

## Timeline for health related events Summer and Fall 2016

All through this timeline I ran every day until Sept 12.

June – After a series of fast workouts and races I felt unusually tired.

June 28 – *I stopped taking 20 mg atorvastatin/day.* I had read that some doctors feel that statins tend to decrease the amount of the essential enzyme CoQ10 in the body. They further believe that this decrease is amplified in individuals who are over 70 and/or athletes. These same doctors recommend that if you are taking a prescribed statin for cholesterol that you should also take a CoQ10 supplement. I discussed my situation with my doctor shortly after and he agreed it was okay for me to stop taking the statin. My total cholesterol has been low and the “good” cholesterol has been considerably above normal.

July (first 2 weeks)– I thought I was feeling better and I continued training for a half marathon.

July 2 – I felt okay in the morning. In the afternoon my pulse was **skipping beats quit often and I didn't feel well.** *I started taking CoQ10 at 110 mg/day. After 4 days I felt fine and my heart was skipping very little.*

July 6 – I ran 3 miles at 8:09/mi on hilly roads in a workout.

A few days after this *I stopped taking CoQ10.* I thought it was causing me to have slight dizziness.

July 16 –I had no dizziness and felt okay. I ran a ½ marathon at 8:15/mi and had a fast finish.

July (last 2 weeks) I should have rested but I kept running hard workouts.

July 25 – At my annual appointment, Dr Oyler prescribed a stress test because of the skipping beats.

July 27 – Dr. Vukmer (ophthamologist treating my glaucoma) found my eye pressure was somewhat high. I started taking an additional daily eye drop called Simbrinza in just my right eye.

Aug 5 – Stress test at UPMC Hamot. Without much of a warmup I was going fast on a very steep incline. At 16 METS **I went into atrial fibrillation** and was more out of breath than I had ever been. I am sure I had never experienced afib before. Doctor told me my heart looked ok and I should see an electrophysiologist cardiologist. **After the test my resting pulse dropped about 7 bpm to 42 bpm. It was generally about 42 bpm every morning until Sept 21.**

Aug 8-9 – 24hr heart monitor. Showed slow heart rate (38 bpm when asleep) and skipping heart beats.

Aug 10 – Appointment with Dr Vukmer. Eye pressure in right eye was found to have dropped dramatically because of the 2 week use of Simbrinza in that eye. I started taking Simbrinza in both eyes.

Aug 15 – Dr. Oyler reviewed stress test and monitor results before flight to Amsterdam that same day.

Aug 15-22 – **I started experiencing dizziness** that increased during the 7 days. By the 7<sup>th</sup> day I was experiencing **numbness on the left side of my face.** I read that Simbrinza had a possible side effect of dizziness and I stopped taking it on Aug 22. I also *started taking CoQ10 again.* **Within a few days the dizziness and numbness went away.**

Aug 29 – *I stopped taking CoQ10.*

Aug 29 -Sept 12 –I continued to run every day but not very much or fast. In the beginning of this period I felt okay but got more and more tired as time went on.

Sept 13 – After a 4.5 mile bike ride I carried something heavy upstairs, **experienced vertigo and didn't feel well.** More symptoms are listed below. At the ER in Amsterdam I had an EKG and neurological exam. A doctor said my heart looked okay and I wasn't in immediate danger. I stopped running and *started taking CoQ10 again.* The daily dose is 50 mg. I started at a lower dosage than before to prevent possible additional dizziness.

**These are my symptoms at this point in time:**

1. Lower than usual heart rate.  
In the morning while still in bed it is about 40 bpm, down about 7 beats from what it was in July.  
During the day sitting in a chair it is about 47 bpm, down about 12 beats from what it was in July.
2. Fatigue
3. Heart skipping about every 10<sup>th</sup> beat.
4. periodic dizziness

5. puffy feeling left side of face
6. slight sick feeling when dizzy
7. slight headache most of the time
8. It may be coincidental but ever since about the time of my stress test on Aug 5, I have had tightness and discomfort in the back of my neck.

Sept 20 – I flew back to the US. Up to now my pulse has remained relatively low and my heart had been skipping beats. While sitting quietly on an airplane I suddenly noticed my heart was beating very strongly at 60 bpm with no skipping. A couple hours later the rate was down to about 55 bpm and steady. After this episode my pulse rate was generally about 10 beats higher and I started to feel better every day.

Sept 24 – I have read in a number of places that the daily dose of CoQ10 is usually in the range 100-300 mg. I increased my daily dose of CoQ10 to 110 mg.

Sept 28 – I have been feeling good with no dizziness. I ran and walked a mile in 13:30 and had the most active day doing things around the house since we have been home.

Sept 29 – When I got out of bed this morning I felt a little dizzy. My heart was skipping about every 10<sup>th</sup> beat. I concluded the relatively low dose of CoQ10 that I have been taking is not enough for my present level of activity. I took 110 mg of CoQ10 in the morning and 100 mg in the evening. By bedtime I still didn't feel just right and my pulse was about 47 bpm.

Sept 30 – At 2:00 AM I woke up to the same thing that happened on the airplane on Sept 20. My pulse had become strong and reached 60 bpm. There were no skipped heart beats. After 2 hours my pulse was still steady but down to about 50 bpm. Maybe on Sept 20 and today when the CoQ10 reached a certain level in my bloodstream, my heart's natural pacemaker started to work properly. I remember reading that it takes about 6 hours for a CoQ10 supplement to reach maximum concentration in the blood. This is the approximate time between my taking of 100 mg of CoQ10 and when I woke up at 2:00 AM.

I feel good. My heart is skipping less and the heart rate has increased since Sept 13.

In the morning while still in bed it is about 51 bpm, up about 11 beats from what it was on Sept 13.

During the day sitting in a chair it is about 60 bpm, up about 13 beats from what it was on Sept 13.

I have no dizziness or puffy feeling in my face. The back of my neck is better but not perfect.

I will continue to take CoQ10 and slowly increase the amount I run.

I took 3x100 mg of CoQ10 today.

Oct 1 – PRB = **pulse rate in the morning while still in bed**

PRB = 51 bpm and steady.

I took 2x100 mg of CoQ10 and walked 1 mile in about 16 minutes

Oct 2 – PRB = 50 bpm and steady.

I took 100 mg of CoQ10 and walked 1 mile in about 16 minutes

Oct 3 – PRB = 50 bpm and steady.

**Starting today I am taking the Ubiquinol form of CoQ10 for better absorption.**

I took 50 mg of CoQ10 and walked 1 mile in about 16 minutes

Oct 4 – PRB = 52 bpm and steady.

I had an appointment with Dr Martin Wiseman an Electrophysiologist Cardiologist at Cleveland Clinic. He prescribed a heart monitor that I am now wearing for 30 days. So that the monitor is recording my normal activity I should start running again. We agreed that I should incrementally increase my running over the next 30 days. Near the end of this period I could have a fast run and another relatively long run.

I took 2x50 mg of CoQ10 and walked 1 mile in about 17 minutes

Oct 5 – PRB = 51 bpm and steady.

Also I have 3 nodules on my thyroid. On Sept 21 I had my regularly scheduled blood work and an ultrasound of my thyroid. My TSH and T4 were normal. My T3 was 0.7 mg/mL which is below or nearly below normal. The nodules have not changed.