## Swelling May Be First Sign of Heart Disease

By HAROLD MILLER, M.D.

My patient had a noticeable swelling in her ankles and legs. She also had a history of high blood pres-

Her condition was once referred to as dropsy. To-day, it is known as cardiac insufficiency or congestive heart failure. Both fright-ening terms if misunder-

I say congestive

heart failure, I don't mean the heart is failing in the sense that it will stop beat-ing. The heart goes on work-ing but with less strength than is needed for good

health.
THE SWELLING is caused when the heart's ability has become weakened by a disease of the heart or blood vessels. The heart muscle vessels. The neart muscle lacks strength to keep the blood circulating normally throughout the body.

As a result, some of the

fluid in the blood is forced out through the thin blood vessel walls into the sur-rounding tissues. Here the fluid piles up and you have congestion. The result is swelling, as in my patient's puffy ankles and legs.

This swelling can appear in many parts of the body but usually occurs in the lower extremities. Lungs can even become congested with this fluid causing shortness of breath

ingly strained. The signs and symptoms become more ap-parent as the effects accumulate.

Puffy ankles certainly do Puffy ankles certainly do not necessarily indicate congestive heart failure. They may be caused from varicose veins and pregnancy. Even sitting or standing CONGESTIVE heart fail- too long can cause swelling.

ure usually develops over a period of time. It builds up as the heart muscle, already weakened by a heart should always be reported condition, becomes increas. recognize and treat the symptoms. Early attention is stressed so that the condition can be relieved or

> For further information. I suggest you call the Los Angeles County Heart Asso-ciation and ask for their free brochure, "Facts About Congestive Heart Failure."

Robber Strikes he hit her on the head with up the Ramada Inn, Pacific Coast Hwy., striking a woman employe on the to the floor.

4111 the weapon, knocking her At this point, two other persons in the office step-

head with a gun before es-caping with \$170. Victims told police the suspect, a male Mexican about 40, wearing baggy ped out ino the hall to investigate the commotion.

The suspect forced all three back into the office, saying, "I want today's and yester-day's receipts, and put it in pants, was seen loitering in the hallway about 9:45 p.m.

A woman clerk, leaving the auditing room to get more cash, said she was just about to question the man when inner office safe and gave day, Sept. 12, at at the El Nido Par to question the man when inner office safe and gave day, Sept. 12, at at the El Nido Par to question the man when inner office safe and gave day.

him the \$170 in an envelope. The armed suspect then escorted the three to a restroom, instructing them to say there, and fled.

Club to Meet

The Marina Amateur Ra-The Marina Amateur radio Club will meet Thursday, Sept. 12, at 7:30 p.m. at the El Nido Park Clubhouse, 182nd Street and

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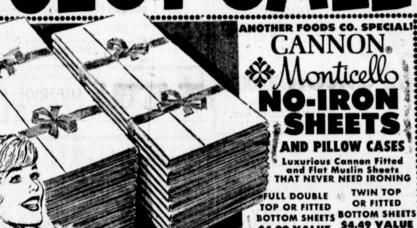












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