

EACCL super hearts



So the 9 bionic heart men at the EACCL range between the ages of 48 & 81 (3 are amazingly 81)

- They became aware of the heart issues between the ages of 48 & 76
- 77% discovered issues suddenly
- Looking back there were signs such as dizziness during and after exercise as was breathlessness at random times
- 33% had no warning signs
- Other symptoms include fatigue, indigestion, cramp and a decline in running ability
- 22% had were sudden, life threatening and had immediate lifesaving surgical intervention
- 77% were identified and progressed through their GP's for non-life threatening issues
- 100% needed surgical intervention to deal with the issues. Drugs were used to minimise the risk in the short term pre surgery
- Surgical response times ranged from immediately for 1 person to the maximum of 18 months

- Surgical procedures included valve repairs, bypasses, ablations, stents and pace makers
- 77% were classed as major surgery the other 33% procedures
- Due to the timing of the events they were dealt with by multiple hospitals around the country but mainly via NNUH & Addenbrooks
- Although all were fit and well prior to their issues some discovered they had the following underlying conditions that may have contributed to their illness. High blood pressure, high cholesterol and diabetes.
- None smoked, 22% had a poor diet and 22% consumed alcohol occasionally
- 88% said their sudden illness affected their families through anxiety and care issues
- 100% were fit and healthy until detection, although 33% looking back had been struggling with their running. As runners though no alarm bells rang.
- Exercise was not the cause of 100% of the illness, however in 44% of cases exercise did end up highlighting an issue
- 88% ran in the EACCL prior to issues arising
- 77% are fully fit again with no exercise issues
- Since illness:
 - ✓ 44% have reduced their blood pressure
 - ✓ 55% have reduced their cholesterol
 - ✓ 22% have reduced their BMI
 - ✓ 1 person has no longer got diabetes
 - ✓ All have returned to exercise
 - ✓ All have returned to EACCL
 - ✓ 77% were encouraged by their health professional to return to exercise, although 1 was discouraged
 - ✓ 66% started with the shorter EACCL distance
 - ✓ 44% have progressed back to the longer distance
 - ✓ 55% have chosen to remain with the shorter distance
 - ✓ 2 are aspiring to return to the longer distance
 - ✓ 88% said the EACCL encouraged their phased return

Well done gents, we are proud of your progress and to have you as part of the league.