

Forum:[Hack Forums](#)

Thread: [Had a Minor Heart Attack](#)

BTB™ - December 14, 2018, 6:47 am

Hi,

Life is really unpredictable.

Was going to my work place in my car and suddenly this pinching pain started and in matter of minutes I was sweating like anything. Damn uneasy and went unconscious.

I opened my eyes on the hospital bed and was updated it was a heart attack.

Just reached home yesterday.

Gosh.

Bill Gates - December 14, 2018, 6:49 am

(Dec 14, 2018 07:47 AM)BTB™ Wrote: [\[CITE\]](#) Hi,

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Just reached home yesterday.

Gosh.

Fucking hell, least you got a warning and didn't end up full dead.....Do they have any idea what caused it? Or is it lifestyle related?

BlackFriday69er - December 14, 2018, 6:53 am

(Dec 14, 2018 07:47 AM)BTB™ Wrote: [\[CITE\]](#) Hi,

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Just reached home yesterday.

Gosh.

They do normally say live today like its you last, because you aint promised tomorrow.

On the other hand glad ya ok

root@HF - December 14, 2018, 6:54 am

(Dec 14, 2018 07:47 AM)BTB™ Wrote: [\[CITE\]](#) Hi,

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I opened my eyes on the hospital bed and was updated it was a heart attack.

Just reached home yesterday.

Gosh.

I'm sorry to hear that happened to you. Have you been eating properly and keeping a regular routine?

That must of been a shock when you woke up in the hospital bed. Were you actually driving when that happened to you?

PerfectStorm - December 14, 2018, 7:47 am

(Dec 14, 2018 07:47 AM)BTB™ Wrote: [\[CITE\]](#) Hi,

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Was going to my work place in my car and suddenly this pinching pain started and in matter of minutes I was sweating like anything. Damn uneasy and went unconscious.

I opened my eyes on the hospital bed and was updated it was a heart attack.

Just reached home yesterday.

Gosh.

Damn. Sorry to hear that.

I was just last night wondering where you been. Have you been less active lately?

BTB™ - December 14, 2018, 8:31 am

(Dec 14, 2018 07:49 AM)cletis Wrote: [\[CITE\]](#) Fucking hell, least you got a warning and didn't end up full dead.....Do they have any idea what caused it? Or is it lifestyle related?

Some personal tensions and yes lifestyle issues as well.

(Dec 14, 2018 07:53 AM)BlackFriday69er Wrote: [\[CITE\]](#) They do normally say live today like its you last, because you aint promised tomorrow.

On the other hand glad ya ok

Thanks for the wishes.

(Dec 14, 2018 07:54 AM)Spectacular.blondey Wrote: [\[CITE\]](#) I'm sorry to hear that happened to you. Have you been eating properly and keeping a regular routine?

That must of been a shock when you woke up in the hospital bed. Were you actually driving when that happened to you?

Yup a big shock. And yeah I was driving.

(Dec 14, 2018 08:47 AM)PerfectStorm Wrote: [\[CITE\]](#) Damn. Sorry to hear that.

I was just last night wondering where you been. Have you been less active lately?
Thanks for the concern. And yes I was a bit off n on.

PerfectStorm - December 14, 2018, 8:33 am

(Dec 14, 2018 09:31 AM)BTB™ Wrote: [\[CITE\]](#) Some personal tensions and yes lifestyle issues as well.

Thanks for the wishes.

Yup a big shock. And yeah I was driving.

Thanks for the concern. And yes I was a bit off n on.
Well, hopefully we see you around more now.

Bacardi Cola Lime - December 14, 2018, 8:35 am

Yoo dude that sucks! Thankfully you are good now. Take some rest man!

BTB™ - December 14, 2018, 8:36 am

(Dec 14, 2018 09:33 AM)PerfectStorm Wrote: [\[CITE\]](#) Well, hopefully we see you around more now.
Yeah sure.

(Dec 14, 2018 09:35 AM)mentoles Wrote: [\[CITE\]](#) Yoo dude that sucks! Thankfully you are good now.
Take some rest man!

Yup, on bed rest. And being on HF is a stress reliever.

.irie - December 14, 2018, 8:37 am

holy shit, that's pretty scary. AND you were driving? Could you imagine if you were on a freeway...

Glad that you're alright though broski.

CyberError - December 14, 2018, 8:41 am

Damn Uncle , sorry to hear that , Take care of yourself

Do some experience too, are you overweight or something ?

BTB™ - December 14, 2018, 8:43 am

(Dec 14, 2018 09:37 AM)Irie Wrote: [\[CITE\]](#) holy shit, that's pretty scary. AND you were driving? Could you imagine if you were on a freeway...

Glad that you're alright though broski.
Thanks for the good wishes.

(Dec 14, 2018 09:41 AM)CyberError Wrote: [\[CITE\]](#) Damn Uncle , sorry to hear that , Take care of yourself

Do some experience too, are you overweight or something ?
Thanks.

Yup, need to change the lifestyle.

CyberError - December 14, 2018, 8:46 am

(Dec 14, 2018 09:43 AM)BTB™ Wrote: [\[CITE\]](#) Thanks for the good wishes.

Thanks.

Yup, need to change the lifestyle.

Well yeh knew that , for obvious reason you know

But yeh i force my parents to experience too , so yeh you have kids too to take care off so please take care of yourself

CrystalFlare - December 14, 2018, 9:03 am

hope everything goes well with you broski, you should def visit a doc afterward

iSeeSharp - December 14, 2018, 9:11 am

That is scary, how old are you tho?

Maybe this is a warning and you should change certain things in your life (stress, eating habits etc.)

CyberError - December 14, 2018, 10:34 am

(Dec 14, 2018 10:11 AM)iSeeSharp Wrote: [\[CITE\]](#) That is scary, how old are you tho?

