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FOR IMMEDIATE RELEASE

Cisco College's Beverly Massey Speaks from Experience with Heart

Abilene, Texas - November 21, 2019 - Beverly Massey, co-Grand Marshal of the recent Heart Walk in Abilene along with her granddaughter Aubrey Massey, can speak from experience when it comes to matters of the heart. She is a heart survivor herself.

Cisco College, where Massey serves as Director of Purchasing & Payment Services, had a turnout of about 50 people at the recent American Heart Association 2019 Heart Walk. These included faculty, staff and students who raised more than $1,100.

"I was very personally touched by the love and support I had from the college and the community we have here," she said. "For everyone to come out when it was 32 degrees. It was just overwhelming."

She is 63 years young and has a family history of heart disease. At 8 years old she watched her father suffer his first heart attack when he was 38. He eventually lost his life to heart disease at 59. Beverly said that this left a lifelong impression of the seriousness of this disease.

Because of her family history, she has made a point to get checkups every couple of years since she was 45. "I had put this last check-up off, just too busy and I let life get in the way." Beverly finally made an appointment and went in for a stress test. She walked and ran on a treadmill for about 10 minutes, but other than being a little short of breath she felt fine.

After her appointment, before she could leave the parking lot, the doctor's office called and asked if she was still nearby. The doctor had reviewed the EKG and was concerned. They asked

if Beverly could come back in so the doctor could discuss what he saw and schedule an appointment for a heart catheter scope right away.

“I can’t really explain to you what all went through my mind,” Beverly said. “I didn’t even say “Okay, I’ll come back in.” I believe I said I’d call them back. I hung up and called my husband. I remember being very anxious and scared. He said to get out of the car and go back inside to hear what the doctor had to say.”

With knees shaking and probably a few tears, Beverly went back inside. The doctor carefully explained his concern and what he saw. They scheduled the heart catheter scope for the next Tuesday and during this procedure, to Beverly’s astonishment, they found that she had 75% - 80% blockage in the left main artery.

Shortly after this, Beverly had a procedure done to place a stent in the artery and began rehab. After two weeks of rehab she visited the doctor for another treadmill stress test where the doctor revealed to her that her heart performed at the level of a 37-year-old’s heart.

Beverly recalled that before all this happened, she often felt pain between her shoulders, upper back, and neck while walking her dogs, and also felt extremely tired afterwards. “I was just not feeling myself that summer. I sincerely thought I was just getting older! I never thought that it could be my heart, but looking back, the shoulder and neck pain was there that day at the doctor’s office on the treadmill.”

This experience is why the Abilene Heart Walk and American Heart Association is so important to Beverly. “The research and benefits the American Heart Association provide for everyone impacted by heart disease keeps us moving forward in the fight against the disease,” she said. The Heart Walk brings so many of us together from our own community to share experiences and share a goal for a healthier life.”

Cisco College has renewed its partnership with the American Heart Association as well as being a sponsor of the 2019 Heart Walk. Cisco College Provost & Chief Academic Officer, Dr. Carol Dupree, is currently serving on the Heart Walk Executive Leadership Team for 2019-2020. “We were pleased to have such great student and staff participation in the heart walk in this year,” Dr. Dupree said. “We’re promoting the cause with both our students and our personnel. It was great to see everyone come out and have a great time together at the event.”

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About Cisco College

Since first admitting students in 1940, Cisco College has offered programs and activities intended to encourage lifelong learning and enhance the quality of life in the communities it serves.

As a member of the Texas state system of publicly supported institutions of higher education, Cisco College maintains an open-door admissions policy and provides an array of learning, skill development and life experiences to motivate and challenge students. Classes are offered at two primary locations, Cisco and Abilene, in addition to several other off-campus sites. The College strives to maintain a student/faculty ratio which facilitates close interaction between faculty and students.

Cisco College is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award Associate level degrees.