

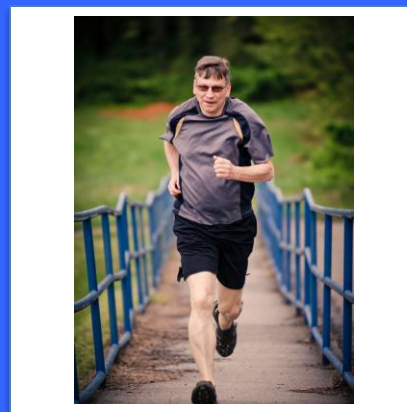
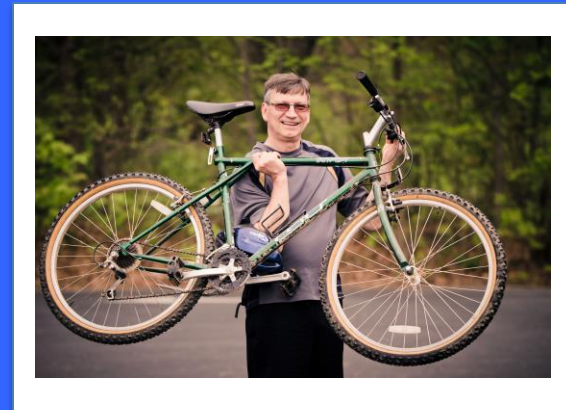
# How Dean Intensified His Efforts

“Bypass surgery was my wake-up call. My wife and I were on a walk and I got out of breath. It was the weekend and the doctor on call said, ‘It’s probably not angina.’ My personal doctor called first thing on Monday and said, ‘Go to the cardiologist now.’ I got a stress test and I went directly from the stress test to the hospital for bypass surgery.

“My family has a history of heart disease. Before bypass surgery, I’d been on cholesterol medication. I had a pretty good vegetarian diet. I was getting exercise. After the surgery, I went from walking 2-3 times a week to riding five miles every morning on the bike, and doing weight training. I followed my diet more carefully: I cut down on cheese, I eat no fat, and I don’t reward myself. I lost 30 pounds. Having a scar on your chest is a wonderful way to remind you not to eat chips when you go out!

“It’s been a complete change in lifestyle. It’s one thing to have high triglycerides, but when heart surgery comes along, you say, ‘Ok, you really have to do this right.’ My wife is a great support. She prepares food that works for my diet.

“These days I feel absolutely great. I have more energy and I can handle stress better than before – I now do acupuncture, yoga, and other things that help with stress. My quality of life is better. I’m 63 and I can do more than I could do in my 40s!”



Enka Middle School teacher Dean McClure



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I thought that I lived a pretty healthy lifestyle, but because of my risk factors, my change needed to be more intense. I didn’t realize that until the heart surgery.

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Get a coach!

Talk to a doctor about steps to take **NOW!**

# How Steve Quit Tobacco and Got More Active

“I had always had health concerns. It wasn’t smart to smoke. I had tried to quit a number of times. The longest was five or six months. I wanted to quit. My wife Donna clearly wanted me to quit and was very supportive. I had gotten to the point where I wasn’t smoking in the house, around the nieces, nephews or my grandsons Waylan and Jackson. I was really limited where I smoked, but I still smoked a lot.

“I quit the day my granddaughter was born. My son called me that morning, ‘Caroline Rose is here.’ I knew that I would be in the hospital all day, and I didn’t want to walk in smelling like smoke, so I put on a patch. I didn’t smoke that day. I went another day without smoking. Went another day. Got a weekend in. Then got a month in. I was pretty far into it before I realized, ‘Hey I might not do this again!’ I went from the strongest patch to chewing on nicotine gum and lozenges. Then I realized I hadn’t chewed on gum in a couple of days and had quit.

“Smoking was part of overall poor health – not getting enough exercise, not eating right, working too late, not getting enough sleep. Now I feel good. To be candid, it took a while to get through it. I was concerned about gaining weight, so I set up an old treadmill in my study and started walking. I started really watching my diet. Now I walk 3-4 miles a day. I’ve walked 175 miles of the Mountain to Sea Trail so far. My blood pressure is not the problem it used to be. I lost some weight and my general health is a lot better.”



Enka Candler native Steve Metcalf



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**If you quit smoking, make it the most important thing in your life. You really have to be focused on it.**

**Get a lot of rest! Quitting wears you out.**

**I stayed away from tobacco as much as I could. Do something fun that distracts you – get back into something else.**

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