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Death by Donut

There are times when the topics I write about seem to align like astronomical events; it's as if I'm compelled because of a series of apparently unrelated actions. This time, emails from two people prompted me to write about heart disease. Yes, it's American Heart Month and I generally write about it every year. But what would get your attention? What might drive you to take action? Let's see if the messages this week will do it.

Thanks to S.B., a longtime reader, for sending me a link to a story about a man who died from a heart attack while running the Krispy Kreme Challenge in Raleigh, NC. The race is a unique challenge: run 2.5 miles to a KK, eat a dozen glazed donuts, run back to the starting line. Did eating the donuts cause this man's heart attack? No. He never got there. He started having chest pain in the first mile and was taken to a hospital by emergency staff where he died.

This was not a death by donut—at least not donuts that day. The events that caused his death happened in the months and years before the race. He may have had signs and symptoms. Maybe he didn't recognize them or more likely, didn't pay attention to them. We'll never know for sure. But one thing you should know is that the first symptom of heart disease in one-third of all people who have it is sudden death. Doesn't it make you wonder the status of your heart today? More on Thursday.

What are you prepared to do today?



Dr. Chet

WGUV FM 88.5/95.3 **npr** ***Straight Talk on Health***

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