



Country rap musician Colt Ford shares personal story of surviving near-fatal heart attack

Video	Audio
Courtesy: Colt Ford	(Nats of Ford singing on stage) When you see Colt Ford on stage, it might be hard to believe that behind his tough guy exterior, Colt describes himself as a sweet guy with a Southern twang who loves to dream.
Colt Ford Patient	"I'm such a dreamer. I just have always been a dreamer. I'm a hopeless romantic dreamer."
Courtesy: Colt Ford	Colt's dream began in Athens, Georgia, where he started his career writing a new brand of music that combined country, hip-hop and rap. Fans loved it, skyrocketing Colt's popularity, with his album sales in the millions and sold-out concerts coast to coast.
Courtesy: Colt Ford	(Nats Colt singing) Then, following a concert in Arizona, Colt walked backstage, and the dream turned into a nightmare.
	"When I played the show that night, I could do anything. I woke up eight days later and I couldn't pick up a Styrofoam cup with ice and feed it to myself."
	Colt suffered a massive heart attack and was rushed to the hospital. He flatlined twice. It took electric shocks to restart his heart, according to Colt's cardiologist at Mayo Clinic, Dr. Kwan Lee.
Kwan Lee, M.D. Cardiovascular Medicine Mayo Clinic	"He would simply not have survived in most parts of the world that don't have access to such a high level of cardiogenic shock care. Most people do not survive globally."

Commented [JH1]: For patient stories, we use first name instead of last name of the patient on second reference.

	"Couldn't have been anymore on death's door. I died twice that day. When one of the top heart doctors in the world looks at you and goes, 'You're 1% of 1%,' it can't get more dire than that."
	Heart disease remains the No. 1 killer in the world. Doctors say there are early warning signs sometimes, like shortness of breath and chest pain or pressure, but not always. Sometimes, heart disease develops silently, like in Colt's case.
	"You know he had been screened for heart disease, and the screens were negative. And this is the unfortunate nature of heart attacks. It is possible to have tests which don't show blockages, but the nature of blockages is that they can behave unpredictably and suddenly occur. So, despite our best efforts, on a populational level, heart attacks can still occur in patients out of the blue."
	Fortunately, doctors were able to revive Colt, who then underwent a 10-hour surgery and was placed on life support. One hour at a time, Colt fought to stay alive. Now, eight months after the heart attack, Colt's body is stronger, but the memories linger.
	"For me to say I'm having anxiety and panic attacks, that's even hard for me to say because I don't feel that way because I ain't scared of nothing. But I'm having to deal with that, and I'm having to learn to do that. I'm having to learn to deal with therapy and share my feelings and all that kind of stuff. So if you're feeling something, advocate for yourself. Don't just tough it out. Tell somebody."
	Since his health scare, Colt shed 60 pounds following a heart-healthy diet and regular exercise. He's back to making music, only now with deeper gratitude, a message and a new dream.
	"Be happy that you're here and you're alive and you get a chance. I get a second chance, and I want to do something positive

	with it. I hope I can make a difference in somebody else's life."
	(Nats of Ford singing)
	For the Mayo Clinic News Network, I'm Marty Velasco Hames.

