

Laura, UK

On 2nd March 2013 I was lucky enough to survive a cardiac arrest while asleep.

It all started at 5:45am - my boyfriend was my saviour at the time, he could hear me gasping for air and reacted immediately, placing me on the floor and beginning cardiopulmonary resuscitation (CPR).



In earlier months he had taken on a CPR training course through his work. On the night of my sudden cardiac arrest, he began CPR while ringing for an ambulance. Fortunately, they arrived minutes later.

As the ambulance arrived, paramedics soon reached me with a defibrillator. After three shocks, they eventually got a pulse and escorted me straight to hospital. Upon arrival, the hospital staff were extremely alert and kept my family updated at all times.

Procedures to restore my heart to a normal rhythm began straight away. I was put into a coma and my body cooled or 'frozen' for three days; I was very poorly. In total, I was in hospital for approximately two weeks.

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Before having my operation (I was recommended for an implantable cardioverter defibrillator (ICD), I remember being in hospital and watching a documentary about Fabrice Muamba and was stunned! I couldn't believe I had suffered just like he did and also share the same birthday! It made me feel more at ease going into my operation to see people like him still living their life.

The operation began and I had an ICD fitted. It all went very well and the ICD has changed my life.

My family and boyfriend were in such shock, I feel so lucky to have a second chance at life. After coming out of hospital I did feel slightly hopeless and very tired but I know this is completely normal. With the help from my cardiac rehab programme, I feel like a new person and I'm now living my life to the full. I couldn't ask for more, from the help I have had from family and friends and most of all from my boyfriend for saving my life.

'I feel so lucky to have a second chance in life'

Laura, 2015

