

Speaker Guest-1: Hi, umm, are you Bill Snook?

Speaker Guest-2: Hey, Doug. Yeah. And this is my wife, Sarah.

Speaker Guest-1: Hi. Hello, I'm Doctor Keith Thompson. Nice to meet you both. Uh, what brings you here today?

Speaker Guest-2: I I've been.

Speaker Guest-2: Having some pain in my chest.

Speaker Guest-1: OK, when did that start?

Speaker Guest-2: Uh, I guess, uh, I first noticed it, uh, about a year ago.

Speaker Guest-3: That law, I thought, was just a few months ago.

Speaker Guest-2: No, it has been longer. I didn't want to worry you.

Speaker Guest-1: OK, so why don't you tell me a little bit more about the pain?

Speaker Guest-2: It's, uh, it just keeps coming back and I'm kind of worried about it. Yeah, OK.

Speaker Guest-1: Where is it in your chest exactly?

Speaker Guest-2: It's right in behind here.

Speaker Guest-1: OK, so that looks like you're pointing to your chest and the epigastric area?

Speaker Guest-1: Oh.

Speaker Guest-3: That would be your heart.

Speaker Guest-3: Repeat heart doctor.

Speaker Guest-1: Yeah, let's get a more of a history and then we can figure out what this is.

What does a pain feel like? Is it sharp like a knife, or dull or burning?

Speaker Guest-2: It's it's kind like it's burning feeling.

Speaker Guest-1: OK. Is it there all the time or does it come and go?

Speaker Guest-2: No, it's come and go, comes and goes and sometimes I think it's gone for good, but then like a day later, uh.

Speaker Guest-2: It's back again.

Speaker Guest-1: OK, so when it comes, how long does it last for? Is it like a few seconds and it's fleeting or is it a few hours or is it all day?

Speaker Guest-2: Uh, sometimes it can go on for a few hours, you know? I guess it depends.

Speaker Guest-1: What are you usually doing when it comes on? Like is this related to activity, does it come on when you're running or anxious, or is it just sporadic?

Speaker Guest-2: Sometimes it comes on, uh, after I've eaten or had a cup of coffee.

Sometimes it just comes on, it seems.

Speaker Guest-3: So it doesn't happen after you, your jog's in the morning. Uh, I know you know that. I don't like it when you go, uh, early in the morning on your own.

Speaker Guest-2: No, honey, I will tell you.

Speaker Guest-1: OK. Is there anything that makes it better?

Speaker Guest-2: Yeah, thumbs helps a bit, and a glass of milk whites it down for a little while.

Speaker Guest-1: Yeah, OK. Have you ever had anything like this happen before?

Speaker Guest-2: Umm, before a year ago? Yeah. OK. No, no, no.

Speaker Guest-1: And and if it's going to, if it's going on for a year, what prompted you to come in today?

Speaker Guest-2: Umm, I mean uh, I have been uh, to a doctor about it before but umm, the union Rep at work was saying that uh, his father thought he just had her heartburn. But then

after about like 3 years the doctor figured out it was angina. And then I started hearing stories about people with the stomach aches or chest pain and they end up having.

Speaker Guest-2: Open heart surgery.

Speaker Guest-2: And I'm just kind of worried. And Sarah also made me come.

Speaker Guest-1: So are you worried? It's your heart?

Speaker Guest-2: Yeah.

Speaker Guest-1: Yeah, yeah. OK. Umm, I want to ask you some more questions just about the pain that you're having. I just wanna get some more background information to your health overall. Sure. Yeah. So have you had any other medical problems that I need to know about?

Speaker Guest-2: No, I always been healthy.

Speaker Guest-1: OK, so high blood pressure, diabetes, anything like that, No. Any other problems with your heart in the past?

Speaker Guest-1: No, no. Have you ever had any investigations, uh, for your heart?

Speaker Guest-2: No they don't. Umm.

Speaker Guest-1: And what about family history? Is anybody in your family had any heart issues?

Speaker Guest-2: If they're hard, no.

Speaker Guest-3: I thought your uncle had heart problems.

Speaker Guest-2: No, that was not his heart. That was his stomach and his back. OK.

Speaker Guest-3: Yeah, I thought it was hot. You know, I'm gonna text your mom and ask.

Speaker Guest-2: Him. No, I'm sure not his heart, OK.

Speaker Guest-1: Any other medical problems in the family?

Speaker Guest-2: Not medical, No, not really.

Speaker Guest-3: Your mom has diabetes and your sister has thyroid problems, right?

Speaker Guest-2: Alright, umm.

Speaker Guest-1: OK. OK. Bill, you said not medical. What other kind of problems do they have?

Speaker Guest-2: Oh, my dad and my brother were, uh, both heavy drinkers and smokers.

Speaker Guest-1: OK, yeah, I understand. Do you drink?

Speaker Guest-2: Umm, no hard hardly ever. Well, I mean I I will get a bottle of beer rarely, but I usually don't even finish it.

Speaker Guest-2: OK.

Speaker Guest-3: Yeah, yeah, he doesn't drink MU that much. Only when, uh, it's socially, when we're watching some games.

Speaker Guest-1: Yeah, OK. Umm. And did you used to drink more in the past?

Speaker Guest-2: I would say once or twice per week, but I mean watching my dad like that when I was a kid didn't make me too eager to pick it up.

Speaker Guest-1: Yeah, OK. What about cigarettes?

Speaker Guest-2: Yeah, I smoke. Uh, but I don't smoke nearly as much as I used to.

Speaker Guest-1: OK, good, good. How much do you smoke now?

Speaker Guest-2: Maybe 5 a day.

Speaker Guest-1: Yeah, OK. How much did you smoke then?

Speaker Guest-2: About the pack a day.

Speaker Guest-1: Yeah, pack a day. Since what age?

Speaker Guest-2: 16.

Speaker Guest-3: 16 Really. I thought you were much older than that.

Speaker Guest-1: Yeah, what about any recreational drugs that I need to know about? Any any substance use?

Speaker Guest-2: No.

Speaker Guest-3: No, we don't touch those kind of stuff.

Speaker Guest-1: Yeah. OK. And any medications that you take other than Toms?

Speaker Guest-2: I take it. Sometimes I take Advil. Yeah, sure.

Speaker Guest-1: OK, alright. About how many would you take a day do you think?

Speaker Guest-2: I might take one or two a month.

Speaker Guest-1: OK, one or two a month. Alright, so umm, any other medications? Nope, no

Any allergies? Nope. You mentioned that Union wrap. Where do you work?

Speaker Guest-2: I'm at the Molson Baltimore plant. I'm floor manager.

Speaker Guest-2: Yeah, OK. You have any family in town?

Speaker Guest-2: I got my parents in Vancouver and I got a daughter in Pittsburgh and of course my wife, Sir.

Speaker Guest-1: Yeah, OK. It is. Your daughter is at Sarah's also.

Speaker Guest-2: No, my old girl, uh, girlfriend, umm, she didn't like Canada so she left before my daughter was born. I didn't know she was pregnant and I have never met her.

Speaker Guest-1: Your daughter? Yeah. OK what? What's her name?

Speaker Guest-2: Georgina after my mom.

Speaker Guest-1: Yeah. And uh, do you have any contact with?

Speaker Guest-1: Your ex partner then.

Speaker Guest-2: Yeah, she, she rides on holidays or those stuff. And I actually got a letter from my daughter. She wants me to come to her graduation. Geez.

Speaker Guest-1: Yeah, OK. How do you feel about that?

Speaker Guest-2: Uh, I think, uh, things are getting out of my hand. I mean, I, I want to go.

Speaker Guest-2: Uh, I mean, I've never met my daughter, Uh.

Speaker Guest-2: How, how cool a girl is that to invite that she's never met to her or her graduation? And I don't know if I can afford to go.

Speaker Guest-1: OK. What's going on with the finances under what? What's the concern right now?

Speaker Guest-2: Uh, yeah. I mean, I'm in a bit of, uh, bull right now.

Speaker Guest-1: OK umm, can you tell me about?

Speaker Guest-1: That how come?

Speaker Guest-2: I got a bit of habit I guess. Uh, problem gambling.

Speaker Guest-1: Oh dear. OK, so how much are you in the hole for?

Speaker Guest-2: I'm trying to pay off my visa. They took that away from me. And I'm trying to pay off a couple of small loans from a bank that I defaulted on. Or I just can't seem to catch up.

Yeah, I mean, if my numbers come in, I will be set back up. Until then, I'm I'm under the screen.

Speaker Guest-3: Don't worry, I know all about it. I'm gonna help you out. But his gambling.

Should I leave the room so that you 2 can talk alone?

Speaker Guest-2: No, honey, he's a say. You know all about this. Uh, anyway.

Speaker Guest-1: OK, So what? What do you play?

Speaker Guest-2: Umm, German. I play I play slot machine.

Speaker Guest-1: OK, so I let's talk a bit about that Bill, this I also wanna make sure that I talk about the reason that you're brought here, which is a chest pain. I realize you're having that and there are a couple more questions I wanna ask you about if that's OK.

Speaker Guest-2: Yeah, sure.

Speaker Guest-1: Sure. Have you had any weight loss at all?

Speaker Guest-3: No, no.

Speaker Guest-2: I'm not sure. Uh, I don't think so. I mean, I know I haven't been eating at all.

Speaker Guest-1: OK, so, uh, it is a uh, because you're not hungry or you're worried about uh, it's going to make the pain worse at all.

Speaker Guest-1: Or.

Speaker Guest-2: It's just, uh, I have been going to bed late. I've been waking up early.

Sometimes I will go for a walk in the morning, so.

Speaker Guest-2: See if I can beat the fatty. I also just grab a cup of coffee before I leave.

Mm-hmm. I'll have something for lunch, but then I'm going straight to the casino after work. OK. And I'm so I'm having usually a hot dog while I'm walking home at night.

Speaker Guest-1: OK, Are you able to sleep at night?

Speaker Guest-2: Yeah.

Speaker Guest-2: In 4-5 hours when I'm here.

Speaker Guest-1: OK. Any changes in bowel habits have you noticed?

Speaker Guest-2: No that I.

Speaker Guest-1: Noticed no, no vomiting at all.

Speaker Guest-2: No, sometimes I feel a little sick to my stomach, but I haven't thrown.

Speaker Guest-1: OK. Do you get a sense that you're sort of an acid taste in the back of your throat does that?

Speaker Guest-1: Ever happened? Yeah.

Speaker Guest-1: OK and umm any, any weight loss?

Speaker Guest-2: Uh, like I said, I don't know.

Speaker Guest-1: Alright, sorry I think uh, I've asked you that. So umm, any dark stools or black poop? Like like my pants black?

Speaker Guest-2: No.

Speaker Guest-1: No. Do you live in a house or apartment?

Speaker Guest-2: We live in an apartment, it's just a little place. It's about all we can afford right now. Do you think you can do something to help my chest pain?

Speaker Guest-1: Yeah, yeah, I think so. Umm, I have a bit of sense of what might be causing it. Umm, it sounds a little bit like you're having, uh, some heartburn.

Speaker Guest-2: That's what my union rep's dad said he had, but it turned out to be angina.

Speaker Guest-1: Yeah, yeah. So yeah, there's a couple of things that make me think it's not in China, but in a guy your age, I think it's worthwhile to do a baseline tracing of your heart just to make sure. And I'm not saying it's coming from the food pipe. It's and it's coming from your heart. But I think things that make me think it's less likely to be your heart is how long it lasts.

Speaker Guest-1: The fact that comes on with meals, it doesn't sound like it's related to exercise, you know? Do you have any shortness of breath at all with this or no? Yeah. OK. Yeah. Like radiation. Does a pain go anywhere else or is it staying right right there?

Speaker Guest-2: Sometimes it goes up to back of my throat.

Speaker Guest-1: OK, so, you know, those kinds of things make it sound like it's from heartburn, but I, I hear your concern and other people have been told this and they found out later something else, right? So absolutely, let's rule that out just to be sure. But so I think we'll make sure there's that we're ruling these other things out, but I'm truly not worried about your heart, to be honest. OK, yeah. But I definitely think we should start some medication just to help. I think heartburn, that it is heartburn, it will make sure.

Speaker Guest-1: That we don't have any bacteria in your stomach that could be causing this, making it worse. So there will be some blood work that we'll do.

Speaker Guest-2: Umm, OK.

Speaker Guest-2: Yeah. And so some other things, uh, that you can do lifestyle wise, we can talk about that. So like when you're eating and drinking, I think might be contributing to it. So changing a diet may go a long way in helping with these symptoms. And I think it's worthwhile starting medication now as it sounds like it's affecting your life quite a bit, right.

Speaker Guest-2: You're, uh, starting to.

Speaker Guest-1: Yeah, yeah, for sure. And so you know the bigger picture though that I'm noticing, which is why I'm spending a lot more time talking about this. And it sounds like you just under a lot of stress, right?

Speaker Guest-2: Yeah, I just can't seem to get things under control.

Speaker Guest-1: Yeah, OK, I get it.

Speaker Guest-2: I got to do something about this. I got to fix things up.

Speaker Guest-1: Yeah. And it sounds like you've got really great support with Sarah, right?

Speaker Guest-3: Yeah, I try to help as much as I can. The only thing is I work night shifts and I'm a nurse at the local retirement home, so I'm not there in the night times.

Speaker Guest-2: Yeah, our schedules don't always line up and I don't really have anybody here. I mean, I used to go to the bar with the guy that worked, and then I would start playing the slots. They would come to talk to me and I just couldn't talk if I was in the zone.

Speaker Guest-2: Uh, I can't be bothered and I zone. Most of the guy won't talk uh, to me anymore. My union Rep is standing up for me as much as he can, but he can only do so much too.

Speaker Guest-1: Yeah, I get it. Are are you worried your jobs in jeopardy at all?

Speaker Guest-2: I've been coming in late sometimes and I'm I'm about the only guy left on the floor that smokes and the smoking area is out outside of the ground and I keep getting caught cut off property when I'm supposed to be working. OK. So management's been riding me and my union Rep said I'm just.

Speaker Guest-2: Turning into a train wreck, so I don't know how secure my job is anymore. Yeah.

Speaker Guest-1: Got it. OK, So listen, do you think you have a gambling addiction?

Speaker Guest-2: I know I, I can't, I can't seem to stop. I don't know. I, I mean, I, it's like a lifestyle choice, isn't it?

Speaker Guest-2: Isn't something I can just turn off, can you?

Speaker Guest-2: I don't know sure would like to I I mean they are offering overtime right now. I could get out of this hole if I took it about every time I think about staying late, I get all uh too itchy because I, I I want to be uh heading to the casino.

Speaker Guest-3: I had no idea it was so bad, Honey.

Speaker Guest-1: Yeah, Bill, it sounds like the gambling is something that's causing you a lot of problems right now. It sounds like from what you've said, it's gonna be hard for you to stop without some help. Does that, does that sound fair?

Speaker Guest-2: Yeah, I think so.

Speaker Guest-1: Yeah, I mean, the most important thing is that you acknowledge that and then the next most important thing is for getting some help for it, right? So the good news is there's Gamblers Anonymous and you really have the support of Sarah so.

Speaker Guest-2: Yeah.

Speaker Guest-1: Yeah, yeah. And I'm, you know, and there's meetings and groups you can go to through a program similar to a A it's a 12 step program for stopping gambling.

Speaker Guest-2: Yeah, yeah, yeah, yeah, I know. I it's certainly helped my dad.

Speaker Guest-1: Yeah, and you know, you come from a family that has had a tendency to, you know, have struggles with substances, right? So certainly gambling is not alcohol, but you know, there's different theories as to why people run into trouble and are addicted to things, be it alcohol, gambling, cocaine, whatever it is. So there's some things that are kind of bigger than you and it's probably worthwhile to seek some help because it may not be something you can do all by yourself. Uh, and I'm concerned that it's not only affecting your health and you're having, you know, some symptoms with chest pain. I'd like.

Speaker Guest-1: Start sorting that out today. But I'm also concerned as are you, I think that the effect, it might affect your job and your ability to go and see your daughter's graduation, you know, some financial impact and you mentioned that it's in the summer or the spring this graduation.

Speaker Guest-2: Umm, actually, she's graduating in four months.

Speaker Guest-1: OK. Yeah. So do you think there be a short term goal we could work towards, maybe you mentioned some overtime. Yeah, yeah. Is that possibly a way out of this hole? Yeah, yeah. Would you be willing to come back and meet with me?

Speaker Guest-2: Sure.

Speaker Guest-1: OK. So you know we can talk about more than and we can get you connected with some of these groups that I mentioned. I do want to examine you today though.

Speaker Guest-2: Sure.

Speaker Guest-1: Yeah, so because I know you're having chest pain, I have to listen to your heart and lungs. Let's check your blood pressure. I'm just gonna have a check your tummy, your abdomen there. Uh, we talked about blood work and I think that's worthwhile. Uh.

Speaker Guest-1: Maybe meeting with a dietitian, right to discuss some changes that you could make and help, uh, with the diet that help with the pain?

Speaker Guest-2: OK, OK. Yeah.

Speaker Guest-3: Oh, Bill, your mom just text me back. Uh, and it says uncle, uh, had uh, problems, uh, back problems, but not his heart.

Speaker Guest-1: OK. Yeah, yeah.

Speaker Guest-1: So have a seat up on the bed. Umm, nursery. Yeah, great. No nurse already took your blood pressure, so 130 / 80. Your weight was 75 kilos. Umm. You look well, You're not in any distress, no shortness of breath. You look hydrated. Head and neck exam is normal. Let's have a listen to the chest here. Umm, clear.

Speaker Guest-1: Hopes S1S2. I don't hear a murmur. No pain with palpation in the sternum or ribs. Umm, you know the abdomen is soft, uh, and no lesions noted. No hepatosplenomegaly. Umm no, no enlargement.

Speaker Guest-3: Does everything seem OK?

Speaker Guest-1: Yeah, so far nothing abnormal on the exam. You know, I think we covered a lot today, so let's start you on some medication for heartburn, see if that helps. Here's a prescription for period 20 milligrams. We can take it for 4 to 8 weeks. Umm, I need to see you in a month just to make sure all i well. Let's do some blood work. We'll do the ECG to make sure that is all OK. I want you to consider medication for stress and gambling, and that may help take the edge off things and then I want to see.

Speaker Guest-1: In two weeks, right? So I've given you a script for the dietitian and I believe your drug plan may pay for that.

Speaker Guest-1: And here's the names for gambling, anonymous locations and other resources. So I'm just giving it to you in case you wanna look at them. But we can talk about it in a couple of weeks when you come back in. So, you know, I'll see you in a couple of weeks. And Sarah, lovely to meet you. Thanks for sharing, Bill. I know this wasn't easy, so I really appreciate you coming in today, guys.

Speaker Guest-2: Thanks Sir. See you soon. Thank you.