

## A morning with Dr. Diethrich can save your life!

Written by Michael Dee

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Every day i hear that people are more stressed than ever; family, friends and clients everywhere. This past year I have seen and experienced it myself. I have seen close friends pass away and more friends being rushed to the emergency room, thinking they may be having a heart attack too. It's been happening to people as young as their 20's. The world has changed and people are working more hours for less dollars, and I'm seeing their lives being affected first hand. There is just about nobody out there that doesn't know someone who has lost a job, taken a salary cut or taken furlough days. It is a fact that we are all dealing with, but it can cause enormous amounts of stress.

I've always heard about the Arizona Heart Institute and the heart test, so I decided that now was the time to go ahead and get tested in order to provide some relief for my family and myself. The testing started early in the morning and I was greeted by the nicest people when I arrived. They started my test by taking basic blood pressure and temperature. Not a good start; my start blood pressure was higher than normal. I was nervous. Then Dr. Diethrich walked into the room, what an amazing man and doctor—he made me feel so comfortable. He explained the test we would be doing and then when they retook my blood pressure, it was normal. It's always a nice feeling to be confident about your doctor.

The testing was quick, smooth and fast. They took a look at my heart beat and then took a calcium test. Next came learning the results with Dr. Deithrich—after all the testing I was very comfortable and knew whatever the results where, I was with the right doctor.

Great news! Everything seemed fine, except my cholesterol was a little high, which I am working on now. I share this story with you because this is something I believe everyone should get done if they are stressed or notice their family members are under pressure. Anytime I get that anxious stressed out feeling, at least I am much more confident about my heart being healthy. I am not a doctor and would encourage you to please ask your doctor about testing of any kind, but my experience at Arizona Heart Institute was amazing.

This month we are all about health. Read our story on P. 38 and learn how we are giving back to the new Cardon Children's Medical Center. Check out some ways to support Breast Cancer research on P. 32. And once again, we will be the sponsor for Key to the Cure. We have so much more online about all of these subjects, so log onto [AZFoothills.com](http://AZFoothills.com).

We are having a great time voting on The Best of Our Valley and love that the entire community has come together on this - the winners will be featured in our March issue!

All the best to you and your family!

-Michael S. Dee President and Publisher

