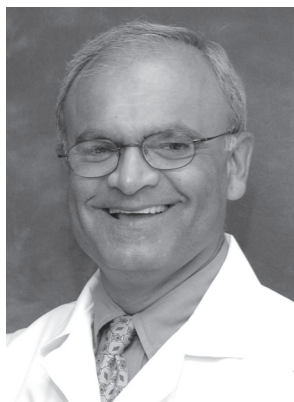


# HERO AT HEART

## Dr. Lingareddy Devireddy



*This year, 1.2 million Americans will have a heart attack. Half of them will not survive. The truth is that heart disease is still the number one cause of death of adults in America – and in Michigan. But the heart doctors of St. John Macomb Hospital are working to change that. And that's why we salute this week's Hero At Heart.*

*Meet Dr. Lingareddy Devireddy, Cardiologist and Medical Director of Cardiovascular Services, St. John Macomb Hospital in Warren.*

**Q Dr. Devireddy, when did you know you wanted to be a doctor?**

**A** During my first hospital visit for a knee injury I suffered during childhood. In India, where I was born, doctors are held in high esteem. I was so thankful for my doctor's ability to help me. I realized then that I admired the art of medicine and wanted to become a practicing physician.

**Q What do you think are the challenges of practicing medicine?**

**A** The challenges are multi-faceted, but not insurmountable. In many cases I believe the nation's constrained resources will become a challenge especially since we seem to be facing sicker patients with chronic heart disease. The aging of the baby-boomer population and the explosion in new medical research and technology will place a large strain on our communities nationwide. At the same time, many employers are trying to control costs. Often that leads to a reduction in employee health care benefits. Fear of medical malpractice litigation leads some physicians to practice defensive medicine, which consumes even more resources. As physicians we have to try to navigate the hurdles of health care in order to provide the best care to our patients.

**Q What makes a good patient/physician relationship?**

**A** Honesty with the patient. The doctor is responsible for giving the patient and his family the exact information regarding their care, but that is not enough. It is also important for the doctor to inform the patient of all the available treatment options, suggest a course of treatment, and help them decide what is best for them. For the past 31 years I have tried to abide by the rule, "Treat your patient the same way you would a family member."

**Q What's on the horizon in heart care?**

**A** The most exciting technology is almost here! By the end of the year, the newest CT angiogram device will be here at St. John Macomb. It is the 64-slice CT scanner. It may provide the same diagnostic information as a cardiac catheterization—potentially without the need for diagnostic invasive procedure. In just 5 heart beats while holding a breath, doctors will be able to tell if coronary heart disease, a pulmonary blood clot in the lung, or a tear in the aorta is causing chest pain. This technology will also be used to view blockages in the arteries to the brain, lower extremities and stomach. We also continue to see advances in devices such as medicated stents and pacemaker/defibrillators.

To find out your risk for heart disease, visit us online and take our 2-minute heart assessment at [www.realmedicine.org/SJHheartcare](http://www.realmedicine.org/SJHheartcare)

You can find Dr. Devireddy in his office in Warren. If you would like to make an appointment, please call 888-440-REAL or visit us online at [www.realmedicine.org](http://www.realmedicine.org).

Dr. Devireddy is an independent physician on the medical staff at St. John Macomb Hospital.