Maybe this is a warning and you should change certain things in your life (stress, eating habits etc.)

Twice or more then twice your age

B E A S T - December 14, 2018, 10:42 am

Did they tell you what the cause could've been?

BTB™ - December 14, 2018, 10:43 am

(Dec 14, 2018 10:03 AM)CrystalFlare Wrote: [\[CITE\]](#) hope everything goes well with you broski, you should def visit a doc afterward

Yup, visit is scheduled after 10 days.

(Dec 14, 2018 10:11 AM)iSeeSharp Wrote: [\[CITE\]](#) That is scary, how old are you tho?

Maybe this is a warning and you should change certain things in your life (stress, eating habits etc.)

Yup, noted.

(Dec 14, 2018 11:42 AM)hammered Wrote: [\[CITE\]](#) Did they tell you what the cause could've been?
Stress n lifestyle.

B E A S T - December 14, 2018, 10:46 am

(Dec 14, 2018 11:43 AM)BTB™ Wrote: [\[CITE\]](#) Yup, visit is scheduled after 10 days.

Yup, noted.

Stress n lifestyle.

I'm sorry man, I hope it gets better for you.

BTB™ - December 14, 2018, 11:42 am

Thanks for the support brother.

Cheers.

mouthmelt - December 14, 2018, 12:04 pm

That is scary.

May I ask how old are you ?

Effexion - December 14, 2018, 12:06 pm

Jjeez, man. Scary stuff. It just goes to show that we never know when our time is and life can just be taken from us in an instant.

Ram - December 14, 2018, 1:23 pm

Holy fking shit bro, did you have any other experiences before that might made you think you had signs before or it was sudden?

BTB™ - December 14, 2018, 6:09 pm

(Dec 14, 2018 01:04 PM)mouthmelt Wrote: [\[CITE\]](#) That is scary.

May I ask how old are you ?

I am 40.

(Dec 14, 2018 01:06 PM)That Guy with Spiders Wrote: [\[CITE\]](#) Jjeez, man. Scary stuff. It just goes to show that we never know when our time is and life can just be taken from us in an instant.
Precisely.

(Dec 14, 2018 02:23 PM)Ram Wrote: [\[CITE\]](#) Holy fking shit bro, did you have any other experiences before that might made you think you had signs before or it was sudden?
I had a bit of chest pain at times in the past. But this was all of a sudden.

Octavia - December 14, 2018, 6:12 pm

Dam bet that was scary. Been trying to cut back on the energy drinks just thinking of future problems.

root@HF - December 15, 2018, 1:23 am

(Dec 14, 2018 09:31 AM)BTB™ Wrote: [\[CITE\]](#) Yup a big shock. And yeah I was driving.

Wow it was very lucky you didn't crash or did you?

You are very lucky to still be alive!

bevc - December 15, 2018, 2:32 am

Goodness, glad to hear that you are okay, hope you are getting a lot of rest.

There is a great book called 'How Not To Die' by Dr Michael Greger that I always recommend to people, all about what foods to eat for particular conditions. I think you'd find it interesting.

All the best well wishes for your speedy recovery.

BTB™ - December 15, 2018, 6:58 am

(Dec 14, 2018 07:12 PM)Octavia Wrote: [\[CITE\]](#) Dam bet that was scary. Been trying to cut back on the energy drinks just thinking of future problems.

Healthy lifestyle is required. I have learnt that.

(Dec 15, 2018 02:23 AM)Spectacular.blondey Wrote: [\[CITE\]](#) Wow it was very lucky you didn't crash or did you?

You are very lucky to still be alive!

Indeed yes.

(Dec 15, 2018 03:32 AM)bevc Wrote: [\[CITE\]](#) Goodness, glad to hear that you are okay, hope you

are getting a lot of rest.

There is a great book called 'How Not To Die' by Dr Michael Greger that I always recommend to people, all about what foods to eat for particular conditions. I think you'd find it interesting.

All the best well wishes for your speedy recovery.
Thanks mate.

Roytoy - December 15, 2018, 8:02 am

I hope this is a wake up call for you to start changing those lifestyle habits. I know I have to as well

Allelujah - December 15, 2018, 8:06 am

It's good you're ok.

Hope your car is fine too, that would send me into a full on panic attack. A car is freedom and a means of transportation to and from work.

That would be enough to send me right back into another heart attack.

BTB™ - December 15, 2018, 8:12 am

(Dec 15, 2018 09:02 AM)Roytoy Wrote: [\[CITE\]](#) I hope this is a wake up call for you to start changing those lifestyle habits. I know I have to as well
Yeah mate. I have done that.

(Dec 15, 2018 09:06 AM)Allelujah Wrote: [\[CITE\]](#) It's good you're ok.

Hope your car is fine too, that would send me into a full on panic attack. A car is freedom and a means of transportation to and from work.

That would be enough to send me right back into another heart attack.
You are right. Luckily the car is fine. I suddenly applied breaks and no one was behind.

Anima - December 15, 2018, 8:43 am

Fucking hell mate, I hope you are ok. Take things easy & I hope you get better soon :) At least the holidays are just around the corner so you have time to chill out

?Criminal - December 17, 2018, 1:46 pm

(Dec 15, 2018 03:32 AM)bevc Wrote: [\[CITE\]](#) Goodness, glad to hear that you are okay, hope you are getting a lot of rest.

There is a great book called 'How Not To Die' by Dr Michael Greger that I always recommend to people, all about what foods to eat for particular conditions. I think you'd find it interesting.

All the best well wishes for your speedy recovery.
Just be vegan, veganism prevents all ailments anyone that claims otherwise is shilling for a company usually the dairy and meat industry.