



Gym employees saved UAB doctor who went into cardiac arrest

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VESTAVIA HILLS, Ala. — April 9 was supposed to be a normal visit to the gym for UAB Hospital physician, Dr. Swati Gulati. She had a busy day and planned to run on the treadmill at Planet Fitness in Vestavia Hills.

While on the treadmill, she felt her heart racing faster than normal. Extremely tired, she bumped down the speed of the treadmill. She then became overwhelmed with dizziness. The next thing she remembered was waking up in an ambulance on the way to UAB Hospital.

“I have a new perspective for life,” Dr. Gulati said. “I am just so grateful, and I do not look at life the same way.”

When Gulati passed out, Club Manager Mona Garrett was on the spot. She turned Gulati over and an employee called 911. Assistant Manager, Stephen Bishop got the AED, while another member checked for a pulse. The club member and Bishop did chest compressions and CPR. With the AED attached, it registered that a shock was needed.

After the shock, Gulati responded to it and took a breath. She eventually began moving and regained consciousness. At the hospital, Gulati learned that she had blockages to the heart, and the following week, she underwent triple bypass surgery.

“Maybe this was God’s way of telling me something is wrong and you need to fix it,” Gulati said. “I’ll just give you a little shock, but we’ll make sure you are alive and saved from this. I think this very well could be a blessing in disguise.”

Friday, those who helped save Gulati’s life were recognized and presented American Heart Association Heartsaver Hero Awards.

“It is a huge sense of pride,” Bishop said. “Immediately the next day, I was happy to be alive and put everything into perspective.”
