

MY EXPERIENCE WITH THE EECP TREATMENT

Undertaken at the Dove Clinic, Twyford, Nr Winchester
From 10th May to 30th June, 2010

Due to intensified angina and heart problems in the early part of this year, and having had an angiogram in March, I was recommended by my Cardiologist, Dr. John Watkins to attend the Dove Clinic for the EECP treatment.

It was certainly a totally new experience for me as I had not heard about this treatment before but I did appreciate the fact that I was not going to have surgery for another heart-bypass. My initial quadruple heart-bypass was almost 16 years ago, in September 1994. Dr Watkins did not rule out surgery ever but felt that the EECP treatment would help with the current angina problems.

The EECP treatment was not painful, it was merely uncomfortable. Daily, the first five minutes were the worst psychologically, as when the machine started I really did think 'oh goodness, can I bear this for an hour?' There was a period half-way through when I did struggle and this could be a combination of travelling to the Clinic (I drove myself), the treatment and then the drive back. I also worked in the mornings and had the treatment in the afternoons.

In essence, I never felt ill during the treatment although I was always relieved when it was over. From early on, about the second week, I began noticing that I had a little more energy, and then that I was not so breathless going up the stairs and finally that my angina pains had reduced greatly.

By the fourth week I was able to do 3 hours gentle gardening, just lifting pots and planting small shrubs etc. but the mere fact that I could just keep going without getting breathless or having chest pains, was an incredible achievement.

By the end of the treatment, I was able to walk up two flights of stairs without getting breathless, I had lots more energy and the angina pains were down to about 1 every 10 or 12 days, and of very short duration.

Throughout the treatment, I was most conscious and grateful for the very caring and devoted attention by the nurses who looked after me and the overall care of Dr Fuller. I really felt very well looked after and their constant attention made that whole hour go easier for me.

I would certainly say that the EECP treatment has helped me. I feel so much more alive and energetic and also more positive about the future. I would even go as far as to say that I feel almost like a new woman.

So a very big thanks really to all those involved in my care and I sincerely hope that the effects of the treatment will continue to help me live as normal a life as possible.

Astra Ferro
July 2010