



Dean Schill chose to eat right. He chose to exercise. But he
couldn't choose his genes.

Dean Schill, a Flagstaff resident for 15 years, was the picture of health. He exercised daily and followed a low-fat diet. He even worked in the healthcare field. He knew the warning signs of serious diseases, and he was sure he was healthy.

Then one day he experienced about 90 seconds of fuzziness and a loss of balance. It quickly passed, so he ignored it. But after two more episodes he decided to listen to his body.

Dean went to see his doctor, who was concerned that Dean had experienced a series of mini-strokes. Tests were ordered, revealing dangerous blockages in both carotid arteries. Something had to be done.

Thanks to a minimally invasive technique that inserted stents in both of his carotid arteries, today Dean is feeling fine, and he's more active than ever. With clear arteries, he has enough energy to tackle a transcontinental bicycle ride this summer. And he feels lucky to have found and treated a problem that could have caused a fatal stroke. After all, he had always made choices to lead a long healthy life. Even though his genes worked against him, Dean now has decades of good health ahead of him thanks to the Heart & Vascular Center of Northern Arizona, a partnership of Flagstaff Medical Center and Verde Valley Medical Center.



To read all of Dean's story, check out
NAHeartCare.com/Schill



**Heart & Vascular Center
of Northern Arizona**

For an appointment call: 1-877-928-WELL