

## Duang's Big Scare



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Duang is an athletic 35 year-old man. He is married and has one son. He tries to lead a healthy lifestyle and plays a lot of different sports. Duang's one bad habit is eating fast food.

One day, Duang was playing soccer at the park with his wife and son. He felt a pain in his chest. His wife saw that he was sweating. Duang looked very uncomfortable. Suddenly he collapsed. His wife called 911.

The ambulance arrived within 15 minutes. The paramedics brought Duang into emergency. The doctor ran some tests. "Duang, you had a mild heart attack," the doctor said. He told Duang he had high cholesterol. Too many fatty foods can lead to high cholesterol and high cholesterol can lead to heart attacks. The doctor told Duang he needed to change his diet. Duang decided to eat healthy meals at home from now on.

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