



LAKESHORE LINK

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Life after death Saint-Lazare resident survives massive heart attack

Larry Day died twice. There was no bright light; his life didn't flash before his eyes. In fact, he doesn't remember a darn thing.

Mr. Day "died" in mid-December 2009, a few days before his 52nd birthday. He wasn't feeling well and went downstairs for a glass of water. Thankfully his wife Jayne followed.

Sitting at the kitchen table reaching for a cigarette, Mr. Day said, "Getting old sucks!" As if on cue, he collapsed. At first his wife thought he was joking except for the fact he was turning *Smurf* blue. She dialed 911 and started CPR.

"Jayne stayed cool. She saved my life," says Mr. Day. His advice to husbands: "Don't ever let your wife save your life. I am now screwed. I will never win another argument in my life!" he says with a laugh.

Seriously though, Mr. Day implores everyone to learn CPR. "Take a course. You never know when you might be called upon to save a life."

Speaking of saving lives, the ambulance technicians used a defibrillator three times to restart his heart and then rushed him to the Lakeshore General Hospital (LGH). They jolted him again in the ambulance essentially bringing him back to life twice.

The diagnosis, his left anterior descending artery was 95% blocked. As far as heart attacks go, this is the big one. It's nicknamed the *Widow Maker*. Most sufferers don't make it to the hospital alive.



Larry Day recovered fully after a major heart attack. He is most grateful for the exceptional health team at the Lakeshore General Hospital.

The Saint-Lazare resident was rushed to an operating room where surgeons installed three stents. Mr. Day woke up in the LGH Intensive Care Unit.

"I was a terrible patient. I was swearing like crazy and demanding to go home," he recalls. But his foul mood didn't perturb the health team. Mr. Day says his cardiologist Dr. Franco Sandrin and the entire nursing team were "absolutely terrific — incredibly caring, friendly and attentive."

Three days after surgery, on his birthday, Mr. Day went home.

Today, Mr. Day, a radio, television and film personality is doing well. "I used to love smoking, really loved it. My wife has told me in no uncertain terms, she saved my life once and will take it away if I ever light up again!" One thing is certain, Mr. Day's sense of humour has also made a full recovery. •

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