

## A HEART ATTACK ON THE WAY... AND I NEVER FELT BETTER!

### A True Life Story That Everyone Needs to Read

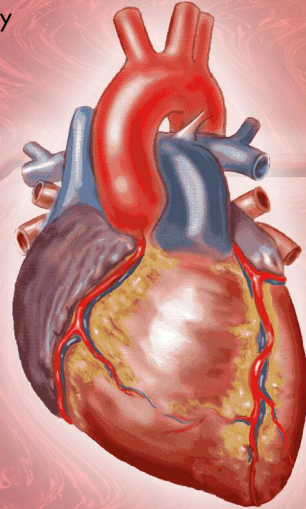
"You are one of the healthiest guys I know for your age," was an expression I had become accustomed to hearing from my doctor. I have always been what you might call a "health nut," so when I found myself on the operating table for a heart catheterization in the Fall of 2002 and heard my cardiologist say: "You have major heart blockage and need immediate open heart surgery," I was shocked. In fact, my wife later exclaimed to the doctor in the waiting room: "Are you sure you have the right patient?" I had never experienced any chest pain, pressure, or shortness of breath, and in fact, had removed several large trees in my yard just two weeks prior to my surgery. No one, including my doctors, would have guessed that my three major heart arteries were almost totally blocked...all over 90% and one at 99%. Here I was...a "picture of health," and yet I was only a heartbeat away from what my cardiologist said would have been a massive and fatal heart attack!

Ironically, I had just completed my annual physical exam, and the special lipid profile my doctor had ordered came back as my best report ever. My total cholesterol was down to 171 mg/dl, triglycerides were a low 66 mg/dl, my blood pressure was normal, the

resting EKG was fine, and in fact, my profile indicated not a single cardiac risk factor! But prior to the physical, my doctor had ordered a treadmill EKG, and a small "squiggle" on the printout caught his attention. Because I had no symptoms, my doctor now wonders why he even ordered this test prior to my physical, but I believe it was a direct intervention by God to save my life.

Based on my other normal test results, the doctor felt the treadmill results were a "false positive," but he seemed compelled to go further and ordered a more complex Thallium treadmill. As far as endurance, heart rate, and blood pressure, I did great on all these treadmill tests and ran them with ease. In fact, during the Thallium test, the technicians said I performed 55% better than many men younger than my 56 years. But the overall images and printouts were indeterminate, so I was referred to a cardiologist. He also felt the treadmill results could be false positives but ordered a heart catheterization to get a final determination.

During this procedure, I will never forget the look of shock and amazement on my cardiologist's face when he saw the extent of my heart blockage on the TV



monitor. I was immediately scheduled for surgery, and two days later I entered the hospital. The surgery went well, and I awoke later that night with an astonishing seven bypasses!

I recovered quickly, and two days after my release from the hospital, I arose early and prepared my "famous" oatmeal waffles which have long been a Sunday family tradition. The following day, one week after surgery, I ventured out of the house, got a haircut, and even had dinner with my wife at one of our favorite restaurants.

Actually, my recovery has been as remarkable as the discovery of my heart problem had been a miracle. By the end of the second week I was walking up to two miles a day with no discomfort. And then just three weeks after the surgery, my surgeon gave me permission to start driving again and return to work! All my tests since that time have shown normal heart function, and the following Spring I participated in the 10k "Bolder Boulder" road race in Boulder, CO. Although I intended to walk and slow jog the race, I started out running and never stopped until I crossed the finish

line 6.2 miles later in 67 minutes before a cheering crowd of thousands in Folsom Stadium. What makes this remarkable is that I had never run a 10k race before, and I did absolutely no preparatory running to get in shape!

I am a blessed man, and I know it. Based on the severity of my heart disease, I realize that God could have taken me with a heart attack at any time, but for some reason He intervened and spared my life...no doubt, to tell this "amazing" story.

When I speak to groups, I emphasize that I am speaking...not to those who know they have health issues...but to those who think they are in good health and feel great. No one could have felt better than I did at the time my problem was discovered; yet I was on the verge of stepping into eternity at any moment! Thus, we need to make each day count and live it as though it were our last...as it might well be.

Our life here on earth is very short, and the spiritual decisions we make now determine our eternal destiny. Two of the most well-known verses in the Bible are John 3:16-17 which tell us about God's love: "For God loved the world so much that He gave His one and only Son, so that everyone who believes in Him will not perish but have eternal life. God sent His Son into the world not to judge the world, but to save the world through Him." We are separated from

God because of sin (Romans 3:23), and it is in Jesus Christ that we find salvation. Jesus Himself stated: "I am the way, the truth, and the life. No one can come to the Father except through Me" (John 14:6).

These promises and truths become a reality in our lives as we respond to what Christ has done for us: "If you confess with your mouth that Jesus is Lord and believe in your heart that God raised Him from the dead, you will be saved. For it is by believing in your heart that you are made right with God, and it is by confessing with your mouth that you are saved" (Romans 10: 9-10).

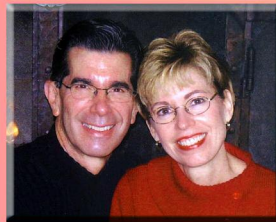
If you are reading this tract and have never made a decision to receive Jesus Christ as your Savior, this is your time to do so. I invite you to make sure of your eternal home by praying the following prayer:

***"Dear Lord God, I believe you sent your Son Jesus Christ to die on Calvary and pay the penalty for my sins. I confess that I am a sinner, and as best I know how I now receive Jesus Christ into my life as my Savior. Thank you for forgiving me of my sins, for giving me the promise of Heaven and eternal life, and for making me your child. Help me to live for you every day. In Jesus' name I pray this prayer. Amen."***

Read your Bible daily, pray often, and attend a good Bible teaching church regularly, so you can grow in your faith and experience the many blessings God has in store for all who believe in Him. As my story indicates, God is a God of miracles, but the biggest miracle of all is when He forgives our sins and gives the gift of eternal life to all who receive Jesus Christ as Lord and Savior. Unlike heart surgery that heals the body, this miracle of God heals our souls and lasts forever! You may never have another chance, so don't put this tract away without asking Jesus Christ into your heart and life.



Larry and his surgeon at first post-op visit



Larry believes God allowed his miracle surgery in order to open a new mission field for him, and he has taken Psalm 40:3 as his new life verse: "He (the Lord) has given me a new song to sing, a hymn of praise to our God. Many will see what He has done and be amazed. They will put their trust in the Lord."

From the time he was a young boy, Larry has been interested in global missions, but here at mid-life God has given him a ministry close to home and no further than the nearest restaurant. Now that they are "empty nesters," Larry and his wife Marilyn eat out often, and they have shared the story of God's grace and Larry's "heart story" countless times to waiters and waitresses as they order their meals. As they request low fat menu alterations, the chance to share the miracle of Larry's story just flows naturally with the mention of his seven bypasses. One waiter accepted their invitation to attend church with them and prayed to receive the Lord as His Savior. Truly, God uses all things, including unexpected heart surgery, for good in the lives of those that love Him (Romans 8:28).

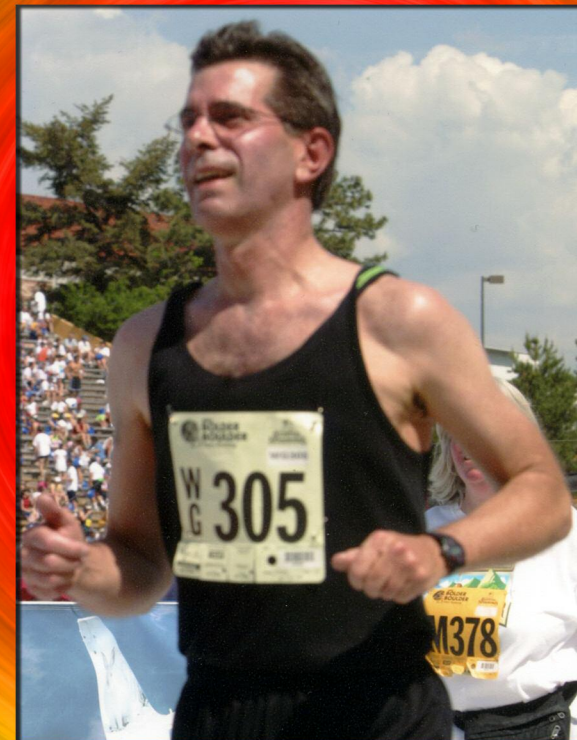
Larry invites you to visit his website for this and other life experiences:

[www.GodsTreasurePouch.com](http://www.GodsTreasurePouch.com) or [www.larrymcquinn.com](http://www.larrymcquinn.com)

You may also contact Larry & Marilyn McQuinn at:  
[larry9916@comcast.net](mailto:larry9916@comcast.net)

Scriptural passages are from the New Living Translation.

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Larry McQuinn runs his first Bolder Boulder 10k road race 7 months after 7 bypass heart surgery!