

Bob was diagnosed with heart failure when he was approaching the age of 50 in 2001, something he has now had to live with for more than 20 years.

Bob is now sharing his story to help inspire others living with long term health conditions.

“It obviously came as a real shock as I had been physically active up until then,” admitted Bob. “I have a serious family history with heart failure, so it shouldn’t have come as a surprise, but it still didn’t take away the shock of receiving the news.”

“Initially post-diagnosis, I was on medication and I had to be careful but I was able to carry on playing football, I cycled a lot and went hill walking with my wife, but gradually my heart was getting weaker and I became breathless, so I was limited in what I could do.”

“By 2016 I was unable to do any form of physical activity and my heart wasn’t even able to keep my body’s vital organs functioning, and because of this rapid decline I was referred to Wythenshawe Hospital.”

“I was told I needed a heart transplant but by that point I was too ill and wouldn’t have survived the operation.”

“They installed a left ventricular device (LVAD) which is a pump that goes into the heart and assists the left ventricle to pump blood around the body.”

“During the first year after surgery I had to regain physical strength and start being active again. The services provided both at Wythenshawe Hospital and the Royal Blackburn Hospital were excellent and helped me rebuild my body and my confidence in my own ability.”

Bob and some other Cardiac patients from Wythenshawe Hospital got electric bikes so they could increase their physical activity.

“Initially we started doing shorter rides and over the years have increased as we have rebuilt our strength, fitness and confidence.”