



**On July 1<sup>st</sup>, 2004** - Rayna, an active, healthy 31-year old female went in for a standard ACL surgery on her left knee... 18 days later a blood clot traveled from Rayna's leg, through her heart and resulted in a Massive Pulmonary Embolism. Physicians removed two, 8 cm blood clots from her pulmonary artery (an artery as thick as your thumb). Three physicians told the family that Rayna wasn't going to live through the initial insult to her body...

## Since then, Rayna...

- cardiac arrested - twice
- received a lacerated liver from the CPR
- had 150+ blood transfusions (~100 within first 24 hours)
- initially had ~18 drainage tubes, IV lines, and catheters connected to her body
- had continuous dialysis for 30+ days due to Renal Failure
- developed abdominal & lower body compartment syndrome – both requiring surgery
- developed a chronic abdominal sepsis
- had over 10+ substantial surgeries to date (expecting 2-3 more surgeries within the next 3-18 months)
- had her appendix, gall bladder and 8 cm of her colon removed
- has been on ventilator for 60+ days due to Acute Respiratory Distress Syndrome
- has had 5+ vaso-vagal responses (heart rate dropping to Zero)
- has battled 2 serious infections (in her vascular system and stomach)
- has generated enough medical records, physicians' orders, X-rays, MRI, CT scans and daily nursing observations to fill up a 4-drawer filing cabinet
- spent the last 90+ days under 24-hr nurse watch in the Coronary Care Unit

## Through it all, she continues to fight back...

- with assistance from over a 100+ physicians, nurses and specialists
- quietly celebrated her birthday and 4th wedding anniversary with Scott in August 2004
- spoke her first words "1, 2, 3... I love you, Scott" on September 16th, 2004
- called her husband's mobile phone on September 25, 2004
- stood up for the first time on September 28, 2004
- been off the ventilator since October 1st, 2004
- took her first bites of food on October 6th, 2004
- started playing **Scrabble** again with her husband on October 9th, 2004
- removed the tracheotomy on October 18th, 2004
- received 500+ supporting emails, prayers, and well wishes to date - enough to fill up two, 3-inch binders

Due to the quick response from her colleagues at **Office Depot**, initial EMT's, the physicians and nurses at Overlake Hospital, Rayna continues to amaze everyone with her *strength, courage and determination* during her recovery. Please share her story and this website with two friends. If it helps prevent even one person from having a Pulmonary Embolism after such a common surgery then, our time and energy would have been well worth our efforts. You may also follow Rayna's recovery progress, as well as, make a monetary donation towards Rayna's future surgeries, continued dialysis treatments and necessary life long care. For more information please visit us online at: [www.whitright.net](http://www.whitright.net)