

MEMBER STORY

FOR A SECOND MEDICAL OPINION CALL 1800 325 587 OR VISIT WWW.ASKBESTDOCTORS.COM



NAME: Elin
AGE: 55

REASON TO CONTACTING BEST DOCTORS:
Have I exhausted all my treatment options?

BEST DOCTORS EXPERT SPECIALTY:
Cardiology

“ I didn’t have a treatment plan but my symptoms were still there. I contacted Best Doctors to see if there were other options for me.”

BEST DOCTORS EXPERT PROVIDES THE MEDICAL INSIGHT ELIN NEEDED TO RADICALLY REDUCE HER STRESS LEVEL.

What was supposed to be a regular morning run quickly turned dramatic when Elin felt she wasn't able to breathe running up a hill. She went home feeling anxious but thankfully the sensation slowly passed.

“ I never had problems before, but when I ran up the hill during my morning run, I felt like I couldn’t breathe and as if my heart couldn’t keep up the pace.”

Elin's day-to-day life went through a complex phase, her stress levels increased and she started experiencing the first signs of extreme discomfort. She suffered from anxiety attacks and her heart rate rose to dangerous levels. She was sent to the emergency department where she was diagnosed with atrial fibrillation, which causes irregular and rapid heartbeats and can lead to blood clots, stroke, heart failure and other life-threatening complications.

To help regulate her heartbeat, Elin was given medicine and different electrical cardioversions which consists of shocking the heart through paddles. The treatment helped avoid relapse but Elin continued to feel out-of-breath and tightness of the chest. Her symptoms made it impossible to work fulltime and also any form of physical activity was challenging.

Despite the fact that she hadn't had relapse, Elin wanted to find out what other treatment options could potentially diminish her symptoms. She decided to contact Best Doctors to have an international expert review her medical case.

The team of Best Doctors collected all of Elin's medical records and selected an expert cardiologist from their database of specialists to analyse her case. After an extensive review, the expert wrote a detailed report including his professional opinion and recommendations.

The Best Doctors expert provided Elin with possible root causes to the symptoms she was experiencing in addition to appropriate additional testing options that her local medical team should carry out. Furthermore, he gave advice about how to address the various root causes he determined could be responsible for her condition if any of the recommended tests results come back positive. He also suggested that Elin introduce some lifestyle changes into her life to significantly reduce her stress level.

“ I’m happy with the Best Doctor expert report. It has been a positive experience. It gave me new testing and treatment options and the peace of mind that I needed to reduce my stress level.”

Elin's experience with the Best Doctors team was extremely positive and she now rests assured that she was given the right information regarding her diagnosis and the knowledge she needed to explore alternative treatment options. Having an international top specialist review her case gave Elin the confidence she needed to gain control of her life again.