

SCARSTORIES · A LITTLE COMPANY ON THE WAY

The first forty minutes

Ahmed R. — 3 months post-CABG · 10 Sep 2026

Three months post-bypass today. I walked 40 minutes without stopping for the first time since surgery.

Six weeks ago I couldn't make it to the mailbox. Cardiac rehab twice a week, the treadmill at home on off days, and honestly — just saying yes to help. My wife carried everything for the first month and I hated it, then I accepted it, and that acceptance was its own kind of progress.

To everyone in week 2 or 3 right now feeling like you'll never breathe normally again: you will. Slowly, but you will.

A personal account, not a treatment recommendation. Experiences and recovery vary.

For discussion and personal reference. Your care team's individual instructions take priority. For an emergency, contact your local emergency service; do not wait for a community reply.