July 4th, 2013, was a very significant day for 60 year old Steven L., a Southern California native. It was the beginning of his new life. While visiting friends in Flagstaff, he was teaching his 6 year old granddaughter how to swing a golf club in the backyard. He suddenly collapsed on the greens. Steven's son, called 9-1-1, then called his wife, a registered nurse. His wife coached him through chest compression only CPR for six minutes, while waiting for Flagstaff Fire and Guardian Medical to arrive.

Steven doesn't remember much after collapsing, but thanks Flagstaff Fire and Guardian Medical with all of his heart. He was transported to Flagstaff Medical Center, where he was cooled for 24 hours, then re-warmed. Steven was discharged July 12th, with no neurological impact, and "zero side effects." In fact, after 12 weeks of Cardiac Rehab, he feels physically stronger than before the cardiac arrest. Seven years ago, Steven was diagnosed with Multiple Sclerosis, and has lost over 60% of his vision. However, he hikes over four miles a few times a week, and leads a very active life. Steven feels he is the "luckiest man on the planet." His positive attitude and willingness to share his story will help many more people survive in Arizona!