Second chance
A Columbus man's battle with heart disease

"I just didn't want to believe what was happening was actually going on ... that I had a serious heart problem."

Mark Bowman, a 58-year-old Columbus resident, lived for close to a year with low energy and shortness of breath that prevented him from doing things he enjoyed. Then, one morning in May, he couldn't ignore what his body was telling him anymore.

"I woke up with serious chest pains," Bowman said. "I went to work, thinking that it would go away because it had in the past. But this time, it didn't go away.

"I went to the doctor after I had no choice but to go."

His medical team found three clogged arteries – one at 60%, one at 65% and a third at 100%. Doctors inserted two stents into the fully-clogged artery and told Bowman that he needed to make significant lifestyle changes to manage his risk going forward.

Bowman embraced that advice. He now lives a healthier lifestyle and wants others to know how important it is to be pro-active about heart health.
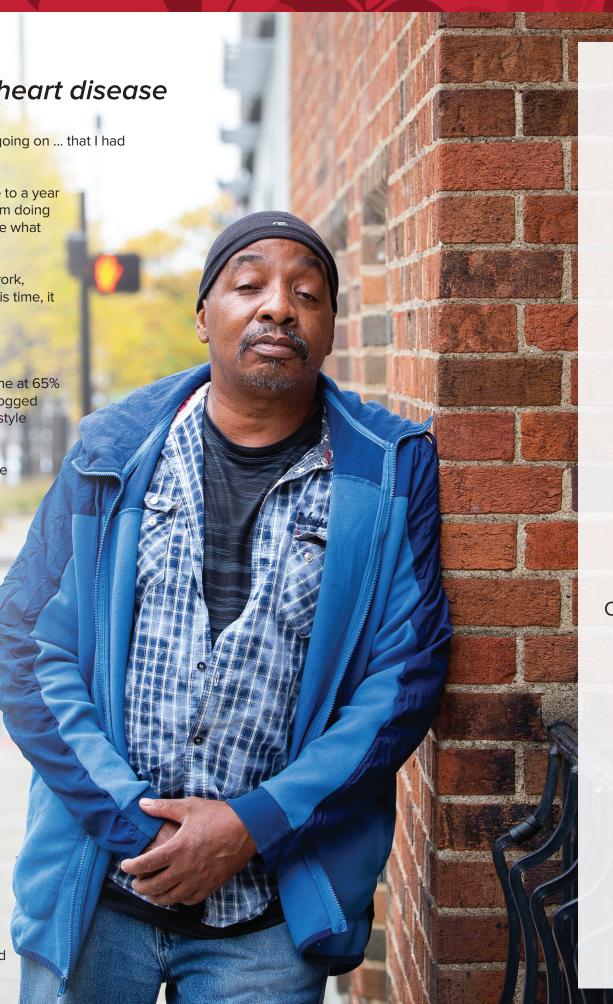
"I replaced my diet with no sodium, added as many fruits and vegetables as possible and I try to not eat too much red meat," Bowman said. "I learned to enjoy fruits and veggies more than I ever have. I've become a much better cook and can appreciate vegetables."

Bowman, who also smoked for most of his life, quit cold turkey earlier this year. He's already seeing the benefits of his new behaviors.

"I have less of a problem breathing," Bowman said, "it's easier to maintain my weight, and I have a lot more energy." Finally, he's back to feeling "more normal."

With assistance from the College of Nursing's nurse practitioner-led Total Health and Wellness center at The Ohio State University Wexner Medical Center East Hospital, Bowman is grateful for a second chance. He emerges from his downtown Columbus apartment wiser, healthier and happier these days, and he wants his experience to inform others.

"If you're having shortness of breath and feeling weak and you just don't feel normal, you need to [see a healthcare provider] and get a diagnosis before [symptoms] get out of hand like they did for me by ignoring it."

O-H-I-O

You can save your own life!

Heart disease is the **#1** cause of death in the country. Someone has a heart attack every **40 seconds**, and Ohio has the **12th-highest** rate of deaths from heart disease.

Ohio outpaces the rest of the U.S. in cases of:

Heart disease | High blood pressure | Obesity
Diabetes | Tobacco use | Stroke | Heart attack
Physical inactivity | Cardiovascular deaths

Ohio's overall health ranking: **40th in the U.S.**
Source: America's Health Rankings

One out of every two Americans has a chronic disease, but **80% of those cases are preventable!**

Find more information on creating a healthier Ohio at
go.osu.edu/o-heart-i-o

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