadin had thought heart maladies were just for men. "You hear about it more with men than with women," Mrs. McFadin said.

She'd eaten a heart-healthy diet since her first husband had been diagnosed with heart disease in 1980. She has since stayed active maintaining her petite weight of 115 pounds. After her second husband succumbed to a heart attack in 2007, she'd even started mowing her own yard. "I didn't smoke, and I didn't drink, and I'd watched the way I'd eaten all these years. If you'd have asked me, I'd have said 'Oh no, no, I don't have any heart problems,'" she said. But then she began experiencing shortness of breath, high cholesterol, and heart pain hours after working outside.

She was eventually referred to Dr. Michael Wood, who recently established a new practice at Huguley Memorial Medical Center after serving as assistant professor of surgery at Loma Linda University School of Medicine in Loma Linda, California. "He is wonderful," Mrs. McFadin said of her heart surgeon. "He had time to talk, and listen, and explain things to me." Her quadruple bypass was successfully completed in late December, 2009. She did rehabilitation as an inpatient in January and February, and then began in-home rehabilitation with therapists from the Huguley Home Health Agency.

What she feared before is now almost a badge of pride. "I'd like to show off my incision. It's wonderful," Mrs. McFadin said.

Occupational and physical therapists from Huguley not only began showing up to help get Mrs. McFadin back up to speed, they showed up on time. "When they said they would be there at 9:30am, they were there at 9:30am," Mrs. McFadin said.

Ten weeks after her surgery, she estimates that she's recuperated about ninety percent of her old stamina after progressing through a series of exercises with her therapists. Making this progress required three exercise sessions a week, each lasting from 30 to 45 minutes, Mrs. McFadin said. The therapy had many benefits. "It gave me confidence that I could go ahead and do the same things I used to do," she said.

Sondra Lester, who has worked for Huguley Home Health for ten years, said one important aspect of Mrs. McFadin's recovery has been managing her medications. "She had new medications she wasn't used to taking, and she really wasn't taking them correctly," said Mrs. Lester, who serves as an occupational therapist. Mrs. Lester educated Mrs. McFadin on what medicines to take and when and has helped her become more independent.

Her physical therapy was also aimed at increasing her independence by treating her specific post-surgical challenges, Mrs. Lester said. "There are certain movements she couldn't do after her surgery," Mrs. Lester said. By going through physical therapy aimed at restoring these abilities, Mrs. McFadin is getting close to being able to do everything she was doing before the surgery. Almost. "I hired somebody else to do my yard work," Mrs. McFadin said.



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