

my heart attack **BY Rosie O'Donnell**

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its a semi-sunny monday
the light bouncing off the flat hudson
mish is sitting next to me
i am happy to be alive

last week i had a heart attack

here is what happened
on tuesday morning
while walking in a parking lot in nyack
i heard a loud commanding voice

“can u help me”

more of a demand than request
a challenge – a plea
i turned and saw an enormous woman
struggling to get out of her car

she was stuck

“can u help me? she asked again
as i walked toward her
“oh u r rosie odonnell”
yes i am

the ghost of christmas future
me – if i did not wake
there r no accidents i thought
as i braced myself and lifted her

it was not easy
but together we did it
she was up and on her way
with gratitude

a few hours later my body hurt
i had an ache in my chest
both my arms were sore
everything felt bruised

muscular – i thought
strained or pulled tissue
i went about my day
the pain persisted

i became nauseous
my skin was clammy
i was very very hot
i threw up

maybe this is a heart attack
i googled womens heart attack symptoms
i had many of them
but really? – i thought – naaaa

i took some bayer aspirin
thank god
saved by a tv commercial
literally

i did not call 911
50% of women having heart attacks never call 911
200,000 women die of heart attacks
every year in the US

by some miracle i was not one of them
the next day i went to a cardiologist
the dr did an EKG and sent me to the hospital
where a stent was put in

my LAD was 99% blocked
they call this type of heart attack
the **Widow maker**
i am lucky to be here

know the symptoms ladies
listen to the voice inside
the one we all so easily ignore
CALL 911

save urself
xxx