

108 Heart Failure

To air week of February 25, 2008

Intro: Every year nearly half a million Americans are diagnosed with heart failure. It's a condition that results in your heart not being able to pump blood efficiently. Most cases are caused by coronary artery disease or years of high blood pressure. But the woman you're about to meet had heart failure for a very different reason. A common virus, likely a cold or flu, attacked her heart and nearly took her life. More from Mayo Clinic.

Video

Total running time 1:32

Crystal Valles

Had heart failure

Crystal Valles

Had heart failure

Audio

CRYSTAL **VIE**-YEZ REMEMBERS

VERY WELL THE SHOCK OF WHAT
DOCTORS TOLD HER IN THE
EMERGENCY ROOM.

"YOU GO FROM THINKING YOU'RE
SICK FROM THE FLU TO THEM
TELLING YOU YOU'RE IN HEART
FAILURE."

AFTER THAT IT WAS ALL A BLUR. A
BAD DREAM. A NIGHTMARE.

"THEY EVEN CAME IN AND SAID I
BETTER MAKE SURE ALL MY
GOODBYES ARE SAID."

BUT THERE WAS NO TIME FOR
CRYSTAL TO SAY GOOD-BYE TO
HER DAUGHTER JULIA BECAUSE

Standup
Vivien Williams
Reporting

SHE NEEDED INTERVENTION FAST.
CRYSTAL HAD A RARE FORM OF
HEART FAILURE CALLED
LYMPHOCYTIC MYOCARDITIS.

Robert Scott, M.D.
Mayo Clinic Cardiologist

“SOMETIMES CERTAIN VIRUSES
CAN ATTACK THE HEART MUSCLE.
AND THESE INDIVIDUALS CAN BE
QUITE CHALLENGING TO CARE
FOR BECAUSE THEY CAN BE
EXTREMELY ILL.”

DR. ROBERT SCOTT SAYS THE
VIRUS CAUSED INFLAMMATION IN
CRYSTAL’S HEART MUSCLE. THE
INFLAMMATION PREVENTED HER
HEART FROM PUMPING
EFFICIENTLY. DOCTORS
IMPLANTED AN INTRA-AORTIC
BALLOON PUMP TO KEEP HER
ALIVE UNTIL MEDICATION GOT THE
INFLAMMATION UNDER CONTROL.

Crystal Valles
Had heart failure

“1-2-3-4. KEEP YOUR BACK
STRAIGHT.”
WITHIN A COUPLE WEEKS

CRYSTAL WENT FROM BEING GRAVELY ILL TO BEING ABLE TO COACH HER DAUGHTER ON THE DANCE FLOOR. THANKS IN PART TO PROMPT TREATMENT.

Robert Scott, M.D.
Mayo Clinic Cardiology

“THE PROGNOSIS IN HEART FAILURE GETS BETTER THE EARLIER YOU START TREATMENT.” SO IF YOU HAVE SYMPTOMS THAT INCLUDE SHORTNESS OF BREATH, FATIGUE AND A GENERAL FEELING OF BEING UNWELL, ESPECIALLY IF THEY ARE IN CONJUNCTION WITH A COLD OR FLU SEE YOUR DOCTOR. CRYSTAL KNOWS IT’S A TRIP THAT COULD SAVE YOUR LIFE.

To Graphics

Symptoms:

- **Shortness of breath**
- **Fatigue**
- **Feeling unwell**
- **Cold or flu**

FOR MEDICAL EDGE, I’M VIVIEN WILLIAMS.

Anchor tag:

Dr. Scott says Crystal’s heart made a full recovery. Typical heart failure comes on slowly and the faster you get treatment for it, the healthier you will be. For more information on heart failure or how to live a heart-healthy life, visit our Website at...**[STATIONS: Per the licensing agreement, please provide a link from your station's website to <http://www.mayoclinic.org> or voice tag "mayoclinic.org" for more information.]**

