

Gaining the Right Things!

My name is Gary Eiseler. In 1996 I had an emergency angioplasty. At 43 years of age I had never really done any regimented exercise program. I was active; mowing the lawn (no riding mower for me), shoveling snow (no snow blower either), walking, swimming, etc. I always climbed the stairs in the downtown MDOT office building, rarely taking the elevator. I was an occasional smoker (a pack a week), and ate well, but was unaware of total nutrition.

An occasional shortness of breath is what prompted a co-worker to urge me to see my family physician, who sent me for a stress test. When following up with my physician and after he reviewed the faxed-over test results, he had his office manager drive me to the hospital. Though I had no symptoms at the time of the office visit, the results of the stress test indicated a blockage. A cardiologist on duty at the hospital performed a heart catheterization and discovered my left anterior descending artery was almost completely blocked. He then performed an emergency angioplasty and was prepared to place a stent in the artery, but decided against it due to quality issues.

For the past 14 years I have engaged in a number of regular fitness activities. A friend introduced me to Cardio Kickboxing. I fell for it. I was doing it 2 to 4 times a week. When kickboxing was not available, I decided to give lap swimming a try. I regained my love of swimming, sometimes up to 5 miles a week, and some.



During this time, I also started paying more attention to my diet. I have given up soda completely, I read all ingredients on packaged items, looking for whole grains, few ingredients, and organic when I can. I eat very little red or processed meats, and have taken up herb and vegetable gardening.



I really enjoy my daily smoothie with fresh organic spinach, fruit, fruit juice, protein powder and yogurt. There are so many healthy food alternatives out there now; there is no reason to buy anything that is not good for you.

At my annual check-up, I have a Cardiolute Stress Test, and follow up visit with my cardiologist, who performed my angioplasty. My left anterior descending artery is still open and functioning (for 14 years without the use of a stent). He attributes this to my cardio exercise regime and healthy eating. I always take the day off from work for my annual check-up. (The test is 3 hours and I schedule it for early a.m.) It's my reward to myself for another year of healthy living.

What I have gained.....

I have gained the knowledge of what it is like to feel good.

I have gained a healthy life style.

I have gained muscle strength.

I have gained flexibility.

I have gained friendships.

I have gained, hopefully many more years to enjoy life.

Gary Eiseler, Graphic Designer
Michigan Department of Transportation