

DAUD AHMED

An individual who devoted six days a week on the court and in the gym, who often played through temperatures of 100°F and 100% humidity, this was a trained athlete who competed at the national level of tennis tournaments, this was Daud Ahmed. Daud was fit and sharp; but in February 2010, he suffered a heart attack. Fortunately, he was saved by the quick use of a defibrillator; at the hospital, his body was cooled for 24 hours to preserve vital organs. Four months later, a triple bypass surgery was performed. His road to recovery took several months, but his determination and love for the courts gave him the perseverance to keep fighting.

Just two years later, while playing tennis, Daud landed in the hospital once again with ventricular fibrillation (VF) arrest and this time, an ICD was implanted. Many years went by with no recurring episodes of arrhythmia and

A family friend who also received an ablation procedure at Mission Hospital introduced Daud to Dr. Aseem Desai's group. Dr. Desai recommended an ablation procedure called remote magnetic navigation, where magnets precisely controlled the catheter movements. Dr. Desai has had great results with this state-of-the-art technology. As an engineer and scientist, Daud understood the excellent imaging and surgical precision the technology offered and in the capable hands of Dr. Desai, Daud had the confidence to proceed.

"Immediately after the procedure, I felt immensely better and closer to feeling normal". Daud described, "Nowadays, several months after the procedure, I feel as strong as and healthy as I did ten years ago. I exercise every day, including light weight training and stretching." When asked to describe the ablation



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Daud was back on the courts, playing competitively in 100°F degrees heat. Then one morning in February 2016, Daud began suffering from severe ventricular tachycardia (VT) storm and his defibrillator went off. The ambulance arrived and took him to the hospital where his VT episodes continued. ***"These VT episodes were awful to experience, you feel like you are about to drown, pass out, just plain awful overall,"*** recalled Daud. Initially, the physicians thought Daud's VT storms may have been due to coronary artery disease, but that was not the case. It turns out that Daud had ischemic VT - VT associated with ischemic cardiomyopathy. He was treated with lidocaine and amiodarone with continued breakthrough but his ejection fraction dropped from 60% to 30-35%, largely due to the ventricular arrhythmia. At that point, an ablation was the best treatment option.

procedure, Daud wrote, ***"There is no question that if it were not for the ablation, I would not be writing this note... Should you reach a point where ablation is required, I would have no hesitation in recommending it for anyone in need. The biggest advantage of ablation is that it not only saves your life, but it also lets you get back to normal activities."***

Through this entire plight, Daud recognized that the hardest part of any surgery and hospitalization was to see the suffering his loved ones went through. "I put my companion through tremendous stress, uncertainty and not knowing what she will see, the next time she comes to the hospital. I am just grateful that I am healthy and able to treat my companion with all the caring and gentleness that she exhibited to me during my ordeal."