We are proud to share that for 2017, Cheyenne Regional Medical Center has received the following quality awards from Healthgrades:

For its Cardiac program, Cheyenne Regional Medical Center has also received top FIVE-STAR QUALITY RATINGS for:

As of February 2017, Cheyenne-area resident Sue Foy had completed eleven 5Ks since having a heart attack at her home in 2015. A George Bernard Shaw quote inspires Sue to keep moving forward and seeking new challenges: "Life isn’t about finding yourself. Life is about creating yourself.

“When it comes to your heart, you can’t be too careful”

In 2015 Sue Foy, then 63, exercised regularly, ate the right foods and had recommended medical checkups. She was considered healthy and in good shape. So it was a “complete shock” to her and those who knew her that Sue experienced a heart attack in June of that year.

“I thought I was doing all the right things.”

For Sue, the takeaway is that anyone, even those who are in good shape, may be vulnerable. “At a certain age, you are just going to be more at risk.”

Moving forward

Normally self-reliant and a go-getter, Sue felt tired and at a loss in the days after her heart attack. She finally realized that she could benefit from outside help, and decided to participate in CRMC’s cardiac rehabilitation program.

Through the cardiac rehab program, Sue regained her physical strength and her passion for exercising and living fully.

Within 10 months of her heart attack, with her health on the mend, Sue started walking in 5K competitions, including a 5K Heart Walk in Tulsa, OK.

“By all rights, I should not be here, but I am, and I’m going to take full advantage of it!”

Don’t delay

At first, Sue attributed her symptoms—chest tightening, profuse sweating and extreme fatigue—to her lifelong battle with acid reflux. She was finally convinced to get help when she started gasping for breath: “I felt like a fish out of water,” she says.

At Cheyenne Regional Medical Center, Sue was rushed to the catheterization lab, where interventional cardiologist Dr. Muhammad Khan inserted three stents to open her left anterior descending artery and one of its branches, restoring blood flow to Sue’s heart.

“I found out later that my kind of heart attack is called a widow maker,” she says.

Sue credits Dr. Khan for saving her life. “He is the reason I’m here today.”

She also praises CRMC’s telemetry nurses, who cared for her immediately after the heart attack. “They were empathetic and instructive, explaining things in a way that I could understand.”

Thankful for care

These days, Sue no longer frets over what might have triggered her heart attack or if she might have prevented it. “There’s no way to really know,” she says. “I had to quit beating myself up over that.”

She is also thankful for the support and care she received from family, friends and the cardiac team at CRMC. “I like to tell people that it was the doctors and nurses in the emergency room and cath lab who saved my life. And it was the cardiac rehabilitation program that gave me back my life.”

“By all rights, I should not be here, but I am, and I’m going to take full advantage of it!”

Thankful for care

For Sue, the takeaway is that anyone, even those who are in good shape, may be vulnerable. “At a certain age, you are just going to be more at risk.”

For that reason, Sue freely shares her story with others, and encourages people of all ages to know heart attack signs and symptoms, to not second guess those signs and symptoms and to get help immediately if they suspect they may be having a heart attack. (Go to heart.org for a list of symptoms.)

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*Healthgrades independently measures hospitals based on publicly available data submitted to the federal government. No hospital can opt in or out of the analysis, and no hospital pays to be measured.

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