

PFO's aka Patent Foramen Ovale

Everyone is born with a hole in their heart but with our first breath of air it's supposed to close, heal over & seal after our first few weeks of life.

Surprisingly, as many as one in two people have a hole in their heart since the day they're born.

The least; one in five people.

I suffered with migraines for 35 years. Five years ago I suffered a debilitating stroke that left me unable to even speak, I couldn't walk, couldn't move my left side. After being taken to the ER, I found out that I had a hole in my heart. A clot had gone into my brain.

The PFO was easily patched with a "cardio-seal occluder", at the hand of Dr. Steven Burstein @ Los Angeles Cardiology Association.

I don't even have a scar for good story telling!

I would have undergone the surgery just to end the suffering that I went through from migraines that would hit me unexpectedly.

Women & girls on birth control pills are at much higher risk of stroke. The pill makes your blood clot more than normal. Find a doctor that will listen to what you have to say- don't be ignored.

It's an easy test to find out if you have a PFO-

It's called a "bubble study". You have an IV with saline solution in it & at the same time undergo a heart echocardiogram.

**This simple test could save your life-
My event could have ended mine.**