

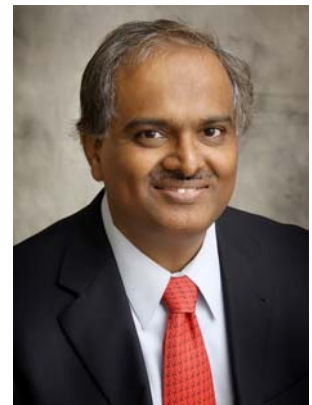
**ACCORDING TO LOCAL CARDIOLOGIST-HEART DISEASE REMAINS THE
NUMBER ONE KILLER IN AMERICA**

DATE: FEBRUARY 26, 2010

-- FOR IMMEDIATE RELEASE --

WATSEKA, ILLINOIS— Local Cardiologist, Aravind Reddy, MD wraps up the National Heart Month observance by encouraging individuals to know the signs and symptoms of a heart attack, stroke and cardiac arrest.

Cardiovascular disease remains the number one killer in America today. Dr. Reddy said, “According to the American Heart Association’s latest statistics, Heart Attack is the number one killer of men and women in the U.S. and Stroke is the number three cause of disability. By knowing the signs of a heart attack, a stroke or sudden cardiac arrest, thousands of these deaths can be prevented each year.”



Aravind Reddy, M.D.

Signs of a Heart Attack may include a squeezing pressure, discomfort or pain in the chest; pain radiating down one or both arms, or discomfort in the shoulder, neck, or jaw. A person may also experience indigestion, nausea, dizziness, sweating and shortness of breath. Persons who experience one or any combination of these symptoms should seek medical attention immediately.

Signs of a Stroke may include sudden numbness or weakness usually on one side of the body, slurred speech, difficulty swallowing, or an unsteady gait. Other signs and symptoms may include episodes of mental confusion with an inability to comprehend one’s surroundings, and visual disturbances. Persons who experience one or any combination of these symptoms should seek medical attention immediately.

Reddy says, even if you're not sure it's a Heart Attack or a Stroke, have it checked out. Don't wait more than five minutes to call 9-1-1. Emergency Medical Services (EMS) personnel can begin treatment when they arrive. They are also trained to revive someone whose heart has stopped.

Dr. Reddy is a member of the American Heart Association, Illinois Medical Society, a Fellow of the American College of Cardiology and Vice-Chief of the Medical Staff at Iroquois Memorial Hospital. His offices are located at 625 S. Fifth Street in Watseka. To contact his office, call 815-432-2225.

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