



Forrest's story

Through his work as a paramedic, Forrest Finch faces emergency situations on a daily basis. Fainting, however, was something he had to experience first-hand to truly appreciate and understand the implications of this serious health issue. “I did not take fainting seriously at all,” Forrest says. “I didn’t think that it would ever happen to me.” Forrest experienced his first and only episode of syncope at age 42 while driving his ambulance – luckily no one was injured when he fainted behind the wheel. The unexpected loss of consciousness left him surprised and confused. It also created a new anxiety in his life – he was concerned that it would happen again while driving, or in another situation that would jeopardize his safety or the well-being of others.

A month after he fainted, Forrest visited a cardiologist to diagnosis the issue. The initial incident led to a change in Forrest’s attitude. Both he and his physician suspected that the fainting was related to an underlying heart issue. This suspicion was confirmed via an insertable cardiac monitor (ICM), which is used to continuously monitor and record heart rhythms before, during and after a fainting episode. Data from the ICM enabled Forrest’s doctor to make an accurate diagnosis and determine the right treatment based on his long-term heart rhythm trend data. His doctor recommended daily aspirin therapy to help improve his heart rhythm and prevent heart attack and stroke.

Since beginning his treatment plan, Forrest has not fainted again and his heart rhythm has returned to normal. He appreciates that his condition can be managed so easily. Now, Forrest and his wife are enjoying life without the anxiety of waiting for him to faint again. Invigorated by his improved health, Forrest has taken other steps to maintain a healthier life style. “I have made sure that I am staying in shape by walking every day,” Forrest says. He also reaches out to others to spread the word about fainting and encourages them to take action so that they can find the same peace of mind he did. “After my own personal fainting experience, I tell everyone I come across that has had a fainting spell that they should go to their doctor and make sure that it is not related to a serious heart condition.”