

MEMBER STORY

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



NAME: Alan
AGE: 53

**REASON TO CONTACTING
BEST DOCTORS:**

Reassurance of a correct diagnosis
and adequate treatment plan

**BEST DOCTORS
EXPERT SPECIALTY:**
Cardiology

“The Best Doctors expert report was very comprehensive and easy to understand. It was great to actually receive confirmation that the surgery I was going to have, needed to be done.”

Alan, an otherwise healthy middle aged man visited his GP in 2016 for an annual check-up. Via his job he had access to a routine ECG and other annual medical testing. Except for mild hyper tension, Alan's results had always indicated he was in good health. However during his check-up that year, his doctor detected a heart murmur and Alan was referred to a cardiologist.

An echocardiogram revealed aortic valve regurgitation which causes decrease of blood pumped through the body forcing the heart to work harder to compensate. Alan's cardiologist recommended him to have a valve replacement surgery to solve the medical issue.

Alan was very concerned because he hadn't experienced any symptoms and suddenly he was being recommended to undergo major surgery which was extremely daunting. Feeling unsure about proceeding without an additional opinion regarding his proposed treatment plan, Alan contacted his insurer who reminded him that he had access to the Best Doctors second medical opinion service.

The medical team at Best Doctors took their time to listen to Alan's medical history and gathered all of his test results and imaging. They selected a prestigious cardiologist from their database of over 50,000 international top specialists and assigned him to Alan's case. The expert proceeded to review Alan's case in the utmost detail and gathered his professional feedback in a thorough report.

The Best Doctors expert was able to confirm the diagnosis and treatment plan Alan received from

his local team and agreed that surgery was the most adequate route to preventing heart failure. He was able to provide Alan with detailed information about his condition and the operation options.

The expert pointed out an additional finding that he discovered in Alan's medical records. The measurements of Alan's aortic root showed a potential abnormal increase and therefore recommended additional examinations to determine if it too needed to be replaced.

Alan shared the Best Doctors report with his local doctors and they were very pleased with the collaborative feedback and proceeded to conduct additional tests to confirm the size of Alan's aortic root. Thankfully the results indicated that his aortic root was healthy and that Alan would only need valve replacement surgery to regain cardiac health.

Feeling armed with all of the knowledge and support from both Best Doctors and his local medical team, he underwent surgery with confidence and it was a great success. Alan is now recovering well and is pleased with the service and support he received from Best Doctors. He was able to find peace of mind and felt reassured enough to proceed with one of the most important decisions of his life.

THANKS TO THE SUPPORT AND KNOWLEDGE PROVIDED BY BEST DOCTORS, ALAN UNDERWENT AN IMPORTANT OPERATION TO KEEP HIS HEART HEALTHY