



The Importance of Heart Screenings

M Bar C Electric team member, Sean Bright, shares his story of required heart surgery.



Sean Bright, Director of Electric
M Bar C Construction and Electric

"I was born with a defective Aortic valve as well as a blockage in my Aorta. This went unnoticed at the time of my birth and was not detected until my 30's after spending years on different medications and with several different doctors. I had high blood pressure in my early 20's and my doctors were not fully aware of my actual issues which resulted in incorrect diagnoses, unnecessary medications and office visits.

Finally, when I was 38, I had a CT scan and the blockage was discovered by a doctor who specialized in my particular heart issues. I was told, at that time, I only had 30% blood flow moving through my Aorta. The scariest part was I had No Symptoms other than high blood pressure. My doctors were absolutely shocked that I had lived with this condition my entire life and that I was even able to perform every day functions like walking, even though I felt completely normal!"

After an 8 hour long, valve replacement surgery, Sean is healthy, active and an instrumental part of the M Bar C Construction team. Sean has encouraged others to get involved, volunteer and get screened; "As someone who has been affected by this disease, I would strongly recommend volunteering to help others but to also have your children as well as yourself checked, you could go your whole life not knowing until it's too late. The more we can support and volunteer for Eric Paredes Save A Life Foundation, the more lives can be saved, maybe yours, or a loved one."

M Bar C Construction is a proud supporter of the Eric Paredes Save a Life Foundation and donates an AED to each school they perform work on. After having partnered with this vital foundation for years, stories have surfaced within our own company that have made the purpose of the Eric Paredes Save a Life Foundation that much more critical.

Almost one year ago, Sean Bright, our Director of Electrical Services, was diagnosed with a serious heart condition that he had been living with his entire life. Recently Sean shared his story with our staff:

Stories like Sean's, remind us how thankful we are for the many services that the Save a Life Foundation provides through the heart screenings they provide that take place throughout San Diego County.

We are honored to join with Save a Life Foundation at their next heart screening event that is taking place on Sunday, September 30th from 9am-3pm at Mission Hills High School, San Marcos, California. Register to volunteer or find more information on heart screenings at: <https://epsavealife.org/register/>.

