

Why “Battle of Angels”?

Think of a profession which makes you feel energetic and excited every morning, this energy I am talking about also makes you feel so happy that it is like you are reborn every new day. I am not talking about something you do the same every day, in fact something that takes you step further every day, not like a challenge to be surpassed but instead a success to be gained.

It is a job that you need to travel frequently and visit places that no one ever see. I am talking about a profession through which you touch thousands of people’s lives. You shape people’s futures, change their lives and you are never going to be forgotten by them. As you grew older, gain experience, you obtain interesting memories, virtues and as they are proud of you, you are proud of them too. In the end, you are at the point where you do what is needed for your patient regardless of their nation, religion, color, culture, social status whether your patient is a state’s man or a killer. With all opportunities available, you provide what is needed without hesitation. In some cases, you learn who your patient is after the treatment is over.

Being a medical doctor is a sacred profession. In fact, it is not a profession but a “Life Style”. It needs a hundred percent of your concentration even at 2.00 am. There are no holidays, no spare time. It teaches you to control your emotions when it is so hard to be tough. There is no time for family and no excuses for private lives. The profession itself is always a priority. That is why, it never has to say that your “priority is me” because that’s already what it is and if you do not accept that, you have to go and find another job for yourself. You know what, I am happy that it goes like this. I hope you will find out why I think this way at the end of the book.

For centuries, people consider Doctors and Physicians as “close to heaven” or even “angels”. Indeed, no one is willing to be touched by a stranger and it is difficult for people to trust someone else and let them do the right thing for your body except a doctor. Whether it is a medication treatment or a severe surgery, the only people who are competent to touch a human body is Doctors. Although this right is given them after the education, doctors practice their professions under the importance of Hippocratic oath.

All organs in the body has specific functions, each of them is uniquely important. However, the heart is different. To feel the heartbeat, hear the beating, feeling it’s fire when you are excited has always amazed and aroused people’s curiosity and sometimes even frightened people and make them think. Mankind always loved the heart, vibrating the energy of love through their hearts, feeling lonely when they are alone, and people even cry with their hearts. The heart on the other hand, has always stayed loyal to them: when they feel unhappy or happy, when they are ill or even other organs stop functioning, the heart always continued to beat and beat... Till the end.

It’s interesting that the heart functions with self-produced millivolt electric for years however, once it is stopped, the life is over. Cells and organs stops functioning one by one like an orchestra without a leader when the heart stops functioning. At first, the brain lefts, it says “if heart is not functioning I am not in.” Thoracic cage and diaphragm stop their functions when they no longer get electric from the brain. Lungs can no longer open out and clear the arterial blood. Red blood cells stop in front of lungs like a car stuck in the traffic. When there is a traffic congestion, you are not able to do what is needed as you are stuck in the road and one by one everything starts to fail. Just like this, when red blood cells cannot transfer oxygen to kidney and liver, all their functions stop, the body can no longer throw and melt toxic substances. If the blockage cannot be removed and the road is not open it means the life ends...

The heart keeps functioning even other organs do not, that is why, heart is crucial for humankind. According to an ancient belief, heart takes its energy from God so for centuries it had been forbidden to touch a heart and it was a taboo even for a Doctor. Some people thought that touching a heart is the work of God, so they harshly punish the ones who dare to touch. However, one day a Doctor came and said: "if the aim is to save a life, nothing else matters." and he won this battle. After gaining considerable experience as a Doctor, this profession helps you to ignore certain social taboos and be self-confident about it. You come to a point where you easily break taboos, restrictions and beliefs. Because the battle you are fighting for is a battle of higher-order. What you confront with during this battle, are the things that people can ever experience in their whole lives. They call these enemies as "angel of death", "destiny" or "Azrael" but you do not afraid of these enemies with your white doctor's coat on. You rise against these "names" cold-bloodedly. You encircle your patient and let nobody in. You are not alone in this battle. You have all your team with you. Sometimes these "death angels" try to steal your patient away from you, you lose control, but you make a move and say, "I am not done yet." At the end, they get tired or hurt and they step back. Either they lose, or they are tired of the determination you have, they leave. Sometimes one of them do not and wait for an opportunity for predomination.

Most of the people meet these enemies maybe once in their lives but we as Doctors know them very well. We renew our "guns" frequently and prepare to be better for the next time we meet. We try to identify weaknesses of enemies and review our tactics. No one knows how short the life is and the closeness of death and life to each other and the ones who step to the other side and come back.

The content of this book is based on real stories and events. Real names of characters are changed. During my 28 years of experience in Cardiovascular Surgery I touched 16.000 hearts. To write up my experiences as a Doctor was not easy for me that is why, I would like to thank Aachen University Scientific Working Group students for encouraging me to write this book and for finding my past patients and communicating them for the progress of the book, to my Cardiovascular Surgery team in Frankfurt and Ankara and all others who contributed to the development of "Battle of Angels".

My desire is to bring a new perspective to readers and make them feel as a "Doctor". My aim here is to make readers put themselves in Health Professional's place and develop a better understanding about the concept of "being a Doctor". Hopefully, all these real events that are mentioned in this book are going to contribute to socio cultural and intellectual life experiences of people. I hope that this book helps people to think about the philosophy of life more deeply and makes them understand how important it is to be alive and what a chance it is to be able to mention about "happiness".