

## MARK B – Saved by a High School Hero



In November of 2009, Mark was on a round trip bike ride from Sedona to Jerome and stopped along Hwy. 89A (about 12 miles into the ride) to take a picture. After taking the picture he got back on the bike to continue the ride. A few seconds after starting out again he fell unconscious and crashed.

There were no symptoms or warning signs that this was about to happen.

Fortunately, there was someone in the area who saw Mark down and stopped to help. He was a Sedona High School student who had recently completed CPR training at school. He started chest compressions and called 911. A Sedona Fire paramedic was there within minutes to shock Mark's heart back into a normal rhythm.

Mark was then taken to Cottonwood Medical Center for evaluation. They determined that 4 of his arteries were severely narrowed. His cardiologist suspected that a piece of plaque broke off from the inside of a narrowed artery and blocked it completely, temporarily cutting off blood flow/oxygen. The chest compressions and/or the fall from the bike dislodged the obstruction.

From Cottonwood he was flown to Flagstaff Medical Center where he had bypass surgery the next day. His recovery has gone well and he was able to return to biking within 3 months after his cardiac arrest/surgery.