

A dad's final words. The son who heard them. The doctor who listened. And you...

# Marathon Man, Emerging

**B**efore David Tweedy's dad died of complications from diabetes, he gave his son six words of wisdom. "Don't let this happen to you." The emotion in David's voice reveals the depth of that family bond. But his reasons for training with Tri-City Medical Center's Lucky 13 team for the Carlsbad Marathon is clearly driven by something sweeping: a love of humankind.

## "If I can be an example..."

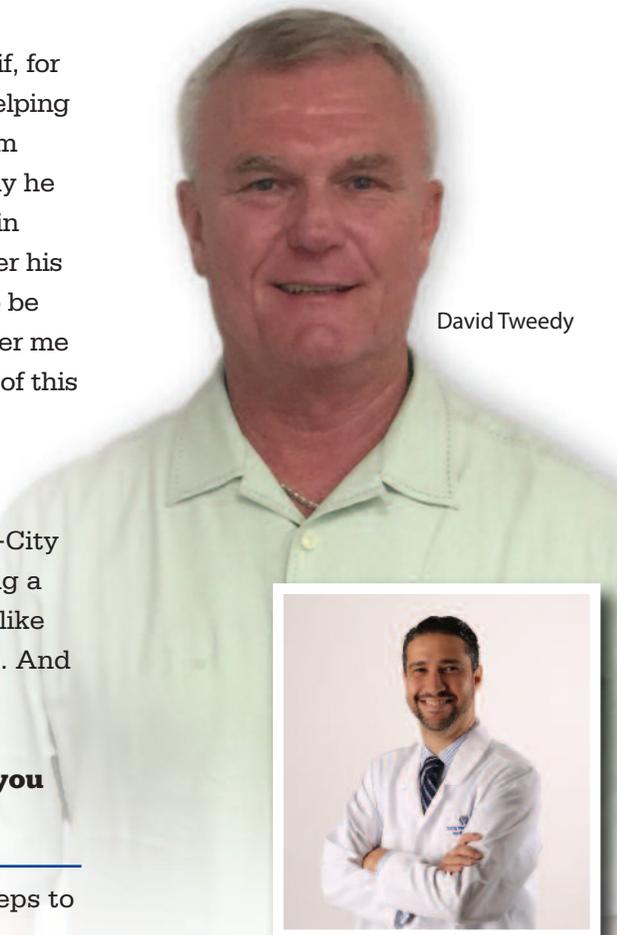
Tweedy, a clinical psychologist working with seniors and long-term healthcare communities, is candid about his journey. "Being 40 pounds overweight, taking more and more medications, I needed something that could pull me back. When I heard about Lucky 13, I knew. There are a lot of men and women out there who are struggling with weight, with blood pressure, with diabetes. So if I can be an example, not just for me but for others, I knew that would be worthwhile."

He turned to his TCMC cardiologist, Dr. Karim El-Shereif, for guidance. "I thanked him for helping stabilize my health, and told him about the marathon. Right away he was on board with getting me in shape and off medications under his supervision. He's even going to be there at the starting line to cheer me on. We want to make the most of this for other people that have cardiovascular issues."

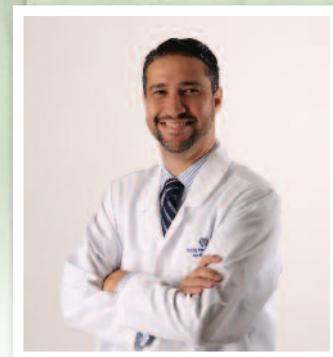
That's where you come in. Every day, your support of Tri-City Hospital Foundation is building a place where great physicians like Dr. El-Shereif want to practice. And through neighbors like David Tweedy, you're touching lives across North County. **Thank you for caring!** ■

Follow David Tweedy's footsteps to race day in his blog at [www.facebook.com/TriCityMedicalCenter](http://www.facebook.com/TriCityMedicalCenter).

**“ I told Dr. El-Shereif about the marathon. Right away he was on board with getting me in shape and off medications under his supervision.” — David Tweedy**



David Tweedy



Dr. Karim El-Shereif, cardiologist



## Do you know a Tri-City NICU baby?

Join us for the 30th Annual NICU reunion and catch up with old friends:

**Saturday, September 10th**

11:00am – 3:00pm

Tri-City Medical Center

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