

***“I was a walking
time bomb!”***

Sharon Steiger’s Story



Sharon Steiger of Wilsonville never considered herself a candidate for a heart attack. She led an active life—working out regularly at a local gym, gardening, and chasing after her grandchildren. However, in 2008 all that changed when Sharon found herself experiencing severe chest pain and shortness of breath. This was on the heels of not feeling well for several weeks and having what she called ‘severe indigestion’ for several days. Sharon called her physician, who advised her to immediately call 9-1-1. TVF&R paramedics arrived within minutes and analyzed Sharon’s heart using a 12-lead electrocardiogram (EKG). The result was inconclusive, and they transported her to a local hospital for further evaluation. Doctors performed more tests and determined that Sharon’s left main artery was 95% blocked. According to doctors, that artery gives no second chances; she was a walking time bomb!

Sharon ended up having quadruple bypass surgery. Afterward, doctors told her that it was only a matter of time before her heart completely failed. She had the same condition as Tim Russert, NBC’s moderator of *Meet the Press*, who died in 2008.

Sharon states, *“I still can’t believe that I had a heart attack. I never saw myself as the typical heart attack patient.”*



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