

Gerald Goodman: I'm retired from the PGA Tour. In my other work life, my first 10 years out of college, I was a collegiate football coach, and then I got a job with the PGA Tour and I was with them for 31 years, running professional golf tournaments.

Like a lot of heart patients, my genetics are not good at all with my father's side and his father and all my brothers have all have had some problems with heart disease. So I was determined though, to beat that. And my brothers were a little bigger as they got in their thirties and forties, and I was determined. I was exercising three days a week. I'm going to beat it. And in 2013, I didn't. I felt my first pain in the side and ignored it for a few weeks. But in hindsight, looking back at it, when I eat too much, I could feel that pain in my side.

Any rate, I go in and get my first stint in 2013 in my right coronary artery, and in two weeks I hike down a mile and a half into the Grand Canyon and back up. So again, I'm back trying to exercise and get it done. In November 2014, I wake up at two o'clock in the morning, that same pain, and I get and pack a bag, get myself and my wife takes me down to the emergency room. And by two o'clock that afternoon, I had three stints in my left anterior descending artery. 65 years old. All my three older brothers are already living; oldest one's 75, but they all have some heart disease problem.

Know your body. When you feel something different, it is something different and react. Not everybody gets the opportunity to gut it out through the pain, but sometimes the pain is not bad, it's you can live with it, but don't. Get it seen.