

Mayor on the mend from heart surgery

Ken Hector underwent quadruple bypass earlier this month

BY DANIELLE KUEHNEL

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Silverton Mayor Ken Hector is beginning to feel more like his old self again after enduring heart surgery more than two weeks ago.

“I’m recovering, but slowly,” Hector said. “The doctors say that I’m doing well, so that’s encouraging. I’m just taking it one day at a time.”

After experiencing chest pains and visiting his doctor, Hector learned he had two severely blocked arteries and would need quadruple bypass surgery.

A full recovery will take the better part of a year, Hector said, but he should be back at work in six weeks. Hector is discouraged from heavy work, or even from driving, during his recovery period.

“They saw the sternum [breast bone] in half in order to get to the heart, so it’s important to protect it,” he said. “If I am a passenger in a car, I have to hold a heart-shaped pillow up to my chest. It’s my best friend for now.”

Hector also mentioned that it is important that people should see their physician as soon as they feel chest pains, which, he said, are often confused with heartburn or indigestion.

“I was fortunate that I reacted quickly, identified the problem and got it taken care of before I had a heart attack,” Hector said.

“Listen to your body,” he said. “Don’t wait, go to the doctor. It’s one thing that I want to encourage people to do, because this one thing could save their life.”