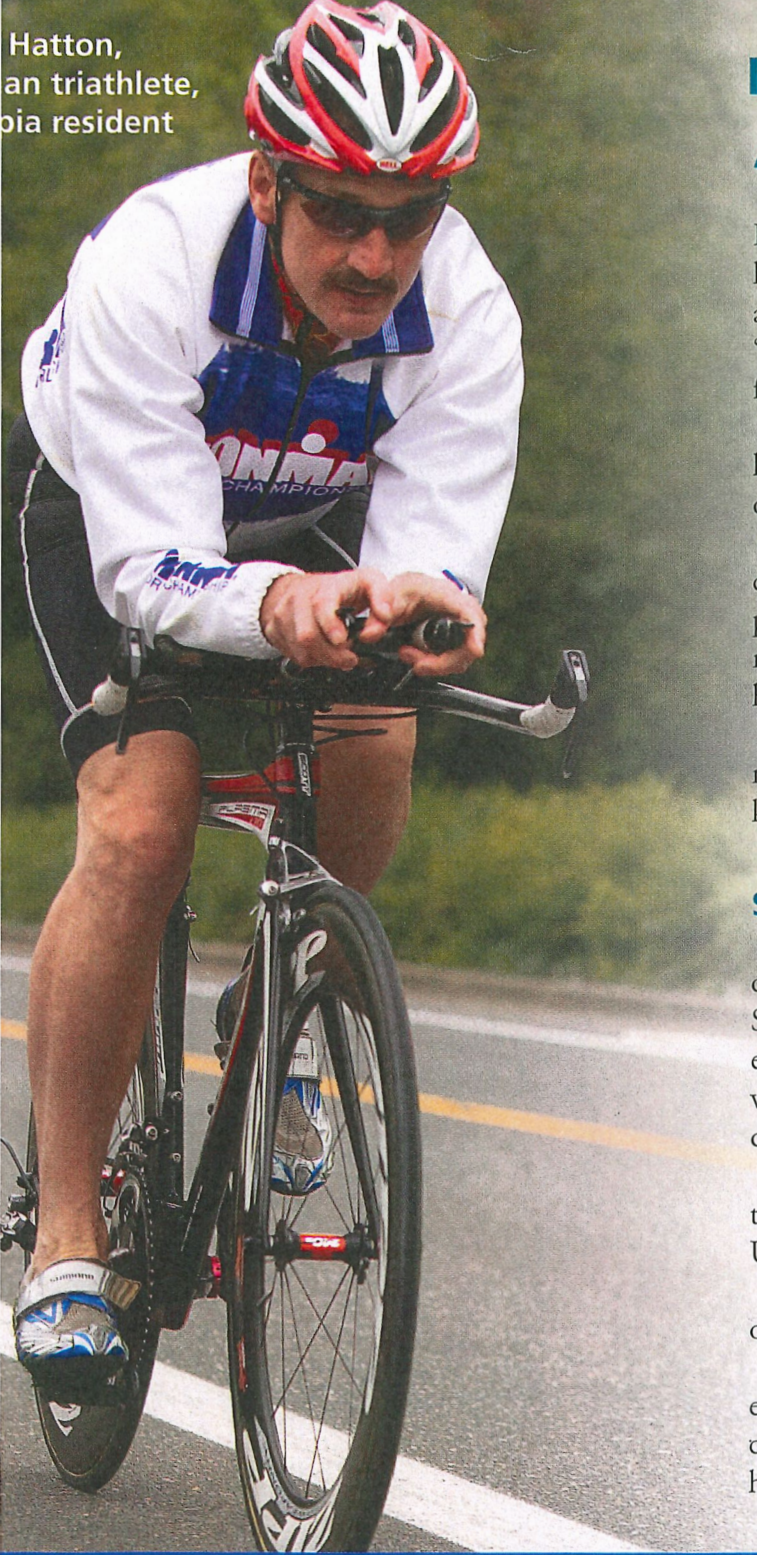

Hatton,
an triathlete,
bia resident

If it can happen to me ... *continued*

A fateful moment

It started as the most normal day: One afternoon in December 2012, Steve left work for lunch to go for a run near his home. But something was wrong. "Fifteen minutes in, according to my GPS watch, I just stopped moving," Steve says. "I fell off the road and into the ditch about a mile and a half from home, and no one was around to see what happened."

Steve was extremely lucky that day. A trained EMT, driving home after visiting his mother, saw Steve's feet – the only part of him visible. He stopped, began CPR and called 9-1-1.

Steve was brought to Providence St. Peter Hospital, whose cardiac program consistently beats the national benchmark for prompt heart attack treatment by more than 50 percent and ranks among the top 10 percent of hospitals nationwide in heart attack treatment.

But Steve has no recollection of any of that. He just remembers waking up in the Critical Care Unit, and the kind care and support he and his wife received there.

And then, finally, going home.

Stellar care, close to home

Steve says he's visited the hospital since his post-heart-attack discharge. "I've been back to the hospital a couple of times," Steve says. He returned to the Emergency Center to get an episode of chest pain checked out. And he visited the people who took such good care of him – and his family – during those difficult days in December.

"I got to meet the people, including the paramedic, who were there for us," Steve says. "The emergency team, the Critical Care Unit staff ... I just can't say enough. They are a stellar group."

Steve feels good today, but he does have a message for people of all ages and fitness levels.

"I'm probably the last person in the county who'd you'd expect to have this kind of health problem," he says. "So pay close attention to the way you're feeling. If a heart attack can happen to me, it can happen to anyone."