

Farewell to My Cardiologist: How I Sped My Cardiac Rehab with TriOasis Technologies

See you in a year!

As I went to bed on August 30th I began to feel the nervous energy of completing my three-plus months of cardio rehab. Rehab through TriOasis not the OHSU program. No one on the phone could explain the OHSU program to me. All they could say was, *"You should come. Your insurance will pay for it."* Even my insurance company could not explain what the program was, but they assured me they were glad to pay for it. Sadly, they do not pay TriOasis to do rehab.

I woke up at 3 a.m. and felt the *deja vu* of waking up in an intensive care unit at the same time on May 4th. I was alone in a dark room, lying in the bedroom wondering about my heart. The big difference was that I could get out of bed myself and go back to sleep because I finally had the pain from my ribs under control. I was not completely pain free, but the pain was reduced so that I could sleep without my ribs waking me, as they did every few hours starting with that at 3 a.m. wake-up in intensive care.

My appointment was the echo and dye test at 8:15. Then I was to see Dr. Comacho at 10:15. Allie was terrific with the test. The echo had some scary moments, as he found points of my ribs that were still tender to the heavy touch that the echocardiogram requires. The dye test had no such revelations, except for the minor poke to insert the catheter for the dye to be inserted. The tests were completed, and I was in the waiting room by 9 a.m.

I was escorted to a room at 10 a.m., and Dr. Camacho came at 10:15. He proceeded with the routine exam with his stethoscope, asking me questions and reviewing the tests. Then came the news.

As with the first visit, 30 days after surgery, I tested out above normal with my recovery. There was no need to change my medications. Dr. Camacho gave his approval for me to continue with the hemp oil for sleeping and for what little pain I was having.

I encouraged him to come by TriOasis and see the New Millennium of Cardio Rehab, so that he could discover first hand why I was doing so well. He did take a few moments to look at the brochure I brought him, to see what I was doing for my cardio rehab. Then he said he would see me in a year unless some complication came up that I felt he should see me about!

We closed with the weight control conversation and living healthfully for many years to come. He started with the comment, "All this you probably know." He was right. I do. But I told him, "If you can come up with a positive weight control / loss program for those of us that are insulin resistant, I'm ready to use it."

The simple plan he explained — portion control and exercise — is not the answer for the millions who suffer from being insulin resistant. We produce enough insulin, but our bodies do not use it well. That excess puts the body mentally into fat storage, even with portion control and exercise!

We closed with releasing me, and everyone agreeing that it was wonderful to see the results of doing cardio rehab at TriOasis not the hospital!

NOTE: This is an excerpt from Bruce's upcoming book.