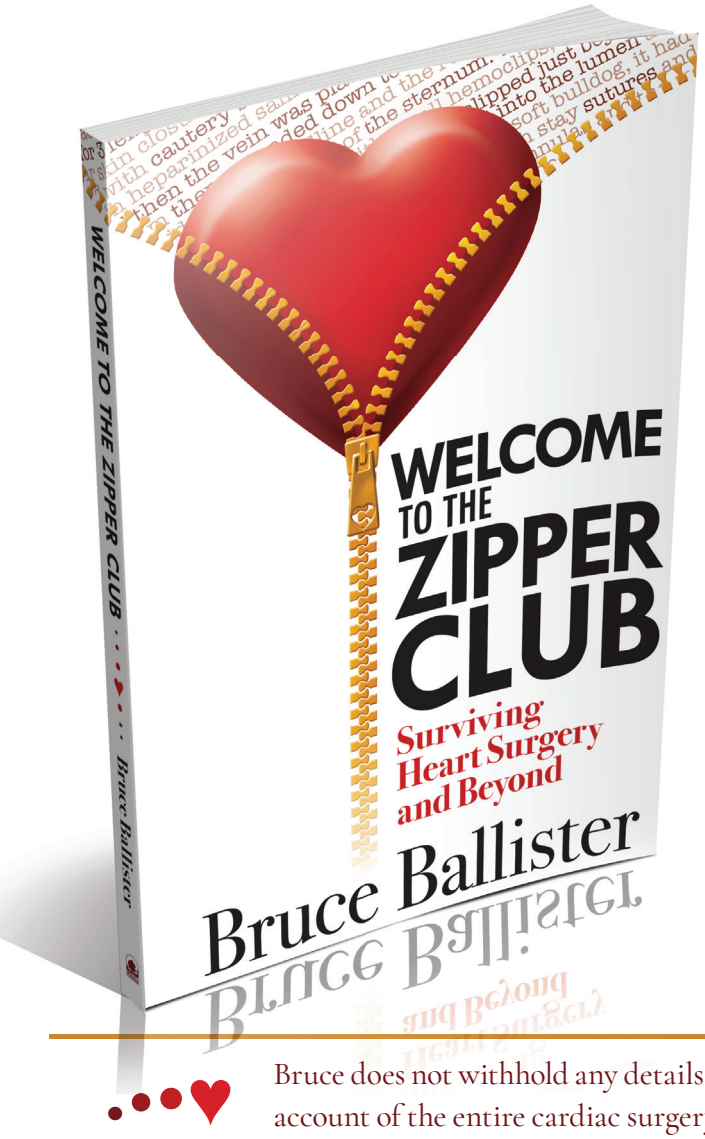
WELCOME TO THE ZIPPER CLUB
Surviving Heart Surgery and Beyond



ARE YOU OR A LOVED ONE FACING CARDIAC SURGERY?

THERE'S NOTHING MORE FRIGHTENING than your heart not functioning the way it's supposed to, except possibly when the heart of someone you love is in trouble.

Of course, it's a natural reaction to want more information about what to expect and how to heal quickly.

And while there's a lot of great information on the internet, much of it is on medical websites that provide bulleted lists of information mixed with incomprehensible jargon.

In this first-person account, author Bruce Ballister shares his own experience with coronary artery bypass grafting so you will know:

- **What to expect** as you prepare for your surgery.
- **How it feels** to have had your chest cracked open.
- **Why a support team** is so important for your recovery.
- **How to transition** back home as smoothly as possible.
- **How to avoid a repeat performance**.

Whether you're preparing for heart surgery yourself or you'll be supporting someone through the process, this book will explain what to expect and how to survive beyond the surgery.

Bruce does not withhold any details, but instead provides a very accurate and personal account of the entire cardiac surgery process, in an informative and entertaining way.

—Jeffery S. Snyder, M.D., FACS

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About the Author

Like many people, Bruce Ballister's youth as a skinny kid did not presage his obese adulthood. Although slender through high school, the U.S. Army and college life, his waist size grew from 26" to 30" by the age of thirty, finally stabilizing at 38" in his 60s.

The news of his heart disease came as a shock. His search for understanding what to expect from quadruple bypass surgery and recovery led to the writing of this book.