

## Sean Bretz reflects on overcoming stroke, becoming a dad

Video	Audio
SEAN BRETZ PATIENT	"One morning, woke up, and that was it. Just hit the floor and had no idea what happened."
	<p>Sean Bretz remembers little from the day he had a stroke in 2011.</p> <p>He was 23 years old and serving in the Coast Guard in Jacksonville, Florida, at the time.</p> <p>Sean was taken to nearby Mayo Clinic, where doctors found a blood vessel on the surface of his brain had burst.</p> <p>It was a complex case caused by a subarachnoid hemorrhage.</p>
RABIH TAWK, M.D. NEUROSURGERY Mayo Clinic	"The odds are 40% mortality, and people who survive a subarachnoid hemorrhage – you know – half of them are disabled."
	<p>Dr. Rabih Tawk and a team of doctors stopped the bleed – preventing further damage to Sean’s brain.</p> <p>Recovery would be difficult, but Sean was motivated.</p>
	"All I needed to hear was that inspiration from the doctors saying, you know, ‘We’ll find out. We’ll see what he can do. We’ll try it, and we’ll see what happens.’"
	He started sharing his journey, including a new career goal, in a video from 2015.
	"The future is going to be me working in the hospital hopefully helping other people that are going through the struggle that I had to go through."
	<p>Sean achieved that goal, and now works as a physical therapy assistant at the same rehab facility where he received care.</p> <p>But he didn't expect what <i>else</i> would come from his few minutes on camera.</p>
TARA MACINNES SEAN’S WIFE	"I learned of him and I reached out, and we started talking and we spoke from halfway across the country for six months before meeting in person."
	<p>Tara MacInnes is a stroke survivor herself.</p> <p>She was seeking connection with others like her when she came across Sean’s story.</p> <p>Years of dating led to marriage, and in January they welcomed son, Noah MacInnes.</p>

	<p>Over a decade after his stroke, and now a new father, Sean wanted to introduce Noah to the Mayo Clinic doctors who helped save his life.</p>
	<p>"The past 10 years of, what I thought had been the most challenging of my life ever, and now seeing what the next 10 years kind of hold. I'm looking forward to where my career takes me. I'm looking forward to just where being around my wife all the time takes me, and the things we can do raising our son. I look forward to the unknown of the next 10 years."</p>
	<p>For the Mayo Clinic News Network, I'm Alex Osiadacz.</p>