

From diagnosis to daily life: A patient's journey in managing heart disease

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ABSTRACT

Cardiovascular disease remains a leading cause of morbidity and mortality globally, necessitating comprehensive approaches from acute diagnosis to long-term management. This presentation recounts a personal journey through heart disease, beginning with a heart attack in November 2022, followed by coronary artery bypass surgery in February 2023. It highlights the critical phases of post-operative recovery, including physical rehabilitation, medication adherence, lifestyle modifications, and psychological resilience, which collectively contributed to a successful recovery and improved quality of life. Drawing from lived experience, the talk provides practical insights into managing daily life with cardiovascular disease, emphasizing patient empowerment and self-care strategies. Furthermore, it introduces Pertubuhan Teras Jantung, a support organization co-founded with my wife, dedicated to assisting cardiovascular patients and caregivers. The NGO advocates for early detection, patient education, and systemic healthcare policy reforms aimed at reducing the burden of cardiovascular disease nationally. This narrative underscores the vital role of patient-led initiatives in complementing clinical care, fostering community support, and driving health policy changes to enhance cardiovascular health outcomes.

Keywords: Cardiovascular, Heart Health, Experience, NGO