



# The Heart News - Hjertenyt

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## I would rather die than end up as a vegetable...

**Originally when the Langeland AED association was founded, were Eigil Røntved and his wife against the idea. After self using the first responders' help, when Eigil had a blood clot, they became active supporters of the lifesaving scheme.**

Danish Text: Lisbeth Kristine Cedra y, Foto : Alex Tran,  
Translations to English: Annika Lindberg (FirstAED)



Eigil Røntved is a firefighter and a person who is used to remain calm in stressful and dramatic situations. When he February 2012 went for a walk at the beach with his dogs and started feeling some pain in the chest, he first thought - Oh, it's just those strong peppermints and the cold air that gives me pain. Eigil Røntved really loves to eat sweets and he is eating them as often as he can. It is also him who has baked the delicious cake, standing on the coffee table during this interview.

But back now to the February day and Eigil Røntveds chest pain. Luckily he had that day remembered to take his cell phone with and called home to Jette Røntved, who immediately started the car. As a nurse, she knew that it was NOT the peppermints that gave the pain. Back at home calls Jette Røntved 112 - In the second I hang up, the "defibrillator girls", as we call them, are standing behind us in the living room. From feeling insecure and scared, we immediately became feeling comfortable and safe. They were there for us and we trusted ourselves completely in their safe hands. Then the ambulance came and Eigil was taken to a surgery. He nods: - My attitude towards using AEDs turned dramatically. Before believed Jette and I that if we got a blood clot, we would end up as vegetables because we live so far away from the hospital. But now we know that it will not happen with such rapid response.

I was really grateful, says Eigil Røntved and Jette Røntved adds - After the incident, It did not take a long time until we became members of the Langeland AED association. Boy, were they effective and how did they help us to remain calm. Our resistance was changed to very, very warm support, says Jette Røntved, pats her husband on the arm and takes a piece of cake.



# Feeling safe and secure

Benedikte Sørensen can still remember the night when she got her first blood clot and how the extreme pain was suddenly changed to a feeling of safety and security when the first responders arrived to help.

Af Lisbeth Kristine Cedra y, Foto : Alex Tran, Translations to English: Annika Lindberg (FirstAED)

Benedikte Sorensen is sitting in her cozy living room decorated with paintings of her own. She is a painter and owner of a gallery on Langeland.

One night last year is printed very clearly in her memory. It was the 9th of July 2012, - I had gone to bed, and suddenly got the most violent pains in the chest and in the arms. I crawled around in pain and panic, and my husband called the 112, she says. The rest she remembers as feeling peaceful and calm. - Suddenly there was a first responder sitting behind me in the bed, holding me and speaking calmly to me and I just fell down to a peaceful and safe place.

From crawling around in panic and pain, I now could self go out to the ambulance, she says. When the paramedics arrived with ambulance everything went extremely fast. - They told me that if there had gone another five minutes, I would have been dead. At 02:00 that night, she was operated on two blood clots. Benedikte Sorensen is the sister of John Miller Garden who also has had blood clots, so the siblings know that it is something they have inherited. - And my husband Fred has actually also had a bypass, so yes, we are all walking here around with our heart pills and stents, smiles Benedikte Sorensen. Shortly before their gold wedding gets Benedikte Sorensen another blood clot. And with the same speed she again comes to the Odense University Hospital.

Everyone asked if the party should be canceled, but no, - We had a big party and I could fit in my wedding dress, so everything was exactly as it should be. Today I run, walk the dog, cycle and swim. All this I could not do, if the help had not arrived so fast - on two occasions. And we have the security, even though we live exactly 100 km from the hospital. A security in the volunteer first responders, their defibrillators and their fast arrival. - So, although I am prone to blood clots, we do not need to move closer to the hospital. We have the defibrillators, says Benedikte Sorensen.