

THE INDUSTRIAL ATHLETE DIGEST

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WORKING TO A NEW BEAT

BY CALEB PATEE, DO, MPH

If our heart is the engine of our body, what happens when injuries take their toll on the piece of machinery that keeps everything going? Heart issues make an enormous impact on our bodies. As industrial athletes, let's consider what the impact can mean for our mindset, our lifestyle, and a return to work.

MINDSET

The instance of a cardiac event is unexpected and abrupt.

Understand that after a cardiac event, your life will almost certainly be different going forward.

Not only does the event or surgery take a toll on your body, cardiac events have been known to place a strain on a person's mental health. Along with your cardiac diagnosis, depression and anxiety have been known to be a secondary diagnosis.



LIFESTYLE

If life is going to be different, what does *different* mean? The foundation of health is lifestyle. What we eat, how we move, how we deal with stress, and what social choices we are making help to determine our long term outcomes. Prioritizing self-care is a must for your new lifestyle.

- Get enough sleep
- Refrain from overcommitting to stressful tasks,
- Relax mind and body with activities like reading or exercise.
- Seek support from family or friends, along with forms of talk therapy.

RETURN TO WORK

As industrial athletes, what does this mean for your work after such a cardiac event?

Cardiac rehab is a safe and effective way to test your heart. The heart is a muscle. It takes time to get it back to near normal. Rehab helps to find the appropriate range of enough work to build strength, but not so much to cause damage.

As you progress, an industrial athlete should be on the lookout for further signs of heart disease. Symptoms can include:

- chest pain • progressive shortness of breath • reduced exercise capacity
- rapid heart rate disproportionate to your activity • unrelenting jaw, neck, or arm pain.

Finding out one's abilities within their new heart's capacity is important to return to everyday work and life safely.



**WANT TO READ MORE?
SCAN THE QR!**

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

