



***“ My heart felt like it was  
pounding out of my chest...”***

Dear Friend,

***Last Christmas, I was really scared for my health.***

Throughout the fall I started to experience strange symptoms. I felt nauseous, I had no appetite, and my heart rate was very high. I went to multiple doctors and had lots of tests done, but they couldn't figure out what was wrong with me.

Then one night in January, I was sitting on the couch with my partner Drew and my heart rate started to skyrocket. It was going over 180 beats per minute, and my entire body was shaking because of how hard my heart was working. Drew and I were petrified.

***I was terrified. My first thought was for my kids, who were just eight and six at the time. They're my whole world. I was so scared I could be having a heart attack or my kids might have to grow up without me. It was an agonizing thought no parent should have to go through.***

No matter what I did, I couldn't slow down my heart rate and I needed help. I turned to Drew and asked him to take me to Bowmanville Hospital right away.

Within minutes of arriving at the hospital, the ER team immediately sprang into action administering tests and medication to try to lower my heart rate. I had multiple ECG's, I was hooked up to a cardiac monitor, and had multiple blood tests done. However, they couldn't figure out what was wrong with me. The tests showed my heart appeared fine, but anytime I moved in the slightest way my heart rate would skyrocket.

All that being said, from the moment I arrived at Lakeridge Health Bowmanville Hospital, the staff made me feel seen, heard and cared for. At just 32 years old and a former athlete, I would have never imagined myself being in this unusual situation. I'm not what you might think of as a "typical" heart patient given my young age and healthy lifestyle. Yet, despite not being able to find a root cause for my symptoms, the doctors and nurses did everything they could to reassure and comfort me. Everyone showed so much empathy and compassion for what I was going through. Further investigation was needed, and I was referred to a cardiologist to try to find the answers.

Having grown up in Durham region my whole life, Lakeridge Health Bowmanville Hospital has always been my *community hospital*. Myself and my family have visited multiple times over the years, and I've always experienced above and beyond care there. But, during this critical moment when my health concerns became a source of immense fear, there was never a doubt in my mind that when I needed help the most, they were there for me - ensuring I received the care and support I needed.

***Your support ensures this highly skilled level of care was there for me when I needed it. By making a special gift today you can ensure even more people in our community have access to the exceptional medical care they need when they need it most.***

After being referred to the cardiologist, I tried several different medications that didn't work for me until I was eventually put on a new medication that miraculously began to work within one hour! Right away, my heart rate started to slow down and now ten months later, I've slowly started to regain my strength and return to being the fun, active mom to my boys I've always been.

While my diagnosis is still unknown and my journey towards answers is still ongoing (I'm meeting with another heart specialist soon), I'm comforted by the guidance of the many specialists and doctors who are working together as a team to care for me. ***I'm profoundly grateful for the compassionate care and unwavering commitment of the medical staff at Lakeridge Health Bowmanville Hospital.***

With the upcoming holiday season almost upon us, I'm filled with so much hope and excitement for a better and brighter future. This past year, I was so sick and really worried about my family and my future, however I'm feeling so much better that we've booked a family trip to Disney World in January. That's the difference that your giving makes. It ensures people like me have the best care possible when they need it. For the care, and so much more I am deeply grateful.

With gratitude and thanks,

A handwritten signature in black ink that reads "Lynn". The script is cursive and fluid, with the "L" being particularly large and stylized.

Lynn,  
Grateful Patient

P.S. Your donation today will help improve and save lives. Please donate now or give online at [www.thebowmanvillehospitalfoundation.com](http://www.thebowmanvillehospitalfoundation.com)

\*The story shared is genuine and based on true events - in the interest of privacy, the names have been changed\*