

HEARTFELT THANK YOU!

As 2016 comes to a close I wanted to take this opportunity to thank you for trusting me and my team to take care of you and your heart! We have had a very successful and gratifying year. I have been practicing cardiology for over 20 years and still love what I do! I strive to bring the best care possible for my patients so that you can enjoy what matters most to you. Best wishes for the holiday season and our hopes that you experience a healthy prosperous and joyful New Year ahead!



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My Forsyth Magazine

Cover Story

Pick up the latest issue of *My Forsyth* magazine and read a profile about our Cumming location practice. Also visit Dr. Singh's website for many past articles on a variety of heart related topics! They are easily available for downloading.

Keeping Pain Relief Safe..Latest Data and a Report

This month the Surgeon General released the first ever report on addiction. Nearly 1 in 7 Americans has an addiction most often to prescription drugs- mainly opioids. While relieving pain is one of the most important goals for any physician, we need to do this safely. That is why our staff will not prescribe any opioids long term. This is best handled through your PCP or a pain management clinic. All prescriptions are hand written and cannot be called in to a pharmacy. Limit use to only as much medication as needed.

Acetaminophen-Tylenol is the safest drug from a heart viewpoint but must be used with caution if you have liver disease. It provides pain relief but does not decrease inflammation like NSAID's. Unfortunately NSAID's can increase the risk of a heart attack, cause fluid retention, stomach ulcer bleeding and kidney damage. A recent major clinical trial showed that the safest of the anti-inflammatory options was celecoxib (Celebrex). It requires a prescription. Naproxen- Naprosyn was safer than ibuprophen- Motrin, Advil but again use only as needed!