

NEWS RELEASE



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For Immediate Release

Dr. Sekaran Becomes Certified in Sleep Medicine

ROANOKE RAPIDS, NC. (February 8, 2010)—N. Sekaran, MD, a member of the medical staff at Halifax Regional, has become Certified in Sleep Medicine by the American Board of Internal Medicine.

The certification is an indication of Sekaran's expertise in sleep medicine. Board certification demonstrates that physicians have met the highest standards of their area of specialty.

Sleep medicine is a relatively new specialty, and board certification has been available only in the past few years.

"Sleep medicine is satisfying, because you make a difference in the lives of patients," said Sekaran.

Sleep disorders represent a big need in the Roanoke Valley, Sekaran says. He mentions truck drivers who have trouble sleeping and students who are falling behind in their education as examples of people who will benefit from a sleep analysis.

People with irregular heartbeats, those who are overweight and have high blood pressure, people with risk factors for cardiovascular disease, and those with neurological issues also are candidates for sleep analysis.

Anyone interested in more information should consult their primary care physician or call the Sleep Analysis Center at Halifax Regional, 252 535-8216.

Sekaran became interested in sleep medicine about 15 years ago, and Halifax Regional now has provided a modern sleep analysis center, where patients spend the night in a private room. Sekaran has participated in medical education conferences to update his knowledge of sleep medicine.

Board certification is voluntary and includes an exam that tests a physician's ability to diagnose and treat patients with a broad range of conditions. Sekaran also is Board Certified in Pulmonary Medicine.

He came to Roanoke Rapids in 1989 with his wife, Dr. Meena Sekaran and their son, Deepak. The Sekarans are members of Halifax Medical Specialists.

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About Halifax Regional

Halifax Regional Medical Center is licensed for 204-beds, including psychiatric and nursery. A non-profit organization, Halifax Regional is fully accredited by the Joint Commission. For more information, visit www.halifaxregional.us.