

## **Broken Heart Syndrome (*Interview Transcripts*)**

**Chadi Nouneh, M.D., Cardiology Medical Director, OSF HealthCare**

“We see it after natural disasters like earthquakes, volcanoes, and hurricanes. We see it after a major disaster that causes a family member death, such as a car accident. And we see it after major events, as recent as the shooting in Texas.” (:25)

**Chadi Nouneh, M.D., Cardiology Medical Director, OSF HealthCare**

“The normal heart usually works at 50% to 60% ejection fraction, and suddenly goes to 20% to 25%. The base of the heart still working, but the apical of the heart stops working. Someone may get what we call ventricular arrhythmia, ventricular tachycardia, or ventricular fibrillation. The heart can stop and people can go into cardiac arrest and may die – even though the artery looks completely normal.” (:34)

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“People can present with congestive heart failure, shortness of breath, chest pain, or cardiac arrest. I’ve also seen people present with stroke because when the heart stops working, a blood clot can form, causing a stroke.” (:18)

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“In any event if the baseline is higher risk, like people who are diabetic or high blood pressure, those are the people who could have a worse outcome. But broken heart syndrome can happen anyone, any person, even without any background.” (:18)

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“What we can do is just provide support and keep an eye on symptom presentation, especially in those people in need such as after a school shooting or a close death or sudden death. Just keeping that family support and social support is so important.” (:21)