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## PRESS RELEASE

### **Blackpool Cardiac Centre praised by Taekwondo champion**

A BOLTON man who had given up on his rewarding career in sport because of a heart disorder has been given a second chance after being referred to cardiac specialists in Blackpool.

Edward Ellision, who celebrates his 50<sup>th</sup> birthday this month, is thanking staff at the Lancashire Cardiac Centre for giving him a 'second chance' at an active life and helping him become a Taekwondo champion.

He said: "Three years ago I was taken ill in Chorley and was found to have a genetic defect in my heart known as a bicuspid aortic valve.

"I was referred to the Lancashire Cardiac Centre in Blackpool for an operation but unfortunately suffered kidney failure and a stroke which meant I was too ill to be operated on.

"I spent the majority of this time in a local hospital as I was extremely ill and the stroke had left me with very little movement in the right side of my body.

"I was bed bound and hospitalised for some time but managed to make the stressful but rewarding journey home, where I watched my wife give birth to our second son.

Eddie, as he is known to his family and friends, is a trained PE Teacher and has a specific interest in the Korean martial art; Taekwondo.

He said: "I was, and have always been, a very active person, so it was frustrating having to suffer from a heart condition which was genetic and in which I had no control over. The stroke and kidney problems also meant that at that time I was unable to have the operation on my heart that could potentially make me better and give me an active life again.

"This heart complaint also stopped me from working and enjoying my hobbies and it was also difficult to not be able to participate fully in activities with my two young boys."

Eddie fought on and recovered from his unfortunate string of illnesses and once the doctors were happy with his progress, he was able to return to the Lancashire Cardiac Centre where he had heart surgery on May, 28<sup>th</sup> 2009.

Eddie said: "Two years on and that date still sticks out in my mind as it was a very nervous and scary time.

"Staff at the Lancashire Cardiac Centre were very caring and helpful. All the doctors and nurses were great and their support really did ease my nerves. They made me feel comfortable and relaxed and explained every detail of my operation and treatment.

"The surgery was carried out by Mr Russell Millner and involved opening my chest and fitting a metal valve to my aortic valve to improve the blood flow to my heart."

Commenting on the after effects of his surgery, Eddie said: "The operation has definitely changed my life - I have never been fitter or felt healthier! I think the fact that my heart condition was genetic means that I have always had this complaint, but now that I have had the surgery I feel better than I did 20 years ago."

Eddie has now returned to his love of martial arts and continues to teach Taekwondo at a variety of schools in and around Bolton.

On April 17<sup>th</sup> 2011, he entered the 'British Taekwondo Control Board: Masters Workshop' and was awarded with a '6<sup>th</sup> Dan' grade, making him one of the only people in the North West to be trained to that level.

Eddie said: "Thanks to the excellent treatment I received at the Lancashire Cardiac Centre, I now have so much to look forward to and celebrate. I have a beautiful family, am now one of the only people in the North West with a '6<sup>th</sup> Dan' grade and this month I will not only celebrate my 50<sup>th</sup> birthday, but it is also the second anniversary of the operation that I truly believe saved my life."

Mr Millner, Consultant Cardiothoracic Surgeon at the Lancashire Cardiac Centre who operated on Edward said: "We try to get the best possible outcomes for all of the patients we see at the Lancashire Cardiac Centre and we are delighted when we can improve someone's life so dramatically.

"To be one of the few with a '6th Dan' is, on its own, an impressive achievement. To manage it at nearly 50, and only two years after major heart surgery is an awesome achievement! I can only wish Edward the best for the future and it is a great pleasure to have been able to help him achieve his ambitions."



**Caption: Edward Ellison with his 6<sup>th</sup> Dan certificate**

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