

My
♥
Says
"Lub-Dub"
(which means "Thank you, Dr. Adams!")

February 2011 - I was experiencing fatigue, shortness of breath walking up a flight of stairs, and had developed a cough.

March 2011 - Cardiologist informed me I needed heart surgery.

April 21 2011 - I collapsed while walking around the block at home in Boulder, CO (5,400 ft.) I was coughing constantly and could hardly hold a conversation.

April 22 2011 - Flew to NY to be at sea level and symptoms improved a little briefly.

May 12 2011 - Could only walk 100 feet in Central Park before needing to sit down due to fatigue, shortness of breath, and cough.

May 13 2011 - Mitral Valve Repair with Dr. Adams.

August 15 2011 - I went trail running at 6,000 ft.

August 20 2011 - I hiked ten miles between 8,500 and 10,000 ft in Rocky Mountain National Park.

August 24 2011 - Celebrated my 34th birthday and hiked to top of Mt. Sanitas, Boulder, CO at 6,800 ft.

August 26 2011 - Hiked Mt. Sanitas trail to watch morning sunrise at 6,400 feet!
- Shayan